

# *Mental Health and Related* **RESOURCES**

**NORTHEASTERN MINNESOTA**  
St. Louis County

*Prepared by:*

Claire Taylor

For the Ely Area Chapter of the St. Louis County  
Local Advisory Council on Mental Health  
And the Phoenix Group of Well Being Development

**Acknowledging Much Appreciated Contributions by Many**

*But Especially by:*

Community Health Council

Michael Hannay of St. Louis County Human Services

Northwoods Hospice Respite Partners

Range Mental Health Center Community Support Program

We appreciate your help in keeping this Resource list as current and accurate as possible. It will be updated quarterly. Please send any corrections, additions, or changes to Claire Taylor at [c.taylor@frontiernet.net](mailto:c.taylor@frontiernet.net).

June 2012

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## **National Suicide Prevention Lifeline**

1-800-273-8255 or TTY: 1-800-799-4889

### **2-1-1 United Way**

Community Services Information. Dial 211 or 1-800-543-7709 (statewide) and they can refer you to any kind of support you might need. [www.211unitedway.org](http://www.211unitedway.org) or [www.unitedwaynemn.org](http://www.unitedwaynemn.org). Call for information on education, housing services, counseling, health services, child care, employment, legal help, food, youth services, transportation, senior services, support groups, etc.

The United Way partners with:

#### 1. Meeting Basic Needs

- American Red Cross 218-263-4455
- NSLC Habitat for Humanity 218-749-8910
- Range Transitional Housing 218-741-9628
- Salvation Army, Hibbing 218-263-5096
- Salvation Army, Virginia 218-741-1889
- Second Harvest Food Bank 218-727-5653

#### 2. Supporting Health & Independence

- Arrowhead Center 218-749-2877
- Care Partners 218-404-1411
- Center For Independent Living 218-262-6675
- Courage Center 763-588-0811
- East Range DAC 218-744-5130
- Elder Services Network 218-283-6467
- Family Investment Center 218-741-5485
- Floodwood Services & Training 218-476-2230
- Forget Me Not Foundation 218-885-3663
- Foster Grandparent Program 715-394-5384
- Literacy Action Program 218-262-4563
- Mediation Works North 218-263-7307
- Northstar Hospice 218-262-6982
- Northwoods Hospice/Respite 218-365-8019
- Norma's Place 218-263-9237
- ODC, Inc. 218-258-8926
- Project Care 218-362-6423
- Range ARC 218-744-5130
- Range Respite 218-749-5051
- Well Being Development 218-365-8408

#### 3. Nurturing Children and Families

- Advocate for Family Peace 218-326-0388
- Boys & Girls Club of the Northland 218-727-1549

- Boy Scouts, Voyager Area Council 218-729-5811
- Camp Chicagami 218-744-4683
- Chisholm Kids Plus 218-254-5727
- Ely Community Resources 218-365-5254

NO FEES FOR PROGRAM PARTICIPATION.

P.O. Box 374, 40 N. 1<sup>st</sup> Ave E, Ely 55731  
218-365-5254, Fax: 218-365-3627

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

ECR promotes positive youth development through elementary programs: Homework Club, Peaceful Playground, Buddies Group, Secret Service, and Peer Leadership

ECR promotes Jr/Sr. High Programs: Study Group, After Lunch Bunch, and Key Club

ECR promotes Collaborative Programs: Mentoring Youth Program, Experiential Learning Collaborative with VCC

ECR promotes Community Awareness: Annual Service Project, Annual Holiday Project, Annual Art Auction Fund Raiser, ECR Staff, ECR Board of Directors.

- Girl Scouts, Range 218-254-5696
- Hibbing Kinship Mentoring Prg 218-254-2746
- Homeless Youth Project, RMH 218-780-1644
- Imagination Library 218-254-3329
- Itasca Alliance Against Sex Assault 218-326-5008  
(Name changed to Support Within Reach)
- LSS Family Resource Center 218-741-3433
- Mesabi Family YMCA 218-749-8020
- NSLC Drug/DWI Court 218-302-6207
- Range Women’s Advocates 218-749-5054
- Sexual Assault Program, NSLC 218-749-4725
- Twelfth Step House 218-749-4328
- Volunteers in Education 218-753-3328

## Adult Day Services

### **Daybreak Adult Day Services**

Cook Hospital, 10 Fifth St SE, Cook 55723. 218-666-6240.

Contact Michael McCue. [mmccue@cook.sisunet.org](mailto:mmccue@cook.sisunet.org) M-F, 8am-4pm

### **East Range Developmental Achievement Center (ERDAC)**

800 “A” Ave, Eveleth 55734. 218-744-5130. M-F, 8am-3:30pm

### **Crossroads: Day Program for Active Generations**

Fairview Plaza, 1200 E 25<sup>th</sup> St, Suite 114, Hibbing 55746. 218-312-3014

[rthomps6@range.fairview.org](mailto:rthomps6@range.fairview.org).

**Floodwood Adult Day Service**

601 Ash St, PO Box 347, Floodwood 55736. 218-476-2230.  
Contact: Donna Tracy, [dtracy@fst2b.org](mailto:dtracy@fst2b.org) or Stacy Stevens,  
[stacysteves@fst2b.org](mailto:stacysteves@fst2b.org). M-F, 9am-2pm

**Mary's Adult Day Stay and Respite Program**

12689 Old Hwy 169, Hibbing 55746. 218-778-6370

**Range Mental Health (RMHC) Adult Day Services**

504 First St N, Virginia. 218-741-4714 or 218-780-5151

Outpatient Adult Services:

- Virginia: 218-749-2881
- Hibbing: 218-263-9237
- Ely: 800-450-2273

**Range Respite Caregiver Resources & Services**

1309 20<sup>th</sup> St S, Virginia. 218-749-5051 or 877-807-7324

## Advocacy

**St. Louis County Commissioners:**

For additional information about St Louis County departments and services:  
800-450-9777.

**Kevin Gray**

100 N Fifth Ave W, #202, Duluth M N 55802. 218-726-2448. [grayk@co.st-louis.mn.us](mailto:grayk@co.st-louis.mn.us).

1st District

**Frank Jewell**, Duluth

218-726-2458. [jewellf@co.st-louis.mn.us](mailto:jewellf@co.st-louis.mn.us)

2nd District

**Steve O'Neil**, Duluth

218-726-2450

3rd District

**Chris Dahlberg**, Duluth

218-726-2562. [dahibergc@co.st-louis.mn.us](mailto:dahibergc@co.st-louis.mn.us).

4th District

**Michael Forsman**

320 Miners Dr E, Ely 55731. 218-365-8200. [forsmanm@co.st-louis.mn.us](mailto:forsmanm@co.st-louis.mn.us).

5th District

**Peg Sweeney**, Duluth

218-726-2562. [sweeneyp@co.st-louis.mn.us](mailto:sweeneyp@co.st-louis.mn.us).



6th District

**Keith Nelson**

County Courthouse, Virginia 55792. 218-749-7108. [nelsonk@co.st-louis.mn.us](mailto:nelsonk@co.st-louis.mn.us).

7th District

**Steve Raukar**

County Courthouse

Hibbing 55746. 218-262-0201. [raukars@co.st-louis.mn.us](mailto:raukars@co.st-louis.mn.us).

**Elected Officials: U.S. Senate**

**U.S. Senator Amy Klobuchar**

*D. C. Address:*

Hon. Sen. Amy Klobuchar, US Senate, Washington DC 20510. 202-224-3244

*MN Office Address:*

Jerry Fallos, Regional Outreach Director

US Senator Amy Klobuchar

Olcott Plaza, # 105, 820 9th St N, Virginia 55792. 218-741-9690

[Jerry\\_fallos@Klobuchar.senate.gov](mailto:Jerry_fallos@Klobuchar.senate.gov).

[www.Klobuchar.senate.gov](http://www.Klobuchar.senate.gov).

[senator@klobuchar.senate.gov](mailto:senator@klobuchar.senate.gov).

**U.S. Senator Al Franken**

*D. C. address:*

320 Hart Senate Office Bldg, Washington DC 20510. 202-224-5641

*Saint Paul office:* 60 E Plato Blvd, #220, St. Paul 55107

**U.S. House of Representatives**

**Rep. Chip Cravaak**

508 Cannon Hob, Washington DC 20515. 202-225-6211 or Fax: 202-225-0699

**Minnesota Senate**

**Senator Tom Bakk**

301 State Capitol, St Paul 55155. 651-296-8881

[sen.tom.bakk@senate.mn](mailto:sen.tom.bakk@senate.mn).

2361 Retreat Rd, Cook 55723. 218-666-5041

**Senator David Tomassoni**

111 State Capitol, 75 Constitution Ave, St Paul 55155. 651-296-8017

[sen.david.tomassoni@senate.leg.state.mn.us](mailto:sen.david.tomassoni@senate.leg.state.mn.us).

**Minnesota House of Representatives**

**Rep. Tom Rukavina**

District 5A.

473 State Office Bldg, 100 Constitution Ave, St Paul 55155

651-296-0170 or 888-682-3205

Star Rt Box 2207, Virginia 55792. 218-749-5690

[rep.torn.rukavina@house.leg.state.mn.us](mailto:rep.torn.rukavina@house.leg.state.mn.us).

**Rep. Carly Melin**

District 5B

309 State Office Bldg, 100 Rev Dr. Martin Luther King Jr Blvd.

St Paul 55155. 651-296-0172 or 888-726-0711. [rep.carly.melin@house.mn](mailto:rep.carly.melin@house.mn).

**Non-Political Advocacy Groups**

**AARP**

Minnesota State Office, 30 E 7th St, #1200, St Paul 55101. 866-554-5381

[www.aarp.org/mn](http://www.aarp.org/mn). Elvira Barnes-Wycough, Associate State Director, Community Outreach. 651-726-5654. [ebwycough@aarp.org](mailto:ebwycough@aarp.org).

**Access North**

2104 E 6th Ave, Hibbing 55746. 218-262-6675 Voice/TTY. [www.accessnorth.net](http://www.accessnorth.net).

**ACT:** Advocating Change Together. <http://www.selfadvocacy.com>

**Alzheimer's Association, Minnesota-North Dakota Northern Regional Center**

US Bank Building

2002 W Superior St, #10, Duluth 55806. 218-733-2560 or 800-232-0851

24/7 Information Helpline: 800-272-3900. [www.alz.org/mnnd](http://www.alz.org/mnnd).

**Arrowhead Regional Development Commission/Arrowhead Area Agency on Aging**

221 W First St, Duluth 55802. 218-722-5545 or 800-232-0707

[www.arrowheadaging.org](http://www.arrowheadaging.org). M-F, 8am-4:30pm

**ElderCare Rights Alliance**

2626 E 82nd S, #230, Bloomington 55425. 952-854-7304

[info@eldercarerights.org](mailto:info@eldercarerights.org).

**Elder Services Network**

*"Providing leadership in our communities to meet the needs of seniors."*

The Elder Services Network is a collaborative association of individuals and organizations that work together to develop and provide quality community-based services which enhance the lives of seniors. ESN provides education, support, information and assistance, advocacy and outreach, and program development and coordination. Programs and services include ESN TeleCare, Senior Informational Forums, Annual Range Senior Expo, Annual Guide to Senior Services in St. Louis County and Groceries to Go Program. They also offer rental equipment (see Medical Equipment).

921 17th St S, #A&B, Virginia 55792. 218-741-0415 or 888-741-1220

[esn@Elder-Services.net](mailto:esn@Elder-Services.net). [www.elder-services.net](http://www.elder-services.net).

**Local Advisory Councils:**

- Aitkin County: Aitkin: Susan Cebelinski

204 1<sup>st</sup> NW, Aitkin 56431. [Susan.cebelinski@co.aitkin.mn.us](mailto:Susan.cebelinski@co.aitkin.mn.us)  
218-927-7200

- Cass County: Walker: Michele Piperude  
400 Michigan Ave, Walker 56484. [Michele.piperude@co.cass.mn.us](mailto:Michele.piperude@co.cass.mn.us)  
218-547-1340
- Crow Wing County: Brainerd: Tami Lueck  
606 Front St, Brainerd 56401. [Tami.lueck@co.crow-wing.mn.us](mailto:Tami.lueck@co.crow-wing.mn.us)  
218-824-1140
- Morrison County: Little Falls: Paul Bukovich  
213 1<sup>st</sup> Ave SE, Little Falls 56345. [Paul@co.morrison.mn.us](mailto:Paul@co.morrison.mn.us)  
320-632-0255
- Region 5 Resource Center Coordinator, Jennifer Prueser,  
[jennifer.prueser@mhcsn.org](mailto:jennifer.prueser@mhcsn.org) [www.region5recovery.com](http://www.region5recovery.com)  
651-402-2296
- St. Louis County: Ely: John Soghigian  
[johnsoghigian@namasystems.com](mailto:johnsoghigian@namasystems.com)
- Todd County: Long Prairie: Kim DeCock  
212 2<sup>nd</sup> Ave S, Long Prairie 56347. [Kim.decock@co.todd.mn.us](mailto:Kim.decock@co.todd.mn.us)
- Wadena County: Wadena: Lori Miller  
124 1<sup>st</sup> SE, Wadena 56482. [Lori.miller@co.wadena.mn.us](mailto:Lori.miller@co.wadena.mn.us)  
218-361-7605

### **Mental Health Association**

612-331-6840

The Mental Health Association of Minnesota helps individuals find access to services or problem-solve a situation, on a one-to-one basis. MHA provides community education about mental illness, treatments and resources.

### **MN Attorney General Office of Healthcare Complaint Private Insurance**

1400 Bremer Tower, 445 Minnesota St, St. Paul 55101

(AG) Consumer or Citizen Assistance Line, NCL Tower, #1400, 445 Minnesota St, St. Paul 55101. 651-296-3353 or 800-657-3787.

### **MN Coalition For the Homeless**

2233 University Ave W, St. Paul 55114. 218-744-2095

Liz Kuoppala, Exec. Dir. [www.mnhomelesscoalition.org](http://www.mnhomelesscoalition.org).

**Minnesota Department of Commerce** (For problems with Insurance Companies licensed by The Department of Commerce. 651-296-2488 or 800-657-3602

### **Minnesota Department of Health**

The Minnesota Department of Health, Managed Care System Section, handles complaints about HMOs, County Based Purchasing (CBP) and Essential Community Providers (ECPs) that operate in the State of Minnesota. They can investigate to determine if the Health Plan and its providers have acted consistently with applicable law and with the terms of the enrollee's health

plan. Complaints can be mailed or taken over the phone. The department also contracts with a third party for an external review of a denial by a health plan. There is a small cost for an external review.  
PO Box 64882, St. Paul 55164. 651-201-5100 Managed Care Line/HMO Complaints; or 800-657-3916.

### **Minnesota Department of Human Rights**

651-296-5663

A neutral state agency that investigates charges of illegal discrimination, ensures that businesses seeking state contracts are in compliance with equal opportunity requirements, and strives to eliminate discrimination by educating Minnesotans about their rights and responsibilities under the state Human Rights Act.

### **Minnesota Disability Law Center**

Works to promote, expand and protect the human and legal rights of persons with disabilities through direct legal representation, advocacy and education.  
612-334-5970 or 800-292-4150

### **Minnesota Health Plans**

Minnesota law requires each health plan to have an internal complaint process. Usually it is the member services department that handles complaints. If the complaint is not resolved to an individual's satisfaction, the individual can then file an appeal to the health plan.

### **Minnesota Work Incentive Connection**

This program helps people with disabilities go to work or increase their level of employment by providing clear, accurate information about the impact of work on their Social Security and other benefits.  
2200 University Ave, # 240, St. Paul 55114  
651-632-5113, 800-976-6728, TTY: 651-632-5110

### **Office of Health Facility Complaints**

Serves the general public as a division of the Minnesota Department of Health (MDH). Complaints, questions or concerns must be related to services received at a licensed facility. These include: Hospitals, Nursing homes, Boarding care homes, Supervised living facilities, Assisted living, and Home Health Agencies.  
Office of Health Facility Complaints, PO Box 64970, St. Paul 55164  
Phone: 651-201-4201, 800-369-7994, Fax: 651-201-4202

### **Office of Mental Health Practice**

Established for people receiving mental health services from practitioners who fall outside of the licensing authorities for Minnesota psychologists, social workers, marriage and family therapists, and psychiatrists (physicians), nurses, licensed professional counselors, and alcohol and drug counselors. The OMHP requires unlicensed mental health practitioners to follow certain rules of conduct, and to provide their clients with the Mental Health Client Bill of Rights. Consumers receiving

mental health services, or any concerned individual, may file a complaint about an unlicensed mental health practitioner with the OMHP, or receive information from the OMHP about state regulations governing both licensed and unlicensed mental health practitioners. 612-617-2105 or 1-800-657-3957.

**Office of the Ombudsman for Mental Health and Development Disabilities**

Assists with the following: concerns or complaints about services, questions about rights, grievances, access to appropriate services, general questions or the need for information concerning services for persons with disabilities. 651-757-1800 or 800-657-3506

**U.S. Department of Justice**

For information about discrimination under the Americans with Disabilities Act (ADA) call the ADA Information Line at: 800-514-0301.

**Department of Human Services: License and Maltreatment Office.** 651-296-3971

**Minnesota Relay**

Minnesota Relay Consumer Relations Office

332 Minnesota 5 tree: #ZI551, St. Paul 55101. 651-602-9005 or 800-657-3775

[mn.relay@state.mn.us](mailto:mn.relay@state.mn.us). [www.mnrelay.org](http://www.mnrelay.org).

**Minnesota Senior Federation Iron Range Region**

702 3rd Ave S, Virginia 55792. 218-749-2912 ext 202 or 800-662-5711 ext 202

**Northeast Office of the Ombudsman for Mental Health & Development Disabilities**

320 W Second St, #105, Duluth 55802. 877-766-5481 or 800-627-3529 TTY

**Office of the Ombudsman for Older Minnesotans**

Virda Hall, PO Box 117, Duluth 55801. 218-729-1303 or 800-657-3591

[vrda.hall@state.mn.us](mailto:vrda.hall@state.mn.us).

**Range Transitional Housing**

218-741-9628 ext 4218 or Fax: 218-735-6332. Adam Venne, Director

- Hibbing: 2121 2nd Ave E 55746
- Virginia: 442 Pine Mill Court. 55792

**Range Women's Advocates for Battered Women**

301 S First St, #100, Virginia 55792. 800-343-5054 24-Hr Crisis Hotline

- Virginia: 218-749-5054
- Chisholm: 218-254-3377

[rangewomens@qwestoffice.net](mailto:rangewomens@qwestoffice.net). [www.rwadvocates.org](http://www.rwadvocates.org).

**Senior LinkAge Line®:** 800-333-2433

**St. Louis County Coordinator on Aging**

Arrowhead Economic Opportunity Agency

702 3rd Ave S, Virginia 55792. 218-749-2912 ext 276  
800-662-5711 ext 276 or 800-862-0175 TTY. [tharvey@aeoa.org](mailto:tharvey@aeoa.org).

**St. Louis County Social Services Adult Protection Elder Abuse and Neglect**

- Hibbing: 218-262-6000
- Virginia: 218-749-7128

**Sexual Assault Program of Northern St. Louis County**

505 W 12th Ave, Virginia 55792. Available 24/7. 218-749-4725 or  
800-300-3102. [jeanne@stopsexualviolence.org](mailto:jeanne@stopsexualviolence.org).

**Social Services – Ely, Soudan and Tower area:** Angie Enroth, 218-365-8216

**Social Services Apartments in Ely, Hoyt Lakes and Aurora areas:**

Contact Mary Pat O'Holleran at 218-365-8215.

**Social Services – Babbitt & clients without nursing care:**

Contact Mary Ann Bergstrom at 218-365-8214

**U. S. Department of Labor**

Health plans that are self-insured are regulated by the U.S. Department of Labor. For further assistance, contact their office directly at: Employee Benefits Society Administration

1100 Main St, # 1200, Kansas City, MO 64105  
816-426-5131, Fax: 816-426-5511, Toll Free: 866-444-3272

**U.S. Equal Employment Opportunity Commission**

For discrimination complaints contact them at 800-669-4000.

**United Way of Northeastern MN**

229 W Lake St, Chisholm 55719. 218-254-3329 [www.unitedwaynemn.org](http://www.unitedwaynemn.org).

**AEOA: (Arrowhead Economic Opportunity Agency)**

Offers energy assistance, outreach, jobs training, employment assistance, homeless services, foreclosure prevention, housing rehabilitation, weatherization, new home ownership assistance, Arrowhead transit, etc. **Website:** <http://www.aeoa.org/>

**Duluth:** 218-624-7625 or 218-628-0877

**Ely:** 30 S 1<sup>st</sup> Avenue E, 55731. 218-365-3359

**Foreclosure Programs:** 218-749-2912 ext 274, or 800-662-5711

**Headstart Programs:** 800-622-5711 ext 252, 218-749-2912 ext 252, or email

[Jcrittenden@aeoa.org](mailto:Jcrittenden@aeoa.org)

**Hibbing:** 2125 E 2<sup>nd</sup> Ave, 55746. 218-263-8487 or 218-263-5481.

**Virginia:** 702 3<sup>rd</sup> Ave S, 55792. 218-749-2912 or 800-622-5711, Fax: 218-749-2944.

- Adult Basic Education: 218-749-4352 or 800-662-5711 ext 400, Fax: 218-749-4336.
- Arrowhead Transit: 218-741-0724 ex 104, 800-862-0175, Fax: 218-741-5715. Transportation for those who cannot drive. Charter trips for 7 or more.
- Energy Assistance: 218-749-2912
- Minnesota Workforce Center: 218-748-2200, Fax: 218-748-2280
- Weatherization: 218-741-2215
- Workforce Center: 218-748-2200, Fax: 218-748-2280

**Two Harbors:** Norden in Park, 2124 10<sup>th</sup> St, 55616. 218-834-2280 ext 111, or 800-223-1850, Fax: 218-834-5269

## **Battered Shelters**

(See Housing)

## **Caregiver Support**

**Senior LinkAge Line:** 800-333-2433

### **Caregiver Consultants**

- Ely Area: Lisa Porthan. 218-365-8019. [northwoodshrp@gmail.com](mailto:northwoodshrp@gmail.com).  
[www.northwoodspartners.org](http://www.northwoodspartners.org).
- Hibbing & Virginia: Range Respite, 1309 20<sup>th</sup> St S, Virginia 57792  
218-749-5051 or 877-507-7324. [hgrinage@rangerespice.org](mailto:hgrinage@rangerespice.org)

## **Chemical Dependency**

### **Alcoholics Anonymous**

- Aurora: 218-229-2370
- Cook: 218-666-2332
- Ely/Babbitt: 218-365-6129
- Gilbert: 218-741-2921
- Hibbing: 218-262-2998 or 218-262-2114
- Makinen: 218-744-1585
- Orr: 218-757-3495
- Virginia: 218-742-4237

### **Al-Anon**

First call for help: 800-442-8565. For information: 888-4 al-anon  
Cook Al-Anon: 218-666-2332

**The Anti-Drug website for Parents**

[www.theantidrug.com](http://www.theantidrug.com)

800-788-2800 or 800-662-HELP for immediate help.

**Arrowhead Center, Inc.**

505 S 12th Ave, Virginia 55792. 218-749-2877

**Donovan Frank Center Alcohol Detoxification**

626 S 13th St, Virginia 55792. 218-741-9120

**MN Prevention Resource Center**

2720 Highway 10 NE, Mounds View 55112. 763-427-5310 or 800-782-1878.

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

Addresses underage drinking.

**Narcotics Anonymous Hot Line**

877-767-7676

**NIDA (National Institute on Drug Abuse)**

[www.drugabuse.gov](http://www.drugabuse.gov) [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov) [www.findtreatmentsamhsa.gov](http://www.findtreatmentsamhsa.gov)

800-662-HELP

**Range Mental Health Center**

- Hibbing: 3203 W Third Ave 55746. 218-263-9237 or 888-344-9237
- Virginia: 624 S 13th St 55792. 218-741-9120
- Day Treatment: Hibbing: 218-263-9237, Virginia: 218-741-4714

**Range Treatment Center**

626 S 13th St, Virginia 55792. 218-741-9120

**Twelfth Step House Inc.**

512 N Second St, Virginia 55792. 218-749-4328

**SAMHSA Treatment Centers:**

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

Name	Address	Phone	Website
<b>Anishinaabe</b>	1611 Farm	(218)	
<b>Miikana Tower</b>	Road South	753-2347	
<b>Gidamaajitaamin</b>	Tower, MN	Intake:	<a href="http://www.boisfortehumanservices">www.boisfortehumanservices</a>
<b>Bois Forte</b>	55790	(218) 757-0111	

Primary Focus: Substance abuse treatment services

Services Provided: Substance abuse treatment



Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Website</b>
Type of Care:	Outpatient		
Special Programs/Groups:	DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Private health insurance		
<b>Pioneer Recovery Center</b>	5388 Road 37 Aurora, MN 55705	(218) 638-1233	<a href="http://www.pioneerrecoverycenter.com">www.pioneerrecoverycenter.com</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
<b>Twelfth Step House Inc</b>	512 2nd Street North Virginia, MN 55792	(218) 749-4328 Intake: (888) 749-4670	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential long-term treatment (more than 30 days)		
Forms of Payment Accepted:	Self payment		
<b>Arrowhead Center Inc</b>	505 12th Avenue West Suite 1 Virginia, MN 55792	(218) 749-2877	<a href="http://www.thearrowheadcenter.org">www.thearrowheadcenter.org</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, DUI/DWI offenders		

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Website</b>
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
<b>Anishinaabe Miikana Gidamaajitaamin Bois Forte</b>	13071 Nett Lake Road Suite B Nett Lake, MN 55772	(218) 757-0111	<a href="http://www.boisfortehumanservices.com">www.boisfortehumanservices.com</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance		
<b>Range Treatment Center</b>	3203 3rd Avenue West Hibbing, MN 55746	(218) 263-9237 Intake: (218) 741-9120 Hotline: (218) 749-2881	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
<b>Lake View Memorial Hospital Chemical Dependency Unit</b>	325 11th Avenue Two Harbors, MN 55616	(218) 834-7309	
Primary Focus:	General health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
<b>Cook County</b>	Court House (218)		

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

Name	Address	Phone	Website
<b>Wilderness Outpatient Trt Services</b>	411 West 2nd Street Grand Marais, MN 55604	387-3620	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	ASL or other assistance for hearing impaired		
<b>Lake Place Retreat Center</b>	25704 County Road 338 Bovey, MN 55709	(218) 245-1395	<a href="http://www.lakeplacecenter.com">www.lakeplacecenter.com</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days), Outpatient		
Special Programs/Groups:	Women, Men		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
Payment Assistance:	Payment assistance (Check with facility for details)		
<b>Center for Alcohol and Drug Treatment Howard Friese House</b>	1520 East 2nd Street Duluth, MN 55812	(218) 723-8444	<a href="http://www.cadt.org">www.cadt.org</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Buprenorphine Services		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Men		
Forms of Payment	Self payment, Medicaid, Medicare, State financed insurance (other than		

Substance Abuse and Mental Health Services Administration  
 Center for Behavioral Health Statistics and Quality  
 Substance Abuse Treatment Facility Locator

Name	Address	Phone	Website
Accepted:	Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
<b>Center for Alcohol and Drug Treatment Marty Mann House</b>	714 North 11th Avenue East Duluth, MN 55805	(218) 723-8444	<a href="http://www.cadt.org">www.cadt.org</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
<b>Center for Alcohol and Drug Treatment</b>	1402 East Superior Street Duluth, MN 55805	(218) 723-8444	<a href="http://www.cadt.org">www.cadt.org</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Residential short-term treatment (30 days or less)		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
<b>Lake Superior Treatment Center</b>	14 East Central Entrance Suite B Duluth, MN 55811	(218) 786-0223	<a href="http://www.methadonetreatment.com">www.methadonetreatment.com</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification, Buprenorphine Services		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment		
Exclusive Services:	Methadone and Buprenorphine Clients Only		
<b>Minnesota Teen Challenge</b>	2 East 2nd Street	(218) 740-5500	<a href="http://www.mntc.org">www.mntc.org</a>

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

Name	Address	Phone	Website
	Duluth, MN 55802		
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days), Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
<b>Ridgewood Recovery Inc DBA The Superior Treatment Center</b>	209 West 1st Street Suite 200 Duluth, MN 55802	(218) 336-9300	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Buprenorphine Services		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
	229 North 4th Avenue West Duluth, MN 55806	(218) 727-7699 Intake: (218) 722-2703	<a href="http://www.mashkawisen.com">www.mashkawisen.com</a>
<b>Thunderbird/Wren House</b>			
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
<b>Nystrom and Associates Ltd</b>	332 West Superior Street Suite 300 Duluth, MN 55802	(218) 722-4379	

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Website</b>
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
<b>Bethel Outpatient Services</b>	23 Mesaba Avenue Duluth, MN 55806	(218) 727-0504x151 Intake: (218) 727-0504	<a href="http://www.duluthbethel.org">www.duluthbethel.org</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Outpatient		
Special Programs/Groups:	Women, Men, DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
<b>Bethel Port Rehabilitation Center</b>	23 Mesaba Avenue Duluth, MN 55806	(218) 727-7415x151 Intakes: (218) 727-7415x110 (218) 727-0504x150	<a href="http://www.duluthbethel.org">www.duluthbethel.org</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Men		
Forms of Payment Accepted:	Medicaid, State financed insurance (other than Medicaid), Private health insurance		
<b>Ridgewood</b>	1507 Tower	(715)	<a href="http://www.treatment-">http://www.treatment-</a>

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

Name	Address	Phone	Website
<b>Recovery Inc DBA The Superior Treatment Center</b>	Avenue Suite 307 Superior, WI 54880	392-9300	<a href="http://centers.net/directory/wisconsin/superior/the-superior-treatment-center.html">centers.net/directory/wisconsin/superior/the-superior-treatment-center.html</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Buprenorphine Services		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
	1500 North 34th Street Suite 200 Superior, WI 54880	(715) 392-8216 Hotline: (715) 395-2259	<a href="http://www.humandevelopmentcenter.org">www.humandevelopmentcenter.org</a>
<b>HDC</b>			
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Women		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Private health insurance, Military insurance (e.g., VA,TRICARE)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
	912 Main Street Littlefork, MN 56653	(218) 278-4607	<a href="http://www.littleforkmedicalcenter.com/pineview.html">www.littleforkmedicalcenter.com/pineview.html</a>
<b>Pineview Recovery Center</b>			
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
	900 5th Street Suite 301 International	(218) 285-7029	
<b>Rational Alternatives</b>			

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

Name	Address	Phone	Website
	Falls, MN 56649		
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA,TRICARE)		
	1003 Cloquet Avenue	(218) 879-5545	<a href="http://www.havenchemicalhealth.com">www.havenchemicalhealth.com</a>
<b>Haven in Cloquet</b>	Suite 117 Cloquet, MN 55720		
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
	37390 North	(715) 779-3741	
<b>Red Cliff Tribe</b>	Bradum	Intake:	<a href="http://www.red-cliff-health.com">www.red-cliff-health.com</a>
<b>Red Cliff AODA Program</b>	Road Bayfield, WI	(715) 54814	
		779-3742	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
	810 3rd Street	(218) 384-7000	
<b>Community Addiction Recovery Enterprise (CARE)/Liberalis</b>	Suite 102 Carlton, MN	Intake: (218) 384-7013	<a href="http://www.dhs.state.mn.us/main">www.dhs.state.mn.us/main</a>
Primary Focus:	Substance abuse treatment services		



Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Website</b>
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days), Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance		
Special Language Services:	ASL or other assistance for hearing impaired		
<b>Rapids Counseling Services Inc</b>	717 NE 4th Street Grand Rapids, MN 55744	(218) 327-2001 Intake: (800) 887-0170	<a href="http://www.Rapidscounseling.com">www.Rapidscounseling.com</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Women, DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE)		
Special Language Services:	ASL or other assistance for hearing impaired		
<b>Northland Recovery Center Substance Abuse Services</b>	1215 SE 7th Avenue Grand Rapids, MN 55744	(218) 327-1105 Intakes: (218) 313-1313 (218) 313-1319	<a href="http://www.northlandrecovery.com">www.northlandrecovery.com</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days), Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Men, DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

Name	Address	Phone	Website
Special Language Services:	ASL or other assistance for hearing impaired		
<b>Northland Recovery Center Adolescent Center</b>	510 SE 13th Street Grand Rapids, MN 55744	(218) 327-2570 Intake: (218) 327- 2570x405	<a href="http://www.northlandrecovery.com">www.northlandrecovery.com</a>
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
<b>Hope House of Itasca County</b>	604 South Pokegama Avenue Grand Rapids, MN 55744	(218) 326-1443	<a href="http://www.hopehousetreatment.org">www.hopehousetreatment.org</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Men		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
<b>Northland Recovery Womens Center</b>	213 SE 11th Street Grand Rapids, MN 55744	(218) 327-1890 Intake: (218) 327- 1890x420	<a href="http://www.northlandrecovery.com">www.northlandrecovery.com</a>
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term		

Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
Substance Abuse Treatment Facility Locator

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Website</b>
	treatment (more than 30 days)		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Women		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
	1150 Mission Road (218) P.O. Box 66 879-6731 <a href="http://www.mashkawisen.com">www.mashkawisen.com</a> Sawyer, MN 55780		
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance		
	2086 Ridgeway Drive (218) Grand 327-9944 <a href="http://www.hopehousetreatment.org">www.hopehousetreatment.org</a> Rapids, MN 55744		
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential long-term treatment (more than 30 days), Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Women, DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		

**Children's Services**  
**Infant & Early Childhood Mental Health Resources**

**CALL 911 in an emergency.**

**Anonymous TIP line: 218-749-7128 or 800-450-9777**

**Duluth:** 320 W 2<sup>nd</sup> St, Government Services Center, 55802. 218-276-2075.  
For Initial Intervention: 218-726-2012 or 800-450-9777

**Ely:** 118 S 4<sup>th</sup> Ave, 55731. 218-365-8210.

**Virginia:** 307 S 1<sup>st</sup> St, 55792. 218-749-7128. For Initial Intervention: 800-450-9777.

**AEOA:** Relatives as Parents Program (RAPP). Used to be ROCK. Covers children ages 0-12. This is parenting support for relatives and parents.  
702 3<sup>rd</sup> Ave S, Virginia 55792. 218-749-2912 ext 276. [teresa.harvey@aeoa.org](mailto:teresa.harvey@aeoa.org)

**American Indian Education, ISD 706:** Education: in-school tutoring and support, parent support, and home visits. Ages 3-18.  
411 S 5<sup>th</sup> Ave, Virginia 55792. 218-749-5437, ext 1949 or 1947.  
email: [djoie@virginia.k12.mn.us](mailto:djoie@virginia.k12.mn.us)

**American Indian Education Services Collaborative, ISD 712, 2142, 2154, 2711 and Northland Learning Center.** Ages 0-18. 1701 N 9<sup>th</sup> Ave, Virginia 55792. 218-749-8130 ext 1110. Email: [lgreensky@isd2142.k12.mn.us](mailto:lgreensky@isd2142.k12.mn.us). Provide academic support, parent support, educational advocacy and home visits.

**Arrowhead Head Start:** Ages 0-5. 702 3<sup>rd</sup> Ave S, Virginia 55792. 218-749-2912 ext 265. Email: [judy.Kelly@aeoa.org](mailto:judy.Kelly@aeoa.org). Provide crisis services, therapeutic classrooms, outpatient services, mental health referral, day treatment.

**Bois Forte Health & Human Services:** Ages 1-18. 13071 Nette Lake Rd, Nett Lake, 55771. 218-757-0111. Email: [hlehtinen@boisforte-nsn.gov](mailto:hlehtinen@boisforte-nsn.gov)  
Provide assessments, parenting support, referrals, outpatient services and Telemental health.

### **Early Childhood Coalitions**

- Ely and Surrounding Communities: [elyearlychildhoodcoalition@yahoo.com](mailto:elyearlychildhoodcoalition@yahoo.com)
- Hibbing: Laura Perry, 218-254-2847
- Hoyt Lakes, Aurora and Biwabik: [asand@mesabieast.k12.mn.us](mailto:asand@mesabieast.k12.mn.us)
- Virginia, Gilbert, Eveleth, Mountain Iron, and Buhl:  
website: [www.quadcitiesearlychildhood.com](http://www.quadcitiesearlychildhood.com)

**Early Childhood Family Education (ECFE)** is offered at the following locations:

- Chisholm Schools: Ages 0-5. 1000 NE 1<sup>st</sup> Ave, Chisholm 55719. 218-254-1438. Email- [jphaneuf@chisholm.k12.mn.us](mailto:jphaneuf@chisholm.k12.mn.us). Provides mental health referral, family/community services and support, parent education, early care and education.
- Ely Schools: Ages 0-5. 600 E Harvey, Ely 55731. 218-365-6166 ext 207.

Email: [mmattson@ely.k.12.mn.us](mailto:mmattson@ely.k.12.mn.us). Provides early care and education and parent education.

- Eveleth/Gilbert: Ages 0-5. 801 Jones St, Eveleth 55734. 218-744-7742. [Emailmschriber@isd2154.k12.mn.us](mailto:Emailmschriber@isd2154.k12.mn.us). Provides mental health referral, family/community services and support, parent education, early care and education.
- Hibbing schools and community education: Ages 0-18. 323 E 37<sup>th</sup>, Greenhaven ED, 55746. 218-262-6205. Emails: [lindarne@hibbing.k12.mn.us](mailto:lindarne@hibbing.k12.mn.us) and [sheihate@hibbing.k12.mn.us](mailto:sheihate@hibbing.k12.mn.us). Provide mental health referral, family/community support and services, parent education, parenting support, early care and education.
- Mesabi East Schools: Ages 0-5. 601 N 1<sup>st</sup> St W, Aurora 55705. 218-229-3321 ext 602 or 220. Emails: [rsaumer@mesabieast.k12.mn.us](mailto:rsaumer@mesabieast.k12.mn.us) or [asand@mesabieast.k12.mn.us](mailto:asand@mesabieast.k12.mn.us)
- Mt. Iron/Buhl: Ages 0-5. 5529 Emerald Ave, Mt. Iron 55768. 218-735-8271 ext 2113. Email: [jphaneuf@mib.k12.mn.us](mailto:jphaneuf@mib.k12.mn.us). Provide mental health referral, family/community services and support, parent education, and early care and education.
- St. Louis County Schools: Ages 0-5. 1701 N 9<sup>th</sup> Ave, Virginia 55792. 218-749-8130. Email: [dsirjord@isd2142.k12.mn.us](mailto:dsirjord@isd2142.k12.mn.us). Provide parent education, family activities, early childhood screening and assessments, home visits, and parent education.
- Virginia Schools: Ages 0-5. Parkview Learning Center, 506 N 9<sup>th</sup> Ave W, Virginia 55792. 218-742-3805. Email: [rlicari@virginia.k.12.mn.us](mailto:rlicari@virginia.k.12.mn.us). Provide family services, needs assessment, family support, behavior management and parent education.

**Child Care Referral; Looking for Child Care Licensed Providers:** 800-890-5399 or 320-629-5164. email: [CCR&R@pinetech.edu](mailto:CCR&R@pinetech.edu)

**Child Emergency Housing:** 218-722-7431

Life House Youth Center: Housing, support and emergency services for teens.

**Child Foster Care Information:** 218-749-9793 or 800-450-9777

**Child Follow Along Program:** 1-800-728-5420. Assessing special needs in young children.

- Duluth: 218-725-5210
- Ely: 218-365-8220
- Hibbing: 218-662-6000, 1814 E 14<sup>th</sup> Ave, Hibbing Courthouse, 55746
- Virginia: 218-749-0600

**Children's Mental Health:**

- Northern SLC: 218-749-7128 or 800-450-9777
- Southern SLC: 218-726-2012

**Child Lead Poisoning Help:** 651-201-4610 or 800-657-3908

## Children's Links:

[American Psychiatric Association - Let's Talk Facts Brochures](#)  
[Americans with Disabilities Act](#)  
[Bazelon Center for Mental Health Law](#)  
[Behavior Doctor](#)  
[The Behavior Home Page](#)  
[Center for Child and Human Mental Health](#)  
[Center for Effective Collaboration and Practice](#)  
[Center on the Social and Emotional Foundations for Early Learning](#)  
[Children and Adults with ADD/ADHD](#)  
[The Children's Defense Fund](#)  
[Clinical Profiles of Youth in a System of Care](#)   
[DisabilityInfo.gov](#)  
[Families and Advocacy Partnership for Education \(FAPE\)](#)  
[Families for Children's Mental Health](#)  
[Federation of Families for Children's Mental Health](#)  
[Fetal Alcohol Syndrome Prevention](#)  
[Functional Behavioral Assessment and Positive Behavioral Support Resources and Links](#)  
[Hennepin Children's Mental Health Case Management](#)  
[Intervention Central](#)  
[Mental Health](#)  
[Mental Health in Schools](#)  
[MN association for children's mental health](#)  
[MN Children with special health needs](#)  
[MN Council of child caring agencies](#)  
[MN Counties on the Web](#)  
[MN Disability Law Center](#)  
[MN Mental Health Action Group](#)  
[National Alliance for the Mentally Ill](#)  
[National Institute of Mental Health \(NIMH\)](#)  
[National Mental Health Association](#)  
[National Mental Health Awareness Campaign](#)  
[The Online Library of ADHD](#)  
[Parent Employment Experiences Survey](#)  
[Positive Behavioral Interventions Support](#)  
[SAMHSA: A Pocket Guide to Evidence-Based Practices \(EBP\) on the Web](#)  
[SAMHSA's National Mental Health Information Center](#)  
[SAMHSA's Resource Center to Address Discrimination & Stigma Associated with Mental Illness \(ADS Center\)](#)  
[SchoolBehavior.com](#)  
[School Psychology Resources Online](#)  
[Special Education - MN](#)  
[The State Advisory Council and Children's Subcommittee](#)  
[Suicide Prevention](#)  
[Technical Assistance Center on Social Emotional Interventions for Young Children](#)  
[Toward Better Mental Health](#)  
[Youth with disabilities in the Workforce](#)  
[Zero to Three](#)

## Human Development Center

HDC's mission is to lead our communities by providing integrated, culturally respectful mental health and addiction services that foster hope, self-determination, and recovery. Our focus on serving those most in need improves the quality of life for all.

Services provided are: Adult & Child Case Management, Adult Rehabilitative Mental Health Services (ARMHS), Brighter Futures, Chemical Dependency Treatment, Children's Therapeutic Services & Supports, Community Support Program (CSP) - Minnesota, Community Wraparound/Coordinated Service Team, Dialectical Behavior Therapy (DBT), Duluth ACT Program, Early Childhood Mental Health Services, Eating Disorders Treatment, Employment Connection Program, Geriatric Outpatient Consultations, Harbor Center, Harmony Club, Homeless Project, Intensive In-Home Program, Jill's Place, Memory Assessment, Nursing Home, Outreach Center, Outreach Center Apartments, Parent Child Interaction Therapy (PCIT), Project Reach Out, Psychiatry, Psychological Testing & Assessments, Psychotherapy, Safe Schools | Healthy Students, T-ACT.

Crisis #: 800-634-8775. 1401 E 1<sup>st</sup> St, Duluth 55805. 218-728-4491. 888-412-9764.  
Cloquet Office: 40 11<sup>th</sup> St, #105, Cloquet. 218-879-4559

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

**Mental Health Medical for Children:** Ages 0-18. Please note that primary care prior to the following can prevent more expensive care and intervene before crises.

- **Center for Rural Mental Health Studies:** (Assessment for children and adolescents and treatment via telemed. Short-term behavioral therapy).  
Contact: Jane Hoveland, RN, PhD, LP. 1035 University Dr, Duluth 55812  
218-726-7144. [jhovland@d.umn.edu](mailto:jhovland@d.umn.edu) or Claudia Weber,  
[cweber@d.umn.edu](mailto:cweber@d.umn.edu) or Tracy Kemp (Admin Assist) at 218-726-7144.
- **Ely Bloomenson Community Hospital/Essentia:** 328 W Conan St, Ely 55731.  
218-365-3271. Website: [www.ebch.org](http://www.ebch.org). Provide mental health referrals.
- **Essentia Health, Aurora Clinic:** 405 W 3<sup>rd</sup> Ave N, Aurora 55705.  
218-229-3311. Website: [www.duluthclinic.org](http://www.duluthclinic.org). Provide mental health referrals.
- **Minnesota Parents Know:** 866-693-4769. <http://parentsknow.state.mn.us>.  
This is a resource information website for all of Minnesota.
- **Pacer** <http://www.pacer.org/ebd/>  
PACER is located in Bloomington but serves parents state-wide. They are a wonderful education and advocacy (for parents of children with disabilities--including mental health issues) organization. The website and information about the mental health part of their program is listed below. The Project for Parents of Children with Emotional or Behavioral Disorders:
  - offers individual assistance, information and referral from parent advocates over the phone and in person to parents of children who have emotional or behavioral disorders;
  - offers [workshops](#) on the rights and responsibilities of parents in mental health, education, and other systems;
  - develops parents as effective advocates for their children with mental health issues;
  - develops parents as children's mental health policy leaders;

- offers [publications](#) and handouts on a variety of topics related to children with emotional or behavioral disorders; Offers support group information.
- **Range Mental Health:** 624 S 13<sup>th</sup> St, Virginia 55792. 218-749-2881. Website: [www.rangementalhealth.org](http://www.rangementalhealth.org). Provides outpatient services, assessments, psychiatric consultation, family/community services and support, and crisis services.  
Outpatient Services: Virginia: 218-749-2881, Hibbing: 218-263-9237, Ely: 800-450-2273
- **Range Women’s Advocates:** 301 1<sup>st</sup> St S, #100, Virginia 55792. 218-749-5054. Email: [rangewomens@qwestoffice.net](mailto:rangewomens@qwestoffice.net). Provide domestic violence services, parenting education, home visits, family/community services and support and parenting support.
- **Sexual Assault Program of Northern St. Louis County:** 505 12<sup>th</sup> Ave W, Virginia 55792. 218-749-4725. Emails: [debbie@stopsexualviolence.org](mailto:debbie@stopsexualviolence.org) and [jolyn@stopsexualviolence.org](mailto:jolyn@stopsexualviolence.org).  
Provide nutrition, speech services, parenting classes, free or low cost family activities and licensed daycares.
- **St. Louis Country Public Health:** 320 Miners Lake Dr, Ely 55731. 218-365 8223. Provide “Superior Babies”, nurse/family partnerships, Follow Along program, public health family home visiting, and child & teen check-up outreach.
- **St. Louis County Public Health & Human Services – Public Health Division:** 307 1<sup>st</sup> St S, Virginia 55792. 218-749-0600.  
Email: [samargial@co.st-louis.mn.us](mailto:samargial@co.st-louis.mn.us). Provide public health family home visiting, nurse/family partnerships, “Superior Babies” program, Follow Along program, child & teen check-up outreach.
- **Turning Point Counseling, P.A:** Ages 3-18. Office: 519 S River St. Mailing address: 8429 Hwy 115, Cook 55723. 218-666-2196.  
Email: [Turningtpa@gmail.com](mailto:Turningtpa@gmail.com). Provide diagnostic assessment, mental health referral, parent support, parent education, pregnancy/prenatal counseling.
- **Well Being Development:** 218-365-8408.  
Email: [johnsoghigian@wellbeingdevelopment.org](mailto:johnsoghigian@wellbeingdevelopment.org). Provide parent support and parent education.
- **You Never Know Bereavement Service:** Ages 3-18. 8573 Spring Park Rd, Mountain Iron 55768. 218-749-2089. Provide in-home counseling, home visits and grief education.

#### Children’s Mental Health Resources:

[Children's Mental Health Organizations](#) 

CSN: [Mental Health Consumer/Survivor Network](#)

540 Fairview Ave N, #301, St. Paul 55104. [www.mhcsn.org](http://www.mhcsn.org)

[The Federation of Families for Children's Mental Health State Chapters and Representatives Contact List](#) 

[healthyplace.com](http://healthyplace.com)

A community of people providing mental health information, support, and the



opportunity to share experiences helpful to others.

[Minnesota Association for Children's Mental Health](#)

165 Western Ave N, #2, St Paul 55102. 800-528-4511 or 651-644-7333

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

[Minnesota Statewide Family Networks](#)

[Minnesota Department of Human Services Children's Mental Health Division](#)

[Parent Training and Information Centers](#)

[Portland Research and Training Center](#)

Provides updates on research, publications and other activities as well as information about developments in the field of children's mental health.

[Positive Behavioral Interventions & Supports \(PBIS\)](#)

The site provides information on positive behavioral interventions as the recommended form of intervention when dealing with behavioral concerns for children.

[Providers Choice. www.providerschoice.com](#)

Builds child's self-confidence. Boosts thinking and develops social skills.

[SAMHSA site for children's mental health](#)

## Childhood Trauma Resources

- **Resources for Parents and Caregivers**

<http://nctsn.org/resources/audiences/parents-caregivers>

*National Child Traumatic Stress Network*

After [watching the Awareness Day 2011 PSA](#), visit the NCTSN website for resources to help parents and other caregivers understand how traumatic experiences can affect young children and how they can help support recovery and resilience in young children.

- **Impact of Trauma**

<http://www.zerotothree.org/maltreatment/trauma/trauma.html>

*ZERO TO THREE*

After [watching the Awareness Day 2011 PSA](#), visit ZERO TO THREE's website for resources about the impact of trauma on young children and how parents and caregivers can help young children cope and recover from traumatic experiences.

- **National Institute of Mental Health's National Children's Mental Health Awareness Day 2011 Panel Webcast**

<http://videocast.nih.gov/summary.asp?Live=10089>

*National Institute of Mental Health (NIMH)*

As part of Awareness Day 2011, NIMH sponsored a webcast panel of children's mental health researchers and experts who discussed the science of children's mental health.

- **Fact Sheets about Children and Adolescents**

<http://www.nimh.nih.gov/health/topics/childrens-mental-health-awareness-day/childrens-mental-health-awareness-day-may-3-2011.shtml>

*National Institute of Mental Health (NIMH)*








This collection of fact sheets addresses various mental health challenges experienced by young children and adolescents.









families. It features the latest on topics from prevention to permanency, including child abuse and neglect, foster care, and adoption. A complete listing of products can be found in the Publications Catalog: <http://www.childwelfare.gov/catalog/>. Mental Health specific resources can be found on [www.childwelfare.gov/systemwide/mentalhealth](http://www.childwelfare.gov/systemwide/mentalhealth).

- **Children and Youth Resource Collection**  
([http://www.samhsa.gov/dtac/dbhis/dbhis\\_children\\_bib.asp](http://www.samhsa.gov/dtac/dbhis/dbhis_children_bib.asp))  
*Substance Abuse and Mental Health Services Administration*  
This Web page includes a listing of SAMHSA-recommended books, activities, tips and guides, and assessment tools.
- **Coming Together Around Military Families**  
(<http://www.zerotothree.org/about-us/funded-projects/military-families/>)  
*ZERO TO THREE*  
This Web page is a part of a ZERO TO THREE effort to support military families so that parents and professionals can more effectively care for very young children and their families.
- **Coping Strategies for You and Your Child During Deployment or When a Crisis Occurs**  
(<http://www.zerotothree.org/site/DocServer/LLdeployment.pdf?docID=381&AddInterest=1157>)  
*ZERO TO THREE*
- **Dealing with Death for Small Children**  
([http://www.alleghenycounty.us/uploadedFiles/DHS/About\\_DHS/Publications/Resource\\_Guides/ParentPagesVol2Iss3DealingwithDeath.pdf](http://www.alleghenycounty.us/uploadedFiles/DHS/About_DHS/Publications/Resource_Guides/ParentPagesVol2Iss3DealingwithDeath.pdf)) [PDF]  
*Safe Start, Allegheny County, Department of Human Services*
- **Disaster Relief and Trauma**  
([http://www.zerotothree.org/site/PageServer?pagename=key\\_disaster&AddInterest=1142](http://www.zerotothree.org/site/PageServer?pagename=key_disaster&AddInterest=1142))  
*ZERO TO THREE*  
ZERO TO THREE offers various materials and guides for parents, professionals, and policy makers.
- **Disaster Resource Center**  
(<http://www.aacap.org/cs/MilitaryFamilies.ResourceCenter>)  
*American Academy of Child & Adolescent Psychiatry*  
AACAP's disaster resource center includes answers to frequently asked questions; clinical resources; information on how to get help; and links to videos, books, research, trainings, and other resources.
- **Education and Resource Center**  
(<http://www.theannainstitute.org/>)  
*The Anna Institute*  
The Anna Institute celebrates and honors the life of Anna Caroline Jennings by using her artwork and life experience to educate others on the hidden epidemic of childhood trauma, its horrific lifelong impacts on society, and paths to prevention and healing.
- **Early Childhood Trauma**  
(<http://nctsn.org/trauma-types/early-childhood-trauma>)  
*Substance Abuse and Mental Health Services Administration*  
Because infants' and young children's reactions may be different from older children's

and because they may not be able to verbalize their reactions to threatening or dangerous events, many people assume that young age protects children from the impact of traumatic experiences. Young children—even infants—may be affected by events that threaten their safety or the safety of their parents/caregivers, and their symptoms have been well documented. This Web page provides related resources.

- **Fact Sheet: Talking to Kids about Fear and Violence**  
(<http://www.mentalhealthamerica.net/farcry/go/information/get-info/children-s-mental-health/talking-to-kids-about-fear-and-violence> )  
*Mental Health America*
- **Helping Heal the Invisible Wounds of Exposure to Violence: A Guide for Families—in English**  
(<http://www.safestartcenter.org/pdf/caregiver.pdf> [PDF] ) and in Spanish  
(<http://www.safestartcenter.org/pdf/caregiver-spanish.pdf> [PDF] ) and A Quick Reference Card—in English (<http://www.safestartcenter.org/pdf/CEVcard.pdf> [PDF] )  
*Safe Start, Office of Juvenile Justice and Delinquency Prevention*  
This overview covers common signs and symptoms of exposure to violence at different stages of children's development, as well as strategies for parents or caregivers to help children heal. It also provides a list of resources.
- **Helping Young Children and Families Cope with Trauma**  
([http://www.nctsn.org/nctsn\\_assets/pdfs/Helping\\_Young\\_Children\\_and\\_Families\\_Cope\\_with\\_Trauma.pdf](http://www.nctsn.org/nctsn_assets/pdfs/Helping_Young_Children_and_Families_Cope_with_Trauma.pdf) [PDF] )  
*Substance Abuse and Mental Health Services Administration*  
This family friendly guide describes the signs of trauma for young children and how families can help.
- **Impact of Trauma**  
(<http://www.zerotothree.org/maltreatment/trauma/trauma.html> )  
*ZERO TO THREE*  
ZERO TO THREE offers various materials and guides for parents, professionals, and policy makers.
- **Implications of Historical Trauma among American Indian/Alaska Native Boys and Men** (<http://www.acclaroresearch.com/spo/healthdisparities/pdf/BraveHeart.pdf> [PDF] )  
*Native American and Disparities Research, University of New Mexico*  
A PowerPoint on historical trauma.
- **Intergenerational Trauma and Historical Grief in American Indians**  
(<http://opi.mt.gov/pdf/indianed/Ottenbacher.pdf> [PDF] )  
*Melanie Ottenbacher*  
A PowerPoint presentation on historical trauma.
- **Lessons Learned from Interventions to Address Infant Mental Health in Early Head Start**  
([http://www.acf.hhs.gov/programs/opre/ehs/epirc/reports/lessons\\_learned/lessons\\_learned.pdf](http://www.acf.hhs.gov/programs/opre/ehs/epirc/reports/lessons_learned/lessons_learned.pdf) [PDF] )  
*Office of Head Start, Administration for Children and Families*  
This one-pager discusses trauma in the life of young children, including symptoms of trauma and suggestions for programs.

- **Military Families Resource Center**  
<http://www.aacap.org/cs/MilitaryFamilies.ResourceCenter>   
*American Academy of Child & Adolescent Psychiatry*  
 AACAP's military families resource center includes answers to frequently asked questions, facts for families, clinical resources, and information on how to get help.
- **The National Child Traumatic Stress Network**  
[www.nctsn.org](http://www.nctsn.org)   
*Substance Abuse and Mental Health Services Administration*  
 The National Child Traumatic Stress Network was established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events. Their Web site offers a wide range of related resources.
- **National Child Traumatic Stress Network Resources**  
[http://www.nctsn.org/nccts/nav.do?pid=ctr\\_main](http://www.nctsn.org/nccts/nav.do?pid=ctr_main)   
*Substance Abuse and Mental Health Services Administration*  
 These materials on child traumatic stress are arranged by audiences, topics, online research, training and education, public awareness, and sustainability.
- **Oil Spill Distress Resources**  
<http://oilspilldistress.samhsa.gov/>  
*Substance Abuse and Mental Health Services Administration*  
 This Web page was created to provide information, support, and counseling for families and children affected by the Gulf Coast oil spill. The Campaign includes a toll-free helpline (1-800-985-5990) for immediate assistance at regional crisis centers. Resources may be quite applicable to other survivors of disaster or other traumatic events.
- **Real Life Calls for Real Books: Literature to Help Children Cope with Family Stressors**  
<http://www.naeyc.org/files/yc/file/200809/Crawford.pdf> [PDF]   
*National Association for the Education of Young Children*
- **Report of the Task Force on Post-Traumatic Stress Disorder and Trauma in Children and Adolescents**  
<http://www.apa.org/pi/families/resources/task-force/child-trauma.aspx>   
*American Psychological Association*  
 The primary goals of the task force are to identify "what we know" and "what we need to know" regarding the development and treatment of post-traumatic stress disorder (PTSD) in youth and to present current knowledge and information, as well as critical gaps in knowledge, about this important area. APA is proud to offer these resources for mental health professionals and policy makers courtesy of the 2008 Presidential Task Force on PTSD and trauma in children and adolescents.
- **Recognizing and Addressing Trauma in Infants, Young Children, and Their Families**  
<http://www.ecmhc.org/tutorials/trauma/index.html>   
*Center for Early Childhood Mental Health Consultation*  
 The purpose and overall goal of this online tutorial is to help early childhood mental health consultants as well as Early Head Start and Head Start staff understand what is meant by trauma, recognize the developmental context of trauma in early childhood, and extend their own knowledge for intervention through consultation.

- **Resilience and Stress Management**  
 ([http://www.samhsa.gov/dtac/dbhis/dbhis\\_stress/resilience.htm](http://www.samhsa.gov/dtac/dbhis/dbhis_stress/resilience.htm))  
*Substance Abuse and Mental Health Services Administration*  
 This Web site provides an explanation of what resilience is, its many forms, and how resilience can be promoted.
- **Resources for Helping Children, Families, and Early Childhood Educators Build Coping Skills**  
 (<http://www.naeyc.org/files/yc/file/200809/CopingSkillsResources.pdf>)  
*National Association for the Education of Young Children*
- **Resources for Parents and Caregivers**  
 (<http://nctsn.org/resources/audiences/parents-caregivers>)  
*Substance Abuse and Mental Health Services Administration*  
 Parents and caregivers can play a very important role in helping children and adolescents recover from their traumatic experiences. These resources show how.
- **Resources for School Personnel**  
 (<http://nctsn.org/resources/audiences/school-personnel>)  
*Substance Abuse and Mental Health Services Administration*  
 These resources includes a toolkit for educators, background information, information on interventions, and more.
- **Safe Start Center Publications**  
 (<http://www.safestartcenter.org/about/publications.php>)  
*Safe Start, Office of Juvenile Justice and Delinquency Prevention*  
 Safe Start offers information regarding children's exposure to violence, including fact sheets and setting specific briefs, such as briefs focusing on pediatrics, schools, and homeless shelters.
- **Strengthening Families**  
 ([www.strengtheningfamilies.net](http://www.strengtheningfamilies.net))  
*Center for the Study of Social Policy*  
 Across the country, early care and education programs, child welfare departments, and others are using these Strengthening Families approach to build five Protective Factors in families dealing with stress. Literature supporting this is available at [http://strengtheningfamilies.net/images/uploads/pdf\\_uploads/LiteratureReview.pdf](http://strengtheningfamilies.net/images/uploads/pdf_uploads/LiteratureReview.pdf) [PDF]
- **StopBullying.gov**  
 (<http://www.stopbullying.gov>)  
*Department of Health & Human Services in partnership with the Department of Education and Department of Justice*  
 StopBullying.gov provides information from various government agencies on how kids, teens, young adults, parents, educators and others in the community can prevent or stop bullying.
- **Trauma and Justice**  
 (<http://www.samhsa.gov/traumaJustice/>)  
*Substance Abuse and Mental Health Services Administration*  
 The following is SAMHSA's official website on trauma and justice.
- **Talking to Children about Community Violence**  
 ([http://www.aacap.org/cs/root/resources\\_for\\_families/talking\\_to\\_children\\_about\\_commu](http://www.aacap.org/cs/root/resources_for_families/talking_to_children_about_commu))

[nity\\_violence](#) )

*American Academy of Child and Adolescent Psychiatry*

Tips on how parents and teachers can discuss a tragic incident of community violence with children.

- **Understanding Traumatic Stress in Children**

(<http://www.familyhomelessness.org/media/91.pdf> [PDF] )

*National Center on Family Homelessness*

This booklet opens by defining trauma, then looks more closely at acute traumatic stress and complex trauma. For each aspect of trauma, there is a description of the most common developmental effects on children and ways for caregivers to respond to help children heal. To support caregivers, importance of self-care is highlighted, and a list of resources is provided.

- **Impact of Trauma on Wellness: Implications for Comprehensive Systems Change**

(<http://www.esi-bethesda.com/10x10teleconference/ppt/ImpactOfTrauma.pdf> [PDF] )

*Substance Abuse and Mental Health Services Administration*

This teleconference will educate diverse stakeholders about comprehensive systems change, including preventing harm and inadvertent retraumatization and ensuring that services and supports are welcoming, engaging, and culturally attuned. The goal is to help facilitate the healing process among people who have experienced trauma so that they can become fully engaged in their communities.

Substance Abuse & Mental Health Services Administration • 1 Choke Cherry Road •  
Rockville, MD 20857 • 1-877-SAMHSA-7

### **MN Prevention Resource Center**

2720 Highway 10 NE, Mounds View 55112. 763-427-5310 or 800-782-1878.

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

Addresses underage drinking.

### **NIDA (National Institute on Drug Abuse)**

[www.drugabuse.gov](http://www.drugabuse.gov) [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov) [www.findtreatmentsamhsa.gov](http://www.findtreatmentsamhsa.gov)

800-662-HELP

### **The Anti-Drug website for Parents**

[www.theantidrug.com](http://www.theantidrug.com)

800-788-2800 or 800-662-HELP for immediate help.

## **Churches**

Many Clergy provide a variety of counseling and support services to their congregation and the public.

**Assembly of God Church:** Babbitt Road, Babbitt. 218-827-2166

**Berean Baptist Church:** Ely. 218-365-5413

**Babbitt Baptist Church:** 105 Central Blvd. Babbitt. Harris Youngquist

**Ely Baptist Church:** 1515 E Camp St, Ely. 218-365-4890

**Ely Gospel Tabernacle:** 3 E Allaire St, Ely. Tim Cook. 218-365-5272

**Evangelical Lutheran Church:** 28 Acacia Rd, Babbitt. 218-827-2659

**First Lutheran Church, LC MS:** 915 E Camp St, Ely. 218-365-3348

**First Presbyterian Church:** 226 E Harvey St, Ely. 218-365-5130

**Grace Lutheran Church ELCA:** 301 E Conan St, Ely. 218-365-5605

**Hope Lutheran Church:** Highway 21, Embarrass. 218-984-2037

**Lutheran Church of the Good Shepard LC MS:** 10 Central Blvd, Babbitt.  
218-827-2301.

**Oasis International:** PO Box 253, Ely. 218-235-1151

**Praise Fellowship Center:** 302 E Boundary, Ely. 218-365-6033

**St. Anthony's Catholic Church:** Camp St, Ely. 218-365-4251

**St. James Presbyterian Church:** Tower. Bill Evans. 218-753-6005

**St. Martin's Catholic Church:** 107 3rd St NE, Tower. 218-753-4310. Joseph Thomas

**St. Paul's Lutheran Church:** Soudan. 218-753-5341

**Soudan Baptist Church:** Soudan. 218-753-3902

**Woodland Presbyterian Church:** Central Dr & Acacia Blvd, Babbitt. 218-827-3582

## **Clothing, Vouchers and Emergency Food**

**ERDAC:** East Range Developmental Achievement Center  
Ely: Clothing donation box in Queen City Federal Building.

### **Family Investment Center:**

- Hibbing: 3112 6<sup>th</sup> Ave E, 55746. 218-262-5082.
- Virginia: 218-741-5485. 434 Pine Mill Court 55792. Housing, clothing, etc. available. Based on what you earn.

### **Food Shelves:**



- 2<sup>nd</sup> Harvest Northern Lakes Food Bank: 888-727-5653
- Aurora-Biwabik-Hoyt Lakes: 29 W 3<sup>rd</sup> Ave N 55705. 218-229-3585  
Open Wednesdays 10am – 1pm
- Babbitt: 50 Astor Rd, 55706. 218-827-3117, or 984-2037.  
Food vouchers distributed by Churches.
- Chisholm: 10 Central Avenue, 55719. 218-254-7308.  
Open Thursdays from 12-3pm and Tuesdays 10am-3pm for clothing.
- Cook: 124 5<sup>th</sup> St SE, 55723. 218-666-2715 or 2233. (Behind St. Mary’s Catholic Church). Open 3<sup>rd</sup> Wednesday of the month 9am-3pm.
- Ely:
  1. 102 E. Sheridan St, 55731. 218-365-8527. Open 3<sup>rd</sup> Tues each mo. 2-6pm.  
[www.elyareafoodshelf.org](http://www.elyareafoodshelf.org)
  2. Grace Lutheran Church, 301 E Conan. 218-365-5605.
- Gilbert: 3 S Broadway St, 55741. 218-741-1371.  
Open Wed and Thu of every week from 10am-4pm.  
Closed 12-12:30 each day.
- Grand Marais: Congregational Church, 3<sup>rd</sup> Ave and 2<sup>nd</sup> St, 55604. 218-387-1767.  
Open 1<sup>st</sup> Wednesday of the month from 5-7pm and Monday from 3-5pm.
- Hermantown: 5028 Miller Trunk Highway, 55811. 218-729-5509.  
Open Tuesdays 10am-1:30pm
- Hibbing: 1910 1<sup>st</sup> Ave, 55746. 218-262-3905. Mondays 9am-12:45pm, Tuesdays and Wednesdays 12-2pm.
- Proctor: 5<sup>th</sup> Ave & 3<sup>rd</sup> St, 55810. 218-341-0574.  
Open Wednesdays 10am-1pm. Emergency transportation provided.
- Silver Bay: 99 Edison Blvd. S, 55614. 218-226-4443. Open M-F, 8am-4pm.
- Tower: Timberjay Basement, 414 Main St, 55790. 218-753-2950 or 3505.  
Open 3<sup>rd</sup> Tuesday of each month from 2:30-5pm.
- Two Harbors:
  - 2124 S 10<sup>th</sup> St, 55616. 218-834-2280. Tues from 10am-4pm
  - Elijah’s Pantry: 627 12<sup>th</sup> Ave. 218-834-4545. Weds 10-3pm
- Virginia: AEOA: Open Tuesday and Thursday every month from 12-2 pm.  
702 3rd Ave S, Virginia 55792. 218-749-2912 ext 228  
327 S 1<sup>st</sup> St, #18. 800-662-5711 ext 228  
434 Pinemill Court, 55792. 218-750-2733.

**MAC (Mothers and Children Program)**

Available in Hibbing, Virginia, Two Harbors, Silver Bay and Cook.  
Information: 218-727-5653 ext112. [sandy@northernlakesfoodbank.org](mailto:sandy@northernlakesfoodbank.org)

**NAPS (Nutrition Assistance Program for Seniors)**

Same information as above (MAC)

**Salvation Army:** Vouchers are available here for their stores.

- Virginia: 218-741-1889, this store also offers a free dinner M-F, 4-5pm.

507 12<sup>th</sup> Avenue S, Virginia 55792.  
Open Monday, Tuesday, Thursday & Fridays 9:30-11:45am  
Thrift Store: 218-749-1627, 230 Chestnut St, Virginia, MN 55792  
[www.thesalarmy.org.Virginia](http://www.thesalarmy.org.Virginia)

- Hibbing: 107 W Howard, Hibbing 55746. 218-263-5096.  
Open Monday, Wednesday and Thursday, 9:30-11:30am  
Soup Kitchen: Open for dinner 4-5:15pm daily.  
[www.thesalarmy.org.Hibbing](http://www.thesalarmy.org.Hibbing)

**SHARE (Food buying club open to everyone)** Call for order and pickup information.

- Virginia: 819 Miners Memorial Building, 819 S 9<sup>th</sup> Ave. 218-741-8409.
- Two Harbors: Emmanuel Lutheran Church, 602 4<sup>th</sup> Ave. 218-834-2837.  
[www.sharewi.org](http://www.sharewi.org)

**SNAP (Food Stamps) Application** assistance provided upon request and as time allows at all locations.

- Ely: 320 Miners Dr E, 55731. 218-365-8210.
- Hibbing: 1814 E 14<sup>th</sup> Ave, Hibbing 55746. 218-262-6000.
- Two Harbors: 616 3<sup>rd</sup> Ave, Two Harbors. 218-824-8400.  
(Lake County Human Services Dept, Two Harbors)
- Virginia: 307 S 1<sup>st</sup> St, Virginia 55792. 218-749-7100.

## **ICCD Model Clubhouse:**

International Clubhouse Rehabilitation Programs helping people with mental illness to stay out of hospitals while achieving social, financial, educational and vocational goals.

- Ely Northern Lights Clubhouse: 218-365-8408.  
[northernlightsclubhouse@wellbeingdevelopment.org](mailto:northernlightsclubhouse@wellbeingdevelopment.org)  
Contact: Mariah Tessin. 218-235-9539.  
[mariahtessin@wellbeingdevelopment.org](mailto:mariahtessin@wellbeingdevelopment.org)  
Mary Brown Center, 715 S Central Ave, Ely, MN 55731. 218-365-7780

## **Counseling/Therapy**

### **Arrowhead Center, Inc.**

Alcohol & Chemical Dependency, Addictions, Family  
505 12th Ave W, Virginia. 218-749-2877. Stig Edwardson, BS, LADC

### **Bois Forte Health Services**

Individual, Couples, Family  
5219 St. John's Dr, Nett Lake. 218-757-3295. Honore Lehtinen, LICSW

### **Duluth Clinic – Ely**

Individual, Family

300 W Conan St, Ely. 218-365-7900  
Walt Passi, Integrated Behavioral Health Coord. and Alice Skadsberg, CNS

**Ely Bloomenson Community Hospital & Nursing Home**

Assessment and Referral  
328 W Conan St, Ely. Mary Maddern, 218-365-8758

**Ely Community Resource**

Individual, Family  
PO Box 374, 40 N 1<sup>st</sup> Ave E, Ely. 218-365-5254. [elycommunityresource.org](http://elycommunityresource.org).

**Ely Gospel Tabernacle**

Marriage, Family/Children  
Edye Ruho, MA. 218-365-5272

**Ely Memorial High School**

Personal, Educational  
Sept-May, 8am-3:30pm  
600 E Harvey St, 55731. 218-365-6166. Laurie Kess. [lkess@ely.k12.mn.us](mailto:lkess@ely.k12.mn.us).

**Lake Superior Comm. Health Center**

Sliding fee scale based on income.  
4325 Grand Ave, Duluth. 218-722-1497 appointments  
Gayle Held, licsw or Clyde Holmes, MA. [www.lschc.org](http://www.lschc.org)

**Men's Line**

Free and open any time, any day for confidential help and information for men who want advice on how to change parts of their lives that hurt themselves and others. Overcome the obstacles that block personal growth, healthy and caring relationships and productive lives.  
866-379-6367

**Northwoods Hospice Respite Partners**

328 W Conan St, Ely 55731. 218-365-8019  
Lisa Porthan Caregiver Consultant/Director [northwoodshsp@gmail.com](mailto:northwoodshsp@gmail.com).  
[www.northwoodspartners.org](http://www.northwoodspartners.org)

**Range Mental Health Center, Inc.**

Individuals, Couples, Family, Addictions  
624 13th Str S, PO Box 1188, Virginia, 55792. 218-749-2881 or 800-450-2273  
Services Available in Ely. Day Treatment and Drop-in Program. Th-F.  
Ely Baptist Church

**Speare Psychological Services**

Individuals, Adults, Couples  
225 1st St N, #3100, Virginia 55792  
Jonathan Speare, PhD, L.P. 218-741-3740. [www.JonathanSpeare.com](http://www.JonathanSpeare.com)

**Telemental Health, UMD - Conducted at Duluth Clinic-Ely**

Individual, Couples, Family

218-365-7900. Dr. Gary Davis or Dr. Jane Hovland

**Twelfth Step House, Inc.**

Residential Recovery for Men

Individual & Group, Addiction & Mental health

512 2nd St N, Virginia 55792. 888-749-4670. Kristine Wagner, LADC, MHP or

David J Wagner, DSLADC, MHP

**Vermilion Community College Counseling Services**

1900 E Camp St., Ely, 55731. 218-235-2121. Cindy Anderson Bina or Chris Braun

**Crisis Centers**

*(See Housing)*

**Crisis Phone Numbers by County**

County	Business Hours Phone Line (Monday - Friday)	Evening, Weekends & Holidays Phone Line	A = Adult Line C = Children's Line
Aitkin	1-800-462-5525	1-800-462-5525	A
Anoka	1-763-755-3801	1-763-755-3801	A & C
Becker & White Earth Reservation	1-218-850-4357	1-218-850-4357	A & C
Beltrami	1-800-422-0045	1-800-422-0045	A & C
Benton	1-320-253-5555	1-320-253-5555	A & C
Big Stone	1-320-839-2555	1-701-364-0431	A
Blue Earth	1-507-304-4319	1-507-304-4319	A
Brown	1-800-450-8246	1-877-399-3040	A
Carlton	1-800-634-8775	1-800-634-8775	A & C
Carver	1-952-442-7601	1-952-442-7601	A & C
Cass	1-800-462-5525	1-800-462-5525	A
Chippewa	1-800-992-1716	1-800-992-1716	A & C
Chisago	1-888-396-2015	1-888-396-2015	A & C
Clay	1-800-223-4512	1-800-223-4512	A & C
Clearwater	1-800-422-0045	1-800-422-0045	A & C
Cook	1-218-387-9444	1-800-634-8775	A
Cottonwood	1-800-642-1525	1-800-642-1525	A & C
Crow Wing	1-800-462-5525	1-800-462-5525	A & C

Dakota	1-952-891-7171	1-952-891-7171	A & C
Dodge	1-507-451-2630	1-507-455-8100	A
Douglas	1-320-762-2400	1-701-364-0431	A
Faribault/Martin	1-507-238-4757	1-507-238-4481	A
Fillmore	1-507-765-2175	1-800-422-0670	A
Freeborn	1-507-377-5499	1-507-377-5499	A
		1-877-402-3743	A
Goodhue	1-651-385-6180	1-800-422-0670	A
Grant	1-218-736-6987	1-800-223-4512	A
	1-701-364-0431	1-701-364-0431	C
Hennepin	1-612-596-1223	1-612-596-1223	A
	1-612-348-2233	1-612-348-2233	C
Houston	1-507-725-5811	1-800-657-6777	A
Hubbard	1-800-422-0045	1-800-422-0045	A & C
Isanti	1-888-396-2015	1-888-396-2015	A & C
Itasca	1-218-326-8565	1-218-326-8565	A
Jackson	1-800-642-1525	1-800-642-1525	A & C
Kanabec	1-888-396-2015	1-888-396-2015	A & C
Kandiyohi	1-800-992-1716	1-800-992-1716	A & C
Kittson	1-800-282-5005	1-800-282-5005	A & C
Koochiching	1-218-283-3406	1-218-283-3406	A & C
Lac Qui Parle	1-800-992-1716	1-800-992-1716	A & C
Lake	1-218-834-5520	1-800-634-8775	A
Lake of the Woods	1-800-422-0045	1-800-422-0045	A & C
LeSueur	1-507-357-8828	1-877-399-3040	A
Lincoln, Lyon, and Murray	1-507-337-4980	1-507-337-4980	C
	1-800-658-2429	1-800-658-2429	A
Mahnomen	1-800-282-5005	1-800-282-5005	A & C
Marshall	1-800-282-5005	1-800-282-5005	A & C
McLeod	1-320-484-4585	1-320-484-4585	A
Meeker	1-800-992-1716	1-800-992-1716	A & C
Mille Lacs	1-800-396-2015	1-800-396-2015	A & C
Morrison	1-800-462-5525	1-800-462-5525	A & C
Mower	1-507-433-8758	1-800-422-1295	A
Nicollet	1-507-934-8559	1-507-931-1570	A

Nobles	1-800-642-1525	1-800-642-1525	A & C
Norman	1-800-282-5005	1-800-282-5005	A & C
Olmsted	1-507-328-6400	1-507-281-6248	A
Otter Tail	1-800-223-4512	1-800-223-4512	A & C
Pennington	1-800-422-0863	1-800-422-0863	A & C
Pine	1-888-396-2015	1-888-396-2015	A & C
Pipestone	1-800-642-1525	1-800-642-1525	A & C
Polk	1-800-282-5005	1-800-282-5005	A & C
Pope	1-320-634-3446	1-800-223-4512	A
	1-701-364-0431	1-701-364-0431	C
Ramsey	1-651-266-7900	1-651-266-7900	A
	1-651-774-7000	1-651-774-7000	C
Red Lake	1-800-422-0863	1-800-422-0863	A
	1-800-282-5005	1-800-282-5005	C
Redwood	1-507-337-4980	1-507-337-4980	A & C
Renville	1-800-992-1716	1-800-992-1716	A
Rice	1-877-399-3040	1-877-399-3040	A
Rock	1-800-642-1525	1-800-642-1525	A & C
Roseau	1-800-422-0863	1-800-422-0863	A & C
Scott	1-952-442-7601	1-952-442-7601	A & C
Sherburne	1-320-253-5555	1-320-253-5555	A & C
Sibley	1-800-247-2809	1-800-247-2809	A
St Louis	1-218-727-4457	1-800-634-8775	A
Stearns	1-320-253-5555	1-320-253-5555	A & C
Steele	1-507-451-2630	1-507-455-8100	A
Stevens	1-320-589-1313	1-701-364-0431	A
	1-701-364-0431	1-701-364-0431	C
Swift	1-800-992-1716	1-800-992-1716	A
Todd	1-800-462-5525	1-800-462-5525	A
Traverse	1-800-568-5955	1-800-568-5955	A
	1-701-364-0431	1-701-364-0431	C
Wabasha	1-507-453-4341	1-800-657-6777	A
Wadena	1-800-462-5525	1-800-462-5525	A
Waseca	1-507-455-8100	1-507-455-8100	A
Washington	1-651-777-5222	1-651-777-5222	A & C

Watonwan	1-800-642-1525	1-800-642-1525	A
Wilkin	1-800-223-4512	1-800-223-4512	A & C
Winona	1-507-454-4341	1-507-454-4341	A
Wright	1-320-253-5555	1-320-253-5555	A & C
Yellow Medicine	1-507-337-4980	1-507-337-4980	C
	1-800-658-2429	1-800-658-2429	A

## **Crisis Intervention/Management:**

The following agencies can help identify and connect you with the appropriate services in a mental health emergency or crisis.

- **Bois Forte Health Services**  
5219 St. John's Dr, Nett Lake. 218-757-3295. Honore Lehtinen, LICSW
- **Duluth Clinic – Ely**  
Individual, Family. 300 W Conan St, Ely 55731. 218-365-7900
- **Ely Bloomenson Community Hospital & Nursing Home**  
Emergency Room Services. 328 W Conan St, Ely 55731. 218-365-8710
- **Ely Community Resource**  
PO Box 374, 40 N 1<sup>st</sup> Ave E, 55731. 218-365-5254  
[elycommunityresource.org](http://elycommunityresource.org)
- **Ely Memorial High School**  
600 E Harvey St, Ely. 218-365-6166. Laurie Kess, [lkess@ely.k12.mn.us](mailto:lkess@ely.k12.mn.us).
- **Sexual Assault Program**  
505 12th Ave W, Virginia, 55792. 218-749-4725 or 800-300-3102  
Leave a message in crisis mailbox they will get right back to you.  
[jeanne@stopsexualviolence.org](mailto:jeanne@stopsexualviolence.org).
- **Twelfth Step House, Inc: Residential Recovery for Men**  
512 2nd St N, Virginia, 55792. 888-749-4670  
Kristine Wagner, LADC, MHP or David J Wagner, DSLADC, MHP
- **Vermilion Community College Counseling Services**  
1900 E Camp St, Ely, 55731. 218-235-2121  
Cindy Anderson Bina or Chris Braun

**NAMI:** [www.nami.org](http://www.nami.org)

800 Transfer Rd, #31, St. Paul 55114. 651-645-2948. Fax: 651-645-7329  
[namihelps@namimn.org](mailto:namihelps@namimn.org)

Anoka NAMI Anoka County: Tim Janka/Mary Kay Van Kempen  
Bemidji NAMI Northwoods Beltrami: Louis Erdrich/Peggy Erdrich  
Brainerd NAMI North Central Region: Pete Sturm  
Duluth NAMI Duluth Area: Brian Marsolek, 888-626-4435, ex 4  
Eagan NAMI Dakota County: Gary Johnson, 952-432-9278  
Grand Rapids NAMI Grand Rapids Area: Patty Holycross or Holly Downing  
Hutchinson NAMI of McLeod Co.  
Kerkhoven NAMI Western Minnesota: Teresa Emmen 320-894-7336,  
Ann Hanson 320-894-4464  
Lakefield NAMI of Southwestern Minnesota: Phyllis Nauergh, 507-662-5473  
Litchfield NAMI Meeker County: Marilyn Anderson, 320-693-0468  
Mankato NAMI Mankato: Julie Soper, 507-317-3595  
Minneapolis NAMI Hennepin County: Lee Brandt  
New York Mills NAMI West Central MN: Renee Doll  
Oakdale NAMI Ramsey County: Anna Mae Hogan, 651-578-3364,  
Will Susens, 651-578-3364  
Owatonna NAMI Tri-County  
Red Wing NAMI Goodhue County  
Rochester NAMI Southeast Minnesota: Andrea Thomas 507-287-1692,  
Diana Evans, 507-287-1692  
Roseville NAMI Forensic Network/MN: Joe Zwack,  
Savage NAMI Scott County: Janet Williams, 952-890-1669  
St. Cloud NAMI St. Cloud Area: Rhonda Karels, 320-654-1259  
Stillwater NAMI Washington County: Rob Rafferty, 612-439-3800  
Virginia NAMI Iron Range: Daniel Kotnik, 218-741-3900  
Watertown NAMI Carver County: Karen Hoernemann, 952-955-2244  
Winona NAMI Winona: Helen Newell, 507-494-0905

**NAMI Minnesota (National Alliance on Mental Illness):** [namihelps.org](http://namihelps.org)

**National Institute of Mental Health:** [www.nimh.nih.gov/](http://www.nimh.nih.gov/)

**St. Scholastica (for attending students)**

Provides psychiatric services, student counseling and a substance recovery maintenance program. Free for students, and many services get billed to insurance.

218-723-6282 for Health Services

218-723-6085 for Counseling Services

800-447-5444

1200 Kenwood Ave, Duluth 55811

**Substance Abuse and Mental Health Services Administration**

(United States Department of Health and Human Services): [www.samhsa.gov/](http://www.samhsa.gov/)

1 Choke Cherry Rd, Rockville, MD 20857. 1-877-SAMHSA-7

**Mental Health Association of Minnesota:** [mentalhealthmn.org](http://mentalhealthmn.org)



**Warm Line:** “just to talk”. It is consumer run. [www.warmline.org](http://www.warmline.org)

- Duluth: 877-404-3190. This is a service available on T-Sun, 4-10pm
- Marshall: 877-276-6070. Th-Sun, 5-9pm.
- Winona: 866-861-5181. Saturday and Sunday, 4-8pm
- Rochester NAMI Line: 888-334-7754. Th-Sun 4-8pm
- Region 4 South: 866-290-6333. 6-10pm

**RMHC Crisis:** 218-749-2881 or 800-450-2273. 24-Hr Intervention & Referral

**Runaway Hotline:** 800-786-2929. [www.1800runaway.org](http://www.1800runaway.org)

**RWA: (Range Women’s Advocates)** 218-749-5054 is the 24-hour crisis line, 218-254-3377 from 9am-4pm. After hours call 800-232-1300. Your call will be forwarded to a trained advocate – Just press 1. 301 1<sup>st</sup> St S, #100, Virginia 55792  
[www.rwadvocates.org](http://www.rwadvocates.org). [rwa@rangenet.com](mailto:rwa@rangenet.com) or [rangewomens@qwestoffice.net](mailto:rangewomens@qwestoffice.net).

**Suicide:** (also Veteran’s Crisis Line) 1-800-273-8255 or TTY: 1-800-799-4889  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

## **Diagnosis and Treatment of Mental Disorders**

### **Bois Forte Human Services**

DCO-3R Infant & Toddler MH Assessment

5219 St. John’s Dr, Nett Lake. 218-757-3295. Honore Lehtinen, LICSW

### **Duluth Clinic - Ely**

300 W Conan St. 218-365-7900. Walt Passi, Behavioral Health Coord.

Alice Skadsberg, CNS

### **Human Development Center**

HDC's mission is to lead our communities by providing integrated, culturally respectful mental health and addiction services that foster hope, self-determination, and recovery. Our focus on serving those most in need improves the quality of life for all.

Services provided are: Adult & Child Case Management, Adult Rehabilitative Mental Health Services (ARMHS), Brighter Futures, Chemical Dependency Treatment, Children’s Therapeutic Services & Supports, Community Support Program (CSP) - Minnesota, Community Wraparound/Coordinated Service Team, Dialectical Behavior Therapy (DBT), Duluth ACT Program, Early Childhood Mental Health Services, Eating Disorders Treatment, Employment Connection Program, Geriatric Outpatient Consultations, Harbor Center, Harmony Club, Homeless Project, Intensive In-Home Program, Jill's Place, Memory Assessment, Nursing Home, Outreach Center, Outreach Center Apartments, Parent Child Interaction Therapy (PCIT), Project Reach Out, Psychiatry, Psychological Testing & Assessments, Psychotherapy, Safe Schools | Healthy Students, T-ACT.

Crisis #: 800-634-8775. 1401 E 1<sup>st</sup> St, Duluth 55805. 218-728-4491. 888-412-9764.

Cloquet Office: 40 11<sup>th</sup> St, #105, Cloquet. 218-879-4559

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

**Range Mental Health Center, Inc.**

All mental health diagnoses, Developmental disorders, Chemical dependency problems  
624 13th St S, PO Box 1188, Virginia 55792. 218-749-2881 or 800-450-2273

**SAMHSA's Treatment Referral Routing Service.** 800-662-4357. [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing substance abuse and mental health issues. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information in print on substance abuse and mental health issues.

**Speare Psychological Services**

225 1st St N, #3100, Virginia 55792. Jonathan Speare, PhD, L.P. 218-741-3740  
[www.JonathanSpeare.com](http://www.JonathanSpeare.com)

**Residential Services of NE MN**

1309 Rice Lake Rd, Duluth 55803. 218-727-2696. [www.residentialservices.org](http://www.residentialservices.org)

**Telemental Health, UMD: Conducted at Duluth Clinic-Ely**

Individual, Couples, Family. 218-365-7900. Dr. Gary Davis or Dr. Jane Hovland

**Disabilities & Adaptive Services**

**Access North**

2104 E 6th Ave, Hibbing 55746. 218-262-6675 TTY [www.accessnorth.net](http://www.accessnorth.net).

**Deaf and Hard of Hearing Services-Northeast**

Cindy Otto

820 N Ninth St, Virginia 55792. 218-748-2253 or 218-866-488-3997  
[dhhs.iginia@state.mn.us](mailto:dhhs.iginia@state.mn.us). M-F, 8am-4:30pm

**East Range Developmental Achievement Center**

800 "A" Ave, Eveleth 55734. 218-744-5130

**Fairview HealthLine Medical Supply**

- Hibbing: 1101 E 37th St, Mesabi Mall, 55746. 218-262-6981 or 800-422-0225
- Virginia: 827 N 6th Ave, Northgate Plaza, 55792. 218-741-7257 or 800-422-0225

**Healthstar Home Health Agency**

1001 9th Ave N, Virginia 55792. 218-749-9410

**H.E.A.R: Hearing Equipment & Repair**

- Grand Rapids: 1275 S Pokegama Ave, 55744. 218-326-5986 or 800-370-4327
- Hibbing: 522 E Howard St, 55746. 218-263-5934 or 800-390-4327  
[www.hearrrm.com](http://www.hearrrm.com).

### **Home Care Specialists**

101 E Howard St, Hibbing 55746. 218-262-5887

### **Lighthouse for the Blind and Twin Ports Low Vision Store**

4505 W Superior St, Duluth 55807. 218-624-4828, 800-422-0833, 218-624-8822

[www.lighthousefortheblinndduluth.org](http://www.lighthousefortheblinndduluth.org). M-F, 8am – 4:30pm

Instruction for individuals who are blind, visually impaired or deafblind. Services are suited to individual needs and are based in our agency, the community or home. Adaptive computer classes are also available.

### **PAL Medical Systems**

508 SE 10th St, Grand Rapids 55744. 218-326-9299 or 800-852-6575

[pal2@uslink.net](mailto:pal2@uslink.net). [www.palmedicalsystems.com](http://www.palmedicalsystems.com).

LIFELINE emergency response Medical alert systems, medication dispensers, bed and chair alarms. We provide products designed to maintain "safe" independent living.

### **Spectrum Health Companies**

2000 Siegel Blvd, Eveleth 55734. 218-741-3013 or 888-741-3013

### **State Services for the Blind**

3920 E 13th Ave, Hibbing 55746. 218-262-6754, 866-396-9959, 218-263-2962

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

### **Telephone Equipment Distribution (TED) Program**

444 Lafayette Rd N, St Paul 55155. 651-296-4514 or 888-206-6555 TTY

[www.tedprogram.org](http://www.tedprogram.org). Sharie Hawkins, Assistant Coordinator, Contact NE MN Region:

Lori L. Peters, Prog Specialist. 218-723-4964 or 888-234-1322 [Lori.Peters@state.mn.us](mailto:Lori.Peters@state.mn.us).

## **Education**

### **Arrowhead Library System**

5528 Emerald Ave, Mt Iron 55768. 218-741-3840, 218-741-2901 TDD, 800-257-1442

[www.arrowhead.lib.mn.us](http://www.arrowhead.lib.mn.us)

### **Babbitt Community Education**

30 South Dr, Babbitt 55706. 218-827-3101 ext 3758

### **Caregiver Education & Training Range Respite**

139 20<sup>th</sup> St S, Virginia 55792. 218-749-6640 or 877-507-7234.

[lkolocek@rangerespite.org](mailto:lkolocek@rangerespite.org)

**Chisholm Community Education**

1000 NE First Ave, Vaughan-Steffensrud School, Chisholm 55719.  
218-254-1431. N-W-F, 8:30am-3:30pm

**Cook Community Education**

306 Vermillion Blvd E, Cook 55723. 218-666-5221

**Cotton Community Education**

Cotton High School, 9165 Hwy 53, Cotton 55724. 218-482-3232

**Domestic Abuse Intervention Project**

Nonviolence classes for people who have used violence in their relationship.

**Emeritus College, The College of St. Scholastica**

1200 Kenwood Ave, Duluth 55811. 218-723-5940 or 800-447-5444.  
[smaki@css.edu](mailto:smaki@css.edu) [www.css.edu/Emeritus](http://www.css.edu/Emeritus)

**Eveleth-Gilbert Community Education**

801 Jones St, Eveleth 55734. 218-744-7774  
[www.ISD2154.K12.MN.US](http://www.ISD2154.K12.MN.US). [DBeryll@ISD2154.K12.MN.US](mailto:DBeryll@ISD2154.K12.MN.US).

**Hibbing Community College**

1515 E 25th St, Hibbing 55746. 218-262-6700 [www.hibbing.edu](http://www.hibbing.edu).

**Hibbing Community Education**

Hibbing High School. 800 E 21st St, Hibbing 55746. 218-262-0417.  
[www.hibbing.k12.mn.us](http://www.hibbing.k12.mn.us).

**Laurentian Environmental Center Senior Ed-Venture Learning**

8950 Peppard Rd, Britt 55710. 218-749-1288 or 888-749-1288. [www.iaurentiancenter.org](http://www.iaurentiancenter.org).

**Mental Health America**

2000 N Beaugard St, 6th Floor Alexandria, VA 22311  
703-684-7722 or 800-969-6642. Fax 703-684-5968 [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**Mesabi East Community Ed.**

601 N First St W, Aurora 55705. 218-229-3321 ext 207

**Mesabi Range Community and Technical College Virginia Campus**

1001 W Chestnut St, Virginia 55792. 218-741-3095 [www.mr.mnscu.edu](http://www.mr.mnscu.edu).

**Mountain Iron-Buhl Community Education**

MIB High School, Box 537, Mountain Iron 55768. 218-735-8271 ext 1003

**Ely Northern Lights Clubhouse: 218-365-8408.**

[northernlightsclubhouse@wellbeingdevelopment.org](mailto:northernlightsclubhouse@wellbeingdevelopment.org)

Contact: Mariah Tessin. 218-235-9539.  
[mariahtessin@wellbeingdevelopment.org](mailto:mariahtessin@wellbeingdevelopment.org)  
Mary Brown Center, 715 S Central Ave, Ely, MN 55731. 218-365-7780

### **Orr Community Education**

Orr High School, Orr 55771. 218-757-3225

### **University for Seniors**

University of Minnesota-Duluth, 115 Kirby Student Center. Duluth 55812  
218-726-7637 or 218-726-6347. [dscott@d.umn.edu](mailto:dscott@d.umn.edu). [www.d.umn.edu/goto/seniors](http://www.d.umn.edu/goto/seniors).

### **University of Minnesota Extension Service**

Northland Office Building, 307 First St S, #2R, Virginia 55792. 218-749-7120

### **Virginia Community Education**

Virginia High School, 411 Fifth Ave S, Virginia 55792. 218-742-3990  
[vmeps.org/comm.edu](http://vmeps.org/comm.edu) M,T,W, Fri, 8am-3:30pm. (closed Thursdays)

## **Emergency Housing**

(See Housing)

## **Emergency Services**

**911** Call at anytime for any emergency.

### **Lifeline**

Emergency response Medical Alert systems, medication dispensers, bed and chair alarms. We provide products designed to maintain "safe" independent living. Lifeline connects you to the right help for the situation, 24 hours a day, 365 days a year at the push of a button. Whether you need emergency services or just the assistance of a family member or friend to help you get back on your feet.  
800-380-3111. [www.lifelinesystems.com](http://www.lifelinesystems.com)

## **Emergency Shelters (See Housing, Home Plus, NSLCL)**

## **Employment, Supported (also see Work Force Center)**

“Supported Employment” helps people with mental health diagnosis build the skills, competence and confidence needed for employment, often right in the workplace.

**AEOA:** 702 3rd Ave S, Virginia, 55792. 800-662-5711 ext 272. John Pettinari

### **Center for Independent Living of NE MN**

2104 E 6<sup>th</sup> Ave, Hibbing. 218-262-6675. [www.accessnorth.net](http://www.accessnorth.net)

**Ely Northern Lights Clubhouse:** 218-365-8408. Help for consumers.

[northernlightsclubhouse@wellbeingdevelopment.org](mailto:northernlightsclubhouse@wellbeingdevelopment.org)

Contact: Mariah Tessin. 218-235-9539.

[mariahtessin@wellbeingdevelopment.org](mailto:mariahtessin@wellbeingdevelopment.org)

Mary Brown Center, 715 S Central Ave, Ely, MN 55731. 218-365-7780

### **Human Development Center**

HDC's mission is to lead our communities by providing integrated, culturally respectful mental health and addiction services that foster hope, self-determination, and recovery. Our focus on serving those most in need improves the quality of life for all.

Services provided are: Adult & Child Case Management, Adult Rehabilitative Mental Health Services (ARMHS), Brighter Futures, Chemical Dependency Treatment, Children's Therapeutic Services & Supports, Community Support Program (CSP) - Minnesota, Community Wraparound/Coordinated Service Team, Dialectical Behavior Therapy (DBT), Duluth ACT Program, Early Childhood Mental Health Services, Eating Disorders Treatment, Employment Connection Program, Geriatric Outpatient Consultations, Harbor Center, Harmony Club, Homeless Project, Intensive In-Home Program, Jill's Place, Memory Assessment, Nursing Home, Outreach Center, Outreach Center Apartments, Parent Child Interaction Therapy (PCIT), Project Reach Out, Psychiatry, Psychological Testing & Assessments, Psychotherapy, Safe Schools | Healthy Students, T-ACT.

Crisis #: 800-634-8775. 1401 E 1<sup>st</sup> St, Duluth 55805. 218-728-4491. 888-412-9764.

Cloquet Office: 40 11<sup>th</sup> St, #105, Cloquet. 218-879-4559

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

## **Energy Assistance**

### **Arrowhead Economic Opportunity Agency (AEOA)**

702 Third Ave S, Virginia 55792. 218-749-2912 or 800-662-5711 or 800-862-0175 TTY  
M-F, 8am-4:30pm.

- Housing Rehabilitation ext 205
- Energy Assistance ext 232
- Weatherization ext 126

## **Equipment**

(See Medical Equipment)

## **Financial**

### **AARP Tax-Aide Program**

Northland Volunteer Center (AEOA). 218-749-2912 ext 228 or dial 211 for referral

**AEOA:** 218-749-2912 or 800-662-5711. Free financial/mortgage advice.

### **Cook Loan Closet**

Truecare Medical Therapy Center

221 S Highway 53, #8, Cook 55723. 218-666-2697. [info@truecaretherapy.com](mailto:info@truecaretherapy.com).

**Elder Services Network Loan Closet**

921 17th St S, #A & B, Virginia 55792. 218-741-0415

No equipment pickup or delivery at office. Call for arrangements.

**Government Services Center:** 218-365-8220

To see if you qualify for food stamps, Medical Assistance, MN Supplemental Assistance.

**Lutheran Social Services:** 800-777-7419 or 218-529-2227, [www.lssmn.org/debt](http://www.lssmn.org/debt)

They offer all kinds of advice and services including financial advice.

**MN Home Ownership Center:** 541-659-9336, [www.hocmn.org](http://www.hocmn.org)

They help make payment arrangements and offer free financial advice.

**Money Management**

230 1<sup>st</sup> St S, Virginia 55792. 218-741-5368

**Ely Northern Lights Clubhouse:** 218-365-8408. Help for consumers.

[northernlightsclubhouse@wellbeingdevelopment.org](mailto:northernlightsclubhouse@wellbeingdevelopment.org)

Contact: Mariah Tessin. 218-235-9539.

[mariahtessin@wellbeingdevelopment.org](mailto:mariahtessin@wellbeingdevelopment.org)

Mary Brown Center, 715 S Central Ave, Ely, MN 55731. 218-365-7780

**St. Louis County Social Services Financial Assistance Division:**

- 218-365-8220 Ely
- 218-262-6000 Hibbing
- 218-749-7137 or 218-749-7128 Virginia
- 218-749-7126 Child Support
- 218-726-2101 or (800) 450-9777 Duluth
- 218-726-2101 Financial Assistance
- 218-726-2016 Child Support
- 218-726-2000 General

**Vermilion Medical Loan Closet**

3353 Fectos Rd E, Tower 55790

218-753-3006 Pam or 218-753-2411 Ellen & Pat

**Zim 55 Plus Club**

McDavitt Town Hall, Zim 55799. 218-744-5185 John

## **Funeral Homes & Services**

**The Bauman Family of Funeral Homes.** [www.baumanfuneralhome.com](http://www.baumanfuneralhome.com).

- *Anderson-Daniels*

2030 First Ave, Hibbing 55746. 218-263-3971 or 888-263-3971

- **Bauman-Cron**  
516 S First St, Virginia 55792. 218-741-9593 or 888-861-9573
- **Bauman-Vermilion**  
501 Main St, Tower 55790. 218-753-6593 or 800-544-0434

**Cron-Sheehy Funeral Home & Cremation Service**

502 Adams Ave, PO Box 751, Eveleth 55734. Tammie Bernd, Dir. 218-744-1638

**Dignity Bereavement Travel**

Provides travel arrangements and memorial arrangements. Open 7 days a week from 8am-10pm CST. [www.DignityMemorial.com](http://www.DignityMemorial.com)

800-344-6489 for memorial arrangements

800-224-4177 for travel arrangements

713-407-9877 for travel arrangements outside of the US

**Funeral Celebrant: Susan Tuomela**

8573 Spring Park Rd, Mt Iron 55768. 218-749-2089

**Landmark Funeral Home**

402 S Fifth Ave, Virginia 55792. 218-741-3225

**Mlaker Funeral Home**

27 S First St E, PO Box 15, Cook 55723. Warren Mlaker, Director. 218-666-5298

**Range Funeral Home**

- Virginia: 911 16th St N, 55792. 218-741-1481
- Hibbing: 3702 2nd Ave W, 55746. 218-263-3276 or 866-875-5011

**Ziemer-Moeglein-Shatava Funeral Homes, Ltd.**

- Gilbert: 108 N Broadway St, 55741. 218-741-6448
- Aurora: 402 W Third Ave N, 55705. 218-229-3160

## Grandparent Services

**Minnesota Kinship Caregivers Association Support for Grandparents and Relatives Raising Children**

161 St Anthony Ave, St Paul 55103. 651-917-4640. [www.mkca.org](http://www.mkca.org).

Local contact: AEOA at 800-662-5711

**RAPP: Relatives As Parents Program** (Formerly ROCK: Raising our Children's Kids)

Arrowhead Economic Opportunity Agency

702 3rd Ave S, Virginia 55792. 218-749-2912, ext 276 or 800-662-5711 ext 276 or

800-862-0175 TTY. [teresa.harvey@aeoa.org](mailto:teresa.harvey@aeoa.org).

An array of services to relative care-giving families that include information, referral, assistance, phone support, support groups, child care, family activities, counseling, and educational workshops.

## Grocery Services

**Elder Services Network Groceries to Go program**



Requirements: You must order at least \$10 worth of groceries. This program is offered to seniors who are 60 or older, living within the city limits of Aurora, Hoyt Lakes, Biwabik, Gilbert, Eveleth, Virginia, Mt. Iron, Buhl, Chisholm, Hibbing, Cook, Tower and Soudan. While this is a free delivery service, donations to the program are gratefully accepted. One must register for this service. Just call our office. How to use this service:

- Call in your order to Elder Services Network between 9am and noon on a designated day. Call the office for more information: 218-741-0415 or toll free at 800-741-1220, Monday thru Thursday, 9am-4pm.
- On the following day, a volunteer will deliver your groceries to your home with the receipt and a payment envelope.
- You send the payment directly to the store within 3 business days.

### **Ely Shopping and Delivery Services**

To register for this service call:

- **Groceries on Wheels Northland Market:** 218-365-3216
- **Zup's Grocery:** 218-365-3188

### **Meals on Wheels:**

Ely Area: 218-365-4139

## **Health Clinics**

### **Bois-Forte Medical Clinic and Pharmacy**

5219 St. Johns Dr, Net Lake 55772. 218-757-3650. M-F, 8am-4:30pm

### **Chisholm Clinic**

400 NW First St, Chisholm 55719. 218-254-3391  
M,T,Th,F, 8:30am-4:30pm. Wed, 8:30am-noon

### **Essentia Health Clinics**

- ***Aurora***  
405 W Third Ave N, Aurora 55705. 218-229-3311. (24 hours p/day)
- ***Babbitt***  
71 S Dr, Suite 25, Babbitt 55706. 218-827-2176
- ***Ely***  
300 W Conan St, Ely 55731. 218-365-7900. M-F, 8am-5pm
- ***Hibbing***  
730 E 34th St, Hibbing 55746. 218-262-3425
- ***Virginia***  
1101 9th St N, Virginia 55792. 218-741-0150. 800-662-5728
- ***Virginia Urgent Care Center***  
Sat, Sun & Holidays, 10am-3pm

### **Fairview Mesaba Clinic**

- ***Hibbing***

3605 Mayfair Ave, Hibbing 55746. 218-262-3441 or 888-353-3441

- **Mountain Iron**  
8496 Enterprise Dr S, Mt Iron 55768. 218-741-2250
- **Nashwauk**  
402 E Piatt Ave, Nashwauk 55769. 218-885-2858 or 888-353-3441

**Iron Range Clinic**

239 McKinley Ave, Eveleth 55734. 218-744-3472 (24-Hour Ans). Dr. E. W. Draper

**Range Medical Services, LTD.**

Dr. Kassamalijamal, MD, FRCP (C) FCCP  
604 Ninth St N, Virginia 55792. 218-741-2222

**St. Luke's Hibbing Family Medical Center**

1120 E 34th St, Hibbing 55746. 800-321-3790 or 218-362-7100

**Sundell Eye Associates, P.A.:** Appointments: 877-741-4411 or 218-741-4411

- Virginia - VRMC Medical Arts Building. Ely- Bloomenson Community Hospital
- International Falls - 2501 Keenan Drive

**Scenic Rivers Health Services**

- **Cook Medical Clinic**  
20 Fifth St SE, Cook 55723. 218-666-5941. M-F, 9am-5pm; Sat, 9am-noon
- **Dental Clinic**  
12 S River St, Cook 55723. 218-666-5958. M-Th, 8am-6pm. F, 8am-2-m
- **Floodwood Dental Clinic**  
601 Hwy 73, Floodwood 55736. 218-476-2969. M-F, 8am-5pm
- **Medical Clinic**  
126 W 7th Ave, Floodwood 55736. 218-476-2221. M, T, W and F, 8am – 5pm

**Health: General**

**Care Partners:** Tasia Hoag: 218-749-5051

Gas money for cancer patients and their families to travel for treatment.

**Diabetes Resource Center Fairview University Medical Center-Mesabi**

750 E 34th St, Hibbing 55746. 218-362-6224

**Hemodialysis Center Fairview University Medical Center-Mesabi**

750 E 34th St, Hibbing 55746. 218-263-7300 or 888-870-8626

**Radiation Therapy Center Fairview University Medical Center-Mesabi**

750 E 34th St, Hibbing 55746. 218-362-6784 or 800-662-8939

## **St. Louis County Public Health and Human Services Department**

- **Virginia**  
307 First St S, Virginia 55792. 218-749-0600 or 800-450-9777
- **Hibbing**  
1814 E 14th Ave, Hibbing 55746. 218-262-0142
- **Ely**  
118 S Fourth Ave E, Ely 55731. 218-365-8220. M-F, 8am-4:30pm

## **Health Organizations**

### **Alzheimer's Association, Minnesota-North Dakota Northern Regional Center Care, Consultation & Education**

US Bank Bldg, 2002 W Superior St, #10, Duluth 55806. 218-733-2560  
24/7 Information Helpline: 800-272-3900 [www.alz.org/mmnd](http://www.alz.org/mmnd).

### **American Cancer Society**

Northern St. Louis County Patient Services & Cancer Information  
218-727-7439 or 800-227-2345 [www.cancer.org](http://www.cancer.org).

### **American Diabetes Association**

5100 Gamble Dr, #394, St. Louis Park 55416. 763-593-5333 or 888-DIABETES  
[www.diabetes.org](http://www.diabetes.org).

### **American Heart Association - Minnesota Chapter**

4701 W 77th St Minneapolis 55435. 952-835-3300 or 800-331-6889

### **American Red Cross**

1810 3rd Avenue E, #7, Hibbing 55746. 218-263-4455 or 800-747-8644  
[www.redcrossnorthland.org](http://www.redcrossnorthland.org). [pam@redcrossnorthland.org](mailto:pam@redcrossnorthland.org).

### **Arthritis Foundation**

1902 Minnehaha Ave W, St Paul 55104. 218-727-4730 or 800-333-1380 TTY. 8am-4pm

### **Brain Injury Association of MN**

34 13th Ave NE, #B001, Minneapolis 55413. 612-378-2742 or 800-669-6442  
[www.braininjurymn.org](http://www.braininjurymn.org).

### **Care Partners**

PO Box 217, Eveleth 55734. Contact: Taisia Hoag, Coordinator. 218-404-1411

**Eye Care Helpline:** 800-222-EYES. 800-222-3937

### **Leukemia & Lymphoma Society**

8441 Wayzata Blvd, #340, Golden Valley 55426. 763-545-3309 or 888-220-4440

**Minnesota Stroke Association**

3413th Ave NE, #B001, Minneapolis 55413. 763-553-0088. [www.strokemn.org](http://www.strokemn.org).

## Home Care

**Andreas Home Care:** 218-744-1817

**Cabin Care & Home Watch Programs:** 218-245-3656

**Care At Home:** 105 E Howard, Hibbing 55746. 218-263-3230. 24 Hrs/Day, M-F, 8am-4:30pm

**Ely Bloomenson Hospital Home Care Program/Essentia**

Some skilled services such as dressing change or catheter change: 218-365-8722  
328 W Conan St, Ely 55731. 218-365-3271 ext 222. 24 Hours/Day.

**Fairview HealthLine Home Care**

(Based out of Minneapolis but can service St. Louis County – 612-728-2468 Diane Robertson)  
1101 E 37th St, #27, Mesabi Mall, Hibbing 55746. 218-262-6982 or 877-272-6982  
[www.range.fairview.org](http://www.range.fairview.org). 24 Hours/Day. Office Hours: 8am-4:30pm

**Grattan Healthcare:** 800-470-1326

**Guardian Home Health Care:** 218-327-1208

**Heartland PCA**

301 E Howard St, #4, Hibbing 55746. 218-263-4177 or 877-289-9368

**Healthline Home Care – Housekeeping and personal care:** 877-272-6982

**Healthstar Home Health Agency**

1001 N 9th Ave, Virginia 55792. 218-749-9410 or 218-741-3340.  
[www.healthstarhomehealth.com](http://www.healthstarhomehealth.com).

**Home Care Specialists**

101 E Howard St, Hibbing 55746. 218-262-5887. 24 Hours/Day. Office Hours: 8am-4:30pm

**Home Instead Senior Care**

302 E Howard St, Hibbing 55746. 218-262-6177 or 866-742-6575  
[Staffing4@hiscnorthland.com](mailto:Staffing4@hiscnorthland.com). [www.homeinstead.com](http://www.homeinstead.com).

**PAL Medical Systems**

508 SE 10th St, Grand Rapids 55744. 218-326-9299 or 800-852-6575  
[pal2@uslink.net](mailto:pal2@uslink.net). [www.palmedicalsistemas.com](http://www.palmedicalsistemas.com).

LIFELINE emergency response Medical Alert systems, medication dispensers, bed and chair alarms. We provide products designed to maintain "safe" independent living.

**Rock Home Health Care:** 218-327-8294

**Rural Living Health Services**

71 S Dr, #1, Babbitt 55706. 218-827-2322

**Spectrum Health Companies**

Homecare, Nursing (RNs, LPNs), Rehabilitation Therapy Services, Pediatrics. IV Therapy  
Foot Care, Homemaker, Home Health Aide, Personal Care Assistant, High Technology Services  
Physical Therapy, Respite Care, Medical Emergency Response System, Social Services.

- Duluth: 2820 Piedmont Ave, #D, Duluth, 55811. 218-722-6377, Fax: 218-722-3429. Contact: Diane VonRuden, RN Branch Manager  
[dvonruden@spectrumchealth.com](mailto:dvonruden@spectrumchealth.com)
- Ely: Contact Tiffany: 218-780-6558
- Eveleth: 2000 Siegel Blvd, 55734. 218-741-3013 or 888-741-3013
- Virginia: Contact Eveleth

**Home Health Services**

Services available in your own home: nutritional management, housekeeping/cleaning, safety, social & emotional support, money management (shopping done for you), financial management (paying bills).

- Bagley: 218-694-3444 or 866-906-3444
- Cass Lake: 218-335-8868 or 877-335-8868
- Duluth: 218-733-0707 or 877-733-0707
- Maplewood: 651-633-7300 or 877-600-7307
- Minneapolis: 612-871-3700
- West St. Paul: 651-306-3080

**Home Maintenance**

**Acme Cleaning:** 218-365-6242

**Bullseye Cleaning Service:** Contact Lori Boes, 218-365-5491

**Chisholm Range Chore Service (Range Center Inc.)** Provides services to individuals 60 years or older. A variety of services are offered: snow removal, lawn care, light housekeeping, laundry and grocery shopping. 1001 NW 8<sup>th</sup> Ave, Chisholm 55719. 218-254-3347

**DTH (Day Training & Work Center)**

- Virginia: 1006 8<sup>th</sup> St S, 55792. 218-741-9368.
- Duluth – Air Park: 218-723-4631
- 

**East Range Developmental Achievement Center**

800 “A” Ave, Eveleth 55734. 218-744-5130. M-F, 8am-3:30pm

**Ely Tuesday Group**

Contact Steve Schon or Steve Piragis: 218-365-6745

**HealthLine Home Care – Housekeeping and personal care:** 877-272-6982

**Mesabi East Community Services**

601 N First St W, Aurora 55705. 218-229-3321 ext 207

**Spectrum Health Care – Housekeeping and personal care:** 888-741-3013

Ely nurse: Rose Alaspa: 218-780-5048

**YouthDo**

AEOA, 702 3<sup>rd</sup> Ave S, Virginia 55792. 218-2912 ext 276, 800-662-5711 ext 276,  
800-862-0175 TTY. [teresa.harvey@aeoa.org](mailto:teresa.harvey@aeoa.org)

Connects teens in the Quad Cities with seniors who need assistance with chores.

## **Hospitals and Medical Information:**

Using primary care can prevent more expensive care and intervene before a crisis. If you have a primary care provider in place you may contact them instead.

**Aids Testing and Information** 800-248-AIDS

**Aurora:** Essentia Health Northern Pines – White Hospital, 218-229-2211,

Fax: 218-229-2042, [www.whitech.org](http://www.whitech.org)

5211 St. Louis County, Highway 110, 55705

**Child Lead Poisoning Help** 651-201-4610 or 800-657-3908

**Circle of Life Home Health:** Native American specific home health care initiative

- Maplewood: 651-633-7300 or 877-600-7307
- Minneapolis: 612-871-3700
- West St. Paul: 651-306-3080
- Duluth: 218-733-0707 or 877-733-0707
- Bagley: 218-694-3444 or 866-906-3444
- Cass Lake: 218-335-8868 or 877-335-8868

**Cook:** Cook Hospital & Nursing Care Unit, 218-666-5945 or 866-324-5945.

[www.cookhospital.org](http://www.cookhospital.org) 10 SE 5<sup>th</sup> St, 55723

**DDC:** DNA paternity testing: 800-362-2368

**Ely-Bloomenson/Essentia Health:** 328 W Conan St, 55731. Fax: 218-365-8777 or  
218-365-8778 or 218-365-3271. State Licensed, Medicare Certified

Accepts: Medicare, MA, VA, Private Ins, Private Pay, AC, EW, CADI, TBI

Services: Nursing, PT, OT, Home Oxygen, SW, Home Health Aide, Homecare,

Dietitian, DMW, IV Therapy and Pharmacist

**Ely Project Care Free Clinic:** Picture ID required \* Walk in basis.

- Ely Free Clinic: 232 W. Sheridan St.  
Open 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month, 5:30–7:00pm

**Essentia Health Northern Pines Medical Center**

5211 Highway 110, Aurora 55705. 218-229-2211

**Fairview Healthline Home Care**

Mesabi Mall, 1101 E 37<sup>th</sup> St, #27, Hibbing 55746. 218-262-6982

Fax: 218-262-1723

Accepts: Medicare, Ma, VA, Private Pay, Private Insurance, AC, EW, CADI

Services: Nursing, Home Health Aide, Homemaker, Companion, PDN

**Fairview University Medical Center – Mesabi**

750 E 34<sup>th</sup> St, Hibbing 55746. 218-262-4881 or 888-870-8626

**Free Prescription Discount Card:** 877-321-2652

**Free Birth Control:** Planned Parenthood: 218-741-8192

**Free Clinic** Picture ID required \* Walk in basis.

Coordinator: Carrie Estey-Dix, [carrie-projectcare@qwest.net](mailto:carrie-projectcare@qwest.net) 218-263-8549

- Hibbing Clinic: 3112 6<sup>th</sup> Ave E, 5:30–7:30pm
- Ely Free Clinic: 232 W. Sheridan St.  
Open 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month, 5:30–7:00pm
- Grand Rapids: 613 1<sup>st</sup> Ave NW  
Open 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, 5:30–7:30pm

**Healthstar Home Care,** 218-749-9410

Fax: 218-749-7940, 901 N 9<sup>th</sup> St, Virginia 55792

Accepts: Medicare, MA, VA, Private Insurance, Private Pay, AC, EW, CADI

Services: Nursing, Home Health Aide, Homemaker, PT, OT Speech, SW

**Hibbing Fairview University Medical Center-Mesabi:**

218-262-4881 or 888-870-8626, [www.range.fairview.org](http://www.range.fairview.org)

750 E 34<sup>th</sup> St, 55746

**Hibbing Fairview Mesaba Clinic:** 888-353-3441 or 218-262-3441

3605 MayFair Ave 55746

**Miller Dwan:** (Essentia) 218-727-8462. [www.smdcmedicalcenter.org](http://www.smdcmedicalcenter.org)

502 E Street, Duluth 55805

**Mt. Iron:** 218-741-2250, 8496 Enterprise Dr S 55768

**Nashwauk:** 218-885-2858, 402 E Platt Ave 55769

**North Country Services Senior Behavioral Health,** 218-751-5431  
800 Bemidji Ave N, Bemidji 56601

**Project Care:** Picture ID required \* Walk in basis.

Coordinator: Carrie Estey-Dix, [carrie-projectcare@qwest.net](mailto:carrie-projectcare@qwest.net) 218-263-8549

- Hibbing Clinic: 3112 6<sup>th</sup> Ave E, 5:30–7:30pm
- Ely Free Clinic: 232 W. Sheridan St.  
Open 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month, 5:30–7:00pm
- Grand Rapids: 613 1<sup>st</sup> Ave NW  
Open 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, 5:30–7:30pm

**Sexual Assault Program of Northern SLC,** 218-749-4725 or 800-300-3102

Provides assistance to victims including crisis intervention, advocacy, medical & legal information and support, support groups for children and adults, community education/professional training and prevention programs in schools.

**Spectrum Community Health,** 218-741-3013

2000 Siegel Blvd, Eveleth 55734. Fax: 218-741-1448

Accepts: Medicare, MA, HMO, BA, Private Insurance, AC, EW, CADI, CAC,  
MRRC, TBI

Services: Nursing, Home Health Aide, Homemaker, PT, OT, PDN

**Virginia Regional Medical Center**

Hospital: 901 N Ninth St, Virginia 55792. 218-741-3340

**White Community Hospital, Aurora:** 218-229-2211

**Women's Cancer Resource Center,** 612-822-4846 or 877-892-6742

## Hospice

**Essentia Health St. Mary's Hospice and Palliative Care East Range Team**

Medical Arts Building, # 215, 901 9th St N, Virginia 55792. 218-749-7975 or 877-851-2213

**Fairview North Star Hospice**

1101 E 37th St, #27, Hibbing 55746. 218-262-6982 or 877-272-6982 [www.range.fairview.org](http://www.range.fairview.org).

**Northwoods Hospice Respite Partners**

Working in partnership with Essentia Health East Range Team.

328 W Conan St, Ely 55731. 218-365-8019 [northwoodshsp@gmail.com](mailto:northwoodshsp@gmail.com).

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

**Outlook Range Center, Inc.**

1001 NW 8th Ave, Chisholm 55719. 218-254-3347. [sar@rangecenter.com](mailto:sar@rangecenter.com).



**Virgie Hegg Hospice Partners Inc.**

Box 244, Cook 55723. 218-666-5464. Marge Herr, Chair. 218-666-2766 Karen McDermott

**Housing, Home Plus, NSLCL:**

**Accessnorth** 800-390-3681 or 218-262-6675 for people with disabilities who are currently living in institutional settings and want to move back into their own communities and live independently. Services include cleaning, daily living, personal care, personal finance and budgeting, health and medical needs and more.

**AEOA:** 218-749-2912 or 800-662-5711 Free financial/mortgage advice.

Motel vouchers. Emergency shelter and transitional housing available. 702 Third Ave S, Virginia 55792.

218-749-2912 ex 234. Fax: 218-749-2944. Open 8am-4:30pm, M-F.

SERVICE AREAS: Bill's House, Cook County, Lake County, St. Louis County and Tomassoni Emergency Shelter Apts.

**Arrowhead House, Inc.**

Arrowhead House, Inc. is a private organization that specializes in residential programming for mentally ill and/or chemically dependent adults. Located in Duluth, Minnesota, we have been providing quality services in the community since 1979. [Our service continuum](#) includes [Intensive Residential Treatment](#), [Board & Lodging with Specialized Health Services](#), and [Adult Foster Care](#).

- Arrowhead House East (IRTS)  
218-724-8844 or 218-728-8977
- Arrowhead House West (Board & Lodge)  
218-724-8844 or 218-722-5031
- Adult Foster Care  
218-727-8040
- Administrative Offices  
Arrowhead House Programs  
218-728-8977 Telephone  
218-728-9382 Fax

**Center for Independent Living:** Hibbing. Primarily for brain trauma, MS type people. They also set up support groups. Call them for your need.

CILNM Main Office: 2104 6th Ave E, Hibbing 55746

218-262-6675 V/TTY or 800-390-3681, 218-262-6677 FAX

NEW LOCATION Opening Fall 2012 - 1309 40th St. E. Hibbing MN

**Center Manor, Babbitt:** 218-827-3424

**Churches United in Ministry (CHUM)**

Emergency and Family Shelters. 102 W 2<sup>nd</sup> St, Duluth 55802. 218-726-0153.

Open 9am-4:30pm, M-F.

Fax: 218-722-6042.

**Daabinoo'Igan:** AICHO (American Indian Community Housing Organization)  
218-722-2247 (Native American 30-day program) or 218-722-7225 for the  
Emergency Shelter. 419 N 1<sup>st</sup> Ave W, Duluth 55806

**Emergency Shelters (women with/without children):** these are immediate intake – no  
waiting even in the middle of the night.

- Safe Haven (Duluth): 728-6481  
24 Hr Crisis hot-line 877-880-3094, [www.safehavenshelter.org](http://www.safehavenshelter.org)

**Grahek Apartments, Ely:** 218-365-3101

### **Human Development Center**

HDC's mission is to lead our communities by providing integrated, culturally respectful  
mental health and addiction services that foster hope, self-determination, and recovery.  
Our focus on serving those most in need improves the quality of life for all.

Services provided are: Adult & Child Case Management, Adult Rehabilitative Mental  
Health Services (ARMHS), Brighter Futures, Chemical Dependency Treatment,  
Children's Therapeutic Services & Supports, Community Support Program (CSP) -  
Minnesota, Community Wraparound/Coordinated Service Team, Dialectical Behavior  
Therapy (DBT), Duluth ACT Program, Early Childhood Mental Health Services, Eating  
Disorders Treatment, Employment Connection Program, Geriatric Outpatient  
Consultations, Harbor Center, Harmony Club, Homeless Project, Intensive In-Home  
Program, Jill's Place, Memory Assessment, Nursing Home, Outreach Center, Outreach  
Center Apartments, Parent Child Interaction Therapy (PCIT), Project Reach Out,  
Psychiatry, Psychological Testing & Assessments, Psychotherapy, Safe Schools | Healthy  
Students, T-ACT.

Crisis #: 800-634-8775. 1401 E 1<sup>st</sup> St, Duluth 55805. 218-728-4491. 888-412-9764.  
Cloquet Office: 40 11<sup>th</sup> St, #105, Cloquet. 218-879-4559.

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

### **HRA:**

- Chisholm: 218-254-2656
- Cook: 218-666-2533, 111 5<sup>th</sup> St SE, 55723
- Ely: 218-365-3900, Fax: 218-365-5258, Email: [elyhra@2z.net](mailto:elyhra@2z.net)  
114 N 8<sup>th</sup> Ave, 55731
- Eveleth: 218-744-1010
- Gilbert: 218-741-0398, Fax: 218-741-8521  
PO Box 638, 55741
- Hibbing: 218-263-3661, Fax: 218-262-4164  
3115 7<sup>th</sup> Ave E, 55746
- Tower/Bois Fort: 218-757-3253 or 888-833-7337, Fax: 218-755-3254  
PO Box 12 or 13074 Nett Lake Rd, Nett Lake, MN 55772
- Virginia: 218-741-2610

**Hillcrest Terrace of Chisholm:** 218-254-3393

**Homeless Shelters:**

- Virginia: AEOA runs these.  
Bill's House (Adults): 218-741-2063  
The Foyer (18-21 yr olds): 218-258-0052
- Hibbing Shelter (Adults): 218-263-8487. AEOA runs this one also.

**Lake County Human Services Emergency Shelter: Two Harbors and Silver Bay**  
616 Third Ave, Two Harbors 55616. 218-834-8407 Fax: 218-834-8412

**Life House**

Proctor House and Harbor House. Transitional housing – youth.  
102 W 1<sup>st</sup> St, Duluth 55802. 218-624-7032. Fax: 218-624-7032.

**Lives in Transition:** 218-748-2283. THIS IS NOT A SHELTER – IT IS FOR BATTERED WOMEN. They also have the “Bridge Program” for battered women and children.

**Loaves & Fishes:**

- Dorothy Day House Emergency Shelter  
1712 Jefferson St, Duluth 55812. Contact: Michael Latsch, 218-724-2054
- Olive Branch House Emergency Shelter  
1614 Jefferson St, Duluth 55812. Contact: Reba Jacobson, 218-728-0629

**Lutheran Social Services:** 800-777-7419 or 218-529-2227, [www.lssmn.org/debt](http://www.lssmn.org/debt)

They offer all kinds of advice and services including financial advice.

- Carlton Youth Emergency Shelter: 531 Slate St, Cloquet 55720  
218-879-1527. Fax: 218-879-8318
- Bethany Crisis Emergency Shelter: PO Box 8035, Duluth 55808  
218-626-1901 ext 14. Fax: 218-626-1727
- Renaissance Transitional Housing: PO Box 8035, Duluth 55808  
218-723-8052 ext 21
- Range Youth Overnight Emergency Shelter: 507 9<sup>th</sup> Ave S, Virginia 55792  
218-741-3343. Fax: 218-741-3393

**MN Home Ownership Center:** 541-659-9336, [www.hocmn.org](http://www.hocmn.org)

They help make payment arrangements and offer free financial advice.

**Northland Village – Buhl's Assisted Living Community**

500 E Monroe Dr, PO Box 688, Buhl 55713. 218-258-8681

**Northland Village – Hoyt Lakes' Assisted Living Community**

421 Kennedy Memorial Dr, Hoyt Lakes 55750. 218-225-0176

**North Shore Horizons Battered Womens Safe Home/Emergency Shelter (Lake County)**

218-834-5924 or 800-834-5923

**North Shore Horizons Traditional Housing (Lake County):** 218-834-5924

**Oshki Odaadiziwini Waaka'Igan AICHO** (American Indian Community Housing Org)

This is a transitional housing shelter. See Daabinoo'Igan for emergency shelter.  
419 N 1<sup>st</sup> Ave W, Duluth 55806. 218-722-7225 ext 36 or Fax: 218-722-4707.

**Pioneer Apartments** – 114 N 8<sup>th</sup> Ave E, Ely. 218-365-3900

**RMHC - Adult Foster Care:** Criteria – Adults 18 or older, SPMI Diagnosis.

Contact: Lori Ilminen, 218-780-7040

- Adults: Nate Frederickson (RMHC): 218-780-0388
- 18-21 year olds: Mike O'Bryan (RMHC): 218-780-0112

### **Range Transitional Housing**

Range Transitional Housing, Inc. (RTH) provides transitional and permanent supportive housing to homeless households in northern St. Louis County, MN. The households RTH serves, who may or may not have children, need time and supportive services to help them stabilize their lives and work on self sufficiency. RTH assists these households with securing and maintaining permanent affordable housing by assigning a case manager to provide supportive services and housing subsidies when available.

RTH currently operates 4 housing projects including Chronic Permanent Housing, Hibbing Transitional Housing, Permanent Housing, and Virginia Transitional Housing. RTH also provides other vital services to low income individuals and families if they do not need or are not eligible for housing services available through RTH. These services include referral assistance, outreach, motel vouchers, furniture assistance, or other case management services. RTH attempts to assist all households referred the best we can in one way or another.

- Hibbing: 442 Pine Mill Court, Virginia 55792. 218-263-9250 or Fax: 218-262-8944
- Virginia: 442 Pine Mill Court, Virginia 55792. 218-741-9628 or Fax: 218-742-9660

### **Range Women's Advocates Safe Home/Emergency Shelter**

301 S 1<sup>st</sup> St, Virginia 55792. 218-749-5054

- Carlton County: 800-910-1810

### **St. Louis County Public Health & Human Services Emergency Shelter**

Government Services Center, Duluth 55802. 218-726-1495

### **St. Louis County Social Services Adult Foster Care**

Government Services Center. 320 W Second St, Duluth 55802

- Duluth: 218-726-2063
- Virginia: 218-749-7128
- Hibbing: 218-262-6000
- Ely: 218-365-8210

**Safe @ Home:** 651-201-1399 or 866-723-3035 or 800-627-3529, MN relay: 711

[www.sos.state.mn.us](http://www.sos.state.mn.us) Confidential so abusers or those threatening you can NOT find your home address. All mail can be sent to a “safe” place also.

**Safe Haven Shelter for Battered Women Emergency Shelter**

218-728-6481 or 218-730-2478 or Fax: 218-728-0584

Emergency housing, women’s groups, assistance with protection orders and criminal court process.

**Salvation Army – Duluth:** 215 S 27<sup>th</sup> Ave W, Duluth 55806

Motel Vouchers/Emergency Shelter: 218-722-7934. Fax: 218-722-9532

Transitional Housing: 218-786-0767. Fax: 218-786-0779

- Hibbing: Emergency Shelter: 107 W Howard 55746. 218-263-5096
- Virginia: Emergency Shelter: 507 12<sup>th</sup> Ave W 55792. 218-741-1889

**Sibley Housing – Ely:** 210 W White St, Ely. 218-365-3900

**Transitional Housing:** There is furniture available at these also if you can’t afford to purchase your own – to help set up your apt or home.

- Virginia: 218-741-9628
- Hibbing: 218-263-9250

**Union Gospel Mission Duluth Emergency Shelter**

219 E First St, Duluth 55802. 218-722-1196

**Vermilion Homes – Ely:** 401-431 N 10<sup>th</sup> Ave E. 218-365-3900

**Vine House Transitional Housing**

1828 E Superior St, Duluth 55812. 218-728-2211

**Women’s Transitional Housing Coalition**

1401 E Second St, Duluth 55805. 218-728-6437 ext 212

**Zenith Apartments – Ely:** 965 E Camp St. 218-365-3900

*The following housing listing is arranged by city:*

**Angora:**

**Autumn Adult Foster Care Home**

Dave & Janis Arola. 9214 Heino Road, Angora 55703. 218-741-2401

**Aurora:**

**Mary & Terry Johnson**

705 Knutti Dr, Aurora 55705. 218-229-8936

**Babbitt:**

- **Rural Living Environments P.C.P.O. - PCA Provider**

20 Balsam Circle, Babbitt 55706. 218-827-3495

- **Birch Home**  
46 Birch, Babbitt 55706. 218-827-2322 or 218-827-3495

**Biwabik:**

**"Our House"**

Terese O'Malley/Vincent Lord. 413 5th Ave N, Biwabik 55708. 218-865-4488

**Britt:**

**Dark Lake**

Sandra Dickman. 7130 N Dark Lake Rd, Britt 55710. 218-258-3930

**Buhl:**

Wanda Palo. 5105 Great Scott Holmes Rd, Buhl 55713. 218-258-3506

**Cook:**

- **Deb-Bee's Adult Foster Care Home**  
Debbie Lenzen. 2553 Whiteside Dr, Cook 55723. 218-666-6170
- **Shannon/Linda Martin**  
9140 Hwy 115, Cook 55723. 218-666-5815
- **RSI - Cook**  
Chris Martin. 1802 Hwy 53, Cook 55723. 218-666-6185 or 218-749-3707

**Cotton:**

- **Cotton Country Manor**  
Cheryl & Larry Stauty. 9245 Hwy 53, Cotton 55724. 218-482-3607.  
[stauty9@msn.com](mailto:stauty9@msn.com).
- **Country Living on the Lake**  
Betty Jo Maher. 1288 W Mink Rd, Cotton 55724. 218-482-5589 or 218-349-2841  
[wbass@arrowheadtel.net](mailto:wbass@arrowheadtel.net).
- **Whiteface River Manor**  
Terry & George Nelson. 9291 Hwy 53, Cotton 55724. 218-482-3420  
[TFDNELSON@aol.com](mailto:TFDNELSON@aol.com).

**Ely:**

**The Pines**

Susan/Rudy Scufsa, 2043 N Dr, Ely 55731. 218-365-5305. [scuf@cpinternet.com](mailto:scuf@cpinternet.com).

**Eveleth:**

**Carlson Homes Plus**

Kathy Carlson. 204 Roosevelt Ave, Eveleth 55734. 218-744-1530

**Hibbing:**

- **Alternative Senior Living**  
Lelyn/Shannon Lustila. 201 Hermatite St, Hibbing 55746. 218-263-4840.  
[lustila1@mchsi.com](mailto:lustila1@mchsi.com)

- **Aspen Grove Adult Foster Care**  
Charles & Brenda Gargano, 522 Aspen Grove, Hibbing 55746. 218-263-7330
- **Faces North**  
211 22<sup>nd</sup> St W, Hibbing 55746. 218-263-8866 or 612-605-8327
- **Mary Gargano**  
12689 Old Hwy 169, Hibbing 55746. 218-778-6370
- **Greenview North/South & Greenview East-West**  
3520 7<sup>th</sup> Ave E, Hibbing 55746. 218-263-3935
- **Home Sweet Home**  
1408 Gray St, Hibbing 55746. 218-263-8331. Michelle Buschwitz
- **“Our Brother’s Love”**  
Anne Teske/Mary Wentland. 714 E. 38<sup>th</sup> St, Hibbing 55746. 218-263-4214
- **Rising Sun Vista**  
Dana Johnson. 207 Hematite St, Hibbing 55746. 218-263-9394

**Hoyt Lakes:**

**Kathy/Louis Brevik**

509 Hampshire Dr, Hoyt Lakes 55750. 218-219-0075

**Iron:**

**“Home, Home on the Range”**

3923 Hwy 7, Iron 55751. 218-744-1593

**McKinley:**

**Judy Clark**

5430 1<sup>st</sup> St S, Mckinley 55741. 218-741-8029

**Nett Lake:**

- **Rita Vidal**  
13033 Ridge Rd, Nett lake 55772. 218-757-3663
- **Bois Forte Reservation Tribal County Emergency Shelter**  
5344 Lake Shore Dr 55772. 218-757-3261

**Orr:**

**Arlene Sipola**

4420 Brandt Rd, Orr 55771. 218-757-3449

**Saginaw:**

**Virginia Tuominen**

4660 Aune Rd, Saginaw 55779. 218-729-7774

**Virginia:**

**Chestnut Grove East/West Chestnut Grove North/South**

1204 W Chestnut St, Virginia 55792. 218-749-6846

**Range Respite**

1309 20th St S, Virginia 55792. 218-749-5051. [PRancourt@RangeRespite.org](mailto:PRancourt@RangeRespite.org).

**RMHC - Residential Service, Inc.**

210 N 1st St, Virginia 55792. 218-749-0945. [lori@uslink.net](mailto:lori@uslink.net).

**RSI**

- **Marigold**  
329 8th St S, Virginia 55792. 218-741-7902
- **Silverlake**  
509 First St N, Virginia 55792. 218-741-2485
- **Virginia**  
1102 9th Ave S, Virginia 55792. 218-749-3707
- **Willow**  
1102 9th Ave S, Virginia 55792. 218-749-3707

**Spectrum Community Health**

- 70113th St S, Virginia 55792. 218-741-3013
- 712 9th St S, Virginia 55792. 218-741-3013

**West Chestnut Senior Home**

Donna & Ernie Rowan  
1202 W Chestnut St, Virginia 55792. 218-749-4821

Call St. Louis County Social Services for more information: 218-749-7128 ext 729.

**Insurance Information/Assistance**

Senior LinkAge Line®: **800-333-2433**

**Government Services Center**

1814 E 14th Ave, Hibbing 55746. 218-262-6000

**Government Services Center**

320 Miners Drive E, Ely 55731-1402. 218-365-8220

**Government Services Center**

320 W Second St, Duluth 55802-1495

218-726-2000 General

218-726-2101 Financial Assistance

218-726-2016 Child Support

**Medicare/Social Security Administration**

1122 E 25th St, Hibbing 55746. M-F, 9am-4pm

**Railroad Retirement Board**

Federal Bldg, Rm 125, 515 W First St, Duluth 55802. 218-720-5301



### **St. Louis County Social Services Department**

Northland Office Center, 307 S First St, Virginia 55792

To see if you qualify for any of the below programs, or to get more information, call the St. Louis County Social Services Financial Assistance Division:

- 218-365-8220 Ely
  - 218-262-6000 Hibbing
  - 218-749-7137 Virginia
  - 218-749-7126 Child Support
  - 218-726-2101 or (800) 450-9777 Duluth
  - 218-726-2101 Financial Assistance
  - 218-726-2016 Child Support
  - 218-749-7128 Social Service
  - 218-726-2000 General
- Food Stamps
  - Medical Assistance
  - Minnesota Supplemental Assistance Program

### **USDA Rural Development**

1202 8th St S, #103, Virginia 55792. 218-741-3929, ext 4

Contact: Kristin M. Zigan, [Kristin.Zigan@mn.usda.gov](mailto:Kristin.Zigan@mn.usda.gov). [www.rurdev.usda.gov](http://www.rurdev.usda.gov).

## **Legal Aid:**

**Bazelon Center Mental Health Law:** 202-467-5730

Advocacy for those with disabilities.

1101 15<sup>th</sup> St. NW, #1212, Washington DC 20005

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

**Consumer Services Unit Office of the Attorney General:** 800-657-3787

### **Court House, St. Louis County**

Contact for Guardianship or any other legal questions. Visit the Minnesota Courts Website.

- Duluth Court Administrator: 218-726-2430
- Virginia Court Administrator: 218-749-7106
- Hibbing Court Administrator: 218-262-0105
- Ely: contact any of the above or,
- Toll free #: 800-450-9777

**Disability Specialist, Inc.** [www.disabilityspecialist.net](http://www.disabilityspecialist.net) 800-642-6393. These representatives are located in Cook. [disabil@cpinternet.com](mailto:disabil@cpinternet.com)

**Duluth:** 218-623-8100, Fax: 218-726-4804

Managing Attorney: Gwen Updegraff  
302 Ordean Building, 424 W Superior St 55802

**Ely:** 800-886-3270 (An attorney comes to Ely 1 day a week).

**Klun Law Firm:**

Kathleen McKinstar: 218-365-3221

**Legal Aid Service of Northeastern Minnesota Senior Law Project**

- Virginia: Olcott Plaza #150, 820 N 9th St, Virginia 55792  
218-749-3270 or 800-886-3270 or 218-749-3270 TTY
- Duluth: 302 Ordean Building, Duluth MN 55802  
218-726-4800 or 800-622-7266 or 218-726-4826 TTY

**VAP, Volunteer Attorney Program**

412 S. First St, # 3, Virginia, 55792. 888-529-2431

**Virginia:** 218-749-0762

## **Medical Equipment**

**ActivStyle, Inc. Medical Supply**

5015 Martin Rd, Duluth 55803. 218-729-6400 or 800-651-6223, ext 3203

Contact: Rachel Bergman. [rbergman@activstyleforcaregivers.com](mailto:rbergman@activstyleforcaregivers.com). [www.activstyle.com](http://www.activstyle.com).

**Elder Services Network**

92117th St S, #A & B, Virginia 55792. 218-741-0415 or 888-741-1220

[esn@Elder-Services.net](mailto:esn@Elder-Services.net). [www.elder-services.net](http://www.elder-services.net).

*"Providing leadership in our communities to meet the needs of seniors."*

Below is a sample of "Loan Closet Supplies".

Wheelchairs, Wheelchair Baskets, Wheelchair ramps, Commodes, Toilet seats  
Walkers, Plain, non-folding; Folding Walkers, Wheeled Walkers, Shower benches  
Bath benches, Extended Shower Seat, Lift Chairs, Canes, Footed, Right or Left  
Crutches, All sizes, Hoyer Lift, Merry Walker, Extended Shoe Horn, Transfer Belts  
and Peddle Exerciser

**Ely VFW:** Stop in or call 218-365-3176

Wheelchairs, walkers, crutches, shower curtains, etc.

**Essentia Health Medical Equipment & Supplies**

- 4418 Haines Rd, #1200, Duluth 55811. 218-297-8715
- 407 E 4th St, Duluth 55805. 218-786-4970 or 800-777-8390

[www.mwmedical.com](http://www.mwmedical.com).

**Fairview HealthLine Medical Supply**

Serving all of northeastern MN with stores located at:

- Hibbing: 1101 E 37th St, Mesabi Mall 55746. 218-262-6981 or 800-422-0225
- Virginia: 827 N 6th Ave, Northgate Plaza 55792. 218-741-7257 or 800-422-0225

**Handi Exchange Inc.**

P O Box 174, Aurora 55705. 218-305-4100

[cust.svc@handiexchange.com](mailto:cust.svc@handiexchange.com). [www.HandiExchange.com](http://www.HandiExchange.com).

**Lake Superior Medical Equipment Inc.**

522 E 4th St, Duluth 55805. 218-727-0600 or 866-307-0600

[laking@lakesuperiormedicequipment.com](mailto:laking@lakesuperiormedicequipment.com).

**Loan Closet: Elder Services Network in Mt. Iron**

218-735-8637 or 888-741-1220

**MedicAlert Foundation**

2323 Colorado Ave, Turlock CA 95382. 800-607-3035. [www.medicaiert.org/amb](http://www.medicaiert.org/amb).

**Mesabi Recreation**

720 Ninth St N, Virginia 55792. 218-749-6719. [sales729@mesabirecreation.com](mailto:sales729@mesabirecreation.com).

**North Star Medical Equipment**

1001 9th Ave N, Virginia 55792. 218-741-0001 or 800-246-0071

M-F, 8:30am-5pm. 24 hour on-call service

[www.northstarmedicalequipment.com](http://www.northstarmedicalequipment.com).

**PAL Medical Systems**

508 SE 10th St, Grand Rapids 55744. 218-326-9299 or 800-852-6575

[pal2@uslink.net](mailto:pal2@uslink.net). [www.palmedicalsystems.com](http://www.palmedicalsystems.com).

LIFELINE emergency response. Medical alert systems, medication dispensers, bed and chair alarms. We provide products designed to maintain "safe" independent living.

**True Care Medical Therapy Center of Cook:** 218-666-2697

**Vermilion Medical Loan Closet in Tower:**

Pam at 218-753-3006 or Ellen & Pat at 218-753-2411

**Wheelchairs Plus, Inc.**

502 SE 10th St, Grand Rapids 55744. 218-326-1833 or 800-400-1833

**Mental Health:**

**Accend Services**

1522 E Superior St, Duluth 55812. 218-724-3122

222 N 2<sup>nd</sup> Ave, Duluth 55812. 218-727-8664

[www.accendservices.com](http://www.accendservices.com) [info@accendservices.com](mailto:info@accendservices.com)

Accend Services is a group of mental health, health care, and disabilities service professionals. Our mission is to partner with individuals with disability, illness, and injury to improve physical and mental health, maintain independence and maximize quality of life.

**Acute Psychiatric Inpatient Unit Fairview University Medical Center – Mesabi**  
750 E 34<sup>th</sup> St, Hibbing 55746. 218-264-4881 or 888-870-8626 (MN only) or 218-362-6672.

**ADAPT** (school-based ARMHS program for children):  
Bell Building: 218-741-4714 (schedules for all schools in area)

**Adult Foster Care:** 218-749-3316. This is like a nursing home only for the mentally ill. Your diagnosis is what qualifies you. It is a group home for adults that assists with learning self-care.

**ARMHS:** (Adult Rehabilitative Mental Health Services)

ARMHS offers a wide range of services for disabled individuals. Please refer to [www.adultrehabilitativementalhealthservices.org](http://www.adultrehabilitativementalhealthservices.org) for a complete listing.

- RSI (Residential Services Inc.) 218-741-7270.  
<http://www.residentialservices.org/links/>  
The RSI Nursing team has now been approved as SNBC Care Coordinators.
- Barnum: Safe Transitions Inc. 218-389-3291
- Chisholm: NHS Northstar Specialized Services 218-254-5757
- Duluth: Accend Services Inc. 218-724-3122
- Duluth: Human Development Center 218-728-4491
- Duluth: Residential Services of NE MN INC 218-740-7606
- Duluth: SLC Social Services Dept. 218-725-7785
- Ely: (Nystrom) Ann Wiedemer 218-750-7832
- Virginia: Range Mental Health Center Inc. 218-749-2881

**Arrowhead Psychological Clinic, P.A.**

Arrowhead Psychological has been providing counseling and therapy in Duluth, Minnesota, since 1980. If you or someone you care about needs help with personal problems, we are here for you...and for them. For over 20 years we have been providing counseling and therapy to people of all ages to overcome their problems with confidential consultation in a supportive, caring environment.

324 W Superior St, Duluth 55802. 218-365-5277. [www.arrowheadpsychologicalclinic](http://www.arrowheadpsychologicalclinic)

**Center for Rural Mental Health Studies: Mental Health Medical**

Center for Rural Mental Health Studies: (Assessment and treatment via telemed.) Short-term behavioral therapy. Can be assessed in Ely through the Clinic. Contact: Jane Hoveland, RN, PhD, LP. 1035 University Dr, Duluth 55812. 218-726-7144. [jhovland@d.umn.edu](mailto:jhovland@d.umn.edu) or Claudia Weber, [cweber@d.umn.edu](mailto:cweber@d.umn.edu) or Tracy Kemp (Admin Assistant) at 218-726-7144.

**CSP:** (Community Support Program) ARMHS (Adult Rehab Mental Health Services), Day Treatment, Drop-In. Helps those who need help learning how to function and be self-sufficient. Also teaches you “symptom management”. Services can be weekly or however often you need help. This may include housecleaning and homemaking. Patient must be on Medicaid.

- Virginia: 218-741-4714, 504 1<sup>st</sup> St., 55792
- Hibbing: 218-263-9237

This link has more detailed info about programs and services offered in CSP:  
<http://www.rangementalhealth.org/index>

### **Human Development Center**

HDC's mission is to lead our communities by providing integrated, culturally respectful mental health and addiction services that foster hope, self-determination, and recovery. Our focus on serving those most in need improves the quality of life for all.

Services provided are: Adult & Child Case Management, Adult Rehabilitative Mental Health Services (ARMHS), Brighter Futures, Chemical Dependency Treatment, Children’s Therapeutic Services & Supports, Community Support Program (CSP) - Minnesota, Community Wraparound/Coordinated Service Team, Dialectical Behavior Therapy (DBT), Duluth ACT Program, Early Childhood Mental Health Services, Eating Disorders Treatment, Employment Connection Program, Geriatric Outpatient Consultations, Harbor Center, Harmony Club, Homeless Project, Intensive In-Home Program, Jill's Place, Memory Assessment, Nursing Home, Outreach Center, Outreach Center Apartments, Parent Child Interaction Therapy (PCIT), Project Reach Out, Psychiatry, Psychological Testing & Assessments, Psychotherapy, Safe Schools | Healthy Students, T-ACT.

Crisis #: 800-634-8775. 1401 E 1<sup>st</sup> St, Duluth 55805. 218-728-4491. 888-412-9764.

Cloquet Office: 40 11<sup>th</sup> St, #105, Cloquet. 218-879-4559

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

**NMHS:** Peer Support Specialist Program. This is a program that offers “support” services more often during the week than ARMHS. They will spend time with each client multiple times weekly.

### **Northstar Services (NHS):**

227 W Lake St, Chisholm, 55719. 218-254-5757. Fax: 218-254-9856

Provides services to persons eligible for the medical assistance waiver program (MR/RC, CADI, TBI). Services are currently provided in small group settings (1-4 individuals) utilizing the foster care model; services are provided to children and adults living in the family home via our In-Home Family-Support program. Additionally, NHS is licensed to provide Adult Rehabilitation Mental Health Services.

**Nystrom & Associates:** Providence Bldg, 332 W Superior St, #300, Duluth 55802. 218-722-4379, Fax: 218-722-4333,

In-home therapy: 218-722-4379

This is a Christian Counseling Center. They accept most Insurances and MA.

Services provided are: individual therapy, marriage/couples counseling, family therapy, group therapy, psychiatric services, medication management, psychological testing, bariatric assessments, dietician services, intensive outpatient chemical dependency programs, ARHMS services, dialectical behavior therapy, child and adolescent services, in-home family based services and pre-marital counseling.

[www.nystrom.counseling.com](http://www.nystrom.counseling.com)

Ely Contact: Ann Wiedemer, 218-750-7832

**RMHC** (Range Mental Health Center) The largest mental health facility on the Iron Range. 218-749-2881, 800-450-2273, Fax: 218-749-3806  
624 13<sup>th</sup> St S, Virginia 55792. ALSO: WM. J. Bell Building, 504 S 1<sup>st</sup> St N, Virginia 218-741-4714 or 800-450-4714, Fax: 218-741-3080. [www.rangementalhealth.org](http://www.rangementalhealth.org)

- Adult Day Services: William J. Bell Bldg. 218-741-4714 or 800-450-4714  
504 1<sup>st</sup> St. N, Virginia, MN 55792
- Adult Foster Care: Criteria – Adults 18 or older, SPMI Diagnosis.  
Contact: Lori Ilminen, 218-780-7040  
Men's and Women's homes located in Virginia & Hibbing.
- Adult Partial Hospital: Perpich Building, 218-263-9237 or 888-344-9237  
3203 3<sup>rd</sup> Ave W, Hibbing 55746
- Children's' Partial Hospital: 218-749-3265, 1201 S. 13<sup>th</sup> Ave., Virginia 55792
- Community Support Programs: Virginia: 218-741-4714, Hibbing: 218-263-9237, Ely: 800-450-4714 or 800-450-2273.
- Detox/Range Treatment Center, 218-741-9120, 1-800-450-7826, Fax: 218-741-3170. 626 13<sup>th</sup> St S, Virginia 55792
- Governor Rudy Perpich Building: 3203 W 3<sup>rd</sup> Ave, Hibbing 55746  
218-263-9237, 888-344-9237, Fax: 218-262-3150.
- Housing: Virginia, Chisholm and Hibbing: 218-263-9237.
- Long Term Intensive Residential Treatment: Merritt House, 218-741-9630 or 218-741-4714
- Mobile Adult Day Services: Must be in a wheelchair or on a walker.  
218-741-4714 or 800-450-4714, [ads@uslink.net](mailto:ads@uslink.net) for email. Services Aurora, Buhl, Ely and Surrounding Communities.
- Outreach (RMHC): This includes out-patient psychiatric help.
  - Virginia (includes scheduling for Ely): 218-749-2881
  - Hibbing: 218-263-9237
- Wellstone Center for Recovery: 218-471-4327. In-patient crisis center.  
214 Chandler Ave, Eveleth 55734. 218-741-4327 or 218-744-9632  
Admission 24/7/365. This is a short-term crisis stabilization center for adults and is a part of the Range Mental Health Centers.

**RMHC Crisis Line:** 1-800-450-2273

**RSI** (Residential Services Inc.) 218-727-2696. This is the second largest mental health program providing independent living skills, homemaking services, behavior aides and respite services. [www.residentialservices.org](http://www.residentialservices.org)

The RSI Nursing team has now been approved as SNBC Care Coordinators.

- 24 Hour Referral Line: 218-733-9225 ext 2
- ARHMS Contact: Call Liese Dombrovski @ 218-727-2696 ext 7618  
[Liese.dombrovski@residentialservices.org](mailto:Liese.dombrovski@residentialservices.org)
- DD patients: Call Sue Carlsness @ 218-727-2696 ext 7617  
[Sue.carlsness@residentialservices.org](mailto:Sue.carlsness@residentialservices.org)
- East Central MN-Region 7E: Call Jenny Odegard @ 651-674-5689  
Fax: 651-674-5193, [Jenny.odegard@residentialservices.org](mailto:Jenny.odegard@residentialservices.org)
- FASD patients: Call Travis Dombrovski @ 218-453-5020  
[Travis.dombrovski@residentialservices.org](mailto:Travis.dombrovski@residentialservices.org)
- Main Office: 218-727-2696, Fax: 218-727-2893  
2900 Piedmont Ave, P.O. Box 3008, Duluth, MN 55811
- Northern St. Louis County, 218-727-2696 ext 7613, Fax: 218-727-2893  
2900 Piedmont Ave, Suite 4, PO Box 3008, Duluth 55811
- PCA, Children, Families & Senior Services, (ILS, Homemaking):  
Call Roni Horak @218-727-2696 ext 7615. [Roni.horak@residentialservices.org](mailto:Roni.horak@residentialservices.org)
- SPMI: Call Laurie Berner @ 218-727-2696 ext 7613  
[Laurie.berner@residentialservices.org](mailto:Laurie.berner@residentialservices.org) OR Call Joel Longtine @ 218-727-2696 ext 7614  
[Joel.longtine@residentialservices.org](mailto:Joel.longtine@residentialservices.org)
- TBI patients: Call Laurie Berner @ 218-727-2696 ext 7613.  
[Laurie.berner@residentialservices.org](mailto:Laurie.berner@residentialservices.org) OR Call Joel Longtine @ 218-727-2696 ext 7614  
[Joel.longtine@residentialservices.org](mailto:Joel.longtine@residentialservices.org)

**SAMHSA's Treatment Referral Routing Service.** 800-662-4357. [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)  
A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing substance abuse and mental health issues. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information in print on substance abuse and mental health issues.

## **Mental Health Education**

The following Agencies provide education and materials.

### **Bois Forte Human Services**

Mental illness, Parenting, Youth, Aging, Infant & Toddler Mental Health  
5219 St. John's Dr, Nett Lake. 218-757-3295. Honore Lehtinen, LICSW

### **Center for Independent Living of NE MN**

Youth, Aging  
2104 E 6<sup>th</sup> Avenue, Hibbing. 218-262-6675. [www.accessnorth.net](http://www.accessnorth.net)

### **Community Health Council**

Serving Babbitt, Ely, Embarrass, Soudan, Tower, Winton  
Connect community members with health providers, identify health-related needs and facilitate solutions, community health education  
218-365-7405. [communityhealthcouncil@gmail.com](mailto:communityhealthcouncil@gmail.com)

**Duluth Clinic - Ely**

300 W. Conan St, Ely. 218-365-7900. Walt Passi, Integrated Behavioral Health Coord. and Alice Skadsberg, CNS

**Ely Bloomenson Community Hospital/Essentia Health, & Nursing Home**

328 W. Conan St, Ely. Mary Maddern. 218-365-8758

**Ely Community Resource**

Mental illness, Parenting, Youth, Addictions

PO Box 374, 40 N 1<sup>st</sup> Ave E, Ely. 218-365-5254. [elycommunityresource.org](http://elycommunityresource.org)

**Ely Memorial High School**

Parenting, Youth, Addictions

600 E Harvey St, Ely. 218-365-6166. Laurie Kess, [lkess@ely.k12.mn.us](mailto:lkess@ely.k12.mn.us)

**Range Mental Health Center, Inc.**

Mental illness, Parenting, Youth, Addictions, Aging

624 13th St S, PO Box 1188, Virginia 55792. 218-749-2881 or 800-450-2273

Speakers are available.

**St. Louis County Public Health & Human Services**

118 S. 4th Ave E, Ely 55731. 218-365-8220

**St. Louis County Public Health & Human Services**

Northland Bldg. 307 1<sup>st</sup> St S, PO Box 1148, Virginia 55792. 218-749-7128

**Sexual Assault Program**

Personal Safety

505 12th Ave W, Virginia 55792. 218-749-4725. Cheryl Haugen

[cheryl@stopsexualviolence.org](mailto:cheryl@stopsexualviolence.org)

**Vermilion Community College Counseling Services**

Mental illness, Parenting, Addictions

1900 E Camp St., Ely 55731. 218-235-2121. Cindy Anderson Bina or Chris Braun

**Minneapolis/St. Paul Services**

Bazelon Center for Mental Health Law: [www.bazelon.org](http://www.bazelon.org)

Equal Employment Opportunity Commission: help with job discrimination issues in the state of MN: 800-669-4000

Great Lakes ADA Center: [www.adagreatlakes.org](http://www.adagreatlakes.org)



MHAM (Mental Health Association of MN): 612-331-6840, 651-493-6634, 800-862-1799.  
Fax: 651-340-1202. [www.mentalhealthmn.org](http://www.mentalhealthmn.org) and [info@mentalhealthmn.org](mailto:info@mentalhealthmn.org)  
475 Cleveland Ave N, #222, St. Paul 55104

- Crisis Talk Line: 1-800-273-8255
- visit website for access to: Support Group Schedules, Education Materials from NIMH (National Institute of Mental Health), Calendar of Current Events, Online Screening for Mood Disorders, *The Voice* Newsletter, Public Policy Updates, Blog Articles, MHAM Facebook Page, Advocacy Program, and more.

Mental Health Consumer/Survivor Network of Minnesota: information/referral, advocacy, support, education: 651-637-2800 or 800-483-2007.

Minnesota Association for Children's Mental Health: information/referral advocacy, support, education: 651-644-7333.

Minnesota Depression and Bipolar Support Alliance: support groups, a program of MHAM: 651-493-6634 or 800-862-1799

Minnesota Disability Law Center: free legal services on issues arising from disabilities: 612-332-1441 or 800-292-4150. [www.mldnc.org](http://www.mldnc.org).

National Alliance on Mental Illness, Minnesota Chapter: information/referral, support, education: 651-645-2948.

Suicide Awareness Voices of Education: information/referral, support and education: 952-946-7998. [www.save.org](http://www.save.org)

State of Minnesota Offices:

- The Minnesota Governor's Council on Developmental Disabilities: <http://www.mncdd.org/index>
- Minnesota State Council on Disability: <http://www.state.mn.us/portal/mn/jsp/>
- Ombudsman for Mental Health and Mental Retardation: 651-757-1800 or 800-657-3506
- Department of Human Services DHS, Mental Health Division 651-431-2225 [www.dhs.state.mn.us/main/](http://www.dhs.state.mn.us/main/)
- Department of Employment & Economic Development, Rehabilitation Services: 651-296-5616
- Department of Human Rights: 800-657-3704
- House of Representatives Information Office: 651-296-2146 or 800-657-3550
- Senate Information Office: 651-296-0504 or 888-234-1112

## **National Services & Information**

American Psychiatric Association: [www.psych.org](http://www.psych.org)

Depression and Bipolar Support Alliance: [www.dbsalliance.org](http://www.dbsalliance.org)

Mental Health American: [www.nmha.org](http://www.nmha.org)

Mental Health Consumer Survivor Network: [www.mhcsn.org](http://www.mhcsn.org)

NAMI: National Alliance on Mental Illness: [www.nami.org](http://www.nami.org). [namiduluth@hotmail.com](mailto:namiduluth@hotmail.com)  
888-NAMI HELPS, option 4. PO Box 471, Duluth 55801

National Mental Health Consumers' Self-Help Clearinghouse: [www.mhselfhelp.org](http://www.mhselfhelp.org)

National Resource Center on Psychiatric Advance Directives: [www.nrc-pad.org](http://www.nrc-pad.org)

National Suicide Prevention Lifeline: 800-273-8255, TTY: 800-799-4889

NIMH: National Institute of Mental Health, 301-443-4513 or 866-615-6464  
TTY: 301-443-8431 or 866-415-8051  
Science Writing, Press & Dissemination Branch, 6001 Executive Blvd  
Rm 8184, MSC 9663, Bethesda, MD 20892-9663  
Email: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov) Website: [www.nimh.nih.gov](http://www.nimh.nih.gov)

SAMHSA's National Mental Health Info Center: [www.mentalhealth.org](http://www.mentalhealth.org)

### **Native American Legal Aid:**

- Duluth: 888-249-3205 or 218-727-2881, Fax: 218-720-6438. 107 W First St 55802  
Fond du Lac Tribal Center. Thursdays 1:30–3:30pm  
Nett Lake Administration Bldg. Every third Thursday, 10–11:30am  
Lake Vermilion Tribal Center. Every third Thursday, 1:30–3:30pm
- Virginia: 218-749-3270, Olcott Plaza, #150, 820 N 9<sup>th</sup> St 55792  
Managing Attorney: Kent Carlson

### **Nursing Homes & Rehabilitation Centers**

**Boundary Waters Care Center – Ely:** 218-365-8044

**Carefree Living – Ely:** 218-365-2261

**Chestnut Grove – Virginia:** Assisted living and memory care: 218-749-6847

**Clayridge – Biwabik:** Assisted living and memory care: 218-865-4588

**Cook Hospital and Nursing Home**

10 Fifth St SE, Cook 55723. 218-666-5945 or Fax: 218-666-6239

**Cornerstone Villa**

1000 Forrest St, Buhl 55713. 218-258-3253

**Edgewood Vista – Virginia:** Assisted living and memory care: 218-741-7106

**Ely Bloomenson Community Hospital and Nursing Home**

328 W Conan St, Ely 55731. 218-365-3271

**Essentia Health Northern Pines Medical Center**

5211 Highway 110, Aurora 55705. 218-229-2211

**Eveleth Health Services Park Fitzgerald Nursing Home**

227 McKinley Ave, Eveleth 55734. 218-744-7570

**Golden Horizons – Tower:** Assisted living, memory care and independent living options: 218-753-7788

**Guardian Angels Health & Rehabilitation Center**

1500 E Third Ave, Hibbing 55746. 218-263-7583. [www.guardianangels.sfhs.org](http://www.guardianangels.sfhs.org).

**Heritage Manor Health Care Center**

321 NE Sixth St, Chisholm 55719. 218-254-5765

**Lakeside Manor – Ely:** Assisted living. 218-365-5724

**St. Michael's Health & Rehabilitation Center**

1201 Eighth St S, Virginia 55792. 218-748-7800

**St. Raphael's Health & Rehabilitation Center**

601 Grant Ave, Eveleth 55734. 218-744-9800

**Sibley Manor – Ely:** Assisted living. 218-365-0045 or 218-235-0263

**Touraine Residential Care Home & Assisted Living – Virginia**

218-741-0782

**Virginia Convalescent Center**

901 N Ninth St, Virginia 55792. 218-749-9421 or 218-7449-9411

**Willow Wood Assisted Living - Eveleth:** 218-744-5907

**The Pines Assisted Living – Ely:** 218-365-5305

**Pets**

**Mesabi Humane Society**

2305 Southern Dr, Virginia 55792. 218-741-7425. [www.mesabihumane.org](http://www.mesabihumane.org)

## **Pharmacies**

### **Aurora Drug/Arrowhead Pharmacy**

201 N Main St, Aurora. 218-229-3327 or 218-229-2089 Emergency

### **Baron's Pharmacy**

750 E 34th St, Hibbing. 218-263-4922 - 24 hr. answering machine, computerized

### **Babbitt Drug**

Located in the Shopping center, Babbitt. 218-827-2137

### **Ben Franklin Store**

221 Kennedy Memorial Dr, Hoyt Lakes. 218-225-2128

### **Casey Drugs**

111 W Lake St, Chisholm. 218-254-3318

### **Essentia Health Clinic - Virginia Pharmacy**

910 N Sixth Ave, Virginia . 218-749-7828

### **Family Drug Mart**

1400 13th St S, Virginia. 218-749-8943 or 218-749-3314 Emergency  
M-F, 8am-9pm; Sat, 9am-5pm; Sun, 10am-5pm

### **Frank's Pharmacy**

One Vermilion Dr, PO Box 1148, Cook. 218-666-5325 or 800-286-DRUG

### **Jon's Drug**

318 Grant Ave, Eveleth. 218-744-2774 or 800-365-5054 or 800-365-5054  
[www.jonsdrug.com](http://www.jonsdrug.com).

### **KMart**

1401 12th Ave S, Virginia. 218-749-4014

### **Mesaba Drug**

221 Kennedy Dr, Hoyt Lakes. 218-225-2128

### **Pamida (Becoming Shopko in 2012)**

115 E. Chapman, Ely. 218-365-7123

### **Shopko**

115 E. Chapman, Ely. 218-365-7123

### **Superior Health Medical Group – Silver Bay**

50 Outer Dr, Silver Bay. 218-226-3829

**Superior Health Pharmacy**

1010 4<sup>th</sup> St, Two Harbors. 218-834-7202

**Target Pharmacy**

1001 13th St S, Virginia. 218-741-6603

**Thrifty White Drug (in Super One)**

1101 E 37th St, Hibbing. 218-262-6140 or 800-967-3439

**White Drug**

306 Chestnut St, Virginia. 218-749-6333 or 800-967-3427

**White Drug Store**

310 Chestnut St, Virginia. 218-749-4318

**Rehabilitation**

**Chronic Disease Services**

Cardiac Rehabilitation, Pulmonary Rehabilitation, The Diabetes Center  
Virginia Regional Medical Center  
901 Ninth St N, Virginia 55792. 218-749-9409. [www.vrmc.org](http://www.vrmc.org).  
Heather Parenteau, Coordinator

**Essentia Health Northern Pines Medical Center**

5211 Highway 110, Aurora 55705. 218-229-3251 Therapy Direct Line

**Guardian Angels Health & Rehabilitation Center**

1500 E Third Ave, Hibbing 55746. 218-263-7583 [www.guardianangels.sfhs.org](http://www.guardianangels.sfhs.org).  
Meeting all your rehabilitation needs — our in-house, short-term rehab unit is professionally staffed by licensed PT, OT and Speech personnel in a private and remarkable environment. We also specialize in outpatient therapies, even on weekends.

**Inpatient RehabCare Unit Virginia Regional Medical Center**

901 Ninth St N, Virginia 55792. 218-749-9480

**Iron Range Rehab Center**

901 Ninth St N, # 100, Virginia 55792. 218-749-9405 [www.ironrangerehab.com](http://www.ironrangerehab.com).

**Northland Village – Buhl’s Assisted Living Community**

500 E Monroe Dr, PO Box 688, Buhl 55713. 218-258-8681

**Northland Village – Hoyt Lakes’ Assisted Living Community**

421 Kennedy Memorial Dr, Hoyt Lakes 55750. 218-225-0176

**St. Raphael's Health & Rehabilitation Center**  
601 Grant Ave, Eveleth 55734. 218-744-9800

**Spectrum Health Companies**

2000 Siegel Blvd, Eveleth 55734. 218-741-3013 or 888-741-3013  
Hours: 8am-4:30pm. PT and OT services provided in your home and in assisted living.

**Telephone Equipment Distribution (TED) Program**

130 W 7th St, St Paul 55155-3814. 651-296-4514 or 888-206-6555 TTY  
[www.tedprogram.org](http://www.tedprogram.org). Sharie Hawkins, Assistant Coordinator  
Contact NE M N Region: Lori L. Peters, Program Specialist  
218-723-4964 or 888-234-1322. [Lori.Peters@state.mn.us](mailto:Lori.Peters@state.mn.us).

**Respite Care:**

This is a service for caregivers. It gives them a break. It can be customized to meet the caregiver's needs. There is a \$24 annual program fee for this service. 218-749-5051 or email [respite@rangenet.com](mailto:respite@rangenet.com). [www.rangenet.com/rangerespite](http://www.rangenet.com/rangerespite)

**St. Louis County Public Health & Human Resources:**

- Duluth: 218-725-5210 or 218-726-2000
- Ely 218-365-8220
- Hibbing 218-262-6000
- Virginia 218-749-7100

Help with rent deposits, utilities, etc. Call to find out how to access these funds. Can get rides to appointments also.

- Ely: 365-8220
- Virginia: 749-0600
- Hibbing: 262-0142

**ApplyMN for the first time provides single online application for health care, food and other assistance programs**

Minnesotans in need of health care, nutrition assistance, child care assistance and emergency assistance can now apply online through ApplyMN, [applymn.dhs.mn.gov](http://applymn.dhs.mn.gov). This new site allows Minnesotans for the first time to fill out a single application online for a majority of public assistance programs and submit it online.

**Senior Adult Day Services**

**Daybreak Adult Day Services**

Cook Hospital

10 Fifth St SE, Cook 55723. 218-666-6240. Contact: Michael McCue  
M-F, 8am-4pm [mmccue@cook.sisunet.org](mailto:mmccue@cook.sisunet.org).

**East Range Developmental Achievement Center (ERDAC)**  
800 "A" Ave, Eveleth 55734. 218-744-5130. M-F, 8am-3:30pm

**Crossroads: Day Program for Active Generations**  
Fairview Plaza  
1200 E 25th St S, #114, Hibbing 55746. 218-312-3014. [rthomps6@range.fairview.org](mailto:rthomps6@range.fairview.org).

**Floodwood Adult Day Service**  
601 Ash St, PO Box 347, Floodwood 55736  
218-476-2230, Donna Tracy or Stacy Stevens. M-F, 9am-2pm  
[dtracy@fst2b.org](mailto:dtracy@fst2b.org)/[stacystevens@fst2b.org](mailto:stacystevens@fst2b.org). [www.fst2b.org](http://www.fst2b.org)

**Mary's Adult Day Stay and Respite Program**  
12689 Old Highway 169, Hibbing, 55746. 218-778-6370

## Senior Centers

For a complete listing of senior clubs and centers, contact:

**St. Louis County Coordinator on Aging: AEOA**  
702 S Third Ave, Virginia 55792. 218-749-2912, ext 276 or 800-662-5711 ext 276  
or 800-862-0175 TTY. [teresa.harvey@aeoa.org](mailto:teresa.harvey@aeoa.org)  
Providing services and support for seniors that include publishing and distributing a quarterly newsletter, sponsoring the annual Senior Carnival, and hosting one-day trip excursions.

**Aurora Senior Center**  
Aurora Community Building  
15 W First Ave N. 218-229-3876. M-F, 9am-noon  
Mailing address: 5041 A Hwy 100, Aurora 55705. Attn: Tom Rowbottom, Pres.

**Babbitt Senior Citizens Center**  
71 South Dr, Babbitt 55706. 218-827-3770. M-F, 10am-5pm  
Contact: Bernie Norregaard

**Biwabik Senior & Heritage Center**  
201 Main St, PO Box 485, Biwabik 55708. 218-865-6953

**Buhl/Kinney Senior Center**  
PO Box 353, Buhl 55713. 218-258-3978. M-F, 8am – 3:30pm

**Chisholm Senior Center**  
319 W Lake St, Chisholm 55719. 218-254-7927

**Cook Senior Center**

Pioneer Senior Housing Building  
131 Fifth St SE, Cook 55723. 218-666-5421. Contact: Sue

**Ely Senior Center**

27 S First Ave E, 55731. 218-365-4139. M-F, 8am-4pm and scheduled events.

**Eveleth Senior Citizens Club**

PO Box 597, 206 McKinley Ave, Eveleth 55734

**Floodwood Senior Center**

PO Box 503, Floodwood 55736. 218-476-2261. M-F, 7:30am-12:30pm.

**Gilbert Senior Center**

11 S Broadway, Gilbert 55741. IIS: 218-741-3435. M-F, 8am-5pm

**Hibbing Community Senior Citizens Center**

400 E 23rd St, Memorial Bldg., Hibbing 55746. 218-263-5770. M-Th, 9am-3pm

**Hibbing Tourist Center**

1202 12th Ave, E Howard St, Hibbing 55746. 218-262-4166  
M-F, 10am-4pm Labor Day thru winter; 9am-5-pm in summer.

**Hoyt Lakes Senior Citizens Center**

119 Kennedy Dr, Hoyt Lakes 55750. 218-225-2300

**Kabetogama Senior Center**

Kabetogama MN. Contact: Nettie Town  
9915 Gamma Rd, Ray 56669. 218-875-3061. Closed in winter

**Laurentian Senior Center**

7596 Werner Rd, Virginia 55792. 218-741-0997. 10:30am-12:30pm

**Lynwood Silica at Silica Community Center**

1659 Highway 73 (fire hall), Hibbing 55746. 218-262-6501. Open as needed.

**Mt. Iron Senior Center**

PO Box 62, Mountain Iron 55768. 218-735-8480 Nutrition site  
M-W-F, 8am-1pm. Tues, 8am-4pm

**Nett Lake Senior Center**

5322 St. Mary's Dr, PO Box 16, Nett Lake 55772. 218-757-3790  
Open every day congregate dining. M-F, 11am-12:30pm

**Virginia Senior Citizens Center**



511 Chestnut St, Virginia 55792. 218-741-4493. M-F, 10am-4pm

**Zim 55 Plus Club**

McDavitt Town Hall, Zim 55738, Pres. Nancy Luukkonen

Contact: Dorothy Luukkonen

**Senior Dining & Meals on Wheels**

**Arrowhead Economic Opportunity Agency (AEOA)**

702 3rd Ave S, Virginia 55792. 218-749-2912 ext 223 or 800-662-5711 ext 223 or 800-862-0175 TTY. [marilyn.ocepek@aeoa.org](mailto:marilyn.ocepek@aeoa.org).

Join friends for a meal and fellowship at an area dining site. Call the numbers noted above to determine eligibility, to register, and to learn more about the discounted meal service at a suggested contribution. Meals also available to "homebound" individuals.

**Area Dining Sites:**

- Aurora Sr. Citizens Center/Irongate Apts.
- Biwabik Senior Center
- Chisholm Longyear Lake
- Cook Pioneer Building
- Cotton Wilbert Cafe
- Ely Senior Center/Grahek, Pioneer Apartments
- Eveleth Health Services Park
- Floodwood Senior Center
- Gilbert Memory Lane & Broadview Apts.
- Hibbing LEE Center/7th Ave. Apts.
- Mt. Iron Senior Center
- Palo-Markham Center
- Proctor/RailviewApts
- Virginia Rouchleau, Laurentian& Washington Manor Apts.

**Senior Food Assistance Programs**

**NAPS Nutrition Assistance Program for Seniors**

Free food for low-income families.

- For seniors 60 years or older
- Residents of Minnesota
- Meeting federal low income guidelines

218-727-5653 ext 12 or 888-727-5653 ext 12.

Sandy McKay, MAC & NAPS Program Coordinator

**Ruby's Pantry**

Arrowhead Town Hall, US Highway 2, Brookston. First Thursday of each month.

7:30am registration begins. 10am-noon food distribution

\$15 donation, bring boxes. 218-453-5563. [www.rubyspantry.org](http://www.rubyspantry.org).

## **Senior: Foot Care**

### **Fairview HealthLine HomeCare Healthy Foot Care Clinics**

1101 E 37th St., Mesabi Mall, Hibbing 55746

By appointment only: 218-262-6982 or 877-272-6982

- Hibbing Office, Mesabi Mall
- Seventh Ave Apts, Hibbing;
- Mesaba Clinic - Nashwauk;
- Mesaba Clinic - Mt Iron;
- Grahek Apts, Ely
- Healthstar Home Care

By appointment only:

9:00-10:00am Wednesday, 1:00-3:00pm Thursday. 218-749-9410

## **Senior Grandparent Services**

### **Minnesota Kinship Caregivers Association Support for Grandparents and Relatives Raising Children**

161 St Anthony Ave, St Paul 55103. 651-917-4640. [www.mkca.org](http://www.mkca.org).

Local contact: AEO at 800-662-5711

### **RAPP: Relatives As Parents Program**

Arrowhead Economic Opportunity Agency

702 3rd Ave S, Virginia 55792. 218-749-2912, ext 276 or 800-662-5711 ext 276 or 800-862-0175 TTY. [teresa.harvey@aeoa.org](mailto:teresa.harvey@aeoa.org).

An array of services to relative care-giving families that include information, referral, assistance, phone support, support groups, child care, family activities, counseling, and educational workshops.

## **Senior Grief**

### **Babbitt Grief Support Group**

19 Locust Dr, Babbitt 55706. 218-827-2721.

### **Bauman Family of Funeral Directors**

516 S 1st St, Virginia 55792. 218-741-9593

### **North Star Hospice Grief and Loss Support Group**

1101 E 37th St, Suite 27, Hibbing 55746. 218-262-6982 or 800-262-6982

### **Senior Citizen Grief and Loss Support Group**

Essentia Health, St. Mary's Medical Center, 407 E Third St, Duluth 55805. 218-786-4402

### **You Never Know Bereavement Service: Susan Tuomela, Certified Funeral Celebrant. 8573**

Spring Park Rd, Mt Iron 55768. 218-749-2089

## **Senior Housing**

**Alice Nettell Tower**

550 3rd Ave N, Virginia 55792. 218-741-3650

**Androy Senior Apts.**

2010 E 5th Ave, Hibbing 55746. 218-263-6804

**Broadview Manor**

120 Ohio Ave W, Gilbert 55741. 218-741-0398

**Carefree Living Ely**

140 S 2nd Ave W, 55731. 218-365-2261

**Clay Court Housing**

Eveleth 55734. 218-744-1010

**The Columbia Apartments**

601 N 3rd Ave, Virginia 55792. 218-741-2610

**Eastview Apartments**

130 Van Buren, Eveleth 55734. 218-744-2517

**Edgewood Vista Independent, Assisted & Memory Care Living**

705 N 17th St, Virginia 55792. 218-741-5728 [www.edgewoodvista.com](http://www.edgewoodvista.com).

**First Avenue Apartments**

2315 1st Ave, Hibbing 55746. 218-263-3661

**Grahek Apartments**

330 S 3rd Ave W, Ely 55731. 218-365-3103

**Hilltop Manor**

Fayal Rd & McKinley Ave, Eveleth 55734. 218-744-5169

**The Irongate Apartments**

310 E 4th Ave, Aurora 55705. 218-229-2886

**Ivy Manor Apartments**

201 5th Ave N, Virginia 55792. 218-741-5451

**Julia Manor**

410 W 3rd Ave N, Aurora 55705. 218-744-2517

**Laurentian Manor**

404 N 9th St, Virginia 55792. 218-741-3050

**L.E.E. Center**

3220 E 8th Ave, Hibbing 55746. 218-262-2166

**Lincoln Center**

100 N Central Ave, Chisholm 55719. 218-254-4590

**Lincoln Place**

801 McKinley Ave, Eveleth 55734. 218-744-3488

**Longyear Terrace**

10 NE 1st St, Chisholm 55719. 218-254-2656

**Maple View**

519 6th St NW, Chisholm 55719. 218-254-2656

**Marlin Manor**

206 4th Ave S, Virginia 55792. 218-749-0944

**Meadowlands Manor**

7727 Scott Ave, Meadowlands 55765. 218-427-2665

**Mountain Manor**

5700 Mountain Ave, Mountain Iron 55768. Fax only: 218-735-8663

**Northland & Laurentian Apartments**

111 W Railroad Ave, Biwabik 55708. Fax only: 218-741-1692

**Park Place Elderly Apartments**

- 8529 Park Villa Dr, Mountain Iron 55768. 218-749-4450
- Duluth: 218-728-0600

**Pioneer Apartments**

114 N 8th Ave E, Ely 55731. 218-365-3900

**The Rouchleau Apartments**

PO Box 1146, Virginia MN 55792. 218-749-5898

**Riverview Manor Apartments**

328 E 11th Ave, Floodwood 55736. 218-476-2738

**Seventh Avenue Apartments**

3230 E 7th Ave, Hibbing 55746. 218-263-3661

**State Street Apartments**

212 State St, Buhl MN. 218-741-5450

**Vermilion Housing**

N 10th Ave E, Ely 55731. 218-365-3900

**Virginia Rotary Apartments**

1033 N 6th Ave, Virginia 55792. 218-741-5450

**Washington Manor**

801 N 9th St, Virginia 55792. 218-741-4405

**Zenith Apartments**

965 E Camp St, Ely 55731. 218-365-3900

**Senior Housing: Cooperative Independent Living:**

- **Realife Cooperative of Hibbing**  
2020 3rd Ave E, Hibbing 55746. 218-263-4383 [www.realifeinc.com](http://www.realifeinc.com).
- **Realife Cooperative of Hibbing South**  
12070 W 47th St, Hibbing 55716. 218-262-6427

**Senior Housing: Board & Lodging**

- **Anderson's Pine Grove Home**  
5130 Highway 31, PO Box 284, Brookston 55711. 218-453-5554
- **Colonial Homes I**  
4866 Highway 31 N, PO Box 350, Brookston 55711. 218-453-5646
- **Colonial Homes II**  
4723 Nygaard Road, PO Box 350, Brookston 55711. 218-878-0642
- **Lakeview Residence**  
201 N Sixth Ave, PO Box 1267, Virginia 55792. 218-741-8996

**Senior Housing: Assisted Living with Memory Care**

- **Carefree Living Cook**  
151 4th St SE, Cook 55723. 218-666-0200
- **Carefree Living Ely**  
100 S 2nd Ave W, Ely 55731. 218-365-2261
- **Chestnut Grove Inc.**  
1204 W Chestnut St, Virginia 55792. 218-749-6846
- **Diamond Willow Assisted Living**  
8583 Unity Dr, Mountain Iron 55768. 218-741-1500  
[www.diamondwillowassistedliving.com](http://www.diamondwillowassistedliving.com).
- **Edgewood Vista Independent, Assisted and Memory Care Living**
  - Virginia: 705 N 17th St. 55792. 218-741-5728
  - Hermantown 218-723-8905  
[www.edgewoodvista.com](http://www.edgewoodvista.com).
- **Fairview-Greenview Residence**  
3520 E Seventh Ave, Hibbing 55746. 218-263-3629
- **Hillcrest Adams of Hibbing**  
PO Box 786, 2229 3rd Ave E, Hibbing 55746. 218-263-4157
- **Hillcrest Alice**  
PO Box 786, 2314 2nd Ave E, Hibbing 55746. 218-263-9220
- **Hillcrest Parkside Memory Care**  
PO Box 786, 2313 3rd Ave E, Hibbing 55746. 218-263-8402
- **Lamb House Assisted Living**  
4878 Hwy 31, PO Box 322, Brookston 55711. 218-453-5262
- **St. Raphael's Health and Rehabilitation Assisted Living Apartments**  
601 Grant Ave, Eveleth, 55734. 218-744-9821
- **The Hummingbird Customized Living Facility**  
7704 Coal Ave, Meadowlands 55765. 218-427-2294 [www.thehummingbird.us](http://www.thehummingbird.us).
- **Willowood Memory Care**  
303 Hat Trick Ave, Eveleth 55734. 218-744-5907

#### **Housing: Assisted Living Program**

- **Anderson's Pine Grove Homes**  
5130 Highway 31, PO Box 284, Brookston 55711. 218-453-5554
- **Carefree Living Cook**  
151 4th St SE, Cook 55723. 218-666-0200
- **Carefree Living Ely**  
140 S 2nd Ave W, Ely 55731. 218-365-2261
- **Clayridge Assisted Living**  
100 Vermillion Trail, Biwabik 55708. 218-865-4588
- **Diamond Willow Assisted Living**  
8583 Unity Dr, Mountain Iron 55768. 218-741-1500  
[www.diamondwillowassistedliving.com](http://www.diamondwillowassistedliving.com).
- **Edgewood Vista Independent, Assisted and Memory Care Living**  
705 N 17th St, Virginia 55792. 218-741-5728 [www.edgewoodvista.com](http://www.edgewoodvista.com).
- **Fairview HealthLine HomeCare Assisted Living Programs "Good Company"**

1101 E. 37<sup>th</sup> St., # 27, Hibbing 55746. 218-262-6982 or 877-272-6982  
[www.range.fairview.org](http://www.range.fairview.org)

- **Lakeside Manor**  
1505 N Pioneer Rd, Ely 55731. 218-365-5724 or (c) 218-780-6558
- **Northland Village – Buhl’s Assisted Living Community**  
500 E Monroe Dr, PO Box 688, Buhl 55713. 218-258-8681
- **Northland Village – Hoyt Lakes’ Assisted Living Community**  
421 Kennedy Memorial Dr, Hoyt Lakes 55750. 218-225-0176
- **Apartment Sites:**
  - Irongate Apartments: 310 E. 4<sup>th</sup> Ave, Aurora, 55705
  - Seventh Avenue Apartments: 3230 E. 7<sup>th</sup> Ave, Hibbing 55746
- **Golden Horizons**  
1232 Birch St N, Tower 55790. 218-753-7788

## Senior Information

### **Disability Linkage Line**

866-333-2466. This is a link to disability services and support. Medicare D.

### **Elder Services Network**

92117th St S, #A & B, Virginia 55792. 218-741-0415. [esn@Elder-Services.Net](mailto:esn@Elder-Services.Net).

Elder-Services.Net.

Come to us with any questions about the elder services available in northern St. Louis County.

### **Human Development Center**

HDC's mission is to lead our communities by providing integrated, culturally respectful mental health and addiction services that foster hope, self-determination, and recovery. Our focus on serving those most in need improves the quality of life for all.

Services provided are: Adult & Child Case Management, Adult Rehabilitative Mental Health Services (ARMHS), Brighter Futures, Chemical Dependency Treatment, Children’s Therapeutic Services & Supports, Community Support Program (CSP) - Minnesota, Community Wraparound/Coordinated Service Team, Dialectical Behavior Therapy (DBT), Duluth ACT Program, Early Childhood Mental Health Services, Eating Disorders Treatment, Employment Connection Program, Geriatric Outpatient Consultations, Harbor Center, Harmony Club, Homeless Project, Intensive In-Home Program, Jill's Place, Memory Assessment, Nursing Home, Outreach Center, Outreach Center Apartments, Parent Child Interaction Therapy (PCIT), Project Reach Out, Psychiatry, Psychological Testing & Assessments, Psychotherapy, Safe Schools | Healthy Students, T-ACT.

Crisis #: 800-634-8775. 1401 E 1<sup>st</sup> St, Duluth 55805. 218-728-4491. 888-412-9764.

Cloquet Office: 40 11<sup>th</sup> St, #105, Cloquet. 218-879-4559

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

### **The Senior Linkage Line8**

800-333-2433. Phone answered in Duluth —Arrowhead Area Agency on Aging

## **The Senior Reporter**

PO Box 161318, Duluth 55816. 218-624-4949 or Fax: 218-624-1541

[www.theseniorreporter.com](http://www.theseniorreporter.com). [editor@theseniorreporter.com](mailto:editor@theseniorreporter.com).

*The Senior Reporter*, a monthly magazine, provides advocacy journalism for seniors, caregivers and families. The Senior Reporter also produces the Northern St. Louis County Senior & Caregiver Services Guide.

## **Senior: Nursing Homes & Rehabilitation Centers**

**Senior Behavioral Health Center:** 218-333-0323 (Bemidji)

### **Cook Hospital and Nursing Home**

- 10 Fifth St SE, Cook 55723. 218-666-5945 or Fax: 218-666-6239 Cornerstone Villa
- 1000 Forrest St, Buhl 55713. 218-258-3253

### **Ely Bloomenson Community Hospital and Nursing Home**

328 W Conan St, 55731. 218-365-3271

### **Essentia Health Northern Pines Medical Center**

5211 Highway 110, Aurora 55705. 218-229-2211

### **Eveleth Health Services Park Fitzgerald Nursing Home**

227 McKinley Ave, Eveleth 55734. 218-744-7570

### **Guardian Angels Health & Rehabilitation Center**

1500 E Third Ave, Hibbing 55746. 218-263-7583. [www.guardianangels.sfhs.org](http://www.guardianangels.sfhs.org).

### **Heritage Manor Health Care Center**

321 NE Sixth St, Chisholm 55719. 218-254-5765

### **St. Michael's Health & Rehabilitation Center**

1201 Eighth St S, Virginia 55792. 218-748-7800

### **St. Raphael's Health & Rehabilitation Center**

601 Grant Ave, Eveleth 55734. 218-744-9800

### **Virginia Convalescent Center**

901 N Ninth St, Virginia 55792. 218-749-9421

## **Senior Pets**

### **Pets for the Elderly c/o Mesabi Humane Society**

2305 Southern Dr, Virginia, 55792. 218-741-7425. [www.mesabihumane.org](http://www.mesabihumane.org)

## **Senior Respite Care**

### **Essentia Health Northern Pines Medical Center**

5211 Highway 110, Aurora 55705. 218-229-2211

### **Guardian Angels Health & Rehabilitation Center**

1500 E Third Ave, Hibbing 55746. 218-263-7583. [www.guardianangels.sfhs.org](http://www.guardianangels.sfhs.org).

### **Mary's Adult Day Stay and Respite Program**

12689 Old Highway 169, Hibbing 55746. 218-778-6370

### **Northwoods Hospice Respite Partners**

328 W Conan St., Ely 55731. 218-365-8019. [northwoodshrp@gmail.com](mailto:northwoodshrp@gmail.com).  
[www.northwoodspartners.org](http://www.northwoodspartners.org).

### **Range Respite Caregiver Resources & Services**

1309 20th St, Virginia 55792. 218-749-5051 or 877-507-7324

[lkolocek@rangerespice.org](mailto:lkolocek@rangerespice.org). Services designed to educate and support family caregivers, including several respite options.

### **St. Michael's Health & Rehabilitation Center**

1201 S Eighth St, Virginia 55792. 218-748-7800

### **St. Raphael's Health & Rehabilitation Center**

601 Grant Ave, Eveleth 55734. 218-744-9800

### **Spectrum Health Companies**

2000 Siegel Blvd, Eveleth 55734. 218-741-3013 or 888-741-3013

### **Virginia Convalescent Center**

901 N Ninth St, Virginia 55792. 218-749-9421

## **Senior Social Services**

### **St. Louis County Social Services Department Senior Adult Services**

Social workers and social service specialists provide support and information to anyone over 60 years of age or physically disabled. Services include:

- **Protective services** including advocacy and case management (coordination of community resources to individuals who are unable to care for themselves).
- **Information and assistance** in selection of community resources: Including homemakers, home health aides, adult daycare, home delivered meals, transportation, and related services that assist the elderly and physically impaired to live safely in their homes. Financial help is available for income eligible individuals.



- **Information and referral** to residential programs such as HOMES PLUS, Residential Care Homes, Nursing Homes, and other Assisted Living facilities.
- **Pre-admission screening:** Evaluation of an individual's medical and social needs when that individual is at risk of nursing home placement. All applicants to a certified nursing home must be screened. There is no charge for this screening process. All services must meet income guideline criteria except Information & Referral and nursing home pre-admission screening.

**Center for Independent Living of NE Minnesota CILNM Senior Companion Program**

2104 E 6th Ave, Hibbing 55746. 218-262-6675

- **Cook Office**  
Pioneer Apartments, 131 SE Fifth St, Cook 55723. 218-666-2313 or 800-450-9777
- **Ely Office**  
Gov Services Center, 320 Miners Dr E, 55731. 218-365-8220 or 800-450-9777 ext 3220
- **Hibbing Office**  
Gov Services Center, 1814 E 14th Ave, 55746. 218-262-6000 or 800-450-9777
- **Virginia Office**  
Northland Office Center, 307 S First St, 55792. 218-749-7128 or 800-450-9777

**Salvation Army**

107 W Howard, Hibbing 55746. 218-263-5096. Office M-F, 9am-noon, 1-3:30pm  
Thrift store M-F, 9am-5pm; Soup kitchen 4pm-5:15pm

**Salvation Army**

507 W 12th Ave, Virginia 55792. 218-741-1889 Office Hours: M-F 9am - Noon; 1-4:30pm.

- **Thrift Store:** M-F, 8:30am-5pm. Sat, 10am – 5pm
- **Church Sunday:** 10-11am & 11am –12pm Adult Sunday School
- **Free Hot Meals:** Supper Club: M-F, 4-5pm
- **Food Shelf:** 9:30-11:45am weekdays, not Wednesdays
- **Emergency Assistance:** M-F, 1-3pm

**Senior Support Groups**

**Active Lifestyles**

Guardian Angels Health and Rehabilitation Center, Hibbing 55746. 218-290-9163 (cell)  
[hgrinage@rangerespice.org](mailto:hgrinage@rangerespice.org)

**Alzheimer's Support Groups** Minnesota - North Dakota. 218-733-2560

**American Diabetes Association -Hibbing Chapter**

11071 Wagoner Rd, Hibbing 55746. 218-263-4896

**Fairview University Medical Center-Mesabi**

750 E 34th St, Hibbing 55746. 218-262-4881 or 888-870-8626 (MN only) 218-885-1737

**Center for Independent Living of N.E. Minnesota**

2104 E 6th Ave, Hibbing 55746. 218-262-6675 or 218-262-6675 V/TTY Patty Baratt  
[kim@accessnorth.net](mailto:kim@accessnorth.net) . [www.accessnorth.net](http://www.accessnorth.net).

**Caregivers Support Group Fairview University Medical Center-Mesabi**

750 E 34th St, Room 52F, Hibbing 55746. 218-262-4881 or 888-870-8626 (MN only)  
or 218-362-6670

**Essentia Health Polinsky Rehab Center - Stroke Support Group**

c/o Polinsky Medical Rehab, 530 E Second St, Duluth 55805. 218-786-5324

**Minnesota Problem Gambling Helpline: 800-333-HOPE (4673)**

**Rainbow of Friends Caregiver Support Group Range Respite**

1309 20th St S, Virginia 55792. 218-749-5051 or 877-507-7324 [hgrinage@rangerespite.org](mailto:hgrinage@rangerespite.org)

## **Senior Transportation**

**Arrowhead Transit**

AEOA: 702 Third Ave S, Virginia 55792. 218-741-0724 or 800-862-0175 Toll Free & TDD  
Arrowhead Transit provides public transportation for residents in all seven counties of the  
Arrowhead. Some communities have Dial-A-Ride services and most communities can ride to  
Duluth. Service provided excludes the City of Hibbing.

**C&M Taxi**

Virginia, 55792. 218-780-8001

**Care-A-Van Transportation**

101 E Howard St, Hibbing 55746. 218-262-4117

**Cruising to Wellness**

(For cancer treatments) Northland Volunteer Center: AEOA. 218-744-2154  
[linda.bennett@aeoa.org](mailto:linda.bennett@aeoa.org).

**Fairview HealthLine Transportation Services Fairview University Medical Center-Mesabi**

1101 East 37th St, Mesabi Mall, Hibbing 55746. 218-262-1170 or 866 549-1171

**Northern Access Special Transportation**

218-744-2955 or 800-853-2955

**Northwoods Hospice Respite Partners:** 218-365-8019. Rides to medical appointments and  
errands. [www.northwoodshrp@gmail.com](http://www.northwoodshrp@gmail.com). [www.northwoodspartners.org](http://www.northwoodspartners.org).

**Heartland Express / Hibbing Transportation Company**  
618 West 41st St, Hibbing 55746. 218-262-1042

**Virginia Dial-A-Ride**  
AEOA: 218-741-1551

## **Senior Volunteer Opportunities**

**Arrowhead RS VP Arrowhead Economic Opportunity Agency**  
702 S Third Ave, Virginia MN 55792. 218-749-2912 ext 228 or 229  
800-662-5711, ext 228 or 229, 800-862-0175 TTY. [bonnie.ebnet@aeoa.org](mailto:bonnie.ebnet@aeoa.org)  
RSVP engages persons 55 and older in volunteer service to meet critical community needs and to provide a high quality experience that will enrich the lives of volunteers.

**Elder Services Network Programs**  
92117th St S, #A&B, Virginia 55792. 218-741-0415.  
[esn@Elder-Services.net](mailto:esn@Elder-Services.net). [www.Elder-Services.net](http://www.Elder-Services.net).

**ESNTeleCare**  
ESN's TeleCare is a telephone reassurance program that matches a trained volunteer friend with an older adult who might be frail, homebound, ill, lonely, and/or living with disabilities. Daily telephone calls keep seniors safe and living at home. 218-741-0415.

**Groceries to Go**  
Elder Services Network provides a unique volunteer opportunity for those who are time limited. The volunteer shops and delivers the groceries along with a preaddressed payment envelope to the senior's home. The senior mails the payment to the store so the volunteer is free of that responsibility. The volunteer may choose to deliver once a week or once a month. If you are interested in becoming a volunteer for our "Smile on Wheels" delivery team, contact the Elder Services Network office in Virginia: 218-741-0415.

**Foster Grandparent Program**  
1416 Cumming Ave, #2C, Superior WI 54880. 218-749-3012  
(888) 338-6492 or (715) 394-5384. M-Th, 7:30am-5:00pm; closed Fridays

**Northland Volunteer Center Arrowhead Economic Opportunity Agency**  
702 3rd Ave S, Virginia 55792. 218-748-7328 or 800-662-711 ext 228  
bonnie. [ebnet@aeoa.org](mailto:ebnet@aeoa.org). M-F, 8:00am-4:30pm

**Northwoods Hospice Respite Partners**  
328 West Conan St, Ely 55731. 218-365-8019. [northwoodshrp@gmail.com](mailto:northwoodshrp@gmail.com).  
[www.northwoodspartners.org](http://www.northwoodspartners.org).

**Range Respite**  
1309 20th St S, Virginia 55792. 218-749-5051 or 877-507-7324  
[adminassistant@rangerespite.org](mailto:adminassistant@rangerespite.org)

**Range Women's Advocates for Battered Women** [rangewomens@qwestoffice.net](mailto:rangewomens@qwestoffice.net)

- Virginia: 301 S First St, #100, Virginia 55792. 218-749-5054
- Chisholm: 218-254-3377.
- 24 Hour Crisis Hotline: 800-343-5054

**St. Louis County Volunteer Services**

Northland Office Building, PO Box 1148, Virginia 55792. 218-749-7128 or 800-450-9777. M-F, 8am-4:30pm

**Senior Companion Program Lutheran Social Service**

Peg Lee, 315 Ridgewood Rd, Duluth 55804. 218-724-0648. [peg.lee@lssmn.org](mailto:peg.lee@lssmn.org).

**Severe and Persistent Mental Illness:**

The following agencies offer services that are specialized to meet the long-term and intensive needs of patients with chronic mental illness.

**Bois Forte Health Services**

Medication Management

5219 St. John's Dr, Nett Lake. 218-757-3295. Honore Lehtinen, LICSW

**Center for Independent Living of NE - MN**

Medication Management, Independent Living

2104 E 6<sup>th</sup> Ave, Hibbing. 218-262-6675. [www.accessnorth.net](http://www.accessnorth.net).

**Duluth Clinic - Ely**

Medication Management

300 W Conan St, Ely. 218-365-7900. Walt Passi, Integrated Behavioral Health Coord.

Alice Skadfborg, CNS

**Healthline HomeCare**

Medication Management

1101 E 37th St, #27, Hibbing. 877-272-6982

**Range Mental Health Center, Inc.**

Medication Management, Adult Rehabilitation, Outreach

624 13th St S, PO Box 1188, Virginia 55792. 218-749-2881 or 800-450-2273

**Residential Services of NE MN**

Medication Management, Adult Rehabilitative MH Services, PCA & ILS In-home supports, and Adult Foster Care Homes

707 W Arrowhead Rd, Duluth 55811. 218-728-6825. [www.residentialservices.org](http://www.residentialservices.org)

Leise Dombrowski

## **Sexual Assault Program of Northern SLC:**

218-749-5054 or 800-300-3102,  
505 12<sup>th</sup> Ave W, #100, Virginia, 55792

They have a 24hr confidential crisis intervention, support groups, victim rights and compensation assistance, options and referrals, medical and law enforcement and court advocacy and one-to-one advocacy.

[Debbie@stopsexualviolence.org](mailto:Debbie@stopsexualviolence.org) or [Joyln@stopsexualviolence.org](mailto:Joyln@stopsexualviolence.org)

### **PAVSA: Program for Aid to Victims of Sexual Assault**

Advocacy for sexual assault survivors. 218-726-1442 or 218-726-1931

## **Social Security:**

Supplemental Security Income (SSI) - When applying for this program, it is normal to be denied several times prior to acceptance.

- **Disability Specialists (Cook):** 800-642-6393, Fax: 218-666-3136  
9558 Ashawa Rd., Cook 55723. Email: [info@disabilityspecialists.net](mailto:info@disabilityspecialists.net)  
[www.disabilityspecialists.net](http://www.disabilityspecialists.net)
- **Outreach Services (Hibbing):** 218-722-0766
- **US Social Security Administration:** 218-263-4668  
990 W 41<sup>st</sup> St, Hibbing 55746. [www.ssa.gov](http://www.ssa.gov)

## **Social Services**

Many social Services offer critical services for individuals with mental health issues. A mental illness may qualify you for additional services.

### **AEOA**

Dedicated to eliminating poverty. 702 3rd Ave S, Virginia 55792. 800-662-5711.

- Headstart
- Energy Assistance
- Housing
- Transportation
- Senior Services

### **Arrowhead Transit Public transportation from your door. [www.arrowheadtransit.com](http://www.arrowheadtransit.com).**

- Dial A Ride in Ely M-F. 800-862-0175 ext 103
- Scheduled Service to Virginia & Hibbing. 800-862-0175 ext 103
- Pam Smith. 800-662-5711 ext 104

### **Center for Independent Living of NE MN**

Advocacy. 2104 E 6<sup>th</sup> Ave, Hibbing. 218-262-6675. [www.accessnorth.net](http://www.accessnorth.net).

### **Ely Bloomenson Community Hospital & Nursing Home**

Assists patients, residents and their loved ones and identify needed resources  
328 W Conan St, Ely. 218-365-8758. Mary Maddern

### **Ely Memorial High School**

Link to services

600 E Harvey St, Ely. 218-365-6166. Laurie Kess. [lkess@ely.k12.mn.us](mailto:lkess@ely.k12.mn.us)

### **Food Shelves**

- Ely Area Food Shelf: 3<sup>rd</sup> Tues month 2-6pm. Queen City Federal Bldg Basement
- Tower Area Food Shelf: 3<sup>rd</sup> Tuesday/month 2:30-5:00pm. Timberjay building basement

### **Groceries on Wheels**

Volunteer Shopping and Delivery

- Ely Area: Mary Ann 365-4927 and Pam 365-2443
- Tower Area: 800-741-1220. Elder services Network

### **Habitat for Humanity: Affordable Home Ownership**

PO Box 24, Virginia. 866-749-8910. [www.nslchfh.org](http://www.nslchfh.org)

### **Headstart**

Comprehensive support to young children and families

800-662-5711 ext 252. [www.aeoahs.org](http://www.aeoahs.org)

### **Lake County Social Services**

616 3<sup>rd</sup> Ave, Two Harbors. 218-834-8401 or 800-450-8832. [www.co.lake.mn.us](http://www.co.lake.mn.us)

- Financial Assistance & Child Support
- Services for persons with Disabilities
- Children and Family Services
- Elderly Services
- Public Health Nursing
- Environmental Health

### **Salvation Army - Virginia**

507 W 12th Ave, Virginia 55792. 218-741-1889. M-F, 9am-noon, 1pm-4:30pm

- Thrift Store: M-F, 8:30am-5pm, Sat 10am-5pm
- Church Sunday: 10-11am, Adult Sunday School: 11am-noon
- Free Hot Meals: Supper Club M-F, 4-5pm
- Food Shelf: 9:30-11:45am weekdays except Wednesday
- Emergency Assistance: M-F, 1-3pm

### **Salvation Army - Hibbing**

107 W Howard, Hibbing 55746. 218-263-5096. M-F, 9am-noon and 1-3:30pm

Thrift store: M-F, 9am-5pm  
Soup kitchen 4pm-5:15pm

### **St. Louis County Public Health & Human Services - Ely**

118 S 4th Ave E, Ely 55731. 218-365-8220

- Financial Assistance & Child Support
- Services for persons with Disabilities
- Children and Family Services
- Elderly Services
- Public Health Nursing

### **St. Louis County Public Health & Human Services – Virginia**

Northland Bldg, 307 1<sup>st</sup> St S, PO Box 1148, Virginia 55792. 218-749-7128

- Financial Assistance & Child Support, 218-749-7137
- Public Health Nursing, 218-749-0600
- Services for persons with Disabilities
- Children and Family Services
- Elderly Services

### **Vermilion Community College Counseling Services**

1900 E Camp St, Ely 55731. 218-235-2121. Cindy Anderson Bina or Chris Braun

### **Veterans Services Lake County**

Claude Davis 218-834-8326

St. Louis 218-365-8203

## **Soup Kitchens**

### **Hibbing Salvation Army**

107 W Howard St, Hibbing 55746. 218-263-5096. M-F, 9am-4:30pm

### **Virginia Salvation Army**

507 W 12th Ave, Virginia 55792. 218-741-1889. M-F, Special Holidays

## **Southern St. Louis County**

(Covering Southern St. Louis County, Carlton County, Cook County and Lake County)

**ARC Northland:** located in Duluth, it is a non-profit, membership-based organization servicing children and adults with disabilities and their families.

424 W Superior St, Suite 201, Duluth 55802 218-726-4725

- Carlton County: <http://www.co.carlton.mn.us>
- Cook County: <http://www.co.cook.mn.us>
- Lake County: <http://www.co.lake.mn.us>
- St. Louis County: <http://www.co.stlouiscounty.org>

## **Substance Abuse Treatment:**

**Pioneer Recovery Center (women only residential):** 218-638-1233 or 1-888-5help4women. 5388 Rd 37, Aurora, 55705. [www.pioneerrecoverycenter.com](http://www.pioneerrecoverycenter.com)  
This is a 28-day program.

**Range Treatment Center and Detox:** 218-741-9120 Part of RMHC, it is a 28-day program. Donavon Frank Building, 626 13<sup>th</sup> St S, Virginia, 55792. Fax: 218-749-3806.

### **SAMHSA's Treatment Referral Routing Service**

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing substance abuse and mental health issues. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information in print on substance abuse and mental health issues.

**Teen Challenge (Duluth men's campus):** 218-529-3733. 13-14 mo. treatment program. Corner of Lake Avenue and 2<sup>nd</sup> St E, Duluth 55802. [www.mntc.org/northland](http://www.mntc.org/northland)

**The Arrowhead Center:** 218-749-2877, 505 12<sup>th</sup> Ave W, Virginia 55792  
Mostly groups. [www.thearrowheadcenter.org](http://www.thearrowheadcenter.org)

## **Suicide Prevention and Education Resources**

### **WARNING SIGNS OF SUICIDE**

Seek help as soon as possible by contacting a physician or mental health professional, or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs:

#### Talking about suicide

- Preoccupation with death
- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself: seeking access to firearms, pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Statements about hopelessness, helplessness, or worthlessness
- Suddenly happier, calmer
- Loss of interest in things one cares about
- Making arrangements; setting one's affairs in order
- Giving things away
- Feeling rage, uncontrolled anger, or seeking revenge
- Acting reckless or engaging in risky activities—seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society



- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

**Yellow Ribbon:** [yellowribbon.org](http://yellowribbon.org). or [Ask4help@yellowribbon.org](mailto:Ask4help@yellowribbon.org). 303-429-3530

A community based program that empowers and educates professionals, adults and youth. This is a program of people helping people.

- **Virginia Suicide Loss Support Group** [Nancy or Dale Dougherty](#) 218-753-4501. 2nd Mon. - 7pm

**Suicide Awareness Voices of Education: (SAVE)** [saveorg](http://saveorg).

The SAVE mission is to prevent suicide through public awareness and education, reduce stigma, and serve as a resource for those touched by suicide.

## **Suicide Prevention Lifeline** **1-800-273-8255 or TTY: 1-800-799-4889**

If you are concerned that someone is considering suicide it is ok to ask them, you will not increase the likelihood of suicide, but you may prevent it. If you are concerned someone may commit suicide, do not leave them alone, seek help immediately. Below you will find resources and information to help prevent a tragedy.

**24-hour Crisis Line:** 1-800-273-TALK (8255). [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org).

### **Bois Forte Health Services**

5219 St. John's Dr, Nett Lake. 218-757-3295. Honore Lehtinen, LICSW

### **Duluth Clinic – Ely**

300 W Conan St. 218-365-7900.

### **Ely Bloomenson Community Hospital & Nursing Home: Emergency Room Services**

328 W Conan St. 218-365-8710

### **Range Mental Health Center, In.: Crisis Line**

24-Hr Intervention & Referral: 218-749-2881 or 1-800-450-2273

## **Support Groups**

Support groups provide a setting to develop and work on issues important to you. They usually are led by group members.

### **Alcoholics Anonymous**

- Ely Sunday Night Group. Catholic Church. Sun, 8pm
- Ely Women's Group Open Meeting. Ely Baptist Church. Mon, noon

- Twelfth Step House. 512 2<sup>nd</sup> St N, Virginia. Monday, 7pm
- Babbitt Group. Presbyterian Church. Tues, 8 pm
- Ely Wednesday Group. Ely Hospital Multi Purpose Rm. Wed, 8pm
- Tower Open Group. St James Presbyterian. Wed, 7pm
- Ely Thurs Big Book Group. Catholic Church. Thur, noon
- Ely Happy Joyous & Free Group. 1<sup>st</sup> Presbyterian Church. Fri, 7pm
- Ely. Ely Hospital Multi Purpose Rm. Saturday Night, 7:30pm

**Alanon & Alateen Support for friends & family of alcoholics**

- Ely Presbyterian Church. Tuesday, noon
- Ely Catholic Church. Sunday, 8 pm
- Babbitt Woodland Presbyterian, 7pm

**Arrowhead Center, Inc.**

505 12th Ave W, Virginia. 218-749-2877. Stig Edwardson, BS, LADC.  
Days & Evenings, 3 times a week.

**Bois Forte Human Services**

5219 St. Jon's Dr, Nett Lake, MN. 218-757-3295. Arranged to suit participants.  
Honore Lehtinen, LICSW

**Center for Independent Living NE MN**

2104 E 6<sup>th</sup> Ave, Hibbing. 218-262-6675. [www.accessnorth.net](http://www.accessnorth.net).

- men's group
- carfat group
- fibro chronic pain
- TBI in Virginia
- FASD Support group

**Codependents Anonymous:** Help with dysfunctional relationships

Ely Catholic Church. Rm 4, Fri 12pm

**Crystal Meth Anonymous**

Twelfth Step House. 512 2<sup>nd</sup> St N, Virginia. Wed, 2 pm

**Ely Community Resource**

Social skills at recess

PO Box 374, 40 North 1<sup>st</sup> Ave E. 218-365-5254. [elycommunityresource.org](http://elycommunityresource.org).

**Ely Gospel Tabernacle: Men's Support Group**

Ray Hewitt, Facilitator. 218-365-5272

**Ely Memorial High School**

600 E Harvey St, Ely. 218-365-6166. Laurie Kess. [lkess@ely.k12.mn.us](mailto:lkess@ely.k12.mn.us)

As needed - 10 week sessions. Girls, Friendship, Grief.

### **Narcotics Anonymous**

Ely Catholic Church. Mondays and Thursdays, 7:30 pm

Virginia Twelfth Step House, 512 2<sup>nd</sup> St N. Wed, 8pm and Fri, 3:00 pm Additional Listings:

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

### **Northwoods Hospice Respite Partners**

328 W Conan St, Ely 55731. 218-365-8019

Lisa Porthan Caregiver Consultant/Director. [northwoodshsp@gmail.com](mailto:northwoodshsp@gmail.com).

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

Caregiver Support and Alzheimer's/Memorial Care Support Groups meet monthly.

### **The Phoenix Group – For families, friends and those with Mental Illness**

Meets every other Monday at 6pm. Meetings are being held at the Mary Brown Center in Ely.

Contact Annette Horvat, 218-365-7780

### **Range Women's Advocates**

301 1st St S, #100, Virginia 55792. 800-343-5054 or 218-749-5054

[rangewomens@qwestoffice.net](mailto:rangewomens@qwestoffice.net). Call for locations and times.

- Ely: Battered Women M-am
- Virginia: M-pm
- Hibbing: Thurs.-pm

### **Sexual Assault Program**

Adult Survivors Group - as needed, Individual and family support

505 12th Ave W, Virginia 55792. 218-749-4725 or 800-300-3102

[jeanne@stopsexualviolence.org](mailto:jeanne@stopsexualviolence.org)

### **Suicide Survivor Group**

Diane 218-263-1510 or Debbie 218-969-1997. Call for time and location.

### **TOPS -Taking Off Pounds Sensibly**

- Babbitt [Evangelical Lutheran Church](#). Thur: 8:30-9:30am (*weigh-in/meeting*)
- Ely St. Anthony's Catholic Church. Thur: 7:20-8:30am (*weigh-in/meeting*)
- Tower [Immanuel Lutheran Church](#). Mon: 8:30-9:15am (*weigh-in/meeting*)

### **Weight Loss Support Group Duluth Clinic-Ely Lobby**

3<sup>rd</sup> Wednesday each month - 6:00-7:00pm

Free and open to the public. Led by Dr. Park & FNP Tjader

## **Telephone Programs Discount Services:**

651-296-0406 or 800-657-3782

Email: [consumer.puc@state.mn.us](mailto:consumer.puc@state.mn.us) for help with monthly telephone bills.

**TCCVM:** Get free voice mail. 651-643-0883 or 800-411-8136 ext 22934,

[info@tccvm.org](mailto:info@tccvm.org)

**STS Relay:** Helping people with speech difficulties to communicate on the phone. 800-657-3599, [www.commerce.state.mn.us](http://www.commerce.state.mn.us) and click on Minnesota Relay Service. Email: [TACIP.commerce@state.mn.us](mailto:TACIP.commerce@state.mn.us)

**TED:** For those who have trouble hearing. This is FREE. 800-657-3663  
[ted.program@state.mn.us](mailto:ted.program@state.mn.us) email or [www.tedprogram.org](http://www.tedprogram.org)

## **Transportation**

### **Arrowhead Transit**

(Part of AEOA)

218-741-0724 ex 104, 800-862-0175, Fax: 218-741-5715. Transportation for those who cannot drive. Charter trips for 7 or more. Arrowhead Transit provides public transportation for residents in all seven counties of the Arrowhead. Some communities have Dial-A-Ride services and most communities can ride to Duluth. Service provided excludes the City of Hibbing.

### **C&M Taxi**

Virginia 55792. 218-780-8001

### **Care-A-Van Transportation**

101 E Howard St, Hibbing 55746. 218-262-4117

**Care Partners:** Tasia Hoag: 218-749-5051. Gas money for cancer patients and their families to travel for treatment.

### **Cruising to Wellness**

(For cancer treatments) Northland Volunteer Center: AEOA. 218-744-2154

[linda.bennett@aeoa.org](mailto:linda.bennett@aeoa.org).

### **Dignity Bereavement Travel**

Provides travel arrangements and memorial arrangements. Open 7 days a week from 8am-10pm CST. [www.DignityMemorial.com](http://www.DignityMemorial.com)

800-344-6489 for memorial arrangements

800-224-4177 for travel arrangements

713-407-9877 for travel arrangements outside of the US

**Ely Taxi:** Kevin, 218-349-1383

### **Fairview HealthLine Transportation Services Fairview University Medical Center-Mesabi**

1101 East 37th St, Mesabi Mall, Hibbing 55746. 218-262-1170 or 866 549-1171

### **Heartland Express / Hibbing Transportation Company**

618 West 41st St, Hibbing 55746. 218-262-1042

**Northern Access Special Transportation**  
218-744-2955 or 800-853-2955

**Northwoods Hospice Respite Partners:** 218-365-8019. Rides to medical appointments and errands for those with disabilities. [www.northwoodshrp@gmail.com](mailto:www.northwoodshrp@gmail.com).  
[www.northwoodspartners.org](http://www.northwoodspartners.org).

**Virginia Dial-A-Ride**  
AEOA: 218-741-1551

## **Treatment and Diagnosis of Mental Disorders**

**Bois Forte Human Services**  
DCO-3R Infant & Toddler MH Assessment  
5219 St. John's Dr, Nett Lake. 218-757-3295. Honore Lehtinen, LICSW

**Duluth Clinic - Ely**  
300 W Conan St, Ely. 218-365-7900. Walt Passi, Integrated Behavioral Health Coord.  
Alice Skadsberg, CNS

**Range Mental Health Center, Inc.**  
All mental health diagnoses, Developmental disorders, Chemical dependency problems.  
624 13th St S, PO Box 1188, Virginia 55792. 218-749-2881 or 800-450-2273

**SAMHSA's Treatment Referral Routing Service.** 800-662-4357 [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment)  
A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing substance abuse and mental health issues. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information in print on substance abuse and mental health issues.

**Speare Psychological Services**  
Treatment  
225 1st St N, #3100, Virginia 55792. Jonathan Speare, PhD, L.P. 218-741-3740  
[www.JonathanSpeare.com](http://www.JonathanSpeare.com)

**Residential Services of NE MN**  
1309 Rice Lake Rd, Duluth 55803. 218-727-2696. [www.residentialservices.org](http://www.residentialservices.org)

**Telemental Health, UMD: Conducted at Duluth Clinic-Ely**  
Individual. Couples, Family  
218-365-7900. Dr. Gary Davis or Dr. Jane Hovland

## **Veterans**

This is the VA's Navigator and "Big List" web page. Please search this website if you have any questions, are looking for any kind of benefits or just need help finding a job. It has a wealth of information easily found – far too much to add here.

<http://www.va.gov/opa/sitenavigator.asp#biglist>.

Another great site is the National Resource Directory: [nationalresourcedirectory.org](http://nationalresourcedirectory.org).

### **American Indian Community Housing Organization**

American Indian Community Housing Organization operates Oshki Odaadiziwini Waaka'igan, a place where we dream of new beginnings. It is a unique approach to dealing with homelessness and inadequate housing in Duluth, Minnesota for Native American women and their children. The Oshki Odaadiziwini Waaka'igan offers five apartments for transitional housing along with support services and culturally specific activities for families. A unique emphasis of this program is to encourage families to reunite with their cultural values.

Vicki Ybanez, Executive Director

419 N 1st Ave W, #C, Duluth 55806. 218-722-7225. Fax: 218-722-4707. [AichoVLY@aol.com](mailto:AichoVLY@aol.com)

### **Minnesota Assistance Council for Veterans**

MACV provides comprehensive program and supportive services to homeless veterans in three primary focus areas: housing, employment and civil legal concerns. Supportive services for all MACV programs provide for and coordinate chemical dependency treatment, mental health treatment, crisis intervention during acute emotional and/or physical distress, life skills training, educational services, family support, transportation, money management training and/or counseling, re-establishment of socialization skills, training to increase basic living skills and/or income to prepare for obtaining and retaining permanent housing.

- Veterans Outreach North Transitional Housing: 101 W Second St, Duluth 55802 218-722-8763.

### **Minnesota Assistance Council for Veterans Home Office**

Serves homeless and at-risk Veterans with emergency assistance, transitional housing, independent living homes, and employment services.

360 Robert St N, St. Paul, 55101. 651-291-8756

### **Minnesota Department of Veterans Affairs: 888-546-5838 or 651-556-0598**

Education, higher education, financial, C.O.R.E, state Veterans Cemetery, Veterans homes, Veterans Linkage Line, Veterans preference in employment, war survivors education benefits, women veterans.

### **Minnesota Service C.O.R.E: 218-529-2287**

The Minnesota Department of Veterans Affairs (MDVA) has teamed with Lutheran Social Services (LSS) to create Minnesota Service C.O.R.E. - Serving Veterans, Military members and their Families through Case Management, Outreach, Referral & Education.

Minnesota Service C.O.R.E. is a nation-leading program designed to bring essential, community-based services directly to Veterans, military members and their families across Minnesota at no out-of-pocket cost. Due to its unique structure, this program will also provide resources to previously underserved rural areas around the state.

Minnesota C.O.R.E. works to remove barriers to help Veterans and their families receive the support they need.

**National Call Center for Homeless Veterans:** 877-424-3838

**National Coalition for Homeless Veterans:** 218-722-8763 or 800-VET-HELP  
Contact Durbin Keeney. 5209 Ramsey St, Duluth 55807. [dmkeeney@mac-v.org](mailto:dmkeeney@mac-v.org)  
[www.mac-v.org](http://www.mac-v.org)

**National Resource Directory:**

Offers information on resources for veterans. [nationalresourcedirectory.org](http://nationalresourcedirectory.org).

**Northland Office Center**

307 First St S, #110, Virginia 55792. 218-749-7110 or 800-450-9777 (Ask for Virginia Veterans Services Office). M-F, 8am-noon, 1pm-4:30pm

**St. Louis County Court House**

Hibbing 55746. 218-262-6090 or 800-450-9777 (Ask for Hibbing Veterans Service Office)

**St. Louis County Veterans Service**

118 S 4th Ave E, Rm 2, Ely 55731. 218-365-8203 or 800-450-9777 (Ask for Ely Veterans Services Office), [kainzl@co.st.louis.mn.us](mailto:kainzl@co.st.louis.mn.us). Serving Ely, Embarrass, Tower, Babbitt and Lake County.

**Tribal Veteran Service Offices:** 218-757-0111. 13090 Westley Drive, Suite B, Nett Lake.  
Contact Ernest Steel, Bois Forte. [esteel@mdva.state.mn.us](mailto:esteel@mdva.state.mn.us)

**TRICARE Resources**

Beneficiary counseling, DEERS information, dental and pharmacy programs, claims and appeals education, and more. [www.tricare.mil](http://www.tricare.mil). Regional contractor: North Region Health Net Federal Services, LLC: 877-874-2273. [www.hnfs.com](http://www.hnfs.com).

**VA Facilities in Minnesota**

VISN 23: VA Midwest Health Care Network, 5445 Minnehaha Ave S, Minneapolis 55417.  
612-725-1968

- **Minneapolis VA Health Care System**  
One Veterans Dr, Minneapolis 55417. 612-725-2000 or 866-414-5058
- **St. Cloud VA Health Care System**  
4801 Veterans Dr, St. Cloud, 56303. 320-252-1670 or 800-247-1739
- **Alexandria Community Based Outpatient Clinic**  
515 22nd Ave E, Alexandria 56308. 320-759-2640
- **Bemidji VA Community Based Outpatient Clinic**  
705 5<sup>th</sup> St NW, #B, Bemidji 56601. 218-755-6360

- **Brainerd VA Clinic**  
722 NW 7th St, Brainerd 56401. 218-855-1115
- **Fergus Falls VA Community Based Outpatient Clinic**  
Veterans Home, 1821 N Park St, Fergus Falls 56537. 218-739-1400
- **Hibbing VA Clinic**  
990 W 41st St, #78, Hibbing 55746. 218-263-9698
- **Mankato CBOC**  
1961 Premier Dr, #330, Mankato 56001. 507-387-2939
- **Maplewood VA Clinic**  
2785 White Bear Ave, #210, Maplewood 55109. 651-290-3040
- **Montevideo VA Clinic**  
1025 N 13th St, Montevideo 56265. 320-269-2222
- **Northwest Metro VA Clinic**  
7545 Veterans Dr, Ramsey 55303. 612-467-1100
- **Rochester VA Clinic**  
3900 55th St NW, Rochester 55901. 507-252-0885
- **South Central VA Clinic (St James)**  
1212 Heckman Ct, St. James 56081. 507-375-9670
- **Brooklyn Park Vet Center**  
7001 78th Ave N, #300, Brooklyn Park 55445. 763-503-2220 Or 877-927-8387
- **Duluth Vet Center**  
405 E Superior St, #160, Duluth 55802. 218-722-8654 Or 877-927-8387
- **St. Paul Vet Center**  
550 County Rd D, #10 New Brighton 55112. 651-644-4022 or 877-927-8387

**Veterans Administration Caregiver Support Line:** 855-260-3274

**Veterans Crisis Line:** 800-273-8255

**Veterans Outreach (RMHC):** Darrin McClain: 218-780-1745. Darrin is there every other week.

**Veterans Outreach:** Dusty: 218-269-4867



**Vet Center (Duluth):** 218-722-8654 or 888-546-5838

405 W Superior St, #160, Duluth 55802

This site offers more info re veterans' services: <http://www.mdva.state.mn.us/>

**Wounded Warrior Resource Center:** 800-342-9647

## **Websites**

The following Websites are trusted places you can begin your search for education and information:

[www.Disability.gov](http://www.Disability.gov) for information about other health topics, including where you can find health care, as well as information about home health care, Medicare and Medicaid.

**Minnesota Department of Human Services:** [www.dhs.state.mn.us](http://www.dhs.state.mn.us)

**NAMI:** [www.nami.org](http://www.nami.org)

**NAMI Minnesota (National Alliance on Mental Illness):** [namihealps.org](http://namihealps.org)

**National Institute of Mental Health:** [www.nimh.nih.gov/](http://www.nimh.nih.gov/)

**Substance Abuse and Mental Health Services Administration**

(United States Department of Health and Human Services): [www.samhsa.gov/](http://www.samhsa.gov/)

1 Choke Cherry Rd, Rockville, MD 20857. 1-877-SAMHSA-7

**Mental Health Association of Minnesota**

[mentalhealthmn.org](http://mentalhealthmn.org)

## **Workforce Center:**

**FREE** 888-438-5627. These places help you get your GED and also help with writing resumes and help prepare you for school or employment.

- Ely: 218-365-3359
- Virginia: 218-748-2200
- Hibbing: 218-262-6777