



MENTAL HEALTH

RESOURCE DIRECTORY FOR
CHILDREN AND YOUTH
IN DAKOTA COUNTY



We work TOGETHER in
partnership to build
a community where
all children and youth
have the strengths, skills,
relationships, supports,
and opportunities to
improve their social and
emotional wellbeing.





TABLE OF CONTENTS:

Help Lines and Online Resources	4
Crisis Services	4
Dakota County	4
Social Service Programs	4
Chemical Dependency	5
Services for Youth	5
Culturally Specific Services.....	5
Day Treatment and Intensive Outpatient Programs (IOP).....	6
Early Childhood Mental Health	6
Hospital Inpatient Care, Partial and Day Treatment.....	7
Housing Resources and Shelters	7
In-Home Services and Children’s Therapeutic Support Services Providers	8
Low Cost Health Care Resources	9
Mentoring	9
Multi-Service Agencies.....	9
Parent Support.....	9
School District Special Education	10
Services for Sexually Exploited Youth	10
Skills Groups.....	10
Skills Groups (continued)	11
Support Groups/Advocacy/Parenting Education/Navigation.....	11
Transitioning to Adulthood	11
Workforce Center and Vocational Services	11



GENERAL INFORMATION:

Outpatient Treatment Services and Counseling:

If you or your child is in-need of mental health services, first check with your health insurance for approved providers. This resource list is not a complete list of all available resources in Dakota County.

School Linked and School Based Mental Health Services:

Over 120 schools work with local mental health agencies to provide clinical mental health services in schools. This service may be an option when a child or their parents are unable to use clinic based mental health services. Contact your school counselor or social worker to determine eligibility.

Mental Health and Chemical Health Providers:

Providers are highly encouraged to create an agency profile in Minnesotahelp.info, 211 United Way and Faster Tracker MN to assist community members with their search for mental health and chemical health services in their communities.

ABOUT THE DAKOTA COUNTY COLLABORATIVE:

The **Dakota County Integrated Children's Mental Health & Family Service Collaborative** supports the needs of children and families throughout Dakota County. The purpose of the Collaborative is to work to improve the stability and health of all children and families through the coordination of services.

To learn more about the Dakota County Collaborative, please contact:

Dakota County Social Services
Dakota County Interagency Coordinator
14955 Galaxie Avenue, Apple Valley, MN 55124
P: 952-891-7449

*Published by the Dakota County Integrated Children's Mental Health and Family Service Collaborative
This list is a general guide to resources and does not imply endorsement by the Dakota County Collaborative.
This information is subject to change.*

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Help Lines and Online Resources

Minnesotahelp.info Information Network
Senior Linkage line 1-800-333-2433
Veterans Linkage Line 1-888-Linkvet
Disability Hub 1-866-333-2466
www.minnesotahelp.info
Live chat features

First Call for Help
1-800-543-7709
www.211unitedway.org
24-7 confidential help center, all languages
Online chat feature, Text your zip code to
898-211*

Fast-Tracker
www.fasttrackermn.org
Your Link to Mental Health and
Chemical Health Resources

National Suicide Prevention Lifeline
1-800-273-8255

The Trevor Project-LGBTQ youth crisis line
1-866-488-7386
24/7, phone, text, online chat options

Crisis Services

Crisis Text Line 24/7 - Text MN to 741741

**Dakota County Crisis Response Unit
& Youth Stabilization Services**
952-891-7171

Together for Good
651-440-4058
www.tfgood.org

Safe Families for Children Twin Cities
612-518-5986
www.safe-families.org

Dakota County Social Service Programs

*For more information on services and
programs, visit www.dakotacounty.us.*

Children and Family Services
(Children's mental health case management)
952-891-7459

Community Living Services (Aging & Disability)
651-554-6336

Adult Mental Health and Chemical Health Services
651-554-6424

Employment & Economic Assistance
651-554-5611

Housing Crisis Line
651-554-5751

Sliding Fee Clinics:

Dakota County maintains contracts with two
agencies to provide services to children who
have no insurance, or who need services
based on a sliding fee schedule.
For more information, call Dakota County
Social Services at 952-891-7459.

Dakota County Contracted Agencies:

Associated Clinic of Psychology (ACP)
Apple Valley 952-432-1484
West St. Paul 651-450-0860
www.acp-mn.com

Minnesota Mental Health Clinics Eagan
651-454-0114
www.mnmentalhealthclinics.com

Chemical Dependency Services for Youth

Please contact your insurance or medical assistance plan to obtain a chemical health assessment to determine what level of care is appropriate for your child.

Anthony Louis Center
952-890-8879
www.anthonylouiscenter.com

Dakota County
Rule 25 Chemical Health Intake
651-554-6424
www.dakotacounty.us

**Fairview Adolescent Substance
Use/Dual Diagnosis**
612-672-2736
www.fairview.org

Minnesota Adult and Teen Challenge
612-263-8897
www.mntc.org

Nystrom and Associates
952-997-3020
www.nystromcounseling.com

Options Family and Behavior Services
952-564-3000
www.optionsfamily.com

Culturally Specific Services

African American Family Services
651-925-0055
www.aafs.net

American Indian Family Center
651-793-3803
www.aifc.net

CLUES
612-746-3500
www.clues.org

Kente Circle
612-243-1600
www.kentecircle.com

Indian Health Board
612-721-9807
www.indianhealthboard.com

**Isuroon Dakota County Parent Support
and Education Groups**
612-345-5868
www.isuroon.org

Outfront Minnesota Crisis Line
1-800-800-0350

Tubman
651-789-6700
www.tubman.org
Services for women, girls, and families

West Side Community Health Services
651-602-7500
www.westsidechs.org

Wilder Foundation
Southeast Asian Program (SEA)
651-280-2000
www.wilder.org

Day Treatment and Intensive Outpatient Programs (IOP)

Aris Clinic
651-259-9750

www.aris-clinic.com

Christian Family Solutions
1-800-438-1772
www.christianfamilysolutions.org

Fraser-Eagan (Ages 3-5)
612-767-7222
www.fraser.org

Nexus-FACTS Family Healing
651-379-9800
www.nexusfamilyhealing.org

Headway Emotional Health
952-426-6600
www.headway.org

Life Development Resources
952-898-1133
www.lifedrs.com

Prairie Care
888-9-PRAIRIE
www.prairie-care.com

Options Family and Behavior Service
952-564-3000
www.optionsfamily.com

Nystrom Associates
952-234-8566
www.nystromcounseling.com

**Minnesota Mental Health Clinic
(A.S.T.AT program)**
651-454-0114
www.mnmentalhealthclinics.com

Northeast Therapeutic Services (NETS)
651-486-3808
www.nyfs.org

Melrose Center: Outpatient Programs
952-993-6200

Water's Edge Counseling and Healing Center
952-898-5020
www.watersedgechc.com

Early Childhood Mental Health

ACP Early Childhood Mental Health Services
612-925-6033
www.acp-mn.com

Center for Inclusive Child Care
651-603-6265
www.inclusivechildcare.org

**Dakota County Public Health
Family Home Visiting**
651-554-6115
www.dakotacounty.us

**Nexus-FACTS Family Healing
Early Childhood Mental Health Services**
651-379-9800
www.nexusfamilyhealing.org

Help Me Grow
1-866-693-4769
www.helpmegrowmn.org

Life Development Resources
952-898-1133
www.lifedrs.com

NOTES:



Hospital Inpatient Care, Partial and Day Treatment

Hospitals with Inpatient Psychiatric Care, Partial Hospitalization, and Day Treatment Programs. These programs serve children and adolescents.

Abbott Northwestern Hospital
1-866-603-0016
www.allinahealth.org

**Fairview Behavioral Health Services-
Inpatient Services (U of Minnesota)**
612-672-6000
www.fairview.org

United Hospital
1-800-603-0016
www.allinahealth.org

**HCMC Crisis Center
(Acute Psychiatry Services only)**
612-873-3161

Prairie Care
888-9-Prairie
www.prairie-care.com

Dakota County Hospitals:

There are no psychiatric inpatient units at any of the Dakota County Hospitals. Dakota County Hospitals provide Emergency Room services only.

Fairview Ridges, Burnsville
952-892-2000

Northfield Hospital and Clinics
507-646-1000

Regina Medical Center, Hastings
651-480-4100

Housing Resources and Shelters

Dakota County Housing Crisis Line
651-554-5751

Families and Single Adults: press 1
Youth: Press 2
Domestic violence/sexual assault victims: press 3
Eviction prevention services: press 4

**Dakota County Community Development
Agency (CDA)**
651-675-4400
www.dakotacda.org

Dakota Woodlands
651-456-9110
Transitional housing for women and children

360 Communities
www.360communities.org

Lewis House
Eagan 651-452-7288
Hastings 651-437-1291
Safe housing for battered women and children

Metro Shelter Hotline
1-888-234-1329
Emergency and Transitional

The Link C.O.R.E
612-205-7944
Drop-In Center and Street Outreach

In-Home Services and Children's Therapeutic Support Services Providers

CTSS Children's Therapeutic Support Services (CTSS) requires a child to have Medical Assistance. Some private health plans may also cover in-home services, please check with your insurance carrier.

Associated Clinic of Psychology
612-455-8643
www.acp-mn.com

Canvas Health Services
651-777-5222
www.canvashealth.org

Christian Family Solutions
1-800-438-1772
www.christianfamilysolutions.org

CLUES*
612-746-3500
www.clues.org

Ellie Family Services
651-313-8080
www.elliefamilyservices.com

Family Service Rochester
507-287-2010
www.familyservicerochester.org

Family Innovations
651-407-3631
www.familyinnovations.com

Fraser
612-767-7222
www.fraser.org

Kindred Family Focus
763-271-1670
www.nexustreatment.org

Life Development Resources
952-435-6797
www.lifedrs.com

Lighthouse Wellness Services*
612-925-6022
www.acp-mn.com

LGBTQ Mental Health Network
www.lgbttherapists.org

**Nexus-FACTS Family Healing
Early Childhood Mental Health Services**
651-379-9800
www.nexusfamilyhealing.org

Nystrom and Associates (Apple Valley)
952-997-3020
www.nystromcounseling.com

Options Family & Behavior Services
952-564-3000
www.optionsfamily.com

Progressive Individual Resources*
651-222-6567
www.pirimn.org

Securebase Counseling Center
507-301-3412
www.securebasecounselingcenter.com

Somali Family and Youth Services*
612-242-4652
www.acp-mn.com

*These agencies provide culturally specific mental health services

NOTES:



Low Cost Health Care Resources

Dakota County Public Health Department
651-554-6100
www.dakotacounty.us

Dakota Child and Family Clinic
651-209-8690
www.dakotachildandfamily.org

Diamond Head Clinic
952-707-4171
ISD 191 Students

MNsure
1-855-366-7873
www.mnsure.org
Online marketplace for health insurance
and Minnesota Health Care Programs

Portico Healthnet
651-489-2273
www.porticohealthnet.org

St. Mary's Health Clinics
612-287-7777
www.stmaryshealthclinics.org

Mentoring

Kids-n-Kinship
952-892-6368
www.kidsnkinship.org

Mom's Program
952-890-5072
www.momsprogram.org

Tree House Youth Outreach
651-968-4069
www.treehousehope.org

Multi-Service Agencies

*These agencies may help with food,
housing, transportation, utilities, and
emergency assistance.*

360 Communities
952-985-5300
www.360communities.org

CAP Agency Dakota County
651-322-3500
www.capagency.org

Hastings Family Service
651-437-7134
www.hastingsfamilyservice.org

Neighbors Inc
651-455-5000
www.neighborsmn.org

Parent Support

Dakota Child and Family Clinic
651-209-8640
www.dakotachildandfamily.org

NAMI MN Parent Support Program
651-645-2948
www.namimn.org

**Isuroon Parent Support for Somali and
East African Families**
612-886-2731
www.isuroon.org

School District Special Education

SSD #6 South St. Paul
651-457-9496

ISD # 191 Burnsville/Eagan/Savage
952-707-2082

ISD # 192 Farmington
651-463-5020

ISD # 194 Lakeville
952-232-2011

ISD # 195 Randolph
507-645-7409

ISD # 196 Rosemount/Apple Valley/Eagan
651-423-7628

ISD # 197 West St. Paul
651-403-7011

ISD # 199 Inver Grove Heights
651-306-7821

ISD # 200 Hastings
651-480-7019

Intermediate District #917
651-423-8377

Services for Sexually Exploited Youth

180 Degrees-Brittany's Place:
A Safe Shelter for Girls
651-287-480

Day One Hot Line
1-866-223-1111

Midwest Children's Resource Center
651-220-6750

Skills Groups

A variety of individual and group therapy programs are provided by these agencies. This includes DBT, CBT, eating disorder, chemical health and social skills groups

Aris Clinic
651-259-9750
www.aris-clinic.com

Associated Clinic of Psychology (WSP Office)
651-450-0860
www.acp-mn.com

Both/And Resources
952-432-0043
www.bothandresources.com

Christian Family Solutions
1-800-438-1772
www.christianfamilysolutions.org

Family Revelations
651-319-6484
www.familyrevelations.net

Fraser-Eagan (Ages 3-5)
612-767-7222
www.fraser.org

Headway Emotional Health
952-426-6600
www.headway.org

Life Development Resource
952-898-1133
www.lifedrs.com

Lorenz Clinic
952-443-4600
www.lorenzclinic.com

Minnesota Mental Health Clinic
651-454-0114
www.mnmentalhealthclinics.com

Skills Groups (continued)

Nystrom Associates

952-234-8566

www.nystromcounseling.com

Options Family and Behavior Service

952-564-3000

www.optionsfamily.com

Prairie Care

888-9-PRAIRIE

www.prairie-care.com

Water's Edge Counseling and Healing Center

952-898-5020

www.watersedgechc.com

Support Groups/Advocacy/Parenting Education/Navigation

Autism Society of Minnesota (AUSM)

651-647-1082

www.ausm.org

ADHD, Autism and Other Disabilities on the Spectrum

952-985-7331

www.sotv.org

CHADD (ADHD resources)

1-866-200-8098

www.chadd.org

Dakota County Local Advisory Council for Children's Mental Health

952-891-7452

www.dakotacounty.us

Dakota County Public Health

651-554-6100

Mental Health Training and Consultation

Fairview Grief Services

952-892-2111

www.fairview.org

Isuroon Dakota County Parent Support and Education Groups

612-345-5868

www.isuroon.org

MN Association for Children's Mental Health

1-800-528-4511

www.macmh.org

NAMI Dakota County Parent Support and Education Groups

651-645-2948

www.namimn.org

PACER

952-838-9000

www.pacer.org

Proof Alliance (formerly MOFAS)

651-917-2370

www.proofalliance.org

Transitioning to Adulthood

The Dakota County Community Interagency Transition Committee (CTIC) has compiled information and resources to help youth with special needs, and their families prepare for transition, from after high school to adult life. For information, please call 952-891-7328 or visit www.isd917.k12.mn.us

Workforce Center and Vocational Services

Vocational Rehabilitation Services Offices

www.mn.gov/deed

Career Force Center

West St. Paul

651-554-5955

Burnsville

952-703-3100