

## Twin Cities Mental Health & Crisis Resources

This document provided courtesy of the Oak-Land Junior High Counseling Department. This is not an endorsement for any of the agencies.

*“From the outside looking in it’s hard to understand. From the inside looking out it’s hard to explain” ~Anonymous*



### **Canvas Health - (651) 777-5222**

<http://www.canvashealth.org/>

Canvas Health is dedicated to offering hope and help to children, adolescents, adults, the elderly and families who struggle with aging, transportation, chemical and mental health, and domestic and sexual abuse.

#### **Services:**

- Crisis Services
- Psychiatric Services
- Counseling – individual, family, group
- Chemical Health

### **Canvas Health Therapeutic/Educational Programs**

#### **Therapeutic Learning Center. (TLC)**

Day treatment services are developed and provided in a center-based daily therapeutic and educational environment for children ages 11 to 15 whose mental health needs are impacting learning and school attendance. Children attend this program daily during normal school hours, including summer sessions, and are referred by school districts. Services take place in the middle school of the Canvas Health mental health center.

#### **P.L.A.C.E. Program (People Learning A Cooperative Existence Together).**

This is a day program for adolescents and is a collaboration between school districts, Washington County Community Corrections and Canvas Health. Youth, referred through Community Corrections, receive daily education and a skills-based curriculum that focuses on changing delinquent behavioral patterns and returning them to their community school.

#### **Therapeutic Assistance Program (TAP)**

TAP is a school-based program which provides mental health services, including diagnostic assessments and therapy services, to eligible students and their families. Offered at a variety of schools in the greater Twin Cities metro area, the program is a collaborative effort between school psychologists, school social workers, teachers and multiple mental health providers.

**Canvas Health 24 hour Crisis Connection** Phone: 612-379-6363 Toll Free: 866-379-6363

<http://www.crisis.org>

Canvas Health’s Crisis Connection provides qualified counselors who are able to respond to any problem 24 hours a day, 365 days a year by phone or text. Services are free, confidential and immediately accessible. Counselors help the caller reach a place of emotional and physical safety and then direct the caller to available community resources that offer longer-term support.

## **Family Means - (651) 439-4840**

[www.familymeans.org/](http://www.familymeans.org/)

Family Means is a place where families, children, couples and individuals can come to find help and work through challenges during difficult times in their lives. Family Means offers financial and bankruptcy services and education; family counseling and mental health services; collaborative divorce services; caregiver support services; youth enrichment programs; and an employee assistance program

### **Services:**

- Relationships/marriage
- Family life issues
- Children/adolescents
- School concerns
- Separation/divorce
- Co-parenting
- Blended families
- Grief and loss
- Depression
- Anxiety
- Sexual abuse
- Pain management
- Life change issues
- Crisis intervention

## **Family Means Center for Grief, Loss & Transition - (651) 641-0177**

[www.familymeans.org/center-for-grief-loss-transition.html](http://www.familymeans.org/center-for-grief-loss-transition.html)

The Center for Grief, Loss & Transition is a nonprofit program of FamilyMeans that provides specialized therapy and caring support to individuals, couples and families who are experiencing loss or trauma. Licensed psychologists, marriage and family therapists, social workers, professional counselors and graduate student interns make up the staff at the Center, where family is defined as two or more people, whether living together or apart, related by blood, marriage, adoption or commitment to care for one another.

### **Services:**

- Individual, couples, family and group therapy for all ages
- Consultation and critical incident response to businesses, schools and organizations
- Clinical supervision, professional workshops and training
- Therapy groups:
  - Child loss
  - Homicide loss
  - Lesbian and gay loss, and transition
  - Men and grief
  - Parent loss
  - Spouse/partner loss
  - Suicide survivors
- Workshops and trainings:
  - Caregiver compassion fatigue
  - Complicated grief and traumatic loss
  - Grief and addiction
  - Grief and the family
  - Grief and the holidays
  - Grieving children in the classroom
  - Helping ourselves and others through grief
  - How to talk to children about grief and trauma
  - Organizational transitions

## **Youth Service Bureau - 651-439-8800**

<http://ysb.net/>

Youth Service Bureau, was established in Stillwater in 1978.

Both organizations shared a common goal: give youth and families the support they need at the first sign of challenges to avoid more significant consequences in the future. They also met the needs of youth, families and communities by providing counseling and early intervention programs.

### **Services:**

- Youth-Focused Family Counseling
- Diversion Programs
- Awareness Programs
- General Assessment and Other Services
- Curfew Times
- Chemical Health
- Parent Education
- Speakers Bureau
- Classes and Events

### **YSB Values**

- YSB values the unique needs of each youth and family
- YSB offers timely support to address challenges when they are occurring
- YSB provides quality service regardless of family income or ability to pay

## **Children's Hospital of Minnesota - (651) 220-6000**

<http://www.childrensmn.org/services/behavioral-health>

At Children's Hospitals and Clinics of Minnesota, we understand that being a kid isn't always fun and games. Sometimes there are obstacles along the way. Our behavioral health professionals are here to help children navigate those obstacles. We offer help with a wide range of behavioral and mental health concerns.

Each year, we care for more than 17,000 children and adolescents in our behavioral services program. Our team of psychologists, psychiatrists, neuropsychologists, nurse practitioners who are board certified pediatric mental health specialists and social workers is experienced in treating the special needs of children. And we focus on treatments that have been proven effective through research. Our clinicians are trained and experienced in using the most current diagnostic tools and interventions.

The behavioral health program at Children's Hospitals and Clinics of Minnesota diagnose and treat a wide range of mental health issues in children and teens, including:

- Depression, Anxiety and fears
- Attention deficit hyperactivity disorder (ADHD)
- Problems at school
- Behavioral problems, such as temper tantrums, defiance or rule-breaking
- Reactions to life changes, such as divorce, death or other traumatic events
- Follow-up after head injuries such as an accident or stroke
- Living with a chronic illness, such as asthma, diabetes or cancer

## **Fairview Hospital Behavioral Services - 612-273-8383**

<http://www.fairview.org/Services/BehavioralHealth/>

Assistance for mental-health and substance abuse

If you are in crisis call 911. Don't struggle when life becomes difficult. Assistance is usually as close as the nearest Fairview hospital or clinic. At Fairview, you'll find compassionate and experienced behavioral health professionals who care about you.

Our behavioral health specialists collaborate with University of Minnesota Department of Psychiatry, University of Minnesota Physicians and Behavioral Healthcare Providers. As a team, they'll offer care that fits your unique situation. Our providers will also take into account culture, gender and special treatment needs.

### **Services**

- Mental health emergency
- Day treatment
- Partial hospitalization
- Inpatient treatment
- Treatment for both mental illness and chemical dependency

## **Prairie Care – (763) 383-5800**

A University of Minnesota Medical School Affiliate

<http://www.prairie-care.com/>

Prairie Care is a privately-owned clinician led organization providing outpatient clinic, intensive outpatient program (IOP), partial hospital program (PHP) and inpatient services to the Twin Cities metro area.

### **Services**

- Needs Assessment
- Inpatient Hospitalization Program
- Partial Hospital Program
- Intensive Outpatient Program
- Behavior Development Program
- Healthy Emotions Program

### **Educational services at Prairie Care**

Trained staff from District 287 provide school services for patients receiving care at PrairieCare. Students benefit from a customized and engaging curriculum that focuses on academic needs while incorporating social and emotional learning. School district staff will manage any changes to educational programming necessary for ongoing success while at PrairieCare.

### **Services:**

- The Outpatient therapy
- Psychological assessment
- Neuropsychological assessment
- Inpatient consults
- Psychiatric assessment
- Medication management
- Developmental pediatrics

## **Aris Clinic - (651) 259-9750**

<http://aris-clinic.com/>

### **Services**

Psychiatric Clinic Services and Child & Adolescent Intensive Outpatient Programs. Our goal at Aris Clinic is to be the “last stop” for kids and teens struggling with emotional and behavioral health issues. We will not only address the problems our patients are currently struggling with but provide clear diagnostic clarification and solid recommendations for comprehensive care following discharge.

### **Services**

- Medication Management
- Group Therapy, Family Therapy
- Educational And Psychological Testing
- Case Management And School Assistance

### **The Child Adolescent Intensive Outpatient Program (IOP)**

IOP provides active, intensive therapeutic services in a coordinated and structured environment. Since this treatment is designed to work with children and adolescents, we consider each individual’s cognitive, emotional, developmental, family and spiritual needs while thoroughly evaluating all underlying psychiatric conditions.

Patients may be admitted to IOP from a hospital, an emergency department or may be starting treatment in IOP directly. Parents, teachers, doctors, therapists, counselors, or family may also refer patients to the IOP.

### **Aris Clinic Educational Services**

Educational services provided by Northeast Metro 916 to students in care and treatment programs are evidence-based and aligned with state and national standards. The following four core areas are addressed: Language Arts, Mathematics, Science, and Social Studies. The services provided may include direct instruction, online learning, or a combination of direct instruction and guided study. After discharge, a credit hour summary with both academic and therapeutic hours will be sent to the home school district. Student’s home district reserves the right to determine credits earned.

## **Avanti Care for Adolescent Girls - 763-230-7470**

<http://www.voamnwi.org/avanti>

Avanti Center for Girls offers a continuum of shelter, evaluation and residential treatment services. Avanti uses Dialectical Behavior Therapy (DBT) to treat adolescent girls, ages 13-18, experiencing mental health crisis. Diagnoses include depression, anxiety, post-traumatic stress and emerging personality disorders which often present as self-injurious behavior and frequent hospitalizations for suicidal ideation and attempts. Family involvement is incorporated into all stages of treatment.

### **Treatment Program**

Avanti's treatment program is six to nine months long, consisting of four stages, focusing on safety and behavior stabilization, skills acquisition and successful re-integration back into the child's home and school environment. Avanti's programming is a modification of

DBT, applied throughout the treatment program. The model for our program is based on research done by Marsha Linehan, Jill Rathus and Alec Miller as described in the manual, Dialectical Behavior Therapy with Suicidal Adolescents. The manual is based on treatment in an outpatient setting which we have adapted for our residential program.

### **Avanti's Educational Services**

Avanti's on-site school, called Willows, is overseen by Northeast Metro Intermediate School District 916, which manages classrooms in a variety of treatment settings. Education services at Willows are highly individualized and coordinated with the resident's home district, allowing as little disruption in school progress as possible. As residents progress in treatment, we do offer off-site alternatives to assist with re-integration into a mainstream school setting. Decisions regarding school setting are made in collaboration with the resident and their parents, Willow's staff and Avanti's treatment team.

### **The Emily Program - 888-364-5977**

<https://www.emilyprogram.com/>

Founded in 1993, The Emily Program has become nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. At The Emily Program, we treat people of all ages and all genders who struggle with anorexia nervosa, bulimia nervosa, binge eating, compulsive overeating, obesity, and other specified feeding and eating disorders.

#### **Services:**

- Individual therapy
- Group therapy
- Intensive outpatient programs
- Nutritional evaluation and counseling
- Family and couples therapy
- Co-occurring disorder therapy
- Integrative interventions, such as yoga or art therapy

### **Options Residential (952) 564-3030**

<http://www.optionsres.com/>

Options Residential rehabilitates and provide a structured environment for those who have a diagnosis of Brain Injury, Mental Illness and/or Substance Abuse Problems. They assist people to gain skills to reduce their need for services and live more independently.

### **Treatment Program**

Options sets out on the path of rehabilitation working with the individual, family, and their treatment team. This path is different for each individual with differing timelines. The ultimate goal is to work with each individual to become as independent as they can be. This may be managing their mental

health, recognizing triggers and the need for continued recovery. Their history demonstrates the ability to evolve with the changing needs of the individuals they work with.

## **Crisis Resources**

**Canvas Health 24 hour Crisis Connection** Phone: 612-379-6363

<http://www.crisis.org>

Canvas Health's Crisis Connection provides qualified counselors who are able to respond to any problem 24 hours a day, 365 days a year by phone or text. Services are free, confidential and immediately accessible. Counselors help the caller reach a place of emotional and physical safety and then direct the caller to available community resources that offer longer-term support.

**Washington County County Crisis Line - (651) 777-4455**  
**24 hours / 7 days**

If you or someone you know is experiencing a mental health crisis, intervention services are available for Washington County residents through Canvas Health by calling 651-777-5222. This phone line is staffed 24 hours a day, seven days a week.

Emergency crisis services at [Canvas Health](#) can include: phone resource information, home-based therapeutic intervention from the Mobile Crisis Unit, or utilization of the crisis clinic for emergency counseling located at the Oakdale office. Please call 651-777-5222 for more information.

A mental health crisis can include but is not limited to:

- Anxiety
- Feelings of depression
- Hallucinations
- Hopelessness Panic attacks
- Rapid mood swings
- Suicidal feelings

It is important to remember that if you or someone you know feels unsafe or believes that there is a risk to self or others call 911 or go to your nearest emergency room. Emergency dispatch can call out an officer or a paramedic unit to conduct a health and welfare check. Many times, an officer can provide voluntary and involuntary transport to an emergency room for a psychiatric assessment.

**Bridge for Youth** 612-377-8800 (24 hour hotline)

<http://www.bridgeforyouth.org>

The Bridge is a safe and welcoming place for youth ages 10-17 in the Twin Cities who have no one to turn to, nowhere to go. With a dedicated staff and strong support from the community, we help hundreds of youth get off the street, into safe shelter, and on to a better life. Our welcoming, residential setting is unique among programs for runaway and homeless youth, providing services at no charge, 24/7/365.

The Bridge develops approaches that help youth and their families resolve their conflicts and move toward healthier relationships. Each year we serve more than a thousand young people and families with a continuum of services, including:

- 24-hour hotline
- Crisis program including shelter and food
- Crisis shelter and counseling
- Youth, parent, and family counseling
- Transitions program for older teens
- Health program
- Support groups for:
  - LGBTQ youth
  - Young women 13-17 years old
  - Young men 13-17 years old
  - Parents of youth
- Ongoing support services

### **National Suicide Prevention Lifeline - 1-800-273-TALK**

<http://www.suicidepreventionlifeline.org>

This service will connect you with Crisis Connection if you are calling from Minnesota. If calling from elsewhere in the nation, this number will connect you with a crisis center in your area. Toll-Free:

## **Informational Resources**

### **Suicide Awareness Voices of Education SAVE**

<http://www.save.org/>

SAVE was one of the nation's first organizations dedicated to the prevention of suicide and was a co-founding member of the National Council for Suicide Prevention. Our history and growth from an all-volunteer, small grassroots group of passionate survivors led us to what is one of today's leading national not-for-profit organizations with staff dedicated to prevent suicide. This site, along with our work, is based on the foundation and belief that suicide should no longer be considered a hidden or taboo topic and that through raising awareness and educating the public, we can SAVE lives.

### **Kids Health**

[www.kidshealth.org](http://www.kidshealth.org)

If you're looking for information you can trust about kids and teens that's free of "doctor speak," you've come to the right place. KidsHealth is the most-visited site on the Web for information about health, behavior, and development from before birth through the teen years. This site is four sites in one: with sections for parents, for kids, for teens, and for educators.

KidsHealth is more than just the facts about health. KidsHealth also provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens. All KidsHealth articles, animations, games, and other content go through a rigorous medical review by pediatricians and other medical experts. Ongoing, scheduled medical reviews ensure that the information is as up-to-date as possible.