



Mille Lacs
Health System

Resource Guide

**Senior Services, Sexual Health,
& Substance Use**

200 Elm Street North

Onamia, MN 56359

320-532-3154

www.mlhealth.org



Table of Contents

This guide has been created as a convenience for our community and we hope it is a helpful resource to you. It is not intended to be a comprehensive listing of all service providers and programs. This listing does not imply an endorsement of the resources listed (except for Mille Lacs Health System entities).

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SENIOR SERVICES



If you have an emergency, please call 911.

Vulnerable adult protection and elder abuse

Report suspected vulnerable adult abuse, neglect or financial exploitation: MAARC – Adult Abuse Reporting 844-880-1574

Mille Lacs Health System

Home Care and Hospice:

320-532-3154
320-532-2800

Long Term Care:

320-532-2729

Lake Song Assisted Living:

320-532-2097

Senior Care/Geriatric Psychiatry:

Program Manager:
320-532-2751



MINNESOTA'S LINK TO A LOCAL EXPERT

“Minnesota Board on Aging free statewide information and assistance service. Helps seniors connect to local services.”

MinnesotaHelp.info[®] (mnhelp.info)

MN Dept. of Health Healthcare Provider Directory

Assisted Living, boarding and lodging providing special services, boarding care homes, community mental health center (Medicare), comprehensive outpatient rehab (Medicare), end stage renal dialysis (Medicare), home care and home health agencies, hospices, hospitals, intermediate care facility – individuals with intellectual disabilities, mobile health evaluation and screening, nursing homes, outpatient surgical center, portable x-ray (Medicare), psychiatric hospitals, rehabilitation, rural health clinics (Medicare)

[Health Care Provider Directory - MN Dept. of Health \(state.mn.us\)](http://HealthCareProviderDirectory-MNDept.ofHealth.state.mn.us)

AmeriCorps Seniors Foster Grandparent Program

“Provides a volunteer opportunity with tax-free stipend for limited income seniors, matching them to special needs children in community non-profit agencies.”

Benton, Isanti, Kanabec, Mille Lacs, Morrison, Sherburne, Stearns, Todd, Wadena counties
320-2299-4587
866-895-7992

Crow Wing: 218-824-3804 (888-205-3770)

[AmeriCorps Seniors Foster Grandparent Program | AmeriCorps](http://AmeriCorpsSeniorsFosterGrandparentProgram.AmeriCorps)

AmeriCorps Seniors RSVP (Retired Senior Volunteer Program)

“Places older individuals in volunteer sites such as schools, libraries, dining sites or service agencies to do meaningful volunteer activities.”

[AmeriCorps Seniors RSVP | St. Cloud, MN - Official Website](#)

AmeriCorps Senior Companion Program

This program offers seniors, age 60 and older, the opportunity to serve individuals who have difficulty with daily living tasks.

Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena, Wright counties

651-310-9440

888-205-3770

www.mnseniorcorps.org

Central Minnesota Council on Aging

Senior Linkage, resources

DeZurik, Inc. Building – 3rd Floor

250 Riverside Avenue North

Suite 300

Sartell, MN 56377

Peggy Rieland peggy@cmcoa.org

Heather Skelton – Heather.Skelton@cmcoa.org

320-253-9349

Brainerd:

Bremer Bank Building – lower level

321 South 7th Street, Suite 106

Brainerd, MN 56401

“Non-profit, 14-county central Minnesota region agency helping older adults age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness, and linking people with information.” Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena, and Wright Counties.”

[CMCOA – Central Minnesota Council on Aging](#)

Resource Directory:

- Information and Advocacy
- Legal Assistance
- Adult Day Services/Social Respite
- Homemaker, Chore, Home Repair Services
- Educational/Volunteer
- Long-Term Care Facilities/Nursing Homes
- Senior Centers/Clubs
- Financial/Energy Assistance
- Hospice Services
- Emergency Response Systems
- Caregiver & Support Services
- Transportation
- Home Health/Personal Care
- Nutrition/Meals

[2023-Full-Resource-Directory-2.15.23.pdf \(cmcoa.org\)](#)

Crow Wing County Senior Advocate Program

[Older Adults, Seniors & Disabled Adults | Crow Wing County, MN - Official Website](#)

[Services to help Minnesota’s seniors / Minnesota Department of Human Services \(mn.gov\)](#)

Senior LinkAge Line 800-333-2433

800-627-3529

[Senior Nutrition / Minnesota Department of Human Services \(mn.gov\)](#)

Indian Elder Desk

[index / Minnesota Department of Human Services \(mn.gov\)](#)

Wisdom Steps

Preventative Health for American Indian elders
[Wisdom Steps – Preventative Health for American Indian Elders](#)

Interfaith Volunteers – Crow Wing County

Charitable faith-based non-profit organization
“Mission: To help low-income seniors and persons with disabilities continue to live comfortable, safe, independent lives in their own home. Rides to medical appointments, shopping and errands with advance notice.”

P O Box 64

Deerwood, MN 56444

218-820-7454

[Interfaith Volunteers – Helping Keep Seniors At Home](#)

Senior American Program (aka Experience Works)

“Helps older people learn work skills, participate in job training, and get a job. Program pays the wages while the person learns a new skill and gets valuable work experience.”

Cass, Crow Wing, Kanabec, Morrison, Todd, Wadena counties

Crow Wing: 218-892-3340

Kanabec: 800-284-7425

Morrison: 320-232-2000

[Minnesota Department of Employment and Economic Development \(DEED\) / Minnesota Department of Employment and Economic Development \(mn.gov\)](#)

LSS Meals to Go

Frozen meal delivery service for older adults and individuals experiencing food insecurity. Veterans may qualify through the CORE program. SNAP and waiver programs accepted.

877.287.0768

mealsadmin@lssmn.org

[LSS Meals to Go | Lutheran Social Service of Minnesota](#)

Mom’s Meals

Home-delivered meals that may be funded through Medicaid waivers, Medical Assistance, or Medicare plans.

[Our Food & Programs | Mom's Meals](#)

Second Harvest Northland – Mobile Food Pantry Program

Mille Lacs Lake Food Shelf

16745 Shaw Bosh Kung Drive

Onamia, MN

3rd Wednesday of each month

10:00 a.m.

Second Harvest Northland – Food Box Delivery

Food delivery program supporting seniors and individuals experiencing food insecurity.

888-727-5653 ext. 112

SENIOR CENTERS

Aitkin County:

Aitkin County Senior Citizens: 218-927-3811

Crow Wing County:

Crosslake Community Center: 218-692-4271

The Center, Brainerd: 218-829-9345

Kanabec County:

Mora Senior Services: 320-225-9277

Mille Lacs County:

Milaca Senior Center: 320-982-6337

Rolf Olson Community Center: 320-532-6834

Morrison County:

Little Falls Senior Center: 320-632-8009

Pierz Senior Center: 320-468-2160

Royalty Community Center: 320-584-5961

Swanville Senior Center: 320-630-0259

Upsala Area Community Center: 320-573-4435

SEXUAL ASSAULT RESOURCES

To find 24-hour sexual assault crisis line:

www.rapehelpmn.org

Minnesota Day One Line

866-223-1111

United Way 211

800-543-7709

Eligibility for financial compensation and forms:

Crime Victims Reparations Board:

651-201-7300

888-622-8799

Ojp.dps.mn.gov

To be notified of an inmate's release from jail or to obtain other custody information:

Minnesota VINE

Victim Information and Notification Everyday

877-664-8463

www.vinelink.com

Safe at home Confidentiality Program

www.sos.state.mn.us

866-723-3035

Minnesota Coalition Against Sexual Assault

www.mncasa.org

If you are a crime victim or witness and you believe your rights have been violated:

Crime Victim Justice Unit

651-201-7310

800-247-0390

Need help in the healing process:

Pearl Battered Women's/Sexual Violence Center (Milaca)

PO Box 42

Milaca, MN. 56353

Safe emergency housing

Personal advocacy

24-hour hotline: 800-522-2055

Central MN. Sexual Assault Center (St. Cloud)

800-237-5090

Mille Lacs Band Family Violence Prevention

866-867-4006

National Domestic Violence Hotline

800-799-7233

Text START to 88788

SUBSTANCE USE DISORDERS

(See Also Mental Health Resources)



Mille Lacs Health System MAT Program (Medication Assisted Treatment)

200 Elm Street North

Onamia, MN 56359

320-532-2978

[Addiction recovery care at MLHS | News | About | Mille Lacs Health System \(mlhealth.org\)](#)

Allina Mental Health Specialty Services

Mercy Hospital – Unity Clinic

12-15 week program;

Individualized treatment plan

Ongoing individual sessions with provider who is both licensed independent clinical social worker and licensed alcohol and drug counselor. Group therapy sessions.

480 Osborne Road

Suite 260

Fridley Medical Center

Fridley, MN 55432

763-6887723

866-603-0016

[Mental Health Services for Substance Use Disorders | Allina Health](#)

Avalon - Brainerd “Addiction treatment center in Brainerd”

15 Washington Street, #4

Brainerd, MN 56401

877-367-1715

Get help now: 855-904-5599

[Outpatient Treatment Programs - Meridian Behavioral Health \(meridianprograms.com\)](#)

CentraCare – Adult Addiction Services

(Handy PDF which outlines the

services/program and has contact information)

[Addiction services \(centracare.com\)](#)

Central Minnesota Adult & Teen Challenge -

Brainerd

2424 Business 371

Brainerd, MN 55401

218-833-8777

[Brainerd Addiction Treatment & Recovery Center - MN Adult & Teen Challenge \(mntc.org\)](#)

Essentia Health 24/7 Substance Use Disorder

Referral line:

833-677-1262

[Substance Use Disorder | Essentia Health | MN, WI](#)

Essentia Health – St. Joseph’s Medical Center –

Brainerd

Substance Use Disorder

523 North 3rd Street

Brainerd, MN 56401

[Substance Use Disorder | Essentia Health | MN, WI](#)

**Essentia Health – St. Joseph’s Baxter Clinic
Substance Use Disorder**

13060 Isle Drive
Baxter, MN 56425
218-205-0277
833-677-1262

[Substance Use Disorder | Essentia Health | MN, WI](#)

M Health Fairview Substance Abuse Programs

Inpatient Behavioral Intake
Phone: 612-672-6600
Outpatient Mental Health and Addiction
Program: 800-468-3120

Mille Lacs County Substance Use

Chemical Dependency
525 2nd Street SE
Milaca, MN 56353
Char Kohlgraf
Charlotte.kohlgraf@millelacs.mn.gov
320-983-8279

Mille Lacs County WIC and Community Health

WIC, child and teen check-ups, dental
varnishing, family home visiting, car seat
education
525 2nd Street SE
Milaca, MN 56353
Kris Klopp
Kristine.klopp@millelacs.mn.gov
320-983-8373

Mission Detox Center (Plymouth) Mission, Inc.

**Judy Retterath Withdrawal Management
Center
24/7**

*Drug and alcohol detoxification center for 13+
Addiction treatment counseling therapy
12-step based treatment approach
Anger management counseling*

Medically supervised detox services for:
Hennepin, Anoka, Scott, Carver, Chisago, Isanti,
McLeod, Mille Lacs of Sherburne.
3409 East Medicine Lake Boulevard
Minneapolis, MN 55441
763-559-1402

[Substance Use and Housing Services – Missions, Inc. \(missionsinc.org\)](#)

**New Beginnings Minnesota – Elk River
Inpatient and outpatient** *“Helping patients
achieve life long recovery...qualified
treatment for alcoholism
and drug addiction.”*

19230 Evans Street NW, Suite 203
Elk River, MN 55330
612-248-1455
[Outpatient Treatment & Recovery Services |
New Beginnings MN \(nbminnesota.com\)](#)

New Freedom Inc. – Princeton

*“Local Substance Use Disorder services for
adult males (18+).”*

3162 90th Ave,
Princeton, MN 55371
763-220-5483
[New Freedom Inc. | Recover Starts Here](#)

New Freedom Inc. – Aitkin

20 3rd Street NE
Aitkin, MN 56431
763-220-5483

Recovering Hope Treatment Center –

Mora *“Residential Substance Use Disorder Treatment Center, Outpatient Substance Use Disorder*

Treatment, Mental Health Services”

2031 Rowland Road

Mora, MN 55051

844-314-4673

[Recovering Hope Treatment Center | Residential Treatment Center for Women](#)

Steve Rummier Hope Network

Heighten Awareness of the opioid crisis

2233 University Avenue West

Suite 325

St. Paul, MN 55114

952-943-3937

[Steve Rummier HOPE Network | Providing Hope. Join The Fight!](#)

Valhalla Place – Brainerd

(Part of Behavioral Health Group)

2215 S 6th Street

Brainerd, MN 56401

218-454-1010

[BHG | Brainerd Treatment Center](#)

Notes:
