



**SHERBURNE**  
C O U N T Y

# GUIDE TO MENTAL HEALTH



**STIR**  
STRONGER TOGETHER  
INSPIRING RESILIENCE





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# HOW DO I KNOW I MAY NEED SOME HELP?

## **Infants (0-12 months)**

- Jumpy or jittery, over-reacting to noise, touches or light
- Does not notice when touched or when things are going on nearby
- Too much fussing or crying, inability to be soothed or comforted
- Lack of harmony between parent and child
- Rarely smiles, cries or responds to caregiver

## **Toddlers (1-3 years)**

- Delays of at least six months in walking, talking, social or other behavior
- Hand waving or hand-clapping that does not stop
- Self-harming behavior, such as biting or head banging
- Aggressive behavior directed at other people or things
- Uncontrollable anger
- Unable to become connected with people who take care of the child
- Overly dependent or overly obedient
- Persistent unhappiness or crying
- Lack of play activity or imitation of parents
- Delayed language

## **Preschoolers and Kindergartners (4-6 years)**

- Unable to verbally express wants and needs
- Anxious or fearful; depressed mood; total lack of interest in, or withdrawal from, other people
- Unable to separate from parents
- Lack of confidence which keeps the child from having fun
- Not interested in, or unable to play with, other children
- Unable to control his/her own behaviors, aggressive behavior
- Refusal to comply with rules and expectations
- Persistent eating or sleeping problems
- Daytime toileting problems
- Persistent constipation or diarrhea

### **School-Age Children (7-12 years)**

- Depressed mood, loss of interest in activities and relationships
- Trouble sleeping or difficulty with eating
- Feelings of hopelessness or worthlessness; suicidal talk or action; self-harming behaviors
- Continued resistance to attend school
- Headaches or stomachaches that keep occurring but don't seem to have a cause
- Easily distracted or unable to pay attention
- School work or attendance that is going downhill
- Poor school work, including being very behind in reading or math
- Aggressive or hurtful behavior
- Acting out sexual behaviors that are inappropriate for the child's age
- Lying, stealing, fire-starting, cruelty to animals
- Sexual or physical aggression
- Constant refusal to comply with rules at home or at school
- Truancy, chemical abuse, running away, eating disorder, unusual eating patterns
- Inability to develop values, morals, relationships or educational goals

### **Adolescents (13-19 years)**

- Difficulty concentrating, remembering or making decisions
- Depressed mood, loss of interest in activities and relationships, isolated, lack of friends
- Trouble sleeping or difficulty with eating
- Feelings of hopelessness or worthlessness, suicidal talk or action, giving away possessions
- Declining school performance or attendance
- Sexual or physical aggression towards others, sexual intrusiveness or promiscuity
- Chronic resistance to complying with rules at home, school or in the community
- Truancy, chemical abuse, running away
- Eating disorder, unusual eating patterns
- Conflicts around personal identity, such as values, morality, relationships, sexuality, vocational or educational goals
- Lying, stealing, fire-starting, cruelty to animals

### **Adolescents (13-19 years)**

- Dramatic personality changes; changes in dress or mood; anxious and/or nervous
- Lack of remorse
- Self-harming behaviors

### **Adults (18+ years)**

- Confused thinking
- Prolonged sadness or irritability (depression)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts or actions
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse

### **Older Adults (65+ years)**

- Confused thinking
- Prolonged sadness or irritability (depression)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts or actions
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse



# WHERE DO I START AND WHO CAN HELP?

***Contact more than one person:  
If you can't get help from  
one person, try another!***

Friends and Family  
Child's Classroom Teacher  
Physician  
Social Worker (County or School)  
Spiritual Leader  
Public Health  
Local Mental Health Agency  
School Administrator  
School Counselor  
Health Insurance Provider  
Employer EAP program

Four County Crisis Response Team  
320-253-5555 or 800-635-8008

Crisis Text Line  
Text MN to 741741

Suicide and Crisis Lifeline  
988

WHERE DO I START AND WHO CAN HELP?

**In case of a life-threatening  
medical or mental health  
emergency, please call 9-1-1 for  
immediate assistance.**

**In case of a mental health crisis,  
please call 9-8-8 for assistance.**

# RESOURCES AVAILABLE

## Abuse / Neglect / Domestic Violence

Alexandra House (Anoka, Blaine)	763-780-2330
Anna Marie's Alliance	320-253-6900, 1-800-950-2203
Breaking Free (Victims of Sex Trafficking and Prostitution)	651-645-6557
Bridge for Youth (Minneapolis)	612-377-8800
Central MN Child Advocacy Center	320-229-5105
Central MN Sexual Assault Center (St. Cloud)	320-251-4357
Family Life Mental Health Center	763-427-7964
Main Street Family Services (supervised visits/parenting time center)	763-595-1420
The Men's Center	612-822-5892
National Child Abuse Hotline	1-800-422-4453
Rivers of Hope (advocacy)	763-295-3433
Terebinth Refuge (Shelter for victims of Sex Trafficking)	320-828-7721 Emergency Line: 320-428-4707
Minnesota Adult Abuse Reporting Center (MAARC)	1-844-880-1574

## Adult Rehabilitative Mental Health Services (ARMHS)

Catholic Charities Hope Community Support Program	320-240-3324
Central Minnesota Mental Health Center (Multiple locations)	320-202-2056
Nystrom Family Support Services, Inc. (Otsego)	763-746-9492
Rise, Inc. (St. Cloud)	320-656-5608

## Chemical Health / Substance Use Disorders

Central MN Mental Health Center (Buffalo)	763-682-4400
Central MN Mental Health Center (Elk River)	763-441-3770
Central MN Mental Health Center (Monticello)	763-888-9626
Central MN Mental Health Center (St. Cloud)	320-252-5010
Effective Living Center (St. Cloud)	320-259-5381
M Health Fairview MICD(Multiple locations)	1-800-468-3120
First Call for Help	1-800-543-7709
Freedom Center (Princeton)	763-308-0006
New Beginnings (Elk River)	612-248-1455
Nystrom and Associates (Otsego)	763-746-9492
Recovery Plus (St. Cloud)	Adult 320-229-3760
River Place Counseling Center (Elk River)	Adult 763-427-5590
Sobriety First (St. Cloud)	320-251-0035
The Recovery Clinic at M Health Fairview	612-273-5530
Indigo Recovery	612-293-0427

## **Counseling / Therapy**

Athman Counseling Services (Becker)	320-298-1144
Aurora Healing (Elk River)	763-412-1994
Behavioral Health Services "BHSI" (Multiple locations)	651-769-6565
Bridging Hope Counseling (Rogers)	763-291-5505
Granite City Counseling (St. Cloud)	320 650-1660, 800-830-8254
Center for Hope and Healing	763-633-5111
CentraCare (St. Cloud)	Child & Adolescent 320-229-4945
CentraCare (St. Cloud)	Adult 320-229-4977
Central MN Mental Health Center (Buffalo)	763-682-4400
Central MN Mental Health Center (Elk River)	763-441-3770
Central MN Mental Health Center (Monticello)	763-888-9626
Central MN Mental Health Center (St. Cloud)	320-252-5010
Central MN Mental Health Center (Waite Park)	320-230-0611
Center for Family Counseling (St. Cloud)	320-253-3540
Center for Family Counseling (Monticello)	844-221-1191
Center for Psychological Services (St. Cloud)	320-255-0343
Clara's House (Children's Partial Hospitalization Program) (St. Cloud)	320-229-4950
CORE Professional Services (Sartell)	320-202-1400
The Creative Therapy Center (Elk River)	763-274-0510
DBT-PTSD Specialists (Plymouth)	763-412-0722
Fairview M Health Counseling Center (Virtual)	763-672-6999
Family Life Mental Health Center (Coon Rapids)	763-427-7964
Fast Tracker Website (for openings/availability)	fasttrackermn.org
From the Ashes Counseling (Elk River)	763-200-6046
Greater Minn. Family Services	320-214-9692
Lighthouse Child and Family Services (Princeton)	320-983-2335
Lutheran Social Services (St. Cloud)	320-251-7700
Main Street Family Services	763-595-1420
Mindful Connections (Elk River)	612-412-1136
Northern Cities Therapy (Elk River)	763-438-4971
Sagent Behavioral Health (Big Lake)	212-328-1872
Sagent Behavioral Health (Otsego)	763-308-8619
Sagent Behavioral Health (Sartell)	320-314-4882
Sagent Behavioral Health (Multiple locations)	866-938-4159
Parasol Wellness Collaborative (Otsego & Rogers)	763-703-6962
Pathways Psychological Services (Plymouth)	763-525-8590
Peacetree Family Institute (Elk River)	763-777-1381
Prevail Counseling Group (Ramsey)	763-427-2590
Psychotherapeutic Resources (St. Cloud)	320-253-3715
Regroup Counseling and Consulting PSC (Elk River and Albany)	763-350-9687
Rise Therapy (Rogers)	763-220-1522
Serenity Circle Counseling (Elk River)	763-600-2911
Solutions Behavioral Health Care (St. Cloud)	320-281-5305
Solutions Counseling (St. Michael)	763-515-4563
The Village Family Service Center (St. Cloud)	320-253-5930
Tollefson Counseling Services (Monticello)	763-295-3207
Vanda Counseling (Rogers)	763-575-8086

## **Crisis / Emergency Services**

Crisis Text Line	Text MN to 741741
Four-County Crisis Response Team	320-253-5555, 1-800-635-8008
National Suicide Prevention Lifeline	800-SUICIDE, 1-800-273-8255
Open Doors for Youth	763-441-1473
Salvation Army (Sherburne)	612-223-6911
Salvation Army (Wright)	763-682-2205
Sherburne County Crisis Nursery	763-765-4000
988-Suicide and Crisis Lifeline	988
Tri-CAP	320-251-1612

## **Day Treatment/PHP**

Catholic Charities (Elk River - children)	Children 763-441-1578
Catholic Charities (St. Cloud - children)	320-650-1590
Central MN Mental Health Ctr. (St. Cloud)	Adult 320-252-5010
Central MN Mental Health Ctr. (Buffalo)	763-682-4400
Greater MN Family Services	320-214-9692
Lighthouse Child and Family Services	320-983-8016
M Health Fairview PHP (Multiple locations)	1-800-468-3120
PrairieCare	952-826-8424

## **Eating Disorders**

The Emily Program	1-888-364-5977 x 1907, 651-645-5323
Melrose Center	952-993-6200
St. Cloud Hospital	320-255-5996
U of M Pediatric Weight Management (Maple Grove)	612-365-6777

## **Emergency Shelters**

American Red Cross	320-251-7641
Anna Marie's Alliance	320-253-6900, 1-800-950-2203
Terebinth Refuge	320-828-7721
(Shelter for victims of Sex Trafficking)	Emergency Line: 320-428-4707
Place of Hope Ministries	320-203-7881
Salvation Army (St. Cloud)	320-252-4552

## **Financial**

CAER Food Shelf	763-441-1020
Catholic Charities Financial Counseling	320-650-1550
Lutheran Social Services of MN	1-888-577-2227
Salvation Army (Sherburne County / Wright County)	763-682-2205
Salvation Army (St. Cloud)	320-252-4552
Sherburne County Extension Office	763-765-3075
Sherburne County Health and Human Services	763-765-4000
Tri-CAP	320-251-1612, 1-888-765-5597
United Way	211, 800-543-7709
Work Incentives Connection	651-632-5113, 800-976-6728

### **Food Insecurity**

Becker Food Shelf	763-261-4612
Big Lake Community Food Shelf	763-263-2432
CAER Food Shelf	763-441-1020
Catholic Charities Emergency Services (St. Cloud)	320-229-4567
CROSS Services (Otsego/Rogers)	763-425-1050
Faith Pantry (Zimmerman)	763-856-3600
Fare for All	Thefoodgroupmn.org
Monticello Help Center	763-295-4031
Passing the Bread (Zimmerman)	612-226-2779
Princeton Pantry	763-631-3578

### **Hospitals**

Abbott Northwestern (Allina)	612-863-4000
Buffalo Hospital (Allina)	763-682-1212
Cambridge Hospital (Allina)	763-689-7700
CentraCare Hospital (Monticello)	763-295-2945
Children's Hospital (St. Paul)	651-220-6000
Fairview Northland Medical Center (Princeton)	763-389-1313
Fairview University Hospital (Minneapolis)	612-273-3000
Hennepin County Medical Center (HCMC)	612-873-3000
Maple Grove Hospital (North Memorial)	763-581-1000
Mercy Hospital (Allina) (Coon Rapids)	763-236-6000
North Memorial (Robbinsdale)	763-520-5200
Prairie Care (Brooklyn Park / Maple Grove)	888-826-4567, 952-826-8400
St. Cloud Hospital (CentraCare)	320-251-2700, 1-800-835-6652
Unity Hospital (Allina) (Fridley)	763-236-5000
University of MN Children's Hospital (Masonic)	612-365-6777
United Hospital (Allina) (St. Paul)	651-241-8000
West Health Allina (Plymouth)	763-577-7000

### **Housing**

Catholic Charities Housing Support	320-259-9270
Housing Redevelopment Authority "HRA" (St. Cloud)	320-252-0880
Housing and Urban Development "HUD"	612-370-3000
Housing Coalition	320-259-7600
Housing Link	612-522-2500
Call to Connect	1-866-560-7464

### **Integrative, Complementary and Alternative Healing**

Alternative Medicine Clinic (Hennepin Healthcare)	612-873-6963
Integrative Medicine (Children's of MN)	612-813-7888
Indigo Recovery	612-293-0427
Penny George Institute for Health and Healing (Abbott)	612-863-3333

## **LGBTQ+**

DBT-PTSD Specialists (Plymouth)	763-412-0722
Family Partnership	612-729-0340
Institute for Sexual and Gender Health (U of MN)	612-625-1500
LGBT National Hotline	888-843-4564
MN Transgender Alliance	612-787-2671
Pride Institute	833-587-1900, 1-800-547-7433
The Trevor Project	866-488-7386 or text START to 678678
Trans Lifeline	877-565-8860

## **Parent Support**

Early Childhood Family Education (Becker)	763-261-4050
Early Childhood Family Education (Big Lake)	763-262-3233
Early Childhood Family Education (Elk River)	763-241-3524
Foster Adopt Minnesota	612-861-7115
Kinship Family Support Service	651-917-4640
MACMH (MN Assn. for Children's Mental Health)	651-644-7333
Main Street Family Services (Adoption/foster/kinship support group)	763-595-1420
Main Street Family Services/Family Resource Center	763-595-1420
PACER	952-838-9000, 1-800-537-2237
Father Project (St. Cloud)	612-724-3539
Minnesota Autism Center	952-767-4200

## **Psychiatry**

Allina Mental Health Clinic (Fridley)	763-236-3800
Allina Mental Health Clinic (Cambridge)	763-689-8700
Behavioral Health Services "BHSI"(Multiple Locations)	651-769-6565
CentraCare (St. Cloud)	Child and Adolescent 320-229-4945
CentraCare (St. Cloud)	Adult 320-229-4977
Central MN Mental Health Center (Buffalo)	763-682-4400
Central MN Mental Health Center (Elk River)	763-441-3770
Central MN Mental Health Center (Monticello)	763-888-9626
Central MN Mental Health Center (St. Cloud)	320-252-5010
Central MN Mental Health Center (Waite Park)	320-230-0611
Family Life Mental Health Center (Coon Rapids)	763-427-7964
Horizons Psychiatry	Adult Only 763-428-2288
Lee Carlson Center (Fridley)	763-780-3036
M Health Fairview	612-273-8700
Nystrom and Associates (Maple Grove)	763-274-3120
Nystrom and Associates (Otsego)	763-746-9492
Nystrom and Associates (St. Cloud)	320-253-3512
Plymouth Psych Group (Plymouth)	763-559-1640

PrairieCare	833-652-3830
Regroup Counseling and Consulting PSC (Elk River/Albany)	763-350-9687
Volunteers of America (New Hope)	763-225-4052

### **Public Health & Human Services Departments**

Anoka County	Public Health 763-324-4200 • Human Services 763-324-1400
Benton County	Public Health 320-968-5331 • Human Services 320-968-5087
Hennepin County	Public Health 612-348-8900 • Human Services 612-596-1300
Mille Lacs County	Public Health 320-983-8208 • Human Services 320-983-8208
Sherburne County	Public Health 763-765-4000 • Human Services 763-765-4000
Stearns County	Public Health 320-203-6942 • Human Services 320-656-6000
Wright County	Public Health 763-682-7456 • Human Services 763-682-7400

### **Support Services**

AmeriCorps Seniors RSVP (Sherburne County)	763-765-3036
Big Brothers / Big Sisters of Central MN	320-253-1616
CMMHC ACT Program (St. Cloud)	320-253-4120
CMMHC ACT Program (Monticello)	763-274-3500
Friesen Holistic Services (Otsego) (Autism)	763-232-8700
Hope Community Support Program (St. Cloud)	320-240-3324
Independent Lifestyles (St. Cloud)	320-529-9000, 1-888-529-0743
Intensive Residential Treatment (Annandale)	320-274-4050
Mid-Minnesota Legal Aid (St. Cloud)	320-253-0121, 1-888-360-2889
Minnesota Disability Law Center	1-800-292-4150
Minnesota Warmline	651-288-0400, 1-877-404-3190
Move Mindfully (move-mindfully.com)	612-516-5749
NAMI (St. Cloud)	320-654-1259
Ombudsman (Developmental Disability/Mental Health)	651-431-5201
Sherburne County Veteran Services	763-765-3100
Thumbs Up (Cheer Bags and Bereavement Outreach)	763-335-9132
Thryve (Guardian Angels)	763-760-8570

### **Transportation**

Loving Hands Transportation	763-607-8700
MNET Call Center	866-467-1724
NAMI (St. Cloud)	320-654-1259
ShuTran Transportation	320-968-7478
Sherburne County Veterans Transportation Program	763-765-3100
Tri-Cap Transit Connection	320-202-7824, 1-888-765-5597

### **Vocational (Employment)**

CareerForce (Monticello)	763-271-3700
Functional Industries, Inc. (Buffalo)	763-682-4336
Goodwill-Easter Seals	651-379-5837
Options Inc.	763-263-3684
Rise, Inc. (for adults age 21 and over)	763-786-8334, 320-656-5608

### **Youth**

Thumbs Up (Elk River)	763-335-9132
The Wave Youth Center (Big Lake)	763-275-9075
Open Doors for Youth (Elk River)	763-441-1473
Pathways for Youth (St. Cloud)	320-316-1640
Rivers of Hope (Monticello)	763-295-3433
You're Not Alone (Monticello)	763-226-0190

AA Meetings in MN	<a href="http://www.aaminnesota.org/meetings/">www.aaminnesota.org/meetings/</a>
Alcoholics Anonymous	<a href="http://www.aa.org">www.aa.org</a>
AmeriCorps Seniors RSVP	<a href="http://www.RSVPCentralMN.org">www.RSVPCentralMN.org</a>
Autism Society of Minnesota	<a href="http://www.ausm.org">www.ausm.org</a>
Becker School District	<a href="http://www.becker.k12.mn.us">www.becker.k12.mn.us</a>
Big Lake Schools	<a href="http://www.biglakeschools.org">www.biglakeschools.org</a>
Child Trauma Academy	<a href="http://www.childtrauma.org">www.childtrauma.org</a>
CommUNITY Adult Mental Health Initiative	<a href="http://www.mnmentalhealth.org">www.mnmentalhealth.org</a>
Crisis Housing Assistance Program	<a href="https://arcminnesota.org/way-swecanhelp/housing-access-services/crisis-housing-assistance-program/">https://arcminnesota.org/way-swecanhelp/housing-access-services/crisis-housing-assistance-program/</a>
Elk River School District	<a href="http://www.isd728.org">www.isd728.org</a>
Fast Tracker Website (for counseling openings/availability)	<a href="http://www.fasttrackermn.org">www.fasttrackermn.org</a>
Foster Adopt Minnesota	<a href="http://www.fosteradoptmn.org">www.fosteradoptmn.org</a>
Friesen Holistic Services (Autism)	<a href="https://www.kellyfriesen.com/">https://www.kellyfriesen.com/</a>
GLAAD	<a href="http://www.glaad.org">www.glaad.org</a>
Housing Link	<a href="http://www.housinglink.org">www.housinglink.org</a>
John Hopkins University Diversity/Inclusion	<a href="http://www.jhu.edu/about/diversity-inclusion/">www.jhu.edu/about/diversity-inclusion/</a>
Kids Health	<a href="http://www.kidshealth.org">www.kidshealth.org</a>
Minnesota Help	<a href="http://www.mn.gov/adresources/">www.mn.gov/adresources/</a>
MN Association for Children's Mental Health	<a href="http://www.macmh.org">www.macmh.org</a>
MN Kinship Caregivers Association (LSS)	<a href="http://www.mkca.org">www.mkca.org</a>
MN Mental Health (resources in 4-county area)	<a href="http://www.mnmentalhealth.org">www.mnmentalhealth.org</a>
NAMI – Minnesota Chapter	<a href="http://www.namimn.org">www.namimn.org</a>
National Association of Mental Health	<a href="http://www.nami.org">www.nami.org</a>
Parent Advocacy Coalition for Education	<a href="http://www.pacer.org">www.pacer.org</a>
PFLAG	<a href="http://www.pflag.org">www.pflag.org</a>
Princeton School District	<a href="http://www.isd477.org">www.isd477.org</a>
Rivers of Hope (domestic violence)	<a href="http://www.riversofhope.org">www.riversofhope.org</a>
Sherburne County	<a href="http://www.co.sherburne.mn.us">www.co.sherburne.mn.us</a>
Social Security Administration	<a href="http://www.ssa.gov">www.ssa.gov</a>
State of MN Ombudsman	<a href="http://www.ombudmhdd.state.mn.us">www.ombudmhdd.state.mn.us</a>
STIR (Stronger Together Inspiring Resilience)	<a href="http://www.stirmn.org">www.stirmn.org</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	<a href="http://www.samhsa.gov">www.samhsa.gov</a>
Suicide Awareness Voices of Education	<a href="http://www.SAVE.org">www.SAVE.org</a>
The Trevor Project	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a>
United Way	<a href="http://www.211unitedway.org">www.211unitedway.org</a>
Work Incentives Connection	<a href="http://www.mnworkincentives.com">www.mnworkincentives.com</a>

# GLOSSARY

**Adult Foster Care:** Licensed, sheltered living arrangement for up to four functionally impaired adults in a family - like environment. Adult foster care is available to persons age 18 years or older and provides food, lodging, protection, supervision and household services. They may also provide living skills assistance or training, medication assistance and assistance safeguarding cash resources.

**Adult Mental Health Case Management Services:** Includes a functional assessment, individual community support plan, referral and assistance in getting needed mental health and other services, coordination and monitoring of services.

**Adult Rehabilitative Mental Health Services (ARMHS):** Mental health services that help the consumer experience psychiatric stability; personal and emotional adjustment; and independent living, social and community skills.

**Advanced Psychiatric Directive:** A written tool used to make mental health care decisions when an individual is unable to do so because of incapacity.

**Assertive Community Treatment (ACT):** An intensive, non-residential rehabilitative mental health service that is an identified evidence-based practice. ACT services are provided by multidisciplinary staff using a team approach, and directed to adults with a serious mental illness who require intensive services.

**Assessment: Identifies:** a) a person's strengths, preferences, functional skills, need for support and services; b) the extent to which natural supports can meet the person's need for support and services; and c) the extent to which human services agencies and providers can provide needed support or services.

**Case Manager:** An individual who organizes and coordinates services and supports for individuals with mental health concerns.

**Children's Mental Health Case Management Services:** Monthly services, designed to help a child with Severe Emotional Disturbance and the child's family to obtain mental health, social, educational, health, vocational, recreational, and related services.

**Children's Therapeutic Services and Supports (CTSS):** Therapy and/or skills services provided in a family's home to prevent the child from being placed out of the home. Also referred to as In-Home Services.

**Clinical Nurse Practitioner (CNS):** A person with an RN degree and a Master's degree in psychiatry/mental health who is able to provide therapy, education and prescribe medications under the supervision of a psychiatrist.

**Community Alternatives for Disabled Individuals (CADI) Waiver:** Home and community based services, necessary as an alternative to institutionalization, that promote the optimal health, independence, safety and integration of a person who would otherwise require the level of care provided in a nursing facility.

**Community Support Plan:** Person-centered plan that reflects a person's needs and preferences.

**Community Support Program (CSP):** Services to help adults with serious and persistent mental illness to function and remain in the community. Services may include; medication monitoring, independent living skills, crisis, psychological rehabilitation, and help in applying for government benefits.

**Counselor/Therapist:** A professional who helps with personal, social, and/or psychological problems.

**Co-Responder:** a mental or behavioral health professional who aids law enforcement in responding to calls involving people with mental health or addiction issues, or any member of such a crisis response team

**Crisis Services:** Provides specific short-term care and intervention strategies to a person due to the need for relief and support. This includes addressing both medical and behavioral needs.

**Day Treatment ~ Adults:** A short-term structured program with group therapy and intensive therapeutic services provided by a multidisciplinary team to stabilize a recipient's mental health status while developing and improving independent living and socialization skills. The goal is to reduce the effects of mental illness and enable the recipient to live in the community.

**Day Treatment ~ Children:** Intensive special education, counseling, parent training, vocational training, skill building, crisis intervention and recreational therapy services lasting at least 3 hours a day.

**Diagnosis (Dx):** The identification of a disease or problem from signs and symptoms.

**Diagnostic Assessment (DA):** A document completed by a mental health professional which summarizes an assessment of mental health symptoms and needs and establishes a mental health diagnosis. Can be used to qualify an individual for insurance reimbursement and/or mental health services.

**Disability:** Inability to engage in substantial gainful activity by reason of any medically determined physical or mental impairment that can be expected to last for a continuous period of not less than 12 months.

**Evidence-Based Practices:** Interventions which have consistent scientific evidence showing that they improve client outcomes.

**Federal Poverty Guidelines (FPG):** Index of poverty in the United States that is updated annually; the measure forms the basis of eligibility for a number of programs.

**Fee-For-Service (FFS):** Payment to a provider for the provision of services on a service-by-service basis.

**Group Residential Housing (GRH):** A state-funded income supplement program that pays for room-and-board costs for low-income adults who have been placed in a licensed or registered setting with which a county human service agency has negotiated a monthly rate.

**Health Insurance:** Many health insurance programs cover mental health services. Call the phone number on the back of the insurance card for assistance.

**Health Maintenance Organization (HMO):** Organization that provides health maintenance and treatment services to enrolled persons in a particular geographic area.

**Independent Living Skills (ILS):** Services that develop and maintain the community living skills and community integration of a person. ILS is provided in the home of a person or in the community.

**Individualized Education Program Plan (IEP):** A written document in the school system that is designed to meet the unique needs of each student receiving special education services and related services. There are several steps to determine eligibility.

**In-Home Services:** Therapy and/or skills services provided in a family's home to prevent the child from being placed out of the home. Also referred to as CTSS (Children's Therapeutic Services and Supports).

**Intensive Residential Treatment (IRT):** A short-term, service provided in a 24 hour, 7 day a week residential setting to individuals who are in need of a more restrictive setting and are at risk of significant functional deterioration. Services are designed to develop and enhance psychiatric stability, personal and emotional adjustment, self-sufficiency, and skills to live in a more independent setting.

**Jarvis:** Law concerning non-compliant use of psychotropic medications.

**Local Advisory Council (LAC):** The Mental Health Act of 1987 and the Children's Mental Health Act of 1989 require counties to establish local mental health advisory councils. The Act gives LAC's a broad role in the review, evaluation and planning of local mental health systems and reporting to the county board.

**MAARC:** The statewide common entry point for to report suspected maltreatment of vulnerable adults. Reports will be promptly submitted to the appropriate investigative agencies.

**Medical Assistance (MA):** One of Minnesota's Health Care Programs (MHCP). MA is administered by the counties and provides health care coverage for the following eligible groups: low income families; children, pregnant women; people who are age 65 years or older; people with disabilities. MA is funded jointly by the state and federal governments (Medicaid is the federal name).

**Medical Assistance for Employed Persons with Disabilities (MA-EPD):**

Work incentive, which promotes competitive employment and the economic self-sufficiency of people with disabilities by assuring continued access to Medical Assistance for necessary health care services. MA-EPD allows working people with disabilities to qualify for MA under higher income and asset limits than regular MA. The goal of the program is to encourage people with disabilities to work and enjoy the benefits of being employed.

**Medicare:** National health insurance program administered by the U.S. Department of Health and Human Services under the Centers for Medicare and Medicaid Services (CMS) for persons who: are age 65 years or older; are under age 65 years and disabled after receiving SSDI for 24 months; have permanent kidney failure (End-Stage Renal Disease treated with dialysis or a transplant).

**Mental Health:** How a person thinks, feels and acts when faced with life's situations. How people look at themselves, their lives and others in their lives; evaluate challenges and problems; and explore choices. This includes handling stress, relating to other people and making decisions. Mental health is impacted by genetics, brain chemistry, trauma and environment.

**Mental Health Practitioner:** Person who provides services in the treatment of mental illness, under the supervision of a mental health professional.

**Mental Health Professional:** Licensed Psychologist, Licensed Psychological Practitioner, Licensed Independent Clinical Social Worker, Clinical Nurse Specialist Mental Health, Licensed Marriage and Family Therapist or Psychiatrist providing clinical services in the treatment of mental illness. These professionals are able to complete diagnostic assessments to determine diagnoses and treatment plans.

**Mental Illness:** Organic disorder of the brain or a clinically significant disorder of thought, mood, perception, orientation, memory or behavior.

**Mentally Ill and Chemically Dependent (MI/CD):** A "dual diagnosis" of at least one form of mental illness and at least one substance use disorder.

**Minnesota Care:** State-subsidized health care program for persons who live in Minnesota and do not have health insurance. The program is open to Minnesota residents who meet program guidelines. Persons may be eligible for either Minnesota Care or MA but may not have coverage from both programs at the same time.

**Minnesota Family Investment Plan (MFIP):** Financial assistance for needy families.

**Minnesota Supplemental Aid (MSA):** A state funded program that provides a monthly cash supplement to people who are aged, blind or disabled and who receive federal Supplemental Security Income (SSI) benefits. Some recipients who do not receive SSI because their other income is too high may still be eligible for MSA if they meet eligibility criteria and their income is below the MSA standard.

**Ombudsman:** Independent governmental official who receives complaints against government (and government-regulated) agencies from aggrieved persons, who investigates, and who if the complaints are justified, makes recommendations to remedy the complaints.

**Personal Care Assistant (PCA):** Assistance and support to eligible persons with disabilities and special health care needs, who live independently in the community. Services are provided by a qualified PCA and may be provided in the person's home or in the community.

**Prepaid Medical Assistance Program (PMAP):** A managed care insurance program that pays for medical (and mental health) services for individuals who qualify for Medical Assistance.

**Protection and Advocacy (P & A):** Federally funded organizations located in every state that protect the rights of persons with developmental disabilities. In Minnesota, the Disability Law Center is the designated Protection and Advocacy agency.

**Psychiatrist:** A Physician who specializes in psychiatry and is certified in treating mental disorders.

**Psychologist:** A Mental Health professional who specializes in the evaluation, diagnosis, and treatment of mental disorders.

**Respite Care:** A service that provides a break for parents and children with a Serious Emotional Disturbance. Some parents may need this help every month. It can be provided in the home or in another location.

**Retirement, Survivors, and Disability Insurance (RSDI):** Program operated by the Social Security Administration that provides a monthly income to retired people, survivors or dependents of insured people and people with disabilities.

**Section 504 Plan:** A written plan, ensuring that a child with a disability (who does not qualify for Special Education services) receives reasonable services and accommodations to remove barriers to a full public education.

**Self-Determination:** Person, or his or her authorized representative, makes his/her own decisions, plans his/her own future, determines how money is spent for his/her supports and takes responsibility for the decisions he/she makes.

**Serious and Persistent Mental Illness (SPMI):** Person age 18 years or older who has a mental illness diagnosis and meets one of the following conditions: 1. has undergone two or more episodes of inpatient care for mental illness within the preceding 24 months; 2. has experienced a continuous psychiatric hospitalization or residential treatment exceeding six months duration within the preceding 12 months; 3. has been treated by a crisis team two or more times within the preceding 24 months; 4. has a diagnosis of schizophrenia, bipolar disorder, major depression or borderline personality disorder, evidences a significant impairment in functioning, and has a written opinion from a mental health professional stating he/she is likely to have future episodes requiring inpatient or residential treatment, unless community support program services are provided; 5. has, in the last three years, been committed by a court as a mentally ill person under Minnesota statutes, or the adult's commitment as a mentally ill person has stayed or continued; 6. was eligible under one of the above criteria but the specified time period has expired or the person was eligible as a child with severe emotional disturbance and the person has a written opinion from a mental health professional, in the last three years, stating that he/she is reasonably likely to have future episodes.

**Serious Emotional Disturbance (SED):** Diagnosable mental health disorders in children and adolescents that severely disrupt daily functioning in the home, school or community, lasting a minimum of one year.

**Sliding Fee Scale:** Payment to a provider based on a percentage of income.

**Social Security Disability Insurance (SSDI):** Program under RSDI that provides cash payments to individuals who have a disability, have worked a certain number of quarters or had a parent or spouse that worked a certain number of quarters and paid Federal Insurance Contributions Act (FICA).

**Special Education Evaluation:** A comprehensive evaluation completed by a school to determine if a child meets disability and academic criteria to receive Special Education services. An initial evaluation must be completed prior to Special Ed services starting and at least once every three years, thereafter.

**Special Education Services:** Services provided through the school district which help children with disabilities to meet their academic needs. See Individualized Education Program.

**Spendedown:** Amount of money that a person enrolled in a Minnesota Health Care Program (MHCP) is responsible to pay before they are eligible for Medical Assistance (MA).

**State Medical Review Team (SMRT):** Makes disability determinations using criteria from the Social Security Administration. SMRT determines disability status for:

- (1) individuals whose application for SSI or RSDI is pending
- (2) those who are disabled but are not eligible for SSI or RSDI
- (3) those who wish to pursue TEFRA

**STIR:** Stronger together inspiring resilience - STIR promotes healing, inspires resilience, shares social connections and celebrates the whole person through mind, body and spirit throughout Sherburne County.

**Subsidy:** A pre-determined amount of funding given to a private company to decrease expenses.

**Supplemental Security Income (SSI):** Federal program that pays monthly cash benefits to persons who are age 65 years or older, blind, or have a disability and have limited resources and income.

**Tax Equity & Fiscal Responsibility Act (TEFRA):** A special medical assistance program for children with disabilities. A child who has been certified as having a disability can potentially receive Medical Assistance on a sliding fee scale basis.

**Therapeutic Foster Care:** Community-based home-like setting that provides intensive treatment services to a small number of children / youth requiring 24-hour supervision.

**Trauma (Child Traumatic Stress):** Occurs as a result of experiencing stressful, life-threatening events such as natural disasters, domestic violence, abuse, neglect or loss of significant loved ones. Repeated traumatic events have greater potential negative impacts. Traumatic exposure can lead to changes in brain structure. Service providers that are trauma-informed help rebuild trust and develop strategies to improve functioning.

**Travis' Law:** 911 dispatchers to deflect mental health crisis calls directly to mental health crisis teams.

**Wraparound Services:** A "full service" approach to developing services that meet the mental health needs of individual children and their families.

**988:** The 988 Hotline serves as the national Suicide and Crisis Lifeline. Individuals facing any emotional, mental health or substance abuse crisis can call this number to be immediately connected to a trained professional. If you're facing a crisis, these trained counselors can provide much-needed support and connect you to local resources when necessary.







Scan this QR code for the STIR website, including a digital version of A Guide to Mental Health