



# Lakeview Hospital

HealthPartners®

---

Community Health Needs Assessment  
December 2015



# Lakeview Hospital

## Community Health Needs Assessment Overview

Lakeview Hospital collaborated with five other hospitals in the HealthPartners system and contracted with Community Hospital Consulting to determine the greatest health needs in the communities they serve. These hospitals serve similar communities and have overlapping study areas.

The system's study area is defined as Dakota, Hennepin, Ramsey, Scott and Washington Counties in Minnesota and Polk and St. Croix Counties in Wisconsin. Lakeview Hospital's specific study area is defined as:

- Washington County
- St. Croix County
- Ramsey County

Data elements regarding all seven counties in the system's study area are included in this report for comparison and are also provided as an opportunity for the hospitals to work together to meet the needs identified in the overlapping counties.

Table of Contents	Page Number
Executive Summary	3
Process and Methodology	11
HealthPartners Background and Hospital Biography	15
Study Area	19
Demographic Overview	22
Health Status Overview	44
Findings from Current Research	81
Summary of Community Conversations by Lakeview Hospital	93
HealthPartners' Previous Community Health Priorities	101
Overall Summary of Common Themes	103
Input Regarding the Hospital's Previous CHNA	105
Evaluation of Hospital's Impact	107
Prioritization	113
Resources in the Community	117
Information Gaps	226
About Community Hospital Consulting	228
Appendix	230
Questions or Comments?	308

# Executive Summary

---

A review of the CHNA process and rationales for the identified health needs





## Executive Summary

A comprehensive, six-step community health needs assessment (“CHNA”) was conducted for HealthPartners and its hospitals (Regions Hospital, Lakeview Hospital, Hudson Hospital & Clinic, Westfields Hospital & Clinic, Amery Hospital & Clinic, and Park Nicollet Methodist Hospital) by Community Hospital Consulting. This individual CHNA report utilizes relevant health data and stakeholder input to identify significant community health needs in Washington and Ramsey Counties in Minnesota and St. Croix County in Wisconsin, the defined study area for Lakeview Hospital. Data from the study areas of the other hospitals (Dakota, Hennepin and Scott Counties in Minnesota and Polk County in Wisconsin) are included in some sections for comparison purposes.

The CHNA Team, consisting of leadership from HealthPartners and its hospitals, met with staff from Community Hospital Consulting on August 24, 2015 to review the research findings and prioritize the community health needs. Four significant community health needs were identified by assessing the prevalence of the issues identified from the health data findings combined with the frequency and severity of mentions in community input.

The CHNA Team participated in a roundtable discussion to rank the community health needs based on three characteristics: size and prevalence of the issue, effectiveness of interventions and the hospital’s capacity to address the need. Once this prioritization process was complete, the health system and hospital leadership discussed the results and decided to address all of the prioritized needs in various capacities through hospital specific implementation plans.

HealthPartners and hospital leadership developed the following principle to guide this work: **Through collaboration, engagement and partnership with our communities we will address the following priorities with a specific focus on health equity in special populations.**

The final list of prioritized needs, in descending order, is listed below:

- 1. Mental and Behavioral Health**
- 2. Access and Affordability**
- 3. Chronic Disease and Illness Prevention**
- 4. Equitable Care**



## Priority #1: Mental and Behavioral Health

- Health data findings suggest that the Twin Cities have higher rates of psychiatric hospital admissions than Minnesota. Furthermore, data indicates that counties in the hospital's study area have varying ratios of mental health providers to residents.
  - Ramsey County – 298:1
  - St. Croix County – 1,011:1
  - Washington County – 544:1
  - Minnesota – 529:1
  - Wisconsin – 632:1
- Ramsey County identified mental health, mental disorders, and behavioral health as a top priority in the *Ramsey County Community Health Improvement Plan 2014-2018*. Findings from this report also indicate that only two of the five hospitals in Ramsey County provide inpatient mental health services. Ramsey County also falls short of the recommended 250 beds for its 500,000 population by nearly 100 beds. Finally, Ramsey County Public Health estimates that approximately 21% of children in the county suffer from mental disorders with at least some functional impairment at home, school and with peers.
- According to the Minnesota Student Survey (2013), across all Minnesota counties in the study area and in the state, 9th grade females reported higher rates of being harassed or bullied once or twice for their weight or physical appearance as compared to males. Additionally, a higher percentage of female 9th graders, compared to male 9th graders, report having a long-term mental health, behavioral health or emotional problem.
- Washington County identified behavioral health problems among children and adults due to substance abuse and mental illness as a health need in the *Washington County Community Health Improvement Plan 2014*.
- As a part of the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016*, the Community Health Needs Assessment (CHNA) Survey identified alcohol and other substance use and addictions as a top health priority. Additional findings from this study indicate that 12.6% of students have considered attempting suicide in the last six months, 43.2% of high school students agreed that harassment and bullying is a problem at their school and excessive alcohol consumption is one of Wisconsin's largest public health issues.
- The *Healthiest Wisconsin 2020: Everyone Living Better, Longer* Health Focus Areas include mental health and unhealthy alcohol and drug use.

## **Priority #1: Mental and Behavioral Health Continued**

- Participants in the community conversations conducted by Lakeview Hospital identified access to mental health services, as well as chemical and substance abuse issues as concerns in the study area. This includes the need to decrease stigma associated with mental health problems; to close the gap in access to services; to implement preventative education; and to connect the "need" with the "help." Participants also discussed the chemical and substance abuse issues in the community. Concerns include the abuse of prescription medications; the lack of continuing alcohol and tobacco education; the increase in drug use among high school students; the problem with marijuana's increasing acceptance; and the need to educate adults and guardians on new forms of common substances.
- In 2012, 76 people in Washington County, 261 people in Ramsey County, and 36 people in St. Croix County were injured in alcohol-related motor vehicle crashes.
- According to the Minnesota Student Survey (2013), overall, a higher percentage of female 9th grade students (between 10% and 14%), compared to male 9th grade students (between 8% and 11%), reported living with someone who drinks too much alcohol.
- In 2011, 28% of St. Croix County residents responding to the survey participated in binge drinking in the last 30 days before the survey, as compared to 23% of Wisconsin.
- In St. Croix, 29% of high school students reported having consumed alcohol during the last 30 days. In addition, 16.2% of St. Croix high school students reported binge drinking during the past 30 days before the survey.
- According to the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016*, the Youth Risk Behavior Surveillance System Survey indicates that 21.3% of high school students reported having tried marijuana.

## **Priority #2: Access and Affordability**

- While Washington County's median household income is over \$81,000, St. Croix County's median household income is much lower at \$69,641, and Ramsey County's median household income is even lower at \$56,293 (2013). In addition, between 6% and 23% of children under age 18 in the hospital's study area are living in poverty (2013).
- Each county's unemployment rate has decreased since 2012, while Washington County's unemployment rate is still slightly higher than Minnesota's rate (2014).
- 9.5% of residents under age 65 in Minnesota and 10.6% of residents under age 65 in Wisconsin do not have health insurance (2013). This compares to 11.8% in Ramsey County, 7% in St. Croix County and 6.3% in Washington County.
- Ramsey County identified access to health services as a top health priority in the *Ramsey County Community Health Improvement Plan 2014-2018*.



## **Priority #2: Access and Affordability Continued**

- The *Healthiest Wisconsin 2020: Everyone Living Better, Longer* Infrastructure Focus Areas include: access to quality health services; collaborative partnerships for community health improvement; equitable, adequate, stable public health funding; public health capacity and quality; tobacco use and systems to manage and share health information and knowledge.
- As a part of the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016*, the Community Health Needs Assessment (CHNA) Survey identified access to primary and preventive services as a top health priority.
- Parents who participated in the Family Community Survey, as a part of the PowerUp initiative in St. Croix and Washington Counties, indicated that coupons/price discounts would help PowerUp their families.
- Participants in the community conversations conducted by Lakeview Hospital identified creating connections as a significant need in the community. Connecting people to services and to each other was a recurring theme, and it was mentioned that Lakeview Hospital can be influential by continuing to connect patients to available services. Improving access to health care for populations with limited services and increasing the proportion of residents who have access to health coverage were also mentioned by participants as important initiatives in the community.

## **Priority #3: Chronic Disease and Illness Prevention**

- Cancer and heart disease are the first and second leading causes of death in Ramsey, St. Croix, and Washington Counties, as well as Minnesota and Wisconsin (2009-2013). St. Croix County has increasing diabetes, cirrhosis, and chronic lower respiratory disease mortality rates, while Ramsey County has increasing unintentional injury, cirrhosis and chronic lower respiratory disease mortality rates. Ramsey County also has the highest rates of stroke mortality and cancer mortality in the study area. Finally, Washington County has a higher incidence of breast cancer in females and colorectal cancer in all gender groups compared to other counties in the study area and Minnesota.
- Obesity and diabetes are also concerns in the study area counties and across the state. More than 25% of residents in each of the counties in the hospital's study area, as well as Minnesota and Wisconsin, are obese (2012). Additionally, over one-third of the adult population in Washington County (36.3%), as well as Minnesota (37.0%) and Wisconsin (36.5%), are overweight. St. Croix has the highest rate of obesity compared to other counties in the study area, but is lower than Wisconsin's rate. St. Croix County also has a higher rate of diabetes mortality compared to other counties in the study area, as well as Minnesota and Wisconsin.
- Ramsey County identified nutrition, weight and active living as a top health priority in the *Ramsey County Community Health Improvement Plan 2014-2018*.
- Washington County identified obesity and chronic diseases as two of its top three health priorities in the *Washington County Community Health Improvement Plan 2014*.



### **Priority #3: Chronic Disease and Illness Prevention Continued**

- The *Healthiest Wisconsin 2020: Everyone Living Better, Longer* Health Focus Areas also include: chronic disease prevention and management; communicable disease prevention and control; physical activity; healthy growth and development; adequate, appropriate, and safe food and nutrition; and tobacco use and exposure.
- St. Croix County identified healthy foods and physical activity as two of its top three health priorities in the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016*. Community input findings also indicate that increased access to active living, access to healthy food options and promotion of healthy eating are needs in the community. Finally, 82% of respondents in the Transform Wisconsin Public Opinion Poll indicated that childhood obesity is a serious problem in Wisconsin.
- Parents who participated in the Family Community Survey, as a part of the PowerUp initiative, indicated that physical activity during the school day, access to free/low cost places to be physically active, physical education in schools, and better food and beverage options at community events would help PowerUp their families.
- According to the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016*, the Youth Risk Behavior Surveillance System Survey indicates that 25.6% of students reported watching television 3 or more hours per day on an average school day.
- Overall, in each county and the state, male 11th grade students compared to female 11th grade students were physically active for 60 minutes or more on a greater number of days (Minnesota Student Survey, 2013, 4-7 days compared to 0-3 days).
- In St. Croix, 79.6% of residents reported consuming insufficient fruit and vegetable intake in 2012, as compared to the Wisconsin average of 77.2%.
- Overall, in each county in the study area and Minnesota, a slightly higher percentage of male 11th grade students, compared to female 11th grade students, drank at least one pop or soda during the day prior to taking the 2013 Minnesota Student Survey.
- Participants in the community conversations conducted by Lakeview Hospital identified nutrition and physical activity as needs in the community. This includes a lack of health literacy regarding wellness; lack of access to nutrient-dense foods due to food inequity in the area, particularly for special populations; lack of resources promoting physical activity; and a need for an enhanced focus on school wellness.
- Gonorrhea rates are increasing in Ramsey County, as well as Minnesota. Chlamydia rates are also increasing in Ramsey County as well as Minnesota, and Ramsey County had the highest chlamydia and gonorrhea rates compared to other counties in the study area in 2014.
- Chlamydia rates in both St. Croix County and Wisconsin are increasing. According to the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016*, the Youth Risk Behavior Surveillance System Survey indicates that over one-third (36.1%) of students reported ever having sexual intercourse.



### **Priority #3: Chronic Disease and Illness Prevention Continued**

- Asthma Emergency Department visit rates are higher in Ramsey County than in Minnesota (2011-2013).
- According to the Minnesota Department of Health, between 30% and 59.9% of children ages 24-35 months in Ramsey and Washington Counties have their recommended immunizations, compared to approximately 63% of children in the state (2013).
- The percentage of mothers who received adequate or better prenatal care in Ramsey and Washington Counties has recently decreased. St. Croix County has also had a decreasing percentage of mothers who received prenatal care in the first trimester since 2010.
- Tobacco use and exposure is identified as an area of concern in both the *Washington County Community Health Improvement Plan 2014* and the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2015* Community Health Needs Assessment Survey.
- In 2010, 14.5% of females and 17.7% of males in Minnesota were current smokers. Washington County had the highest rate of male everyday smokers (21.4%) out of the Minnesota study area counties.
- In 2010, 21% of St. Croix County adult residents reported that they currently smoke, as compared to 21% of Wisconsin adult residents.

### **Priority #4: Equitable Care**

- There are approximately 532,655 residents in Ramsey County, 249,283 residents in Washington County, and 86,759 residents in St. Croix County (2014). Each county in the study area had a higher overall population percent growth than both Minnesota and Wisconsin (2010-2014).
- The 65 and older population experienced the greatest percentage increase of all age groups in every county in the study area and in Minnesota and Wisconsin (2010-2014). Washington County has the highest median age in the hospital's study area, which is also higher than Minnesota's median age. St. Croix and Washington Counties' median ages are increasing, while Ramsey County's median age is remaining relatively stable.
- Ramsey County is also one of the most diverse counties in the study area. There are approximately 12% Black or African American residents and approximately 14% Asian residents in Ramsey County. Black populations in Ramsey, Washington and St. Croix Counties also increased between 2010 and 2014, as well as Asian populations in Ramsey and Washington Counties.



#### Priority #4: Equitable Care Continued

- Data indicates that there is inequity among diverse populations. For example, there are significant disparities in high school graduation rates across racial groups in Minnesota (2013-2014) and in high school completion rates across Wisconsin (2013-2014).
  - Minnesota:
    - American Indian/Alaska Native: 50.6%
    - Black: 60.4%
    - Hispanic: 63.2%
    - White: 86.3%
  - Wisconsin:
    - American Indian/Alaska Native: 79.1%
    - Black: 65.9%
    - Hispanic: 79.1%
    - White: 93.3%
- Overall, 17.2% of children in St. Croix County and 18.6% of children in Ramsey County are food insecure (2013) and 8.3% of seniors in Minnesota and 11% of seniors in Wisconsin are threatened by hunger (2013).
- Ramsey County identified social determinants of health in the *Ramsey County Community Health Improvement Plan 2014-2018*. This includes poverty, income, education, unemployment, home ownership and affordable housing, and transportation.
- Washington County emphasizes addressing issues related to health equity by targeting vulnerable populations across their three community health priorities in the *Washington County Community Health Improvement Plan 2014*.
- According to the *St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016*, homelessness, domestic violence, and lack of public transportation are issues facing families in St. Croix County.
- The *Healthiest Wisconsin 2020: Everyone Living Better, Longer* Infrastructure Focus Areas include: diverse, sufficient, competent workforce that promotes and protects health; health literacy and education; and equitable, adequate, stable public health funding.
- When asked what they would do if they were in charge of improving the overall health of the community, participants in the community conversations conducted by Lakeview Hospital indicated that reducing gaps in care and improving health education would be two of the seven main priorities.



# Process and Methodology

---

A detailed description of the process used to conduct this CHNA, the collaboration between hospital staff and Community Hospital Consulting, and the methods of data collection and analysis





## Process and Methodology

### Background and Objectives

This CHNA is designed in accordance with CHNA requirements identified in the Patient Protection and Affordable Care Act and further addressed in the Internal Revenue Service final regulations released in December 29, 2014. The objectives of the CHNA are to:

- Meet federal government and regulatory requirements
- Research and report on the demographics and health status of the study area, including a review of state and local data
- Gather input, data and opinions from persons who represent the broad interest of the community
- Analyze the quantitative and qualitative data gathered and communicate results via a final comprehensive report on the needs of the communities served by HealthPartners and its respective hospitals: Regions Hospital, Lakeview Hospital, Hudson Hospital & Clinic, Westfields Hospital & Clinic, Amery Hospital & Clinic, and Park Nicollet Methodist Hospital
- Prioritize the needs of the community served by HealthPartners and its respective hospitals
- Create individual implementation plans that address the prioritized needs for each hospital facility

Regions Hospital, Lakeview Hospital, and Park Nicollet Methodist Hospital engaged the resources of Community Hospital Consulting to conduct a comprehensive six-step Community Health Needs Assessment of their communities, including Dakota, Hennepin, Ramsey, Scott, and Washington Counties in Minnesota and St. Croix County in Wisconsin. The community health needs assessment utilized relevant health data and stakeholder input through community conversations to identify the main community health priorities that HealthPartners and its respective hospitals should seek to address.

Amery Hospital & Clinic, Hudson Hospital & Clinic, and Westfields Hospital & Clinic required assistance in the creation of their hospital specific implementation plans and incorporating their recently conducted county health needs assessments, which the hospitals conducted in collaboration with other organizations. Health data from these assessments, combined with a demographic analysis and a community conversation conducted by Amery Hospital & Clinic were used to formulate the final CHNA and identify priorities that HealthPartners and its respective hospitals should seek to address.



## Process and Methodology Continued

### Scope of CHNA Report

The CHNA components include:

- A description of the process and methods used to conduct this CHNA, including a summary of data sources used in this report
- A biography of HealthPartners and its hospitals
- A description of each hospital's defined study area
- Definition and analysis of the communities served, including both a demographic and a health data analysis
- A review and summary of health needs identified in current research
- Findings from community conversations and recently conducted studies that collected community input from people who represent a broad interest in the communities, including:
  - Work for a state, local, tribal or regional governmental public health department (or equivalent department or agency) with knowledge, information or expertise relevant to the health needs of the community;
  - Members of a medically underserved, low-income or minority populations in the community, or individuals or organizations serving or representing the interests of such populations
- The prioritized community needs and separate implementation plans, which intend to address the community needs identified
- An evaluation of the hospital's previous impact
- A list of available health resources in the community
- A list of information gaps that impact the hospital's ability to assess the health needs of the community served

### Methodology

HealthPartners and its hospitals provided Community Hospital Consulting with essential data and resources necessary to initiate and complete the process, including the definition of the hospital's study area and necessary findings from community conversations and recently conducted community health assessments. Community Hospital Consulting conducted the following research:

- A demographic analysis of the study area, utilizing demographic data from the American Community Survey and other sources
- A study of the most recent health data available
- Facilitated the prioritization process during the CHNA Team meeting on August 24, 2015. The CHNA Team included: Kelly Appeldorn (Community Health Coordinator, Community Relations), Marna Canterbury (Director of Community Health, Lakeview Health Foundation), Christa Getchell (President Park Nicollet Foundation, VP, Park Nicollet Health Services), Libby Lincoln (Program Officer, Park Nicollet Foundation), DeDee Varner (Community Relations Manager), Pakou Xiong (Community Relations Specialist), Patty Willeman (Coordinator- Quality, Wellness, Corporate Health Consultant), and Donna Zimmerman (Sr. Vice President, Government & Community Relations).

## Process and Methodology Continued

The methodology for each component of this study is summarized below.

- Hospital Biographies: Background information about HealthPartners and its hospitals, including the mission and vision, was provided by the hospital or taken from its website.
- Study Area Definition: The study area for each hospital is based on inpatient discharge data and discussions with hospital staff.
- Demographics of the Study Area: Population demographics include population by race, ethnicity, age, unemployment and economic statistics. Demographic data sources include, but are not limited to, the American Community Survey, the Kids Count Data Center, the U.S. Census Bureau and the United States Bureau of Labor Statistics.
- Health Data Collection Process: A variety of sources, which are all listed in the references section of this report, were utilized in the health data collection process. Health data sources include, but are not limited to, the Minnesota Department of Health, Metro Adult Health Survey, the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, the Behavioral Risk Factor Surveillance System, the Minnesota Student Survey, and the WISH Query.
- Review of Current Research: HealthPartners provided Community Hospital Consulting with various studies that have been conducted for each county in the system's study area. Community Hospital Consulting summarized the findings of each study and created an overall matrix of community health needs across all seven counties.
- Community Input: HealthPartners and its hospitals participated extensively in community conversations, collaborative initiatives with local public health departments that included surveys and interviews with required groups. A summary of those efforts is included in this report.
- Prioritization Strategy: Four significant needs were determined by assessing the prevalence of the issues identified in the health data findings, combined with the frequency and severity of mentions in the community input. Three factors were used to rank those needs during the CHNA Team meeting on August 24, 2015.
- Evaluation of Hospital's Impact: IRS Final Regulations require a hospital facility to conduct an evaluation of the impact of any actions that were taken since the hospital facility finished conducting its immediately preceding CHNA. Each hospital has tracked the progress made on previously listed activities and a summary of impact is provided in each facility-specific report.
- Available Community Resources: In addition to the services provided by HealthPartners and its hospitals, other charity care services and health resources available in the community were provided by each hospital. Community Hospital Consulting compiled the lists and included them in each hospital's report.



# HealthPartners Background and Hospital Biography

---

A brief description of HealthPartners and the  
hospital



# About HealthPartners

HealthPartners is an award-winning integrated health care system based in Bloomington, MN, with a team of 22,500 people dedicated to a mission to improve the health of members, patients and the community.

## HealthPartners Organization at a Glance

- Founded in 1957 as a cooperative
- Integrated health care organization providing health care services and health plan financing and administration
- Largest consumer governed nonprofit health care organization in the nation
- Serves more than 1.5 million medical and dental health plan members nationwide
- Includes a multispecialty group practice of more than 1,700 physicians
- More than 22,500 people working to deliver the HealthPartners mission

## Care Group

- Cares for more than one million patients
- Multispecialty group practice of more than 1,700 physicians
- More than 50 primary care clinics, 750 primary care physicians
- 22 urgent care locations
- Multi-payer
- Primary care and 55 medical and surgical specialties

## HealthPartners Health Plan

- Nonprofit, consumer governed health plan
- 1.5 million medical and dental plan members
- Regional network of more than 148,000 doctors and other care providers in Minnesota, western Wisconsin, South Dakota and North Dakota
- HealthPartners and Cigna's combined national network offers nearly 950,000 doctors and other care providers, plus 6,000 hospitals in the United States
- Ranked among the top 30 plans in the nation according to NCQA's Private Health Insurance Plan Rankings 2013-14

## Hospitals

- Methodist Hospital, St. Louis Park, MN
- Regions Hospital, Saint Paul, MN
- Lakeview Hospital, Stillwater, MN
- Hudson Hospital & Clinics, Hudson, WI
- Westfields Hospital & Clinic, New Richmond, WI
- Amery Hospital & Clinic, Amery, WI
- St. Francis Regional Medical Center, Shakopee, MN (one-third ownership)



# Mission, Vision, Values

- **Mission:** To improve health and well-being in partnership with our members, patients and community.
- **Vision:** Health as it could be, affordability as it must be, through relationships built on trust.
- **Values:** Excellence, Compassion, Partnership, Integrity



# About Lakeview Health

- Includes Stillwater Medical Group, Lakeview Hospital and the Lakeview Foundation
- Lakeview Health was formed in 2005, joined HealthPartners in 2011
- Lakeview Hospital is the fifth oldest hospital in Minnesota, dating back to 1880
- Lakeview Hospital is a 97-bed acute-care hospital, with 4,100 inpatient admissions in 2013
- Stillwater Medical Group operates three primary care clinics in Stillwater and Mahtomedi, MN and Somerset, WI and a Clinic at Walmart in Oak Park Heights, MN
- Stillwater Medical Group had 98 provider FTEs in 2013
- Stillwater Medical Group had more than 189,000 patient visits in 2013
- Lakeview Health provided a total system community benefit of more than \$14 million in 2012



# Study Area

---

The hospital's defined study area, as well as a snapshot of the counties served by other hospitals in the HealthPartners system





# HealthPartners Study Area



Dakota, Hennepin, Ramsey, Scott, Washington (MN), Polk and St. Croix Counties (WI)

\*The "H" indicates hospital locations






County	State	Dakota County	Henn. County	Ramsey County	Scott County	Wash. County	Polk County	St. Croix County
Lakeview Hospital	MN			x		x		x
Park Nicollet Methodist Hospital	MN	x	x		x			
Regions Hospital	MN	x		x		x		
Amery Hospital & Clinic	WI						x	
Hudson Hospital & Clinic	WI							x
Westfields Hospital & Clinic	WI							x

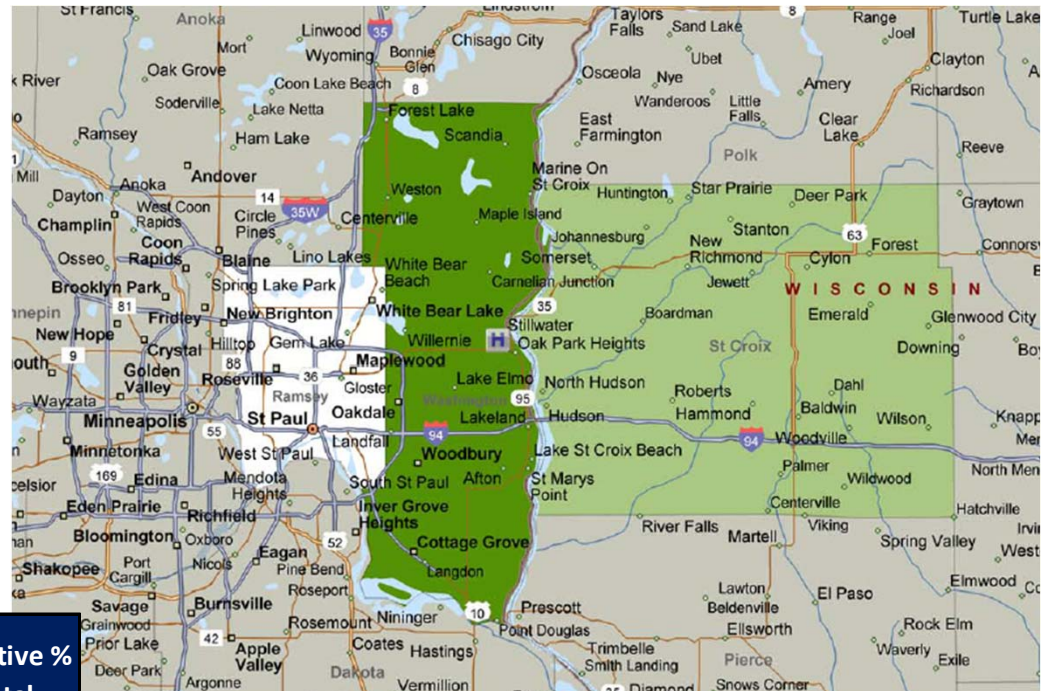
Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded; CY 2014



# Lakeview Hospital Study Area

-  Washington County makes up 52.5% of inpatient discharges
-  St. Croix County makes up 16.6% of inpatient discharges
-  Ramsey County makes up 11.8% of inpatient discharges

\*The "H" indicates the hospital



Lakeview Hospital Patient Origin by County CY 2014

County	State	CY 2014 Discharges	% of Total	Cumulative % of Total
Washington	MN	1,988	52.5%	52.5%
St. Croix	WI	627	16.6%	69.1%
Ramsey	MN	446	11.8%	80.8%
Other		726	19.2%	100.0%
<b>Total</b>		<b>3,787</b>	<b>100.0%</b>	

Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded



# Demographic Overview

---

A demographic analysis of the community served by the hospitals within the HealthPartners system



# Demographics Summary

## Overall Population

- **Overall Population**
  - According to annual estimates, there are approximately 5.46 million residents in Minnesota and approximately 5.76 million residents in Wisconsin.
  - Hennepin County is the most populated, while Polk County is the least populated.
- **Overall Population Change**
  - Scott County experienced the greatest overall percentage growth (7.0%) from 2010-2014, while Polk County experienced a percentage decrease (-1.6%).
- **Population by Race / Ethnicity**
  - The majority of residents in each county are White.
  - Ramsey and Hennepin Counties are the most racially diverse counties in the study area.
    - There are between approximately 12% - 13% Black or African American residents in both counties.
    - There are approximately 14% Asian residents in Ramsey County.
  - Overall, the White population experienced the least growth, or in some cases a decline, between 2010 and 2014.
- **Population by Age**
  - Ramsey County has the youngest median age, 34.6, while Polk County has the oldest median age, 44.7, out of the 7 counties served by HealthPartners' hospitals.
  - The 65 and older population experienced the most growth between 2010 and 2014.



# Demographics Summary

## Economic and Social Factors

- **Income Disparities**
  - There are significant income disparities between counties. Scott County has the highest median household income, \$85,481, while Polk County has the lowest, \$49,138.
  - Poverty, particularly childhood poverty, may be a concern in Ramsey County.
- **Food Insecurity**
  - Polk and Ramsey Counties have higher rates of child food insecurity than their respective states.
  - According to Second Harvest Heartland and Feeding America, 1 in 9 individuals in Minnesota and 1 in 8 individuals in Wisconsin are affected by hunger.
  - Ramsey County's overall food insecurity rate is higher than both Minnesota and Wisconsin rates.
  - The percentage of seniors who are threatened by hunger has generally increased for both Minnesota and Wisconsin.
  - Between 2009 – 2013, overall, the percentage of the population in both Hennepin and Ramsey counties that are food insecure has increased.
- **Educational Attainment**
  - Hennepin and Ramsey Counties have lower graduation rates than Minnesota.
  - There are disparities in graduation rates in Minnesota and high school completion rates in Wisconsin across racial/ethnic groups.

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saipe/data/statecounty/data/2013.html](http://www.census.gov/did/www/saipe/data/statecounty/data/2013.html); data accessed August 29, 2015

Source: Feeding America, Map the Meal Gap: 2015, Child Food Insecurity by County; <http://map.feedingamerica.org/county/2013/child/>; data accessed May 21, 2015

Source: Minnesota Department of Education, Data Reports and Analytics, [w20.education.state.mn.us/MDEAnalytics/Data.jsp](http://w20.education.state.mn.us/MDEAnalytics/Data.jsp); data accessed June 1, 2015

Source: Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard, [wisedash.dpi.wi.gov/Dashboard/portalHome.jsp](http://wisedash.dpi.wi.gov/Dashboard/portalHome.jsp); data accessed June 9, 2015

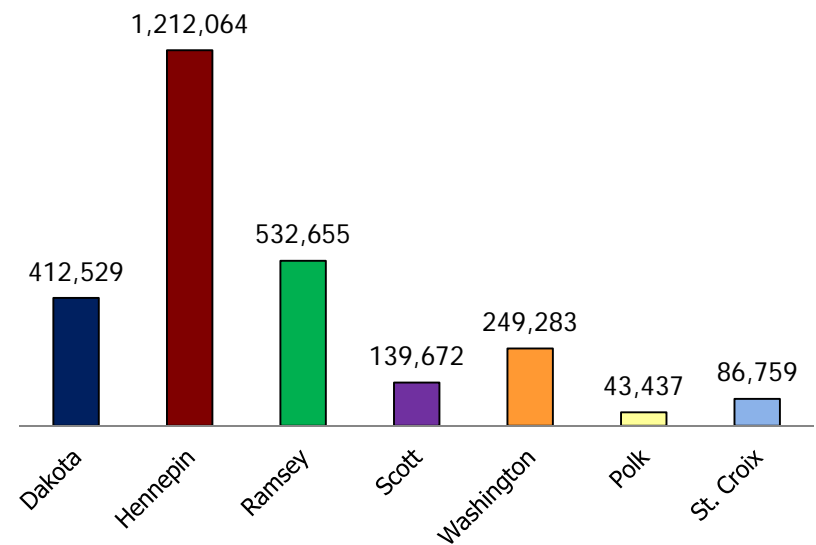
Food insecurity refers to USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food insecure children are those children living in households experiencing food insecurity.



# Overall Population (2014)

- According to annual estimates, there are approximately 5.46 million residents in Minnesota and approximately 5.76 million residents in Wisconsin.
- A total of 2,591,567 people live within the 3,644.06 square mile 7 county area defined for this assessment.
- The population density for these specific 7 counties is estimated at 711.18 persons per square mile, which is higher than the national average of 88.23 persons per square mile.
- Hennepin County has approximately 1.2 million residents, making it the most populated county of the 7 counties served by HealthPartners' hospitals.
- Polk County has approximately 43,400 residents, making it the least populated county of the 7 counties served by HealthPartners' hospitals.

**Total Population**  
Annual Estimates 2014

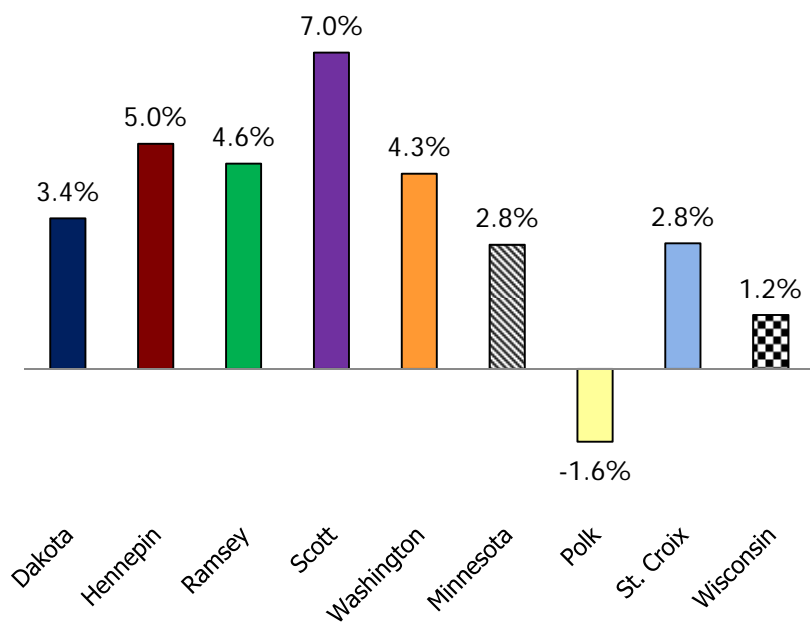


Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report>; data accessed August 28, 2015

# Overall Population Change (2010-2014)

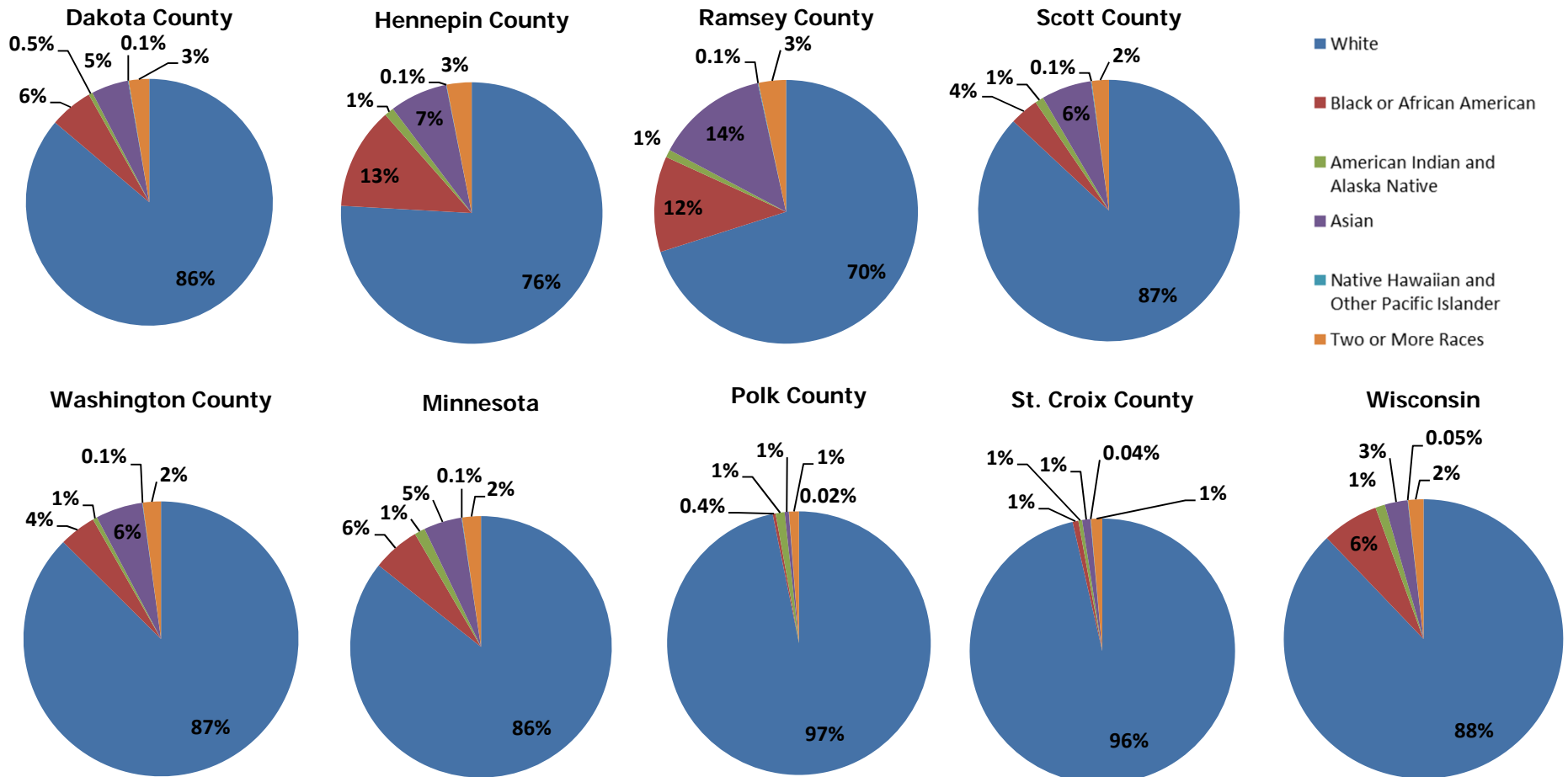
**Population Change  
2010 - 2014**



Location	2010	2014	2010-2014 Change	2010-2014 % Change
Dakota	399,146	412,529	13,383	3.4%
Hennepin	1,154,184	1,212,064	57,880	5.0%
Ramsey	509,372	532,655	23,283	4.6%
Scott	130,480	139,672	9,192	7.0%
Washington	238,897	249,283	10,386	4.3%
<b>Minnesota</b>	<b>5,310,418</b>	<b>5,457,173</b>	<b>146,755</b>	<b>2.8%</b>
Polk	44,154	43,437	-717	-1.6%
St. Croix	84,398	86,759	2,361	2.8%
<b>Wisconsin</b>	<b>5,689,268</b>	<b>5,757,564</b>	<b>68,296</b>	<b>1.2%</b>



# Racial Composition (2014)

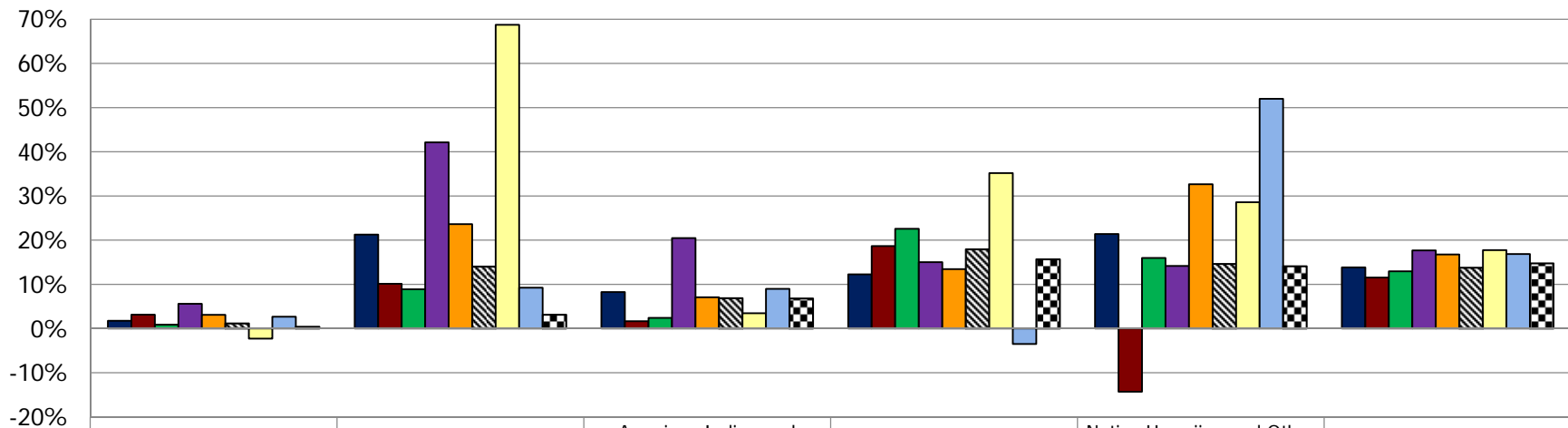


Source: U.S. Census Bureau, Population Division; [www.census.gov/popest/data/index.html](http://www.census.gov/popest/data/index.html); data accessed August 29, 2015



# Population Change by Race (2010-2014)

**Population Change by Race**  
Change from 2010 - 2014

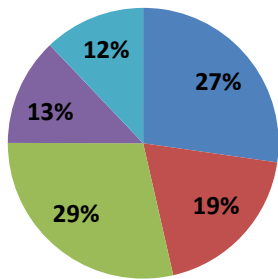


	White	Black or African American	American Indian and Alaska Native	Asian	Native Hawaiian and Other Pacific Islander	Two or More Races
■ Dakota	1.8%	21.3%	8.3%	12.3%	21.4%	13.8%
■ Hennepin	3.1%	10.1%	1.7%	18.7%	-14.3%	11.5%
■ Ramsey	0.9%	8.9%	2.4%	22.6%	16.0%	12.9%
■ Scott	5.6%	42.1%	20.5%	15.0%	14.2%	17.7%
■ Washington	3.1%	23.6%	7.1%	13.4%	32.7%	16.8%
■ Minnesota	1.2%	14.1%	6.9%	18.0%	14.6%	13.8%
■ Polk	-2.3%	68.8%	3.5%	35.2%	28.6%	17.8%
■ St. Croix	2.7%	9.3%	9.0%	-3.5%	52.0%	16.9%
■ Wisconsin	0.4%	3.1%	6.8%	15.7%	14.1%	14.8%

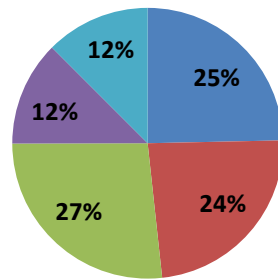


# Age Composition (2014)

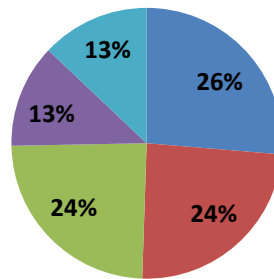
Dakota County



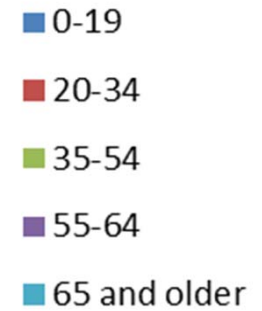
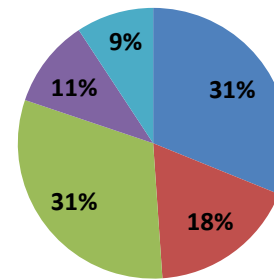
Hennepin County



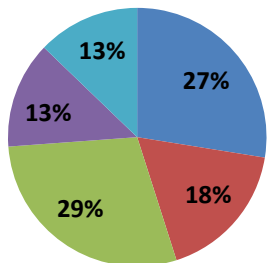
Ramsey County



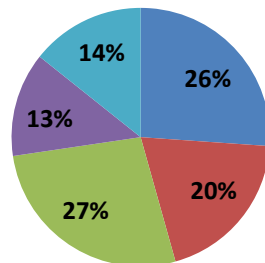
Scott County



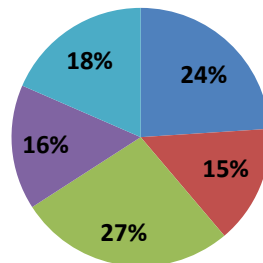
Washington County



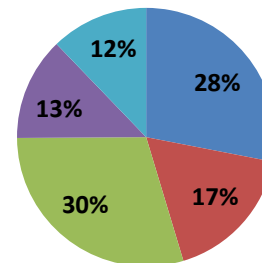
Minnesota



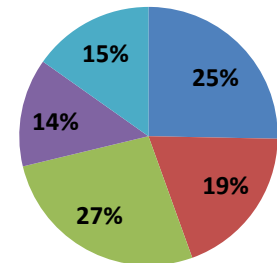
Polk County



St. Croix County

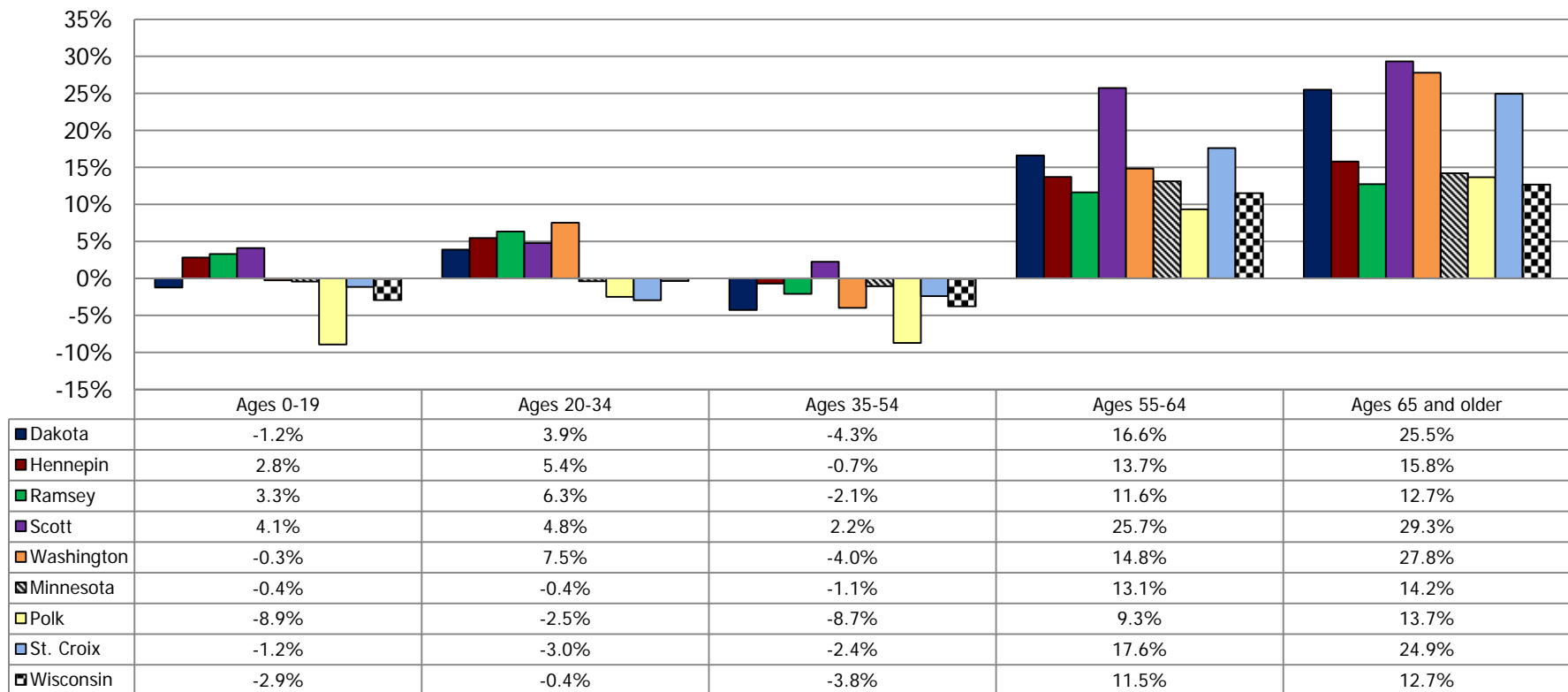


Wisconsin



# Population Change by Age (2010-2014)

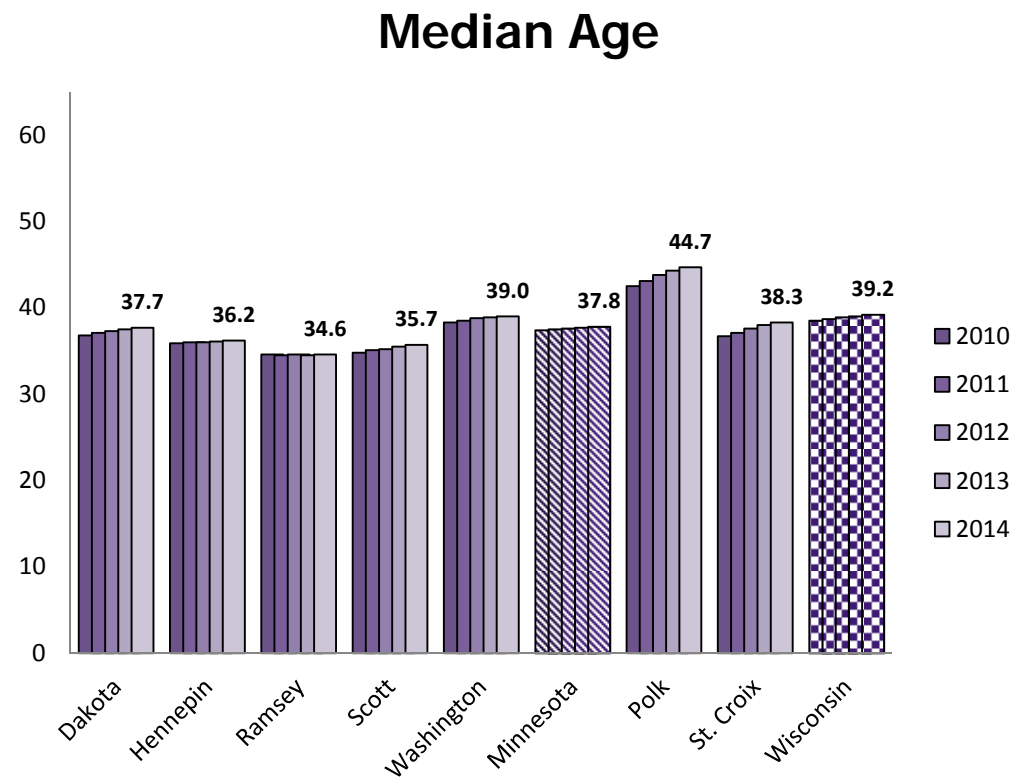
**Population Change by Age**  
Change from 2010 - 2014



Source: U.S. Census Bureau, Population Estimates; [www.census.gov/popest/data/index.html](http://www.census.gov/popest/data/index.html); data accessed August 29, 2015

# Median Age

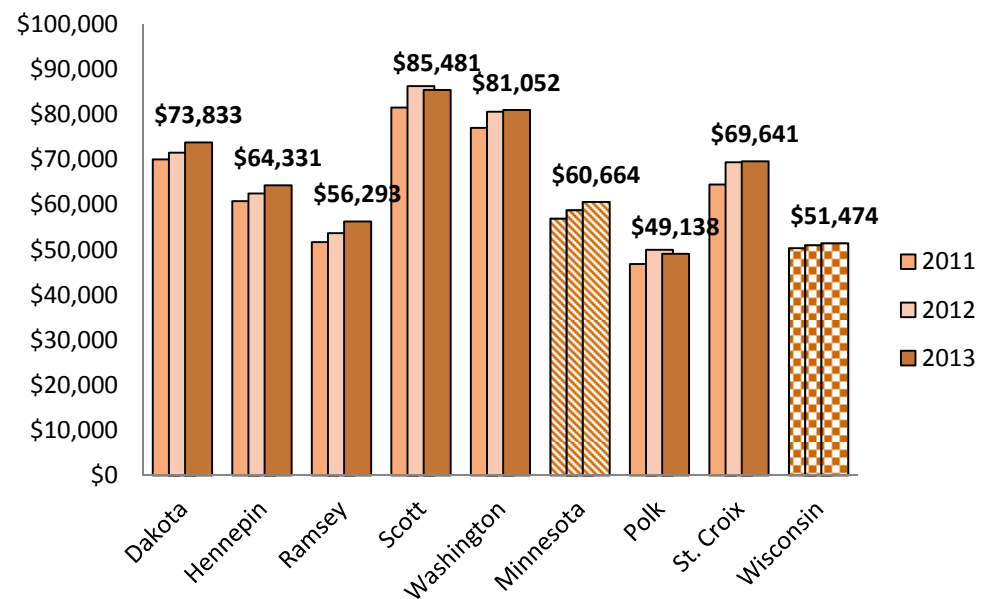
- According to annual estimates, the median age in Minnesota is 37.8, compared to 39.2 in Wisconsin.
- Ramsey County has the youngest median age, 34.6, while Polk County has the oldest median age, 44.7, out of the 7 counties served by HealthPartners' hospitals.
- Polk and St. Croix Counties' median ages are increasing, while Ramsey and Hennepin Counties' median ages are relatively stable.



# Median Household Income

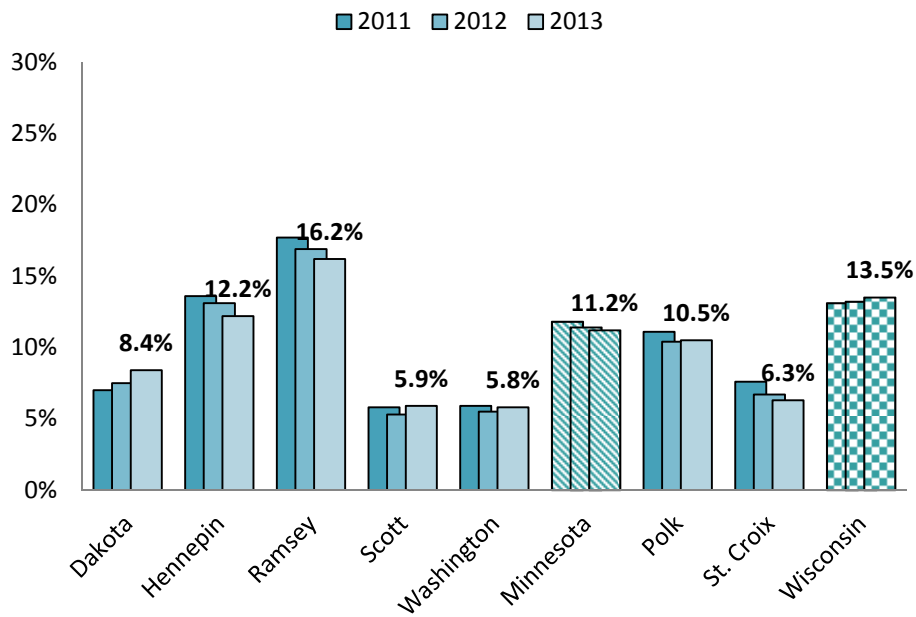
- According to the Small Area Income and Poverty Estimates (SHAPE) Program, the median household income in Minnesota is \$60,664, compared to \$51,474 in Wisconsin.
- There is considerable variability in median household income levels among the 7 counties served by HealthPartners' hospitals. Scott County has the highest median household income, \$85,481, while Polk County has the lowest, \$49,138.

**Median Household Income  
2011-2013**

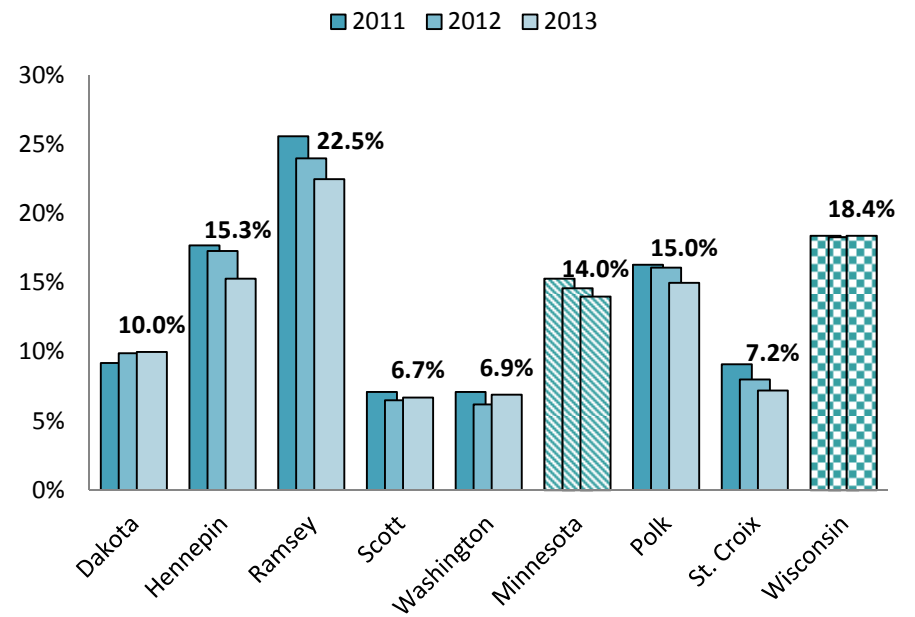


# Overall and Child Poverty

## Poverty, All Ages 2011-2013 Rates



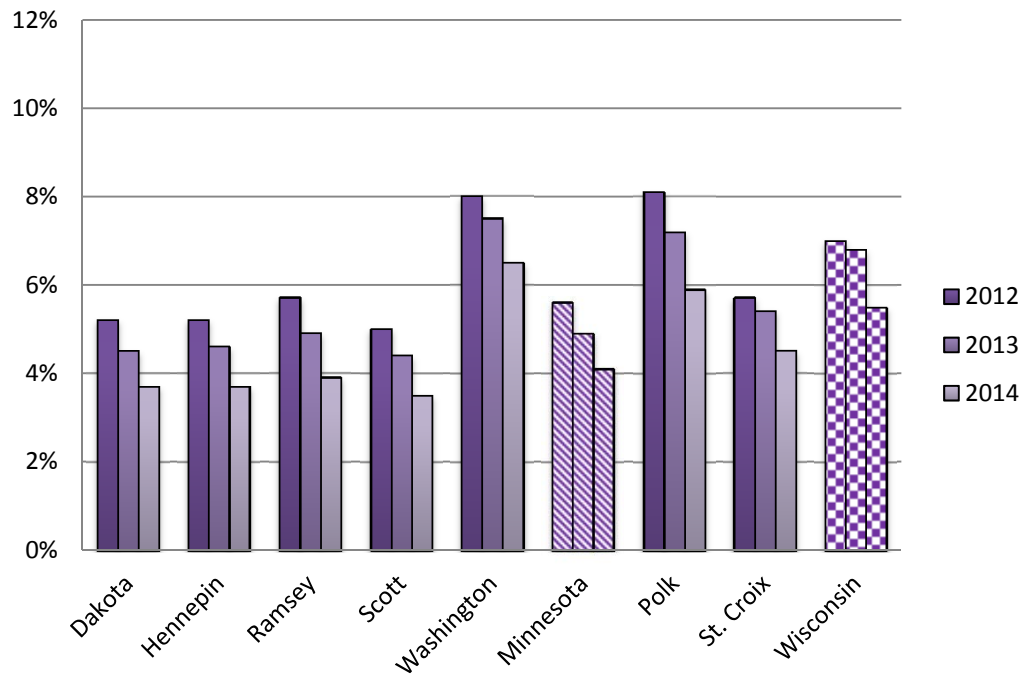
## Child Poverty, Under Age 18 2011-2013 Rates



Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saipe/data/statecounty/data/2013.html](http://www.census.gov/did/www/saipe/data/statecounty/data/2013.html); data accessed August 29, 2015

# Unemployment

**Unemployment Rates**  
2012 - 2014  
Bureau of Labor Statistics



- Overall, unemployment rates have decreased in each county, as well as across Minnesota and Wisconsin, since 2012.

Location	2012	2013	2014
Dakota County (MN)	5.2%	4.5%	3.7%
Hennepin County (MN)	5.2%	4.6%	3.7%
Ramsey County (MN)	5.7%	4.9%	3.9%
Scott County (MN)	5.0%	4.4%	3.5%
Washington County (MN)	8.0%	7.5%	6.5%
<b>Minnesota</b>	<b>5.6%</b>	<b>4.9%</b>	<b>4.1%</b>
Polk County (WI)	8.1%	7.2%	5.9%
St. Croix County (WI)	5.7%	5.4%	4.5%
<b>Wisconsin</b>	<b>7.0%</b>	<b>6.8%</b>	<b>5.5%</b>

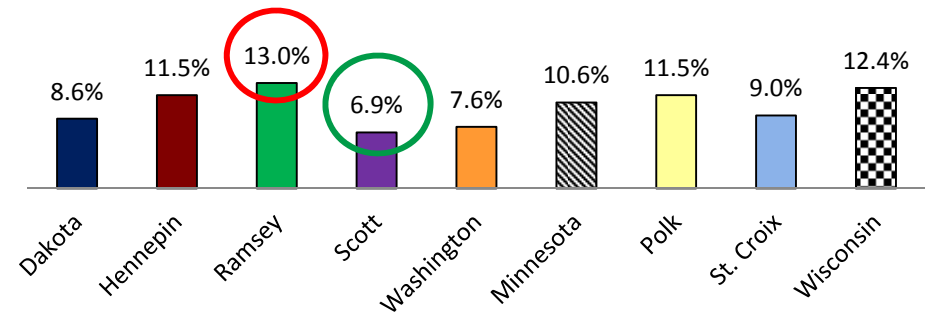


Source: Bureau of Labor Statistics, Local Area Unemployment Statistics; [www.bls.gov/lau/#tables](http://www.bls.gov/lau/#tables); data accessed May 20, 2015

# Food Insecurity

- According to Feeding America, 15.8% of U.S. residents are food insecure, compared to 10.6% in Minnesota and 12.4% in Wisconsin.
- In 2013, the average U.S. county food insecurity rate was 15.1%.
- According to Second Harvest Heartland and Feeding America, 1 in 9 individuals in Minnesota and 1 in 8 individuals in Wisconsin are affected by hunger.
- Scott County has the lowest rate of overall food insecurity, while Ramsey County has the highest.
- Of the 7 county area served by the HealthPartners Hospital System, 10.8% is food insecure. Hennepin, Ramsey, and Polk counties are above this rate.

**Overall Food Insecurity**  
2013 Percentages



Source: Feeding America, Map the Meal Gap: 2013 Executive Summary, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

Source: Second Harvest Heartland, Hunger Facts, <http://www.2harvest.org/our-impact/hunger-facts/#.VeCPGfVjWo>; data accessed August 28, 2015.

Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report?page=2&id=282>; data accessed August 28, 2015.

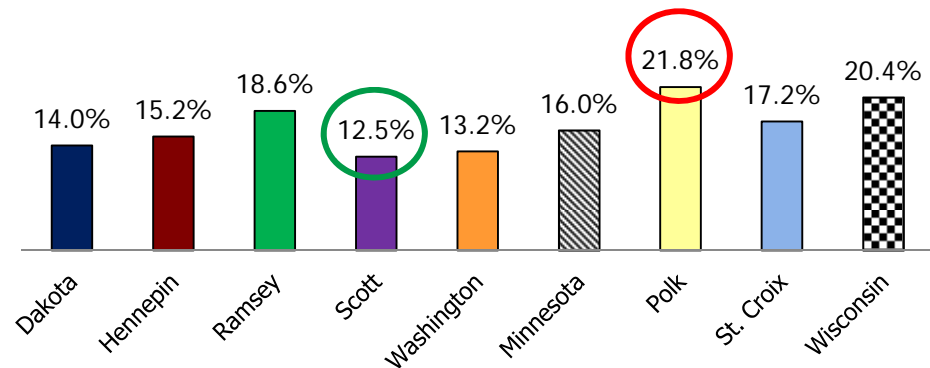




# Child Food Insecurity

- Nationally, 21.4% of children are food insecure.
- According to Map the Meal Gap: 2015, 16% of children across Minnesota are food insecure, compared to approximately 20% of children across Wisconsin.
- In 2013, the average U.S. county child food insecurity rate was 23.7%.
- Scott County has the lowest rate of child food insecurity, 12.5%, while Polk County has the highest rate of child food insecurity, 21.8%.

**Child Food Insecurity**  
2013 Percentages



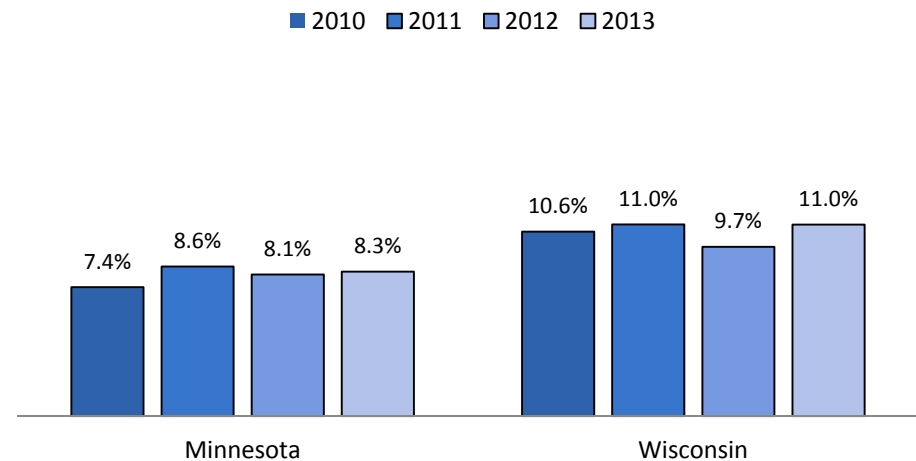
Source: Feeding America, Map the Meal Gap: 2013 Executive Summary, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

Source: Feeding America, Map the Meal Gap: 2015, Child Food Insecurity by County; <http://map.feedingamerica.org/county/2013/child/>; data accessed May 21, 2015

# Senior Food Insecurity

- Nationally, the threat of hunger for seniors from 2001 to 2013 has increased by 45%, while the number of seniors rose 107%.
- According to the National Foundation to End Senior Hunger (NFESH) 2013 Annual Report, 15.5% of U.S. seniors face the threat of hunger, as compared to 8.3% of Minnesota seniors and 11.9% of Wisconsin seniors.
- Between 2012 and 2013, the rate of change for seniors facing the threat of hunger increased by 2.1% in Minnesota, and 13.2% in Wisconsin.
- Since 2010, the percentage of seniors threatened by hunger has increased in Minnesota, Wisconsin, and the United States.

**Seniors Threatened by Hunger  
Percentage  
2010, 2011, 2012, 2013**



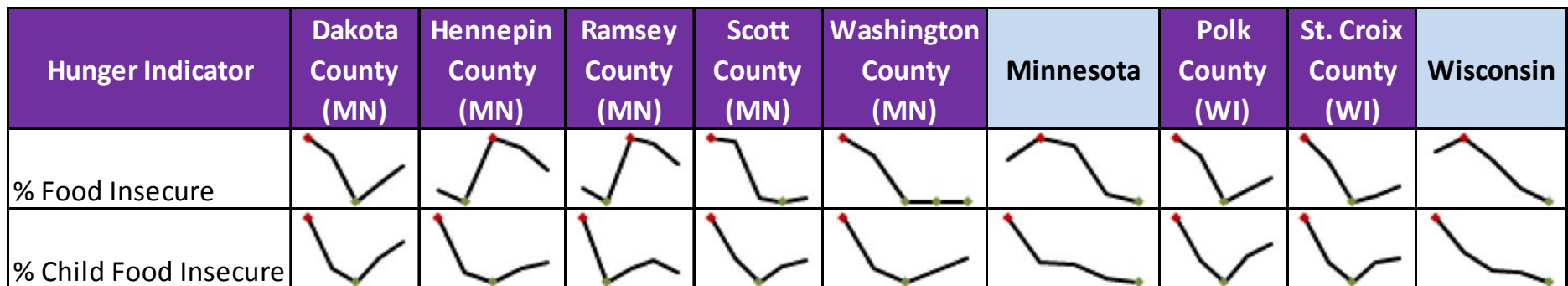
Source National Foundation to End Senior Hunger, 2010, 2011, 2012, 2013 Annual Reports, <http://www.nfesh.org/>; data accessed August 31, 2015

Note: Seniors are defined as individuals aged 60 years or older.

Note: Threat of hunger is the broadest category of food insecurity because it encompasses all three of the characterizations of food insecurity. NFESH and the researchers believe that threat of hunger is the most appropriate measurement to use with regard to the 60+ age cohort.

# Hunger Trends

## Overall Food Insecurity and Child Food Insecurity by County and State Percentages of Populations 2009, 2010, 2011, 2012, 2013



*Note: Directional trends to show general increases or decreases in food insecurity rates from 2009 – 2013. Red dot is highest rate, green dot is lowest rate.*

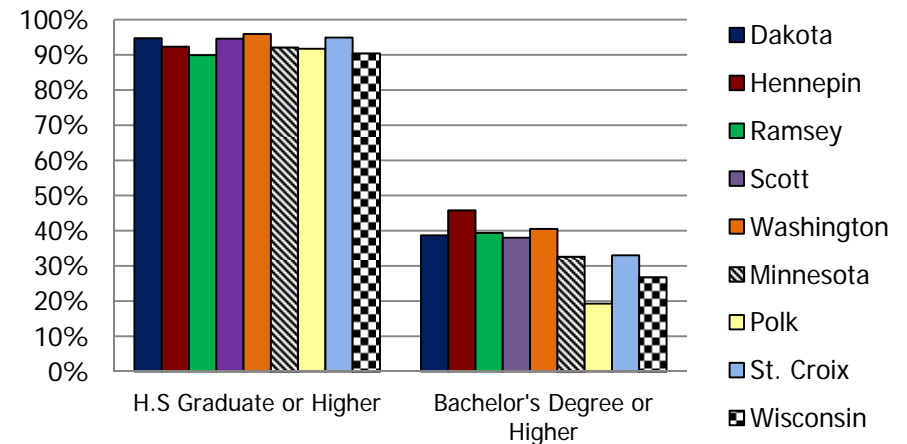


# Educational Attainment

## Overall Population

- Slightly more than 26% of Wisconsin residents have a Bachelor's Degree or higher, compared to slightly more than 32% in Minnesota.
- The Minnesota Board of Higher Education indicates that:
  - Among Minnesotans age 25 and older with an associate's degree, disparities exist across racial groups with only Asian (51%) and White (45%) Minnesotans exceeding the state average (44%).
  - Minnesota adults age 25 and older with a bachelor's degree had the lowest level of unemployment (2%) in 2013.
  - Minnesota adults age 25 and older with a graduate or professional degree had the highest median annual wage (\$65,317) in 2013.

### Educational Attainment 5-Year Estimates (2009-2013) American Community Survey



Location	H.S Graduate or Higher	Bachelor's Degree or Higher
Dakota County (MN)	94.7%	38.7%
Hennepin County (MN)	92.3%	45.8%
Ramsey County (MN)	89.9%	39.4%
Scott County (MN)	94.6%	38.0%
Washington County (MN)	95.9%	40.5%
<b>Minnesota</b>	<b>92.1%</b>	<b>32.6%</b>
Polk County (WI)	91.7%	19.3%
St. Croix County (WI)	94.9%	33.0%
<b>Wisconsin</b>	<b>90.4%</b>	<b>26.8%</b>

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 20, 2015

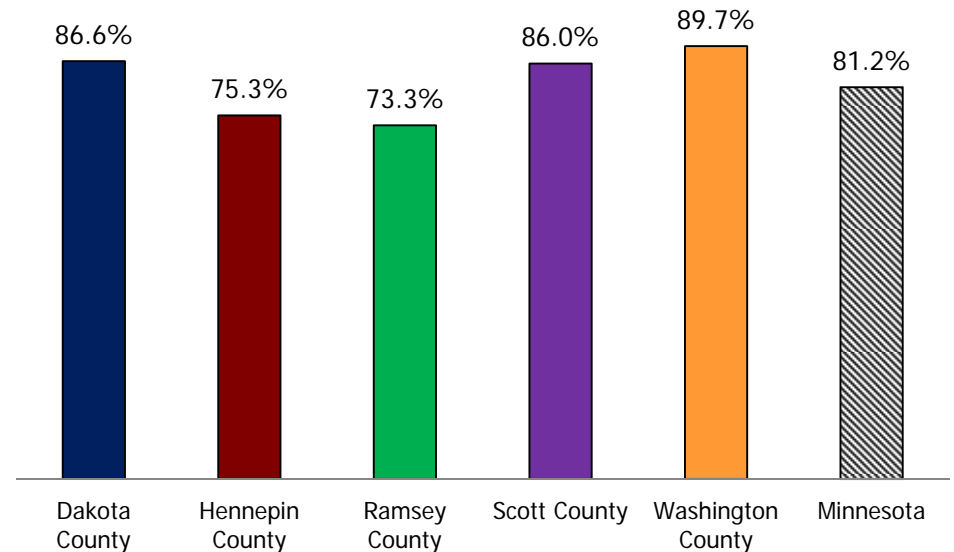
Source: Minnesota Office of Higher Education, Educational Attainment Data, <http://www.ohe.state.mn.us/fc/1873/pg.cfm>; data accessed September 1, 2015

# Educational Attainment

## Graduation Rates (Minnesota)

Location and Student Category	Number of Students	Percent of Students
<b>Minnesota</b>	<b>65,937</b>	<b>100.0%</b>
Continuing	7,249	11.0%
Dropout	3,266	5.0%
Graduate	53,524	81.2%
Unknown	1,898	2.9%
<b>Dakota County</b>	<b>5,716</b>	<b>100.0%</b>
Continuing	519	9.1%
Dropout	196	3.4%
Graduate	4,947	86.6%
Unknown	54	0.9%
<b>Hennepin County</b>	<b>13,338</b>	<b>100.0%</b>
Continuing	2,096	15.7%
Dropout	698	5.2%
Graduate	10,045	75.3%
Unknown	499	3.7%
<b>Ramsey County</b>	<b>6,746</b>	<b>100.0%</b>
Continuing	1,064	15.8%
Dropout	521	7.7%
Graduate	4,942	73.3%
Unknown	219	3.3%
<b>Scott County</b>	<b>1,791</b>	<b>100.0%</b>
Continuing	147	8.2%
Dropout	56	3.1%
Graduate	1,541	86.0%
Unknown	47	2.6%
<b>Washington County</b>	<b>3,462</b>	<b>100.0%</b>
Continuing	246	7.1%
Dropout	75	2.2%
Graduate	3,104	89.7%
Unknown	37	1.1%

### Four Year Graduation Rates 2013 - 2014



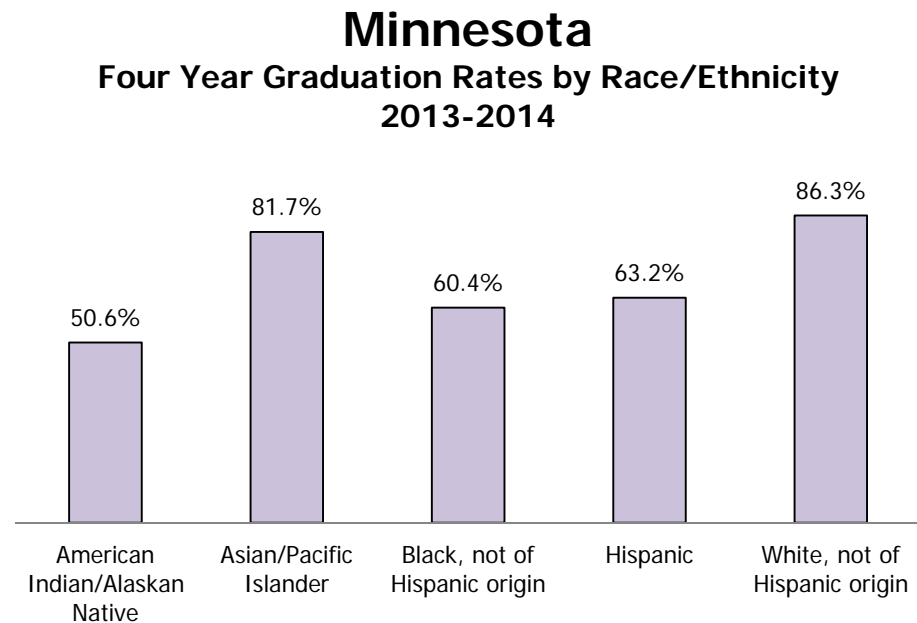
Definition: The Four-Year Graduation Rate is a four-year, on-time graduation rate based on a cohort of first time ninth grade students plus transfers into the cohort within the four year period minus transfers out of the cohort within the four year period. This rate is similar to, but not the same as, the National Governors Association (NGA) Graduation Rate. The NGA Rate allows more time for Special Education students and recent immigrants to graduate.  
Source: Minnesota Department of Education, Data Reports and Analytics, [w20.education.state.mn.us/MDEAnalytics/Data.jsp](http://w20.education.state.mn.us/MDEAnalytics/Data.jsp); data accessed June 1, 2015



# Educational Attainment

## Graduation Rates (Minnesota)

- There are disparities in high school completion rates across race/ethnicity in Minnesota.
- For example, American Indian/Alaska Native, Black and Hispanic students have substantially lower graduation rates than their White counterparts.
  - American Indian/Alaska Native: 50.6%
  - Black: 60.4%
  - Hispanic: 63.2%
  - White: 86.3%



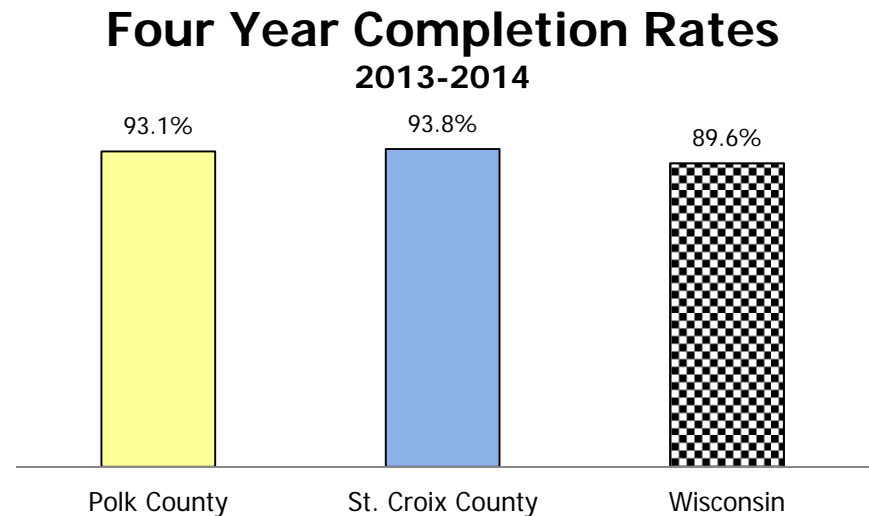
Definition: The Four-Year Graduation Rate is a four-year, on-time graduation rate based on a cohort of first time ninth grade students plus transfers into the cohort within the four year period minus transfers out of the cohort within the four year period. This rate is similar to, but not the same as, the National Governors Association (NGA) Graduation Rate. The NGA Rate allows more time for Special Education students and recent immigrants to graduate.

Source: Minnesota Department of Education, Data Reports and Analytics, [w20.education.state.mn.us/MDEAnalytics/Data.jsp](http://w20.education.state.mn.us/MDEAnalytics/Data.jsp); data accessed June 1, 2015



# Educational Attainment Completion Rates (Wisconsin)

County, District or State	Cohort Count	Student Count	4-Year Graduation Rate
<b>Polk County</b>			<b>93.1%</b>
Amery	144	133	92.4%
Clayton	32	29	90.6%
Clear Lake	34	30	88.2%
Frederic	36	27	75.0%
Luck	29	27	93.1%
Osceola	144	142	98.6%
Saint Croix Falls	87	83	95.4%
Unity	74	69	93.2%
<b>St. Croix County</b>			<b>93.8%</b>
Baldwin-Woodville Area	123	113	91.9%
Glenwood City	35	33	94.3%
Hudson	432	410	94.9%
New Richmond	195	181	92.8%
St. Croix Central	103	98	95.1%
Somerset	117	108	92.3%
<b>Wisconsin</b>			<b>89.6%</b>



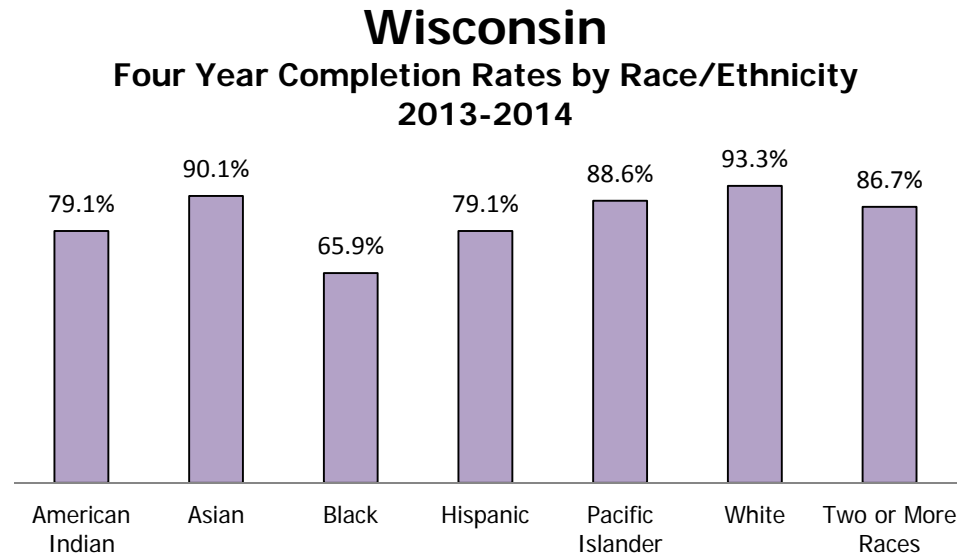
Notes: Rates reflect "completed - regular" high school completion status. The denominator is the total of completers plus non-completers in all credentials and categories in that adjusted cohort. The numerator is the "completed - regular" credential.

Source: Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard, [wisedash.dpi.wi.gov/Dashboard/portalHome.jsp](http://wisedash.dpi.wi.gov/Dashboard/portalHome.jsp); data accessed June 9, 2015



# Educational Attainment Completion Rates (Wisconsin)

- There are disparities in high school completion rates across race/ethnicity in Wisconsin.
- For example, American Indian, Black and Hispanic students have lower completion rates than their White counterparts.
  - American Indian: 79.1%
  - Black: 65.9%
  - Hispanic: 79.1%
  - White: 93.3%



Notes: Rates reflect "completed - regular" high school completion status. The denominator is the total of completers plus non-completers in all credentials and categories in that adjusted cohort. The numerator is the "completed - regular" credential.

Source: Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard, [wisedash.dpi.wi.gov/Dashboard/portalHome.jsp](http://wisedash.dpi.wi.gov/Dashboard/portalHome.jsp); data accessed June 9, 2015





# Health Status Overview

## *Dakota, Hennepin, Scott, Ramsey, and Washington Counties (MN), and St. Croix (WI) County*

---

An analysis of available health data pertaining to Dakota, Hennepin, Scott, Ramsey, and Washington Counties in Minnesota, as well as St. Croix County in Wisconsin.



# Introduction

Various counties are included in the health data section. While this hospital's individual study area does not include each of the counties served by the HealthPartners' hospitals, it is important to consider health needs in comparison to other localities.

For comparison, this section of the report includes a health data analysis for the following counties:

- Dakota County, MN
- Hennepin County, MN
- Scott County, MN
- Ramsey County, MN
- Washington County, MN
- St. Croix County, WI



# Data Sources and Levels

- The following information outlines specific health data:
  - Mortality, chronic diseases and conditions, health behaviors, natality, mental health and access
- Data Sources include, but are not limited to:
  - Minnesota Department of Health, Minnesota Public Health Data Access
  - Minnesota Student Survey
  - The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute
  - Metro Adult Health Survey
  - Survey of the Health of All of the Population and the Environment (SHAPE)
  - Wisconsin Department of Health Services, WISH Query
  - Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics
  - Community Commons
- Data Levels: nationwide, state, metropolitan statistical area (MSA) and county level data



# Mortality Summary

- Cancer and heart disease are the first and second leading causes of death, respectively, in Dakota, Hennepin, Ramsey, Scott, St. Croix, and Washington Counties, as well as Minnesota and Wisconsin (2009 - 2013 combined rates).
  - Heart disease rates are increasing in Hennepin County, but decreasing in St. Croix County and Wisconsin.
  - Cancer rates are decreasing in Dakota, Hennepin, Ramsey, Scott, and Washington Counties, as well as Minnesota and Wisconsin.
- Hennepin County has higher rates of cirrhosis, nephritis, and unintentional injury than the state.
- Ramsey County has higher rates of cancer, cirrhosis, chronic lower respiratory disease, diabetes, nephritis, and stroke than Minnesota.
  - Overall, unintentional injury rates are increasing in Dakota, Hennepin, and Washington Counties, as well as Minnesota.
- St. Croix County has higher rates of accidents, cerebrovascular diseases, diabetes, and suicide than Wisconsin.
- Washington County has lower mortality rates than the state in each of the top ten leading causes of death.



# Mortality

## Leading Causes of Death

### Leading Causes of Death (Alphabetical Order)

Age Adjusted Death Rates per 100,000, 2009-2013

Cause of Death	Dakota County (MN)	Hennepin County (MN)	Ramsey County (MN)	Scott County (MN)	Washington County (MN)	Minnesota
Cancer	● 157.8	● 160.6	● 168.8	● 153.8	● 157.7	165.5
Chronic Lower Respiratory Disease	● 34	● 34.8	● 39.3	● 32.7	● 36.3	37.4
Cirrhosis	● 6.3	● 8.1	● 8.7	● 4.8	● 5.4	7.5
Diabetes	● 18.9	● 18.4	● 20.7	● 20.1	● 18.6	19.5
Heart Disease	● 108.1	● 107.7	● 120.6	● 116.7	● 110	130
Nephritis	● 12.6	● 14	● 15.5	● 12.3	● 11.2	13.3
Pneumonia and Influenza	● 8.1	● 9.6	● 11.4	● 9.3	● 7	11.7
Stroke	● 35.4	● 36	● 40.4	● 31.8	● 31.5	37.2
Suicide	● 11.4	● 10	● 9.8	● 9.5	● 10.4	11.7
Unintentional Injury	● 42	● 43.4	● 35.5	● 39.1	● 30.1	40.7
<b>All Causes</b>	<b>● 599.3</b>	<b>● 635.2</b>	<b>● 689.8</b>	<b>● 568.6</b>	<b>● 612.5</b>	<b>650.8</b>

### Leading Causes of Death (Alphabetical Order)

Age Adjusted Death Rates per 100,000, 2009-2013

Cause of Death	St. Croix County (WI)	Wisconsin
Accidents (unintentional injuries)	● 32.7	42.5
Alzheimer's disease	● 17.2	23.9
Cerebrovascular diseases	● 38.0	37.0
Chronic lower respiratory diseases	● 37.4	38.7
Diabetes mellitus	● 23.0	18.0
Diseases of heart	● 140.0	162.1
Intentional self-harm (suicide)	● 13.5	13.1
Malignant neoplasms	● 157.4	169.7
Nephritis, nephrotic syndrome and nephrosis	● 12.5	15.1
Other causes	● 128.4	115.7
<b>All Causes</b>	<b>● 676.3</b>	<b>712.9</b>

- Green indicates that the county's rate is lower than the state's rate for that disease category.
- Red indicates that the county's rate is higher than the state's rate for that disease category.



Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015

# Mortality

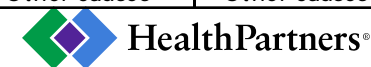
## Leading Causes of Death

### Leading Causes of Death (Ranked Order)

Utilizing Age Adjusted Death Rates per 100,000, 2009-2013

Rank	Minnesota	Dakota County	Hennepin County	Ramsey County	Scott County	Wash. County	Wisconsin	St. Croix County
1	Cancer	Cancer	Cancer	Cancer	Cancer	Cancer	Malignant neoplasms	Malignant neoplasms
2	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease	Diseases of heart	Diseases of heart
3	Unintentional Injury	Unintentional Injury	Unintentional Injury	Stroke	Unintentional Injury	Chronic Lower Respiratory Disease	Accidents (unintentional injuries)	Cerebrovascular diseases
4	Chronic Lower Respiratory Disease	Stroke	Stroke	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	Stroke	Chronic lower respiratory diseases	Chronic lower respiratory diseases
5	Stroke	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	Unintentional Injury	Stroke	Unintentional Injury	Cerebrovascular diseases	Accidents (unintentional injuries)
6	Diabetes	Diabetes	Diabetes	Diabetes	Diabetes	Diabetes	Alzheimer's disease	Diabetes mellitus
7	Nephritis	Nephritis	Nephritis	Nephritis	Nephritis	Nephritis	Diabetes mellitus	Alzheimer's disease
8	Pneumonia and Influenza	Suicide	Suicide	Pneumonia and Influenza	Suicide	Suicide	Influenza and pneumonia	Intentional self-harm (suicide)
9	Suicide	Pneumonia and Influenza	Pneumonia and Influenza	Suicide	Pneumonia and Influenza	Pneumonia and Influenza	Intentional self-harm (suicide)	Nephritis, nephrotic syndrome and nephrosis
10	Cirrhosis	Cirrhosis	Cirrhosis	Cirrhosis	Cirrhosis	Cirrhosis	Other causes*	Other causes*

\*not in ranked order because it includes all other causes of death

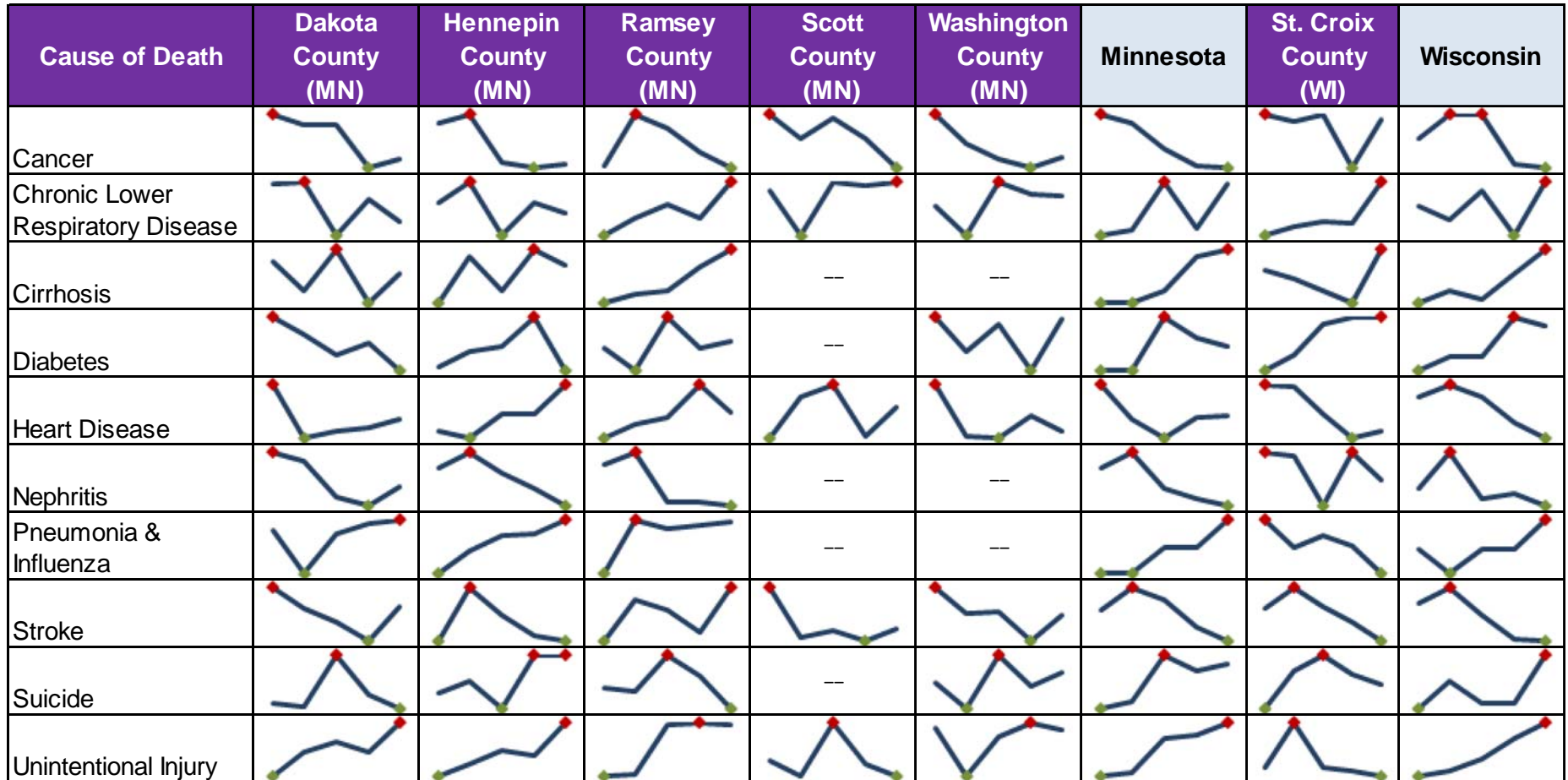


Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015

# Select Mortality Trends

Leading Causes of Death; Age Adjusted Death Rates per 100,000  
(2009, 2010, 2011, 2012, 2013)



Note: Directional trends to show general increases or decreases in mortality rates from 2009 – 2013. Red dot is highest rate, green dot is lowest rate.

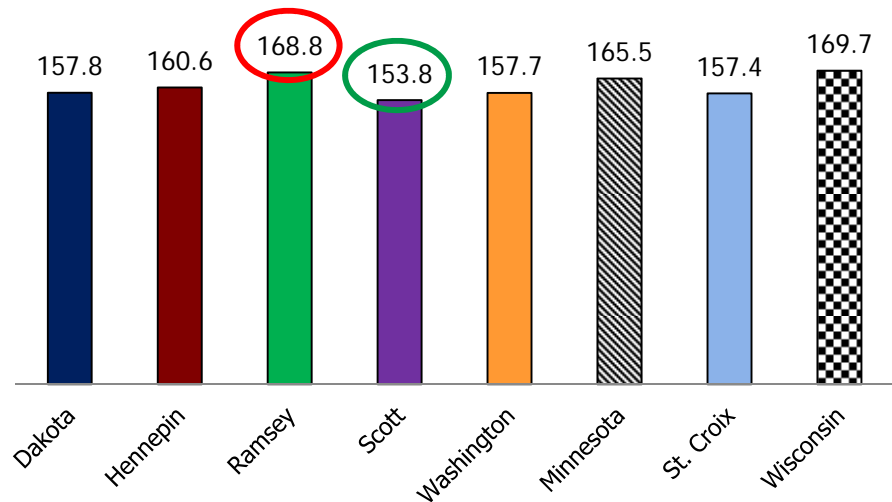
-- Rates based on 20 or fewer deaths are not calculated.



# Cancer Mortality

- Overall, cancer rates have declined since 2009. However, cancer is the leading cause of death in Minnesota, Wisconsin and the 7 counties served by HealthPartners Hospitals.
- Ramsey County has a higher cancer mortality rate than Minnesota.
- Scott County has the lowest cancer mortality rate among the 5 Minnesota counties served by HealthPartners' hospitals.
- St. Croix County has a lower cancer mortality rate than Wisconsin.

**Cancer Mortality**  
Age-Adjusted Death Rates, 2009-2013



Note: Wisconsin Department of Health Services uses the term "Malignant Neoplasms," while Minnesota Department of Health uses the term "Cancer."



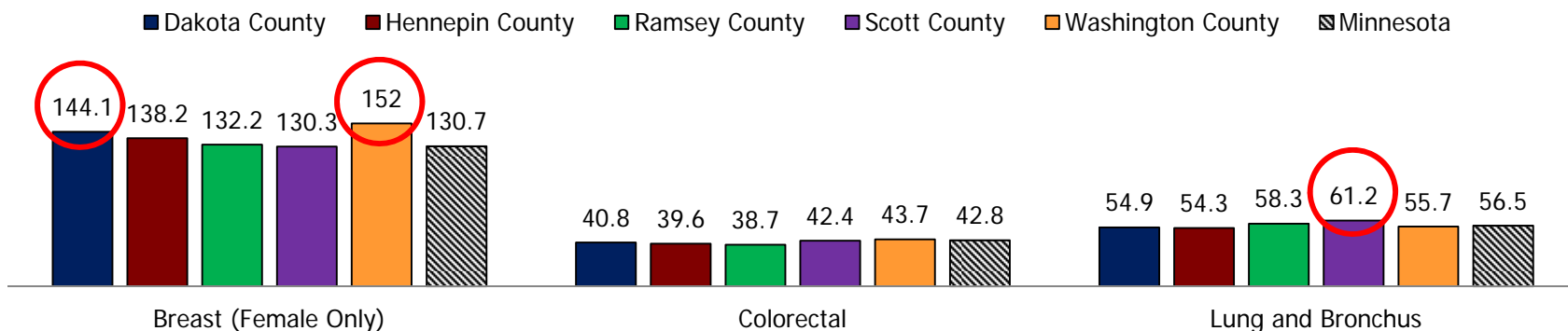
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015

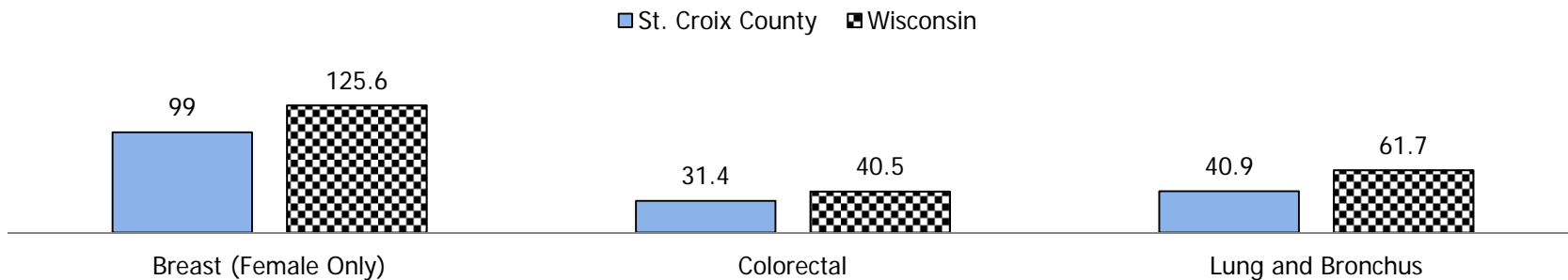


# Cancer Incidence

## Cancer Incidence Rates (MN) Age-adjusted per 100,000, 2007-2011



## Cancer Incidence Rates (WI) Age-adjusted per 100,000, 2008-2012



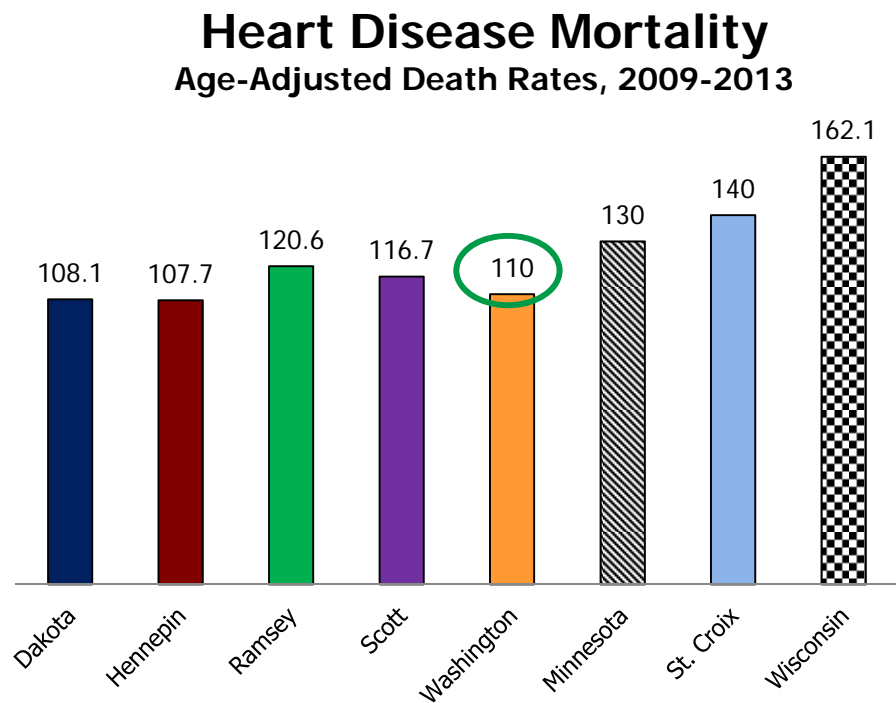
Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015

Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module. accessed 9/1/2015.

# Heart Disease Mortality

- Heart disease is the second leading cause of death in Minnesota and its 5 counties served by HealthPartners' hospitals, as well as Wisconsin and St. Croix County.
- Overall, heart disease rates have increased in Hennepin, Ramsey and Scott Counties since 2009.
- St. Croix County has a much lower heart disease mortality rate than Wisconsin.



*Note: Wisconsin Department of Health Services uses the term "Diseases of the Heart," while Minnesota Department of Health uses the term "Heart Disease."*



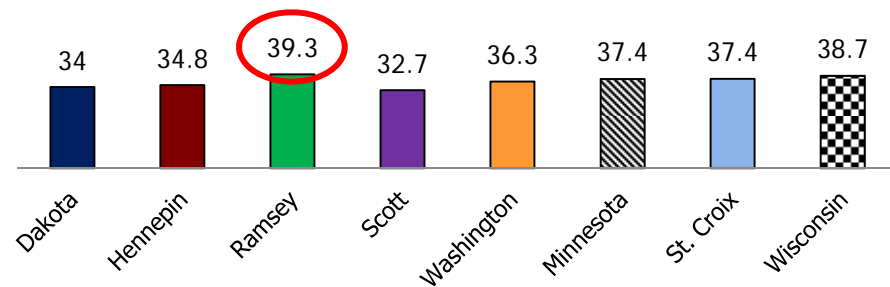
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015

# Chronic Lower Respiratory Disease Mortality

- Chronic lower respiratory disease is the fourth leading cause of death in Minnesota and Wisconsin.
- Ramsey County has a higher chronic lower respiratory disease mortality rate than the state. Ramsey and Scott Counties' rates have also increased since 2009.
- Scott, Dakota and Hennepin Counties have the lowest chronic lower respiratory disease rates among the 5 Minnesota counties served by HealthPartners' hospitals.
- St. Croix County has a slightly lower chronic lower respiratory disease mortality rate than Wisconsin.

**Chronic Lower Respiratory Disease Mortality**  
Age-Adjusted Death Rates, 2009-2013



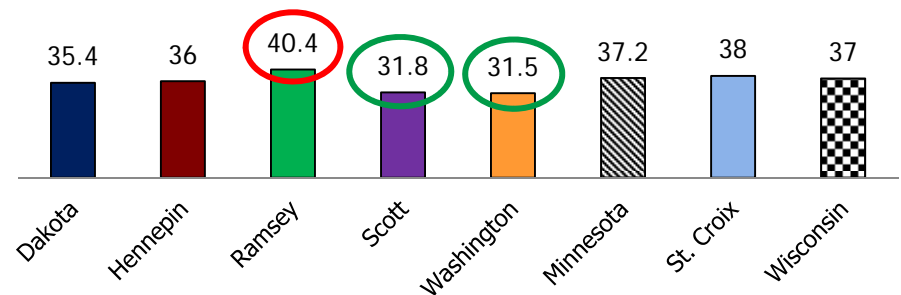
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed May 21, 2015

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015  
Lakeview Hospital Community Health Needs Assessment  
Community Hospital Consulting

# Stroke Mortality

- Stroke is the fifth leading cause of death in Minnesota and Wisconsin, but the third leading cause of death in Ramsey County and St. Croix County. It is the fourth leading cause of death in Dakota, Hennepin and Washington Counties.
- Overall, stroke rates have fluctuated between 2009 and 2013, but Ramsey County does have a higher stroke mortality rate than the state.
- Scott and Washington Counties have the lowest stroke mortality rates among the 5 Minnesota counties served by HealthPartners' hospitals.
- St. Croix County has a slightly higher cerebrovascular disease mortality rate than Wisconsin.

**Stroke Mortality**  
Age-Adjusted Death Rates, 2009-2013

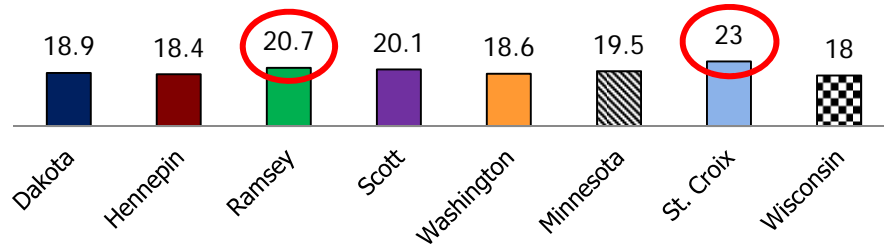


Note: Wisconsin Department of Health Services uses the term "Cerebrovascular Disease," while Minnesota Department of Health uses the term "Stroke."



# Additional Causes of Death

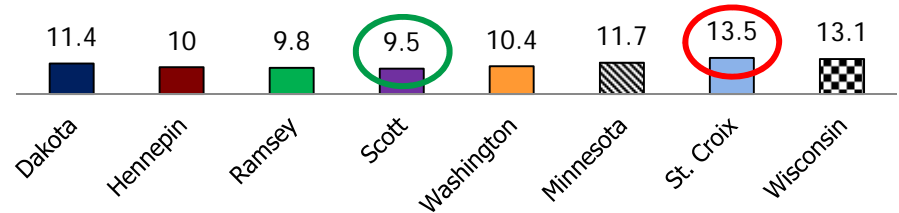
**Diabetes Mortality**  
Age-Adjusted Death Rates, 2009-2013



Note: Wisconsin Department of Health Services uses the term "Diabetes Mellitus," while Minnesota Department of Health uses the term "Diabetes."

- In 2009 – 2013, St. Croix County had the highest diabetes mortality rates, while Hennepin County experienced the lowest rate.

**Suicide**  
Age-Adjusted Death Rates, 2009-2013



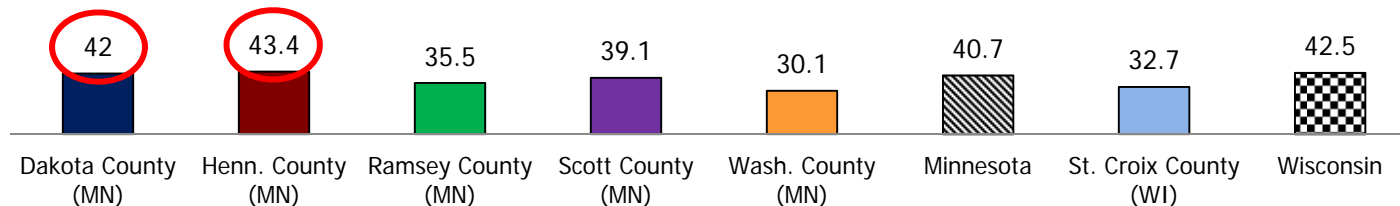
Note: Wisconsin Department of Health Services uses the term "Intentional Self-Harm (Suicide)," while Minnesota Department of Health uses the term "Suicide."

- In 2009 – 2013, St. Croix County had the highest rate of suicide, while Scott County experienced the lowest rate.



# Unintentional Injuries

**Unintentional Injury**  
Age-Adjusted Death Rates per 100,000  
2009-2013



## Unintentional Injuries by Type 2009 - 2013

County	Motor Vehicle	Trans. (Not MV)	Accidental Poison.	Accidental Falls	Other
Dakota	136	1	151	345	99
Hennepin	267	13	584	1,217	427
Ramsey	140	8	270	357	167
Scott	56	-	34	77	26
Washington	78	3	71	117	63
Minnesota	2,408	71	2,179	4,400	2213
St. Croix	40	6	18	32	0
Wisconsin	2,995	0	2,965	5,215	1,826

- In the Minnesota counties, the majority of fatal accidental falls for both males (26.3%) and females (31.3%) occur in Hennepin County.
- 56.6% of fatal accidental falls across the 5 Minnesota counties occur within the older (>85 years) population.
- In St. Croix County (WI), fatal accidental falls make up 24% of unintentional injury mortality rates, with nearly 47% of those deaths occurring within the older (>85 years) population.

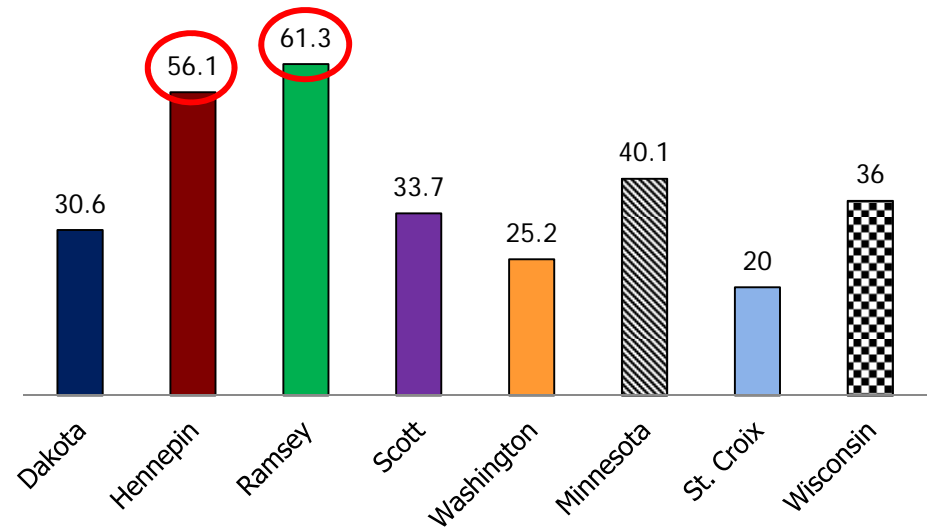


# Chronic Conditions

## Asthma

- Ramsey and Hennepin Counties have higher rates of asthma emergency department visits, compared to the state of Minnesota as well as Dakota, Scott, and Washington Counties.
- Washington County has the lowest rate of asthma emergency department visits among the 5 Minnesota counties served by HealthPartners' hospitals.
- In 2011 – 2013, asthma emergency department visit rates for Dakota, Hennepin, and Ramsey Counties increased, while Washington County and Scott County rates decreased.
- St. Croix County has a lower asthma emergency department visit rate than Wisconsin.

**Asthma**  
Emergency Department Visits 2011-2013  
Age-Adjusted Rate (per 10,000)



Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/asthma>; data accessed August 20, 2015

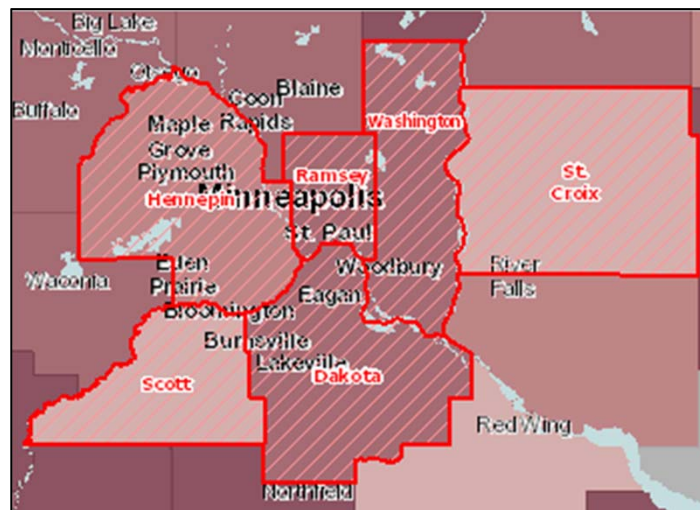
Notes: Emergency department data do not include data from federal and sovereign hospitals (e.g. Veteran's Administration; Indian Health Service) or data on Minnesota residents seen in facilities outside of Minnesota and North Dakota. Records with a missing county have been excluded from county counts, but are included in the state's count.

Source: 2011-2013 Wisconsin Emergency Department Visit Files, Office of Health Informatics, <https://www.dhs.wisconsin.gov/asthma/asthmaedvisits.pdf>; data accessed September 2, 2015

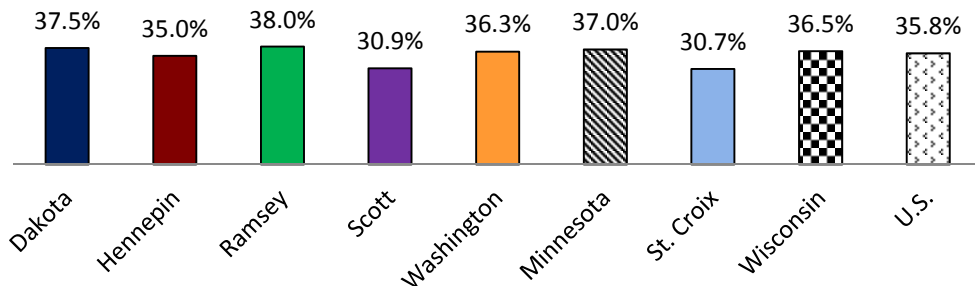
# Chronic Conditions: Adult

## Adult Overweight

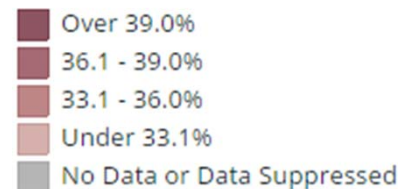
- In 2011 – 2012, both Minnesota and Wisconsin had higher percentages of overweight adults than the United States.
- Dakota, Ramsey, and Washington counties also had percentages higher than 2011-2012 national rates.
- Scott County (MN) and St. Croix (WI) have the lowest percentages of overweight adults out of the 7 counties served by HealthPartners.



**% Overweight Adults**  
2011-2012



**Overweight (BMI 25.0-29.9), Adults Age 18+, Percent by County, BRFSS 2011-12**



Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed August 31, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

Lakeview Hospital Community Health Needs Assessment  
Community Hospital Consulting

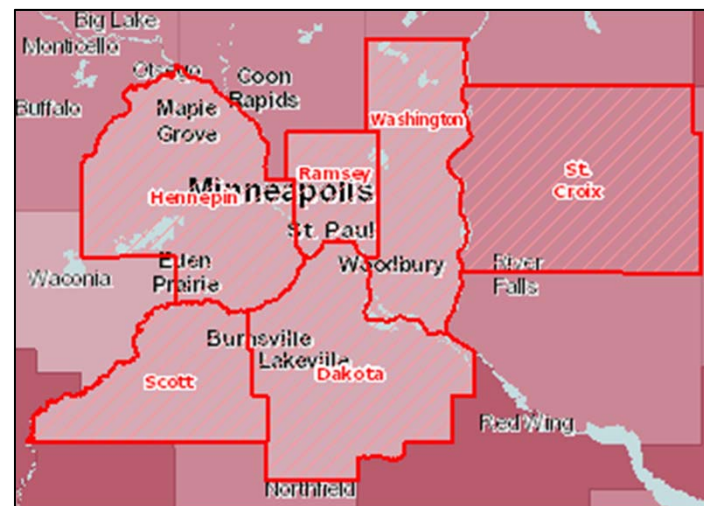
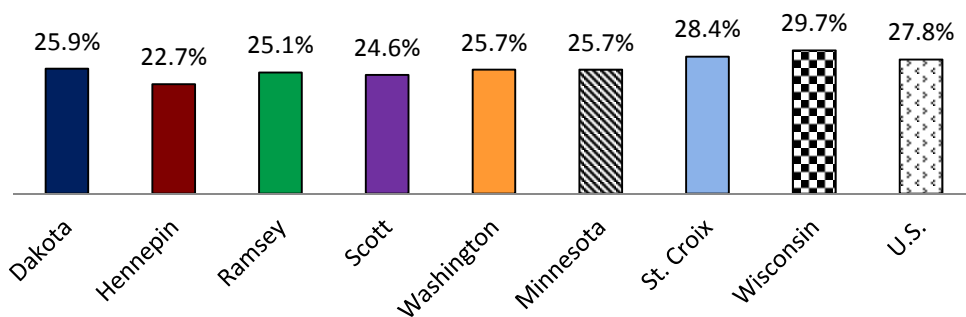


# Chronic Conditions: Adult

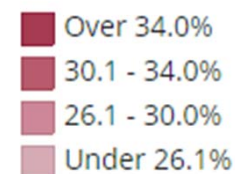
## Adult Obesity

- In 2012, Wisconsin had a higher percentage of obese adults than the United States, while Minnesota had a lower percentage.
- St. Croix County (WI) also had a higher percentage than 2012 national rates and all of the Minnesota counties served by the HealthPartners hospital system.
- Hennepin County (MN) had the lowest percentage of obese adults in 2012.

**% Obese Adults  
2012**



**Obese (BMI  $\geq$  30, Adults Age 20+, Percent by County, CDC NCCDPHP 2012**



Source: Trust for America's Health and Robert Wood Johnson Foundation. <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: United Health Foundation, America's Health Rankings, <http://www.americashealthrankings.org/ALL/Obesity>; data accessed September 3, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, [http://www.cdc.gov/diabetes/atlas/countydata/County\\_ListofIndicators.html](http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html); data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight. while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

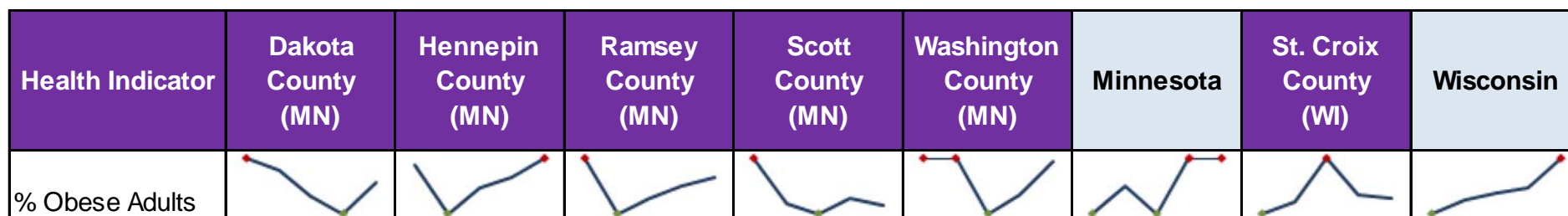
Lakeview Hospital Community Health Needs Assessment  
Community Hospital Consulting



# Chronic Conditions: Adult

## Adult Obesity Trends

### Adult Obesity Trends Percent of Population 2008, 2009, 2010, 2011, 2012



Note: Directional trends to show general increases or decreases in obesity rates from 2008 – 2012. Red dot is highest rate, green dot is lowest rate

Source: Trust for America's Health and Robert Wood Johnson Foundation. <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, [http://www.cdc.gov/diabetes/atlas/countydata/County\\_ListofIndicators.html](http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html); data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

Lakeview Hospital Community Health Needs Assessment  
Community Hospital Consulting



# Chronic Conditions: Youth

## Youth Overweight / Obesity

### Overweight

#### Minnesota.....

- In Minnesota, there is a higher percentage of overweight 9<sup>th</sup> grade males than overweight 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).
- Hennepin, Ramsey, and Scott counties have the highest rates of overweight 9<sup>th</sup> grade males, while Dakota County has the lowest percentage (Minnesota Student Survey, 2013).
- Ramsey County has the highest rate of overweight 9<sup>th</sup> grade females, and is also higher than the state percentage (Minnesota Student Survey, 2013).
- Dakota and Hennepin Counties have the lowest percentage of overweight 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).

#### Wisconsin.....

- In 2013, the percent of students in grades 9 – 12 who were overweight was 13.0% in Wisconsin, as compared to 16.6% of U.S. adolescents. This percentage has generally decreased in Wisconsin since 2009, with a slight increase in 2011 (Center for Disease Control and Prevention).

### Obese

#### Minnesota.....

- In Minnesota and across all of its counties served by HealthPartners, there is a significantly higher percentage of obese 9<sup>th</sup> grade males than obese 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).
- Ramsey County has the highest rate of obese 9<sup>th</sup> grade males, and is also higher than the state percentage (Minnesota Student Survey, 2013).
- Scott and Washington counties have the lowest rates of obese 9<sup>th</sup> grade females (Minnesota Student Survey, 2013).

#### Wisconsin.....

- In 2013, the percent of students in grades 9 – 12 who were obese in Wisconsin was 11.6%, as compared to 13.7% of U.S. adolescents. This percentage has generally increased for both Wisconsin and the U.S. since 2009 (Center for Disease Control and Prevention).

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed June 10, 2015

Source: Centers for Disease Control and Prevention, Data, Maps and Trends, <http://www.cdc.gov/obesity/data/databases.html>; data accessed September 8, 2015

Source Definition: Overweight is defined as body mass index (BMI)-for-age and sex  $\geq$  85th percentile but  $<$  95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m<sup>2</sup>]).

Source Definition: Obese is defined as body mass index (BMI)-for-age and sex  $\geq$  95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m<sup>2</sup>]).

# Health Behaviors

## Exercise and Physical Activity

### Adult

#### Minnesota .....

- The majority of residents in the Minnesota counties served by the HealthPartners participated in some physical activities or exercises other than their regular jobs.
- In 2013, 76.5% of Minnesota residents reported that they participated in physical activity within the past month, as compared to 74.7% of U.S. residents.
- Males in Dakota County had the highest rate of reported participation in physical activity (90.9%), as compared to females in Dakota County who had the lowest rate (85.7%).

*Source: 2010 Metro Adult Health Survey & SHAPE Survey*

#### Wisconsin.....

- In 2011, 19% of St. Croix County residents were physically inactive, as compared to 23% of Wisconsin residents (St. Croix Community Health Needs Assessment and Implementation Plan).
- In 2009 – 2011, the percent of adults in Wisconsin who usually biked or walked to work in the last week was 4.0%, compared to 3.4% of U.S. adults. In addition, in 2013, 76.2% of Wisconsin residents reported that they participated in physical activity within the past month, as compared to 74.7% of U.S. residents (Center for Disease Control).

### Youth

#### Minnesota .....

- Overall, in each county and the state, male 11<sup>th</sup> grade students compared to female 11<sup>th</sup> grade students were physically active for 60 minutes or more on a greater number of days (4-7 days compared to 0-3 days) (Minnesota Student Survey, 2013).

#### Wisconsin.....

- In St. Croix, 25.6% of high school students have 3 or more hours of screen time on an average school day.
- Significantly more male high school students (31.2%) reported using computers for non-school related activities than females (18.1%) in St. Croix County
- In St. Croix, 60.4% of male students and 48.8% of female students participated in physical activities for a total of at least 60 minutes per day on five or more of the 7 days before the survey

*Source: St. Croix Community Health Needs Assessment and Implementation Plan*

- In 2013, the percent of students in grades 9 – 12 who achieved 1 hour or more of moderate-and/or vigorous-intensity physical activity daily in Wisconsin was 24.0%, as compared to 27.1% of U.S. adolescents (Center for Disease Control).



# Health Behaviors

## Nutrition

### Adult

#### Minnesota.....

- The majority of individuals in the participating counties consume at least 3 - 4 servings of vegetables per day.
- Dakota County has the highest percent (40.8%) of individuals who consume adequate servings of fruits and vegetables per day (5+ servings), while Washington County has the lowest (37%).
- The majority of adults in Ramsey, Dakota, Scott, and Washington counties do not consume any soda or pop during the day.
- Ramsey County had the highest percent of residents who consume 1 – 2 glasses of soda or pop per day (23%), while Dakota had the lowest (17%).

*Source: 2010 Metro Adult Health Survey & SHAPE Survey*

#### Wisconsin.....

- In St. Croix, 79.6% of residents reported consuming insufficient fruit and vegetable intake in 2012, as compared to the Wisconsin average of 77.2%.

*St. Croix Community Health Needs Assessment and Implementation Plan*

- In 2005 – 2009, 78.8% of the St. Croix adult population reported inadequate fruit and vegetable consumption, compared to 76.9% of the Wisconsin and 75.7% of the U.S.
- In 2014, estimated expenditures for carbonated beverages as a percent of total household expenditures were 4.5% for Wisconsin households and 4.0% for overall U.S. households.

*Source: Community Commons*

### Youth

#### Minnesota.....

- Overall, in each county and the state, a slightly higher percentage of male 9th grade students (between 7% and 10%), compared to female 9th grade students (between 5% and 7%), did not eat any fruit during the 7 days prior.
- Overall, in each county and the state, a slightly higher percent of male 11th grade students, compared to female 11th grade students, drank at least one soda during the day prior.
- In Dakota County, 50% of 11<sup>th</sup> grade male students drank at least 1 soda during the prior day, compared to 35% of females.
- More than half of male 11<sup>th</sup> grade students in Minnesota, compared to less than 40% of female 11<sup>th</sup> grade students, drank at least one pop or soda during the day prior.

*Source: 2013 Minnesota Student Survey*

#### Wisconsin.....

- In 2013, the median intake of fruits and vegetables (times per day) for both Wisconsin and U.S. adolescents was 1.0 for fruits and 1.3 for vegetables.
- In 2013, the percent of students in grades 9 – 12 who drank regular soda/pop at least one time per day was 19.6% in Wisconsin, as compared to 27.0% in the U.S. This percentage has steadily declined in Wisconsin since 2007.

*Source: Center for Disease Control*



# Health Behaviors

## Binge Drinking

### Adult

#### Minnesota.....

- Scott County had the highest rate of **binge drinking** (32%) for males, which is higher than both the Minnesota rate and the U.S. average for males (2010 Metro Adult Health Survey SHAPE Survey).
- In 2012, the overall prevalence of **binge drinking** in Minnesota was 29% (Center for Disease Control).
- The national average for **binge drinking** in 2012 was 12.4% for females, and 24.5% for males (Institute for Health Metrics and Evaluation).

#### Wisconsin.....

- In 2011, 28% of St. Croix County residents responding to the survey participated in **binge drinking** in the last 30 days before the survey, as compared to 23% of Wisconsin (St. Croix County Community Health Needs Assessment and Improvement Plan).

### Youth

#### Minnesota.....

- 14% of female 9<sup>th</sup> grade students in Scott County reported living in a **household with someone who drinks too much alcohol**, compared to 11% or less in other counties and the state.
- Overall, a higher percentage of female 9<sup>th</sup> grade students (between 10% and 14%), compared to male 9<sup>th</sup> grade students (between 8% and 11%), report **living with someone who drinks too much alcohol**.

*Source: 2013 Minnesota Student Survey*

#### Wisconsin.....

- In St. Croix, 29% of high school students reported **having consumed alcohol** during the last 30 days.
- 16.2% of St. Croix high school students **reported binge drinking** during the past 30 days before the survey.

*Source: St. Croix County Community Health Needs Assessment and Improvement Plan*



# Health Behaviors

## Smoking

### Adult

#### Minnesota .....

- In 2010, 14.5% of females and 17.7% of males in Minnesota were **current smokers** (Minnesota Adult Tobacco Survey).
- In 2010, Dakota County had the highest rate of **female everyday smokers** (27.0%), compared to Scott County, which had the lowest (24.1%). In addition, in 2010, Washington County had the highest rate of **male everyday smokers** (21.4%), while Scott County had the lowest (12.4%) (2010 Metro Adult Health Survey).

#### Wisconsin.....

- 21% of St. Croix County and Wisconsin adult residents report that they **currently smoke** in 2010 (Institute for Health Metrics and Evaluation).
- The national average of **smoking prevalence** in 2012 was 22.2% for males, 17.9% for females, and 20% for both sexes (Center for Disease Control).
- More than 915,000 Wisconsinites still **smoke cigarettes** (St. Croix County Community Health Needs Assessment and Improvement Plan).

### Youth

#### Minnesota .....

- 29% of Washington County 11<sup>th</sup> grade **males reported using any tobacco products** during the past 30 days, as compared to 9% of female 11<sup>th</sup> grade students in Hennepin County.
- 33% of Scott County 11<sup>th</sup> grade females believe that most students in their school **use tobacco** (cigarettes, chew) daily, as compared to 20% of 11<sup>th</sup> grade males in Hennepin County.

*Source: 2013 Minnesota Student Survey*

#### Wisconsin.....

- 29.9% of high school student participants in St. Croix reported having **tried cigarettes**, as compared to 12.9% of students who reported having **smoked cigarettes** during the past 30 days before the survey.
- 6,900 Wisconsin adolescents become **new smokers** each year.

*Source: St. Croix County Community Health Needs Assessment and Improvement Plan*



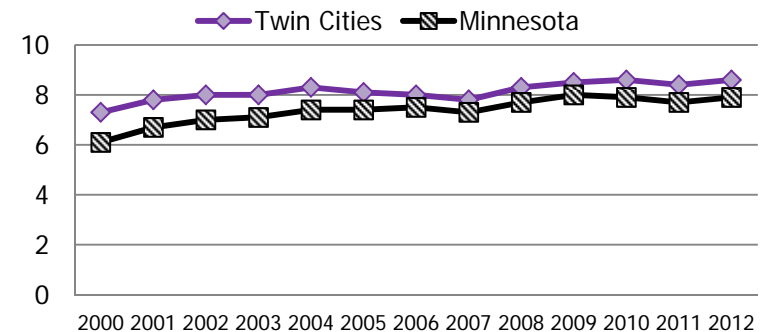
# Mental Health

- Across all Minnesota counties and the state, 9<sup>th</sup> grade females reported higher rates of being **harassed or bullied** once or twice for their weight or physical appearance as compared to males.
- In Minnesota, a higher percentage of female 9<sup>th</sup> graders, compared to male 9<sup>th</sup> graders, report having a long-term mental health, behavioral health or emotional problem. Dakota County has the highest percent in the study area.
- In St. Croix, 43.2% of high school students agreed that **harassment and bullying is a problem** at their school.
- Scott County has the most significant **ratio of residents to mental health providers** out of the Minnesota Counties.
- St. Croix County is nearly double the **ratio of residents to mental health providers** in comparison to Wisconsin.

**Ratio of Population to Mental Health Providers, 2014**

Dakota	Hennepin	Ramsey	Scott	Wash.	Minnesota	St. Croix	Wisconsin
807 : 1	332 : 1	298 : 1	1,345 : 1	544 : 1	529 : 1	1,011 : 1	632 : 1

**Rate of Psychiatric Hospital Admissions Per 1,000, 14+, 2000 - 2012**



**Rate of Psychiatric Hospital Admissions 2012 County Ranking (1=best), Per 1,000, 14+**

County	Rank	Rate
Scott County	36	5.5
Washington County	50	6.3
Dakota County	61	7.4
Hennepin County	75	8.9
Ramsey County	85	11.2

*Note: See detailed sourcing information for health behaviors in the summary of data sources section*



# Mental Health Alcohol-Related Crashes

## Motor Vehicle Crashes by County and State 2012

Type of Motor Vehicle Crash	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)		Minnesota		St. Croix County (WI)		Wisconsin	
	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed	Persons Injured	Persons Killed
All Crashes	1,877	19	8,205	33	3,363	19	554	4	1,062	8	29,314	395	429	13	39,370	601
<b>Alcohol-Related</b>	<b>128</b>	<b>3</b>	<b>613</b>	<b>5</b>	<b>261</b>	<b>0</b>	<b>50</b>	<b>1</b>	<b>76</b>	<b>5</b>	<b>2,644</b>	<b>104</b>	<b>36</b>	<b>2</b>	<b>2,907</b>	<b>223</b>
% Alcohol-Related	6.8%	15.8%	7.5%	15.2%	7.8%	0.0%	<b>9.0%</b>	25.0%	7.2%	<b>62.5%</b>	9.0%	26.3%	<b>8.4%</b>	15.4%	7.4%	37.1%

- Hennepin County had the highest number of persons injured in alcohol-related motor vehicle crashes in 2012.
- Both Hennepin County and Washington County had the highest rates of persons killed in alcohol-related motor vehicle crashes in 2012 as compared to the 5 counties served by the HealthPartners hospital system in Minnesota.
- Scott County had the highest percentage of persons injured in alcohol-related motor vehicle crashes, while Washington County had the highest percentage of persons killed in alcohol-related motor vehicle crashes.
- The percentage of Persons Injured in St. Croix County during 2012 is higher than that of Wisconsin, as well as Washington, Ramsey, Hennepin, and Dakota counties in Minnesota.
- The number of persons both injured and killed in 2012 alcohol-related motor vehicle crashes in Wisconsin is significantly higher than those in Minnesota.



Source: Minnesota Department of Public Safety, Minnesota Impaired Driving Facts 2012, <https://dps.mn.gov/divisions/ots/educational-materials/Documents/IMPAIRED-DRIVING-FACTS-2012.pdf>; data accessed September 2, 2015

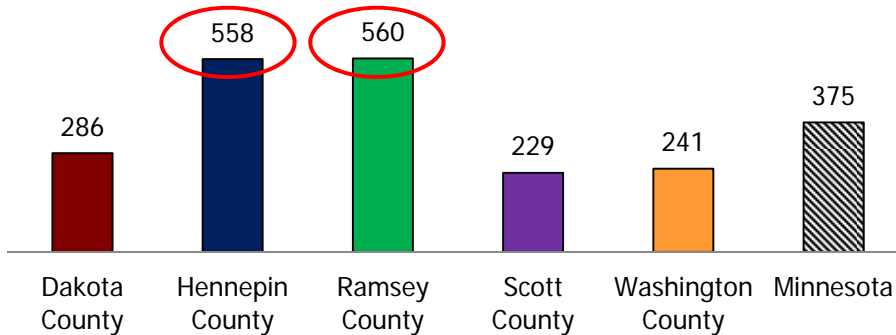
Source: Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics, Health Analytics Section. Public Health Profiles, Wisconsin 2012 (P-45358-12). August 2014; data accessed September 1, 2015

# Communicable Diseases

- From 2008 – 2012, communicable disease rates increased in Dakota, Hennepin, and Ramsey Counties as well as the state of Minnesota, while rates of communicable diseases in Scott and Washington Counties decreased.

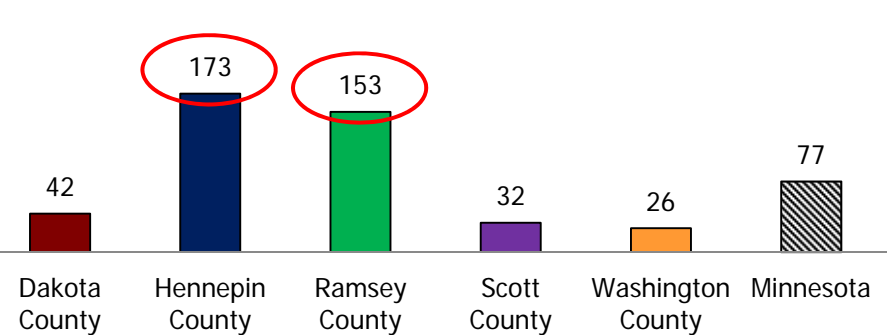
## Minnesota Chlamydia Rates

Per 100,000, 2014



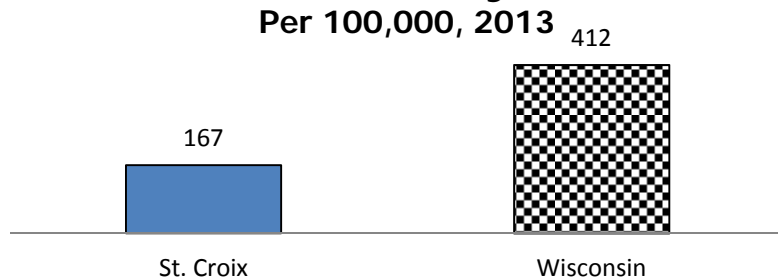
## Minnesota Gonorrhea Rates

Per 100,000, 2014



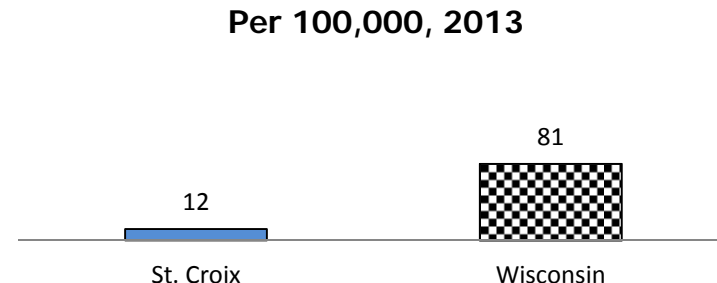
## Wisconsin Chlamydia Rates

Per 100,000, 2013



## Wisconsin Gonorrhea Rates

Per 100,000, 2013



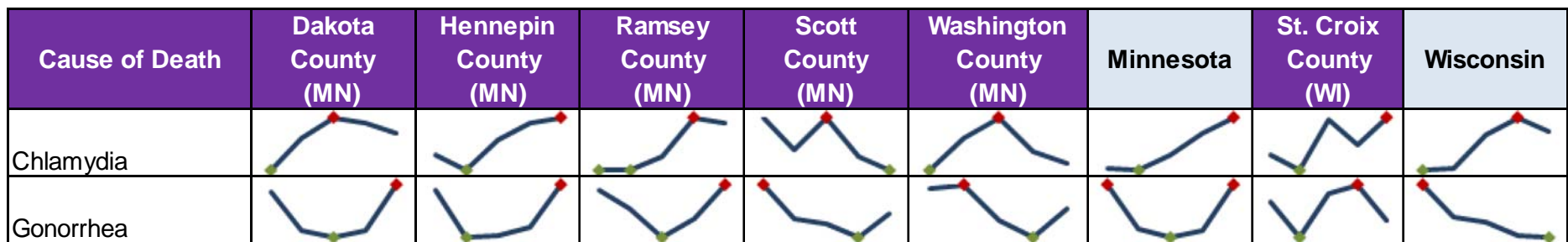
Source: Minnesota Department of Health, STD Surveillance Statistics, Minnesota, Annual Summary of Reportable STDs in Minnesota - 2014, [www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html](http://www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html); data accessed August 18, 2015

Source: Wisconsin Department of Health Services, Wisconsin County 2013 Profiles – Summary Data, <https://www.dhs.wisconsin.gov/std/2013datamap.htm>; data accessed September 1, 2015

Notes: Data exclude cases diagnosed in federal or private correctional facilities. U.S. Census 2010 data is used to calculate rates. County data missing for 988 chlamydia cases and 151 gonorrhea cases (due to missing residence).

# Communicable Diseases Trends

## Communicable Diseases: Chlamydia and Gonorrhea Rates per 100,000 (2008, 2009, 2010, 2011, 2012)



*Note: Directional trends to show general increases or decreases in communicable disease rates from 2008 – 2012. Red dot is highest rate, green dot is lowest rate.*

Source: Minnesota Department of Health, STD Surveillance Statistics, Minnesota, Annual Summary of Reportable STDs in Minnesota - 2014, [www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html](http://www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html); data accessed August 18, 2015

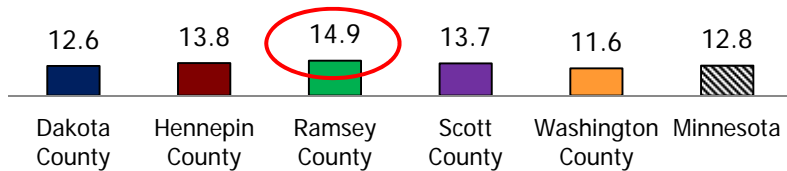
Source: Wisconsin Department of Health Services, Sexually Transmitted Diseases (STDs) – Wisconsin County 2012 Profiles, <https://www.dhs.wisconsin.gov/std/2012datamap.htm>; data accessed September 2, 2015

Notes: Data exclude cases diagnosed in federal or private correctional facilities. U.S. Census 2010 data is used to calculate rates. County data missing for 988 chlamydia cases and 151 gonorrhea cases (due to missing residence).

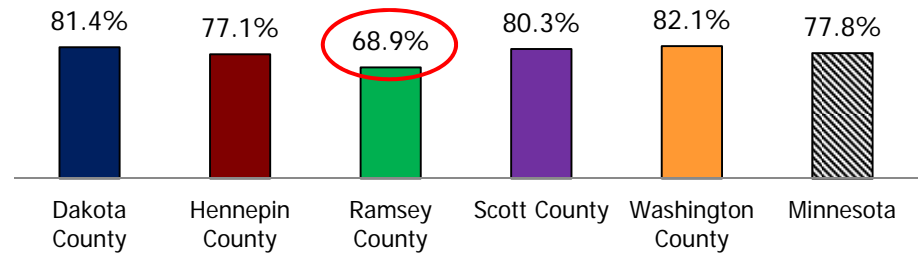
# Nativity (Minnesota)

## Birth Rates / Preterm and Low Birth Weight Births

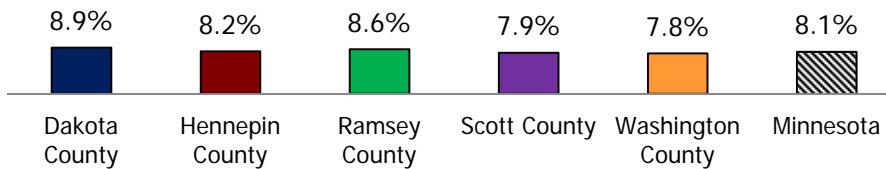
**Birth Rates**  
Per 1,000 Population, 2013



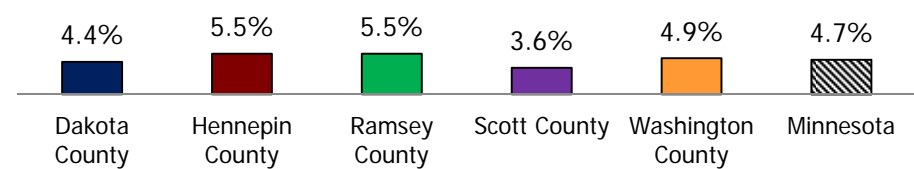
**% Received Adequate or Better Prenatal Care**  
Care Began in 1st Trimester, with Adequate Number of Visits, 2013



**% Preterm Births**  
2013



**% Low Birth Weight Births**  
2013



Preterm Births: Live births of babies who are less than 37 weeks gestation at birth.

Low Birth Weight Births: Live births who are less than 2500 grams at birth.

Adequate or Better: Prenatal care started in the 1st trimester and the woman had an adequate number of visits.

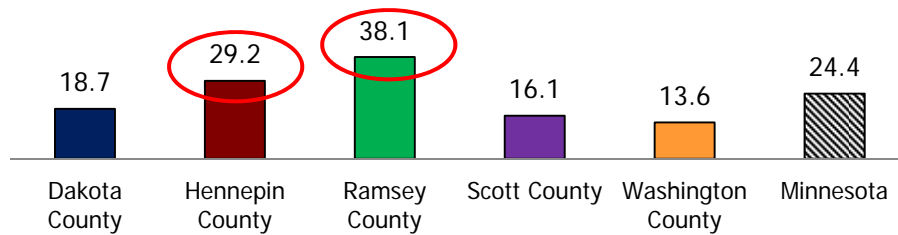
Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed June 1, 2015

Source: Wisconsin Department of Health Services, WISH, <https://www.dhs.wisconsin.gov/wish/lbw/form.htm>; data accessed September 1, 2015

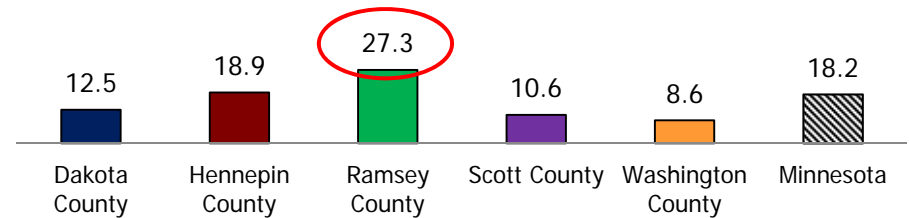
# Nativity (Minnesota)

## Teen Births and Pregnancies

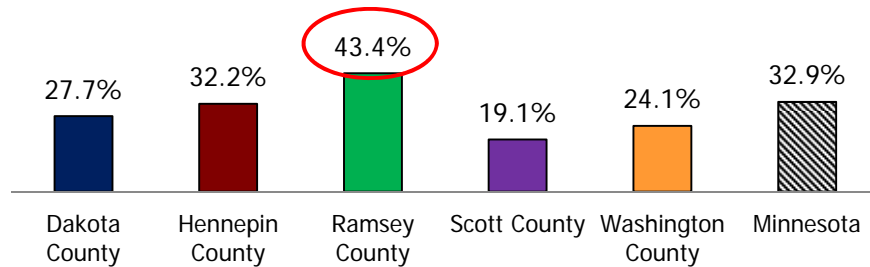
**Teen Pregnancy Rates**  
Ages 15-19, 2011-2013, Per 1,000 Female Pop.



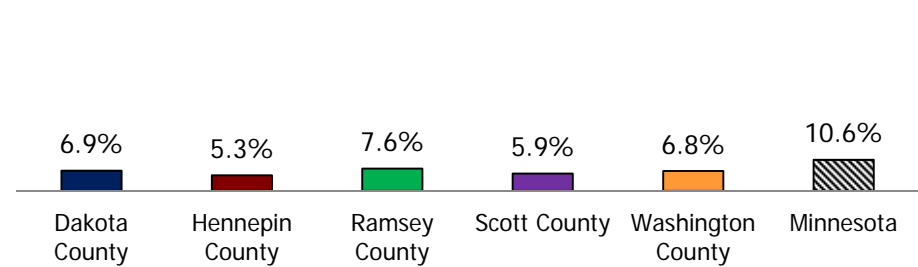
**Teen Birth Rates**  
Ages 15-19, 2011-2013, Per 1,000 Female Pop.



**% Births to Unmarried Mothers**  
2013



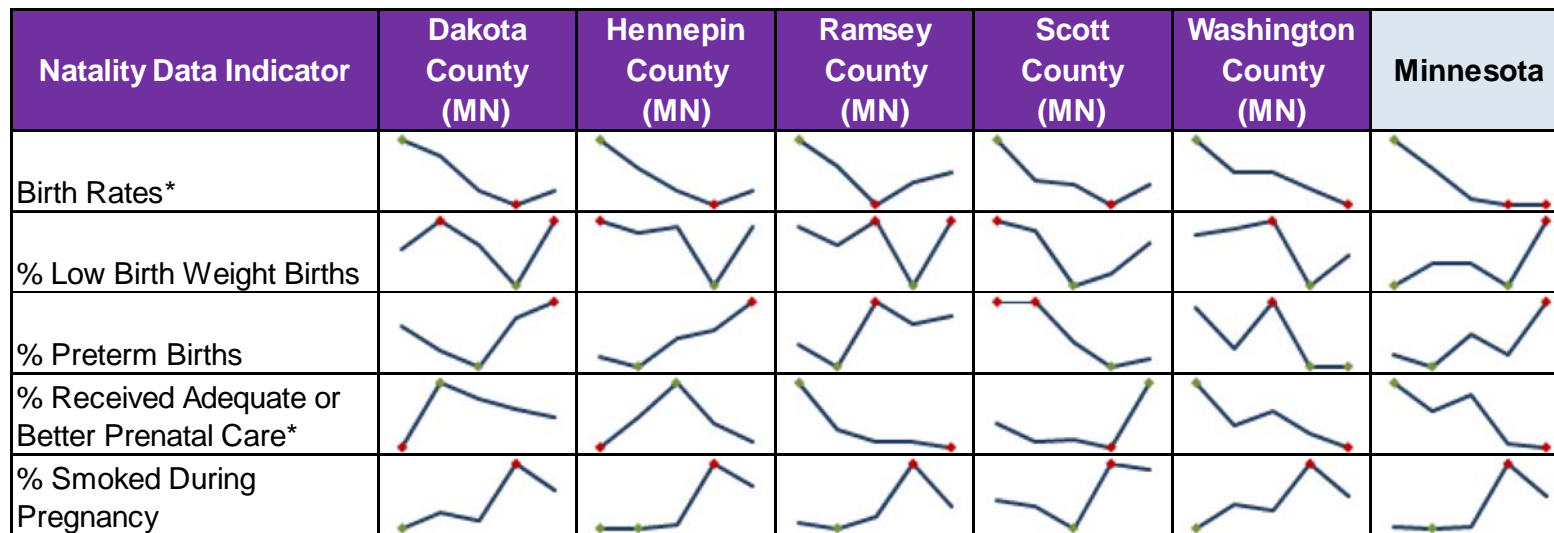
**% Smoked During Pregnancy**  
2013



# Nativity Trends (Minnesota)

## Nativity Data Indicators

Percentages and Rates (2008, 2009, 2010, 2011, 2012)

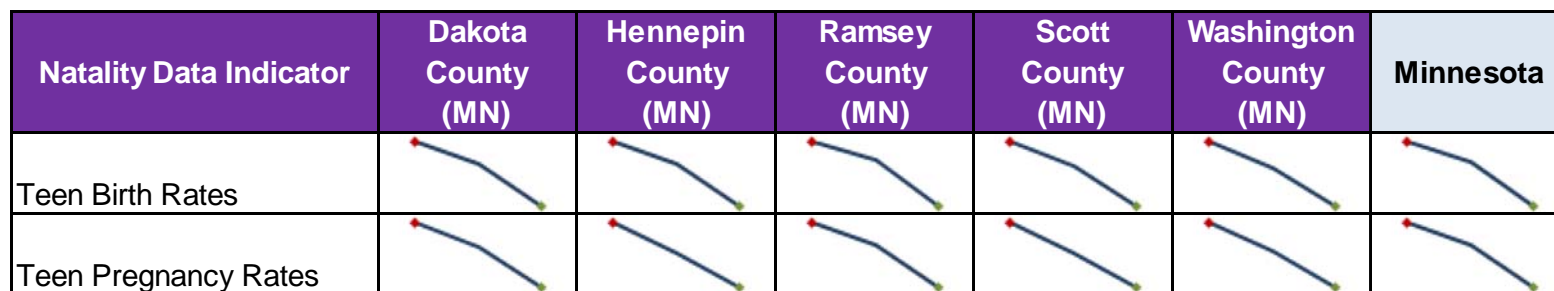


Note: Directional trends to show general increases or decreases from 2008 – 2012. Red dot is highest rate, green dot is lowest rate.

\* % Received Adequate or Better Prenatal Care and Birth Rates - green dot is the highest rate and the red dot is the lowest rate.

## Nativity Data Indicators

Rates per 1,000 Female Population Ages 15 - 19  
2005-2007; 2008-2010; 2011-2013



Note: Directional trends to show general increases or decreases from 2005 – 2007; 2008 – 2010; 2011 – 2013. Red dot is highest rate, green dot is lowest rate.

# Natality (Wisconsin)

## Birth Rates / Low Birth Weight / Teen Births / Prenatal Care

**Birth Rates**  
Per 1,000 Population, 2013

■ St. Croix County ■ Wisconsin



**% Births to Mothers Who Received First-Trimester Prenatal Care**  
2013

■ St. Croix County ■ Wisconsin



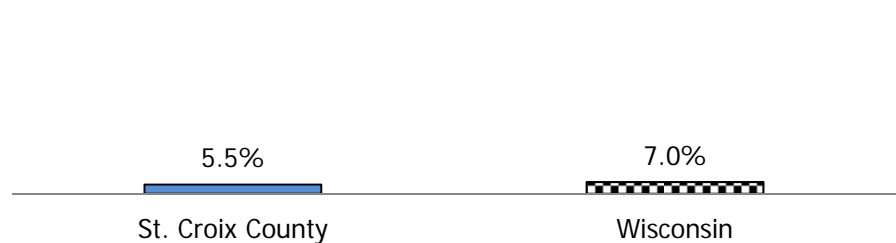
**Teen Birth Rates**  
Ages 15-19, 2011-2013, per 1,000 Females

■ St. Croix County ■ Wisconsin



**% Low Birth Weight Births**  
2013

■ St. Croix County ■ Wisconsin



Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015 (note: defined as less than 2,500 grams)

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015

# Nativity Trends (Wisconsin)

- Overall, birth rates for St. Croix County and Wisconsin declined between 2009 – 2013.
- Teen birth rates overall decreased in St. Croix County between 2009 – 2013, while Wisconsin teen birth rates significantly decreased.
- The percent of births to mothers who received first-trimester prenatal care has decreased in both St. Croix County and Wisconsin.
- While the percentage of low birthweight births in Wisconsin has slightly decreased, percentages in St. Croix County have increased.

## Nativity Data Indicators

Percentages and Rates (2009, 2010, 2011, 2012, 2013)

Nativity Data Indicator	St. Croix County (WI)	Wisconsin
Birth Rates*		
Teen Birth Rate		
% Births to Mothers Who Received First-Trimester Prenatal Care*		
% Low Birthweight Births		

Note: Directional trends to show general increases or decreases from 2009 – 2013. Red dot is highest rate, green dot is lowest rate.

\* % Births to Mothers Who Received First-Trimester Prenatal Care and Birth Rates - green dot is the highest rate and the red dot is the lowest rate.

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015 (note: defined as less than 2,500 grams)

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

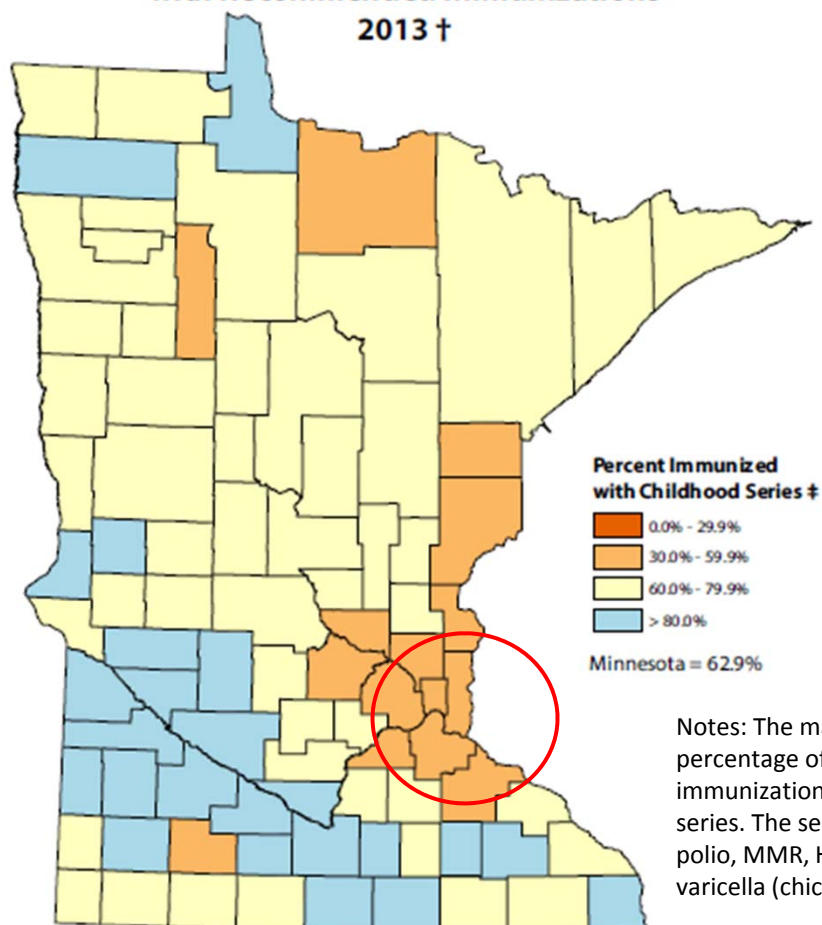
Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015



# Prevention (Minnesota)

## Childhood Immunizations

**Childhood Immunizations: Percent of Children 24-35 Months with Recommended Immunizations**  
2013 †



- Between 30% and 59.9% of children ages 24-35 months in the 5 Minnesota counties served by HealthPartners' hospitals have their recommended immunizations, compared to approximately 63% of children in the state.
- Overall, 2010 – 2012 rates of childhood immunizations steadily increased in all counties as well as the state of Minnesota, with slight decreases from 2012 – 2013.

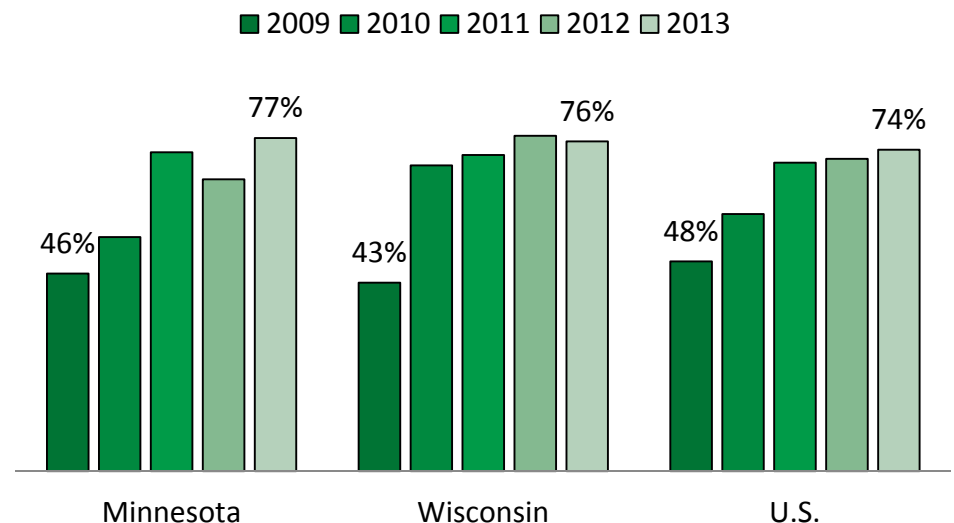


# Prevention

## Childhood Immunizations

- Between 2009 – 2013, the percent of 24 month old children who were immunized increased in Minnesota, Wisconsin, and the United States.
- In 2013, Minnesota had the highest percent of 24 month olds who were immunized, as compared to Wisconsin and the United States.

**24 Month Olds Who Were Immunized  
2009 - 2013**



Source: Kids Count Data Center, 2 Year Olds Who Were Immunized 2009 – 2013, <http://datacenter.kidscount.org/data/Tables/8001-2-year-olds-who-were-immunized?loc=1&loct=2#detailed/2/2-52/false/36,868,867,133,38/any/15387>; data accessed September 3, 2015

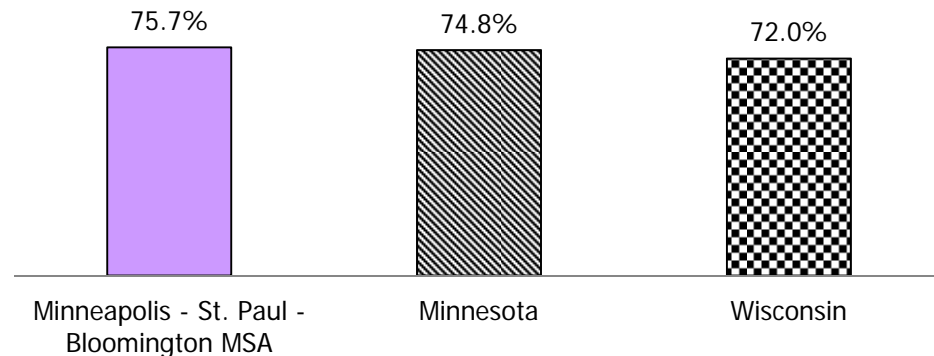
Definitions: 4:3:1:3:3:1 immunization coverage. Depending on the brand of vaccine used, a child would either get 3 doses of Hib plus a booster, or 2 doses of Hib plus a booster; at the state-level, the CDC no longer reports Hib simply as 3 or more doses but instead specifies that the “full series” was received.

Between December 2007 and September 2009 there was a shortage of the Hib vaccination which lead to a temporary suspension of the booster shot for most children in the U.S. This explains the dip in full-coverage in 2009 and 2010, which rebounded by 2011.

# Oral Health

- Approximately 75.7% of respondents in the Minneapolis – St. Paul – Bloomington MSA visited the dentist or dental clinic within the past year for any reason, compared to 74.8% in Minnesota and 72.0% in Wisconsin.
- In 2012, 67.2% of U.S. adults reported visiting the dentist or dental clinic within the past year for any reason.

**Oral Health**  
Visited the Dentist or Dental Clinic within the Past Year for any Reason  
2012, Ages 18 and Older



Source: Centers for Disease Control and Prevention, SMART Behavioral Risk Factor Surveillance System Survey Data, [apps.nccd.cdc.gov/BRFSS-SMART/](https://apps.nccd.cdc.gov/BRFSS-SMART/); data accessed June 10, 2015

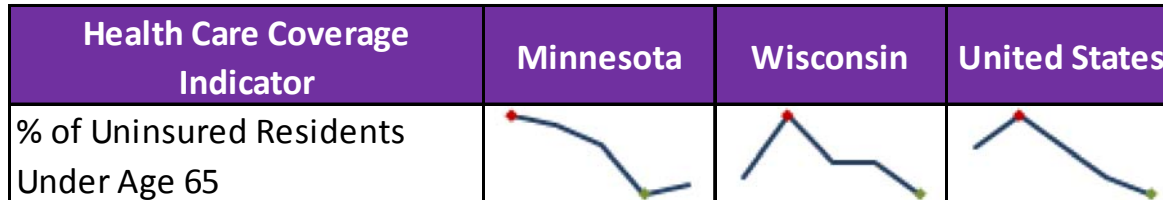
Note: The following counties are represented in the Minneapolis - St. Paul - Bloomington, MN - WI Metropolitan Statistical Area: Anoka County, MN; Carver County, MN; Chisago County, MN; Dakota County, MN; Hennepin County, MN; Isanti County, MN; Le Sueur County, MN; Mille Lacs County, MN; Pierce County, WI; Ramsey County, MN; Scott County, MN; Sherburne County, MN; Sibley County, MN; St. Croix County, WI; Washington County, MN; Wright County, MN



# Health Insurance Access

## Uninsured Trends

Percentages of State and National Populations  
2009, 2010, 2011, 2012, 2013



*Note: Directional trends to show general increases or decreases 2009 - 2013. Red dot is highest rate, green dot is lowest rate.*

- In 2013, Ramsey County had the highest rate of uninsured residents under age 65, while Washington County had the lowest rate.
- According to the University of Minnesota State Health Access Data Assistance Center (SHADAC), uninsured rates in both Minnesota and Wisconsin have steadily declined since 2010.

## Residents Under Age 65 Without Health Insurance 2013

County	% Uninsured
Dakota County	7.7%
Hennepin County	10.2%
Ramsey County	11.8%
Scott County	7.7%
Washington County	6.3%
<b>Minnesota</b>	<b>9.5%</b>
St. Croix	7.0%
<b>Wisconsin</b>	<b>10.6%</b>
<b>United States</b>	<b>16.6%</b>

Source: U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE) Program, <http://www.mncompass.org/health/health-care-coverage#7-7468-g>; data accessed September 1, 2015

Source: University of Minnesota State Health Access Data Assistance Center, Maps and Charts, <http://datacenter.shadac.org/map/236/coverage-type-total#1/77/458>; data accessed September 1, 2015

Source: MNSure, Quick Facts, <https://www.mnsure.org/learn-more/fact-sheets/quick-facts.jsp>; data accessed August 28, 2015

Lakeview Hospital Community Health Needs Assessment  
Community Hospital Consulting



# County Health Rankings (2015)

Category	Dakota County	Henn. County	Ramsey County	Scott County	Wash. County
<b>Health Outcomes</b>	<b>19</b>	<b>46</b>	<b>63</b>	<b>8</b>	<b>7</b>
Length of Life	8	32	52	3	4
Quality of Life	47	65	78	44	27
<b>Health Factors</b>	<b>6</b>	<b>28</b>	<b>58</b>	<b>5</b>	<b>3</b>
Health Behaviors	6	9	20	4	5
Clinical Care	13	9	22	23	2
Social and Economic Factors	14	65	76	1	2
Physical Environment	63	55	58	82	64

Category	St. Croix County
<b>Health Outcomes</b>	<b>9</b>
Length of Life	11
Quality of Life	10
<b>Health Factors</b>	<b>6</b>
Health Behaviors	8
Clinical Care	31
Social and Economic Factors	2
Physical Environment	57

- The **County Health Rankings** rank **87** counties in Minnesota (1 being the best ranking, 87 being the worst ranking).

- The **County Health Rankings** rank **72** counties in Wisconsin (1 being the best ranking, 72 being the worst ranking).

*Please note that various factors go into these rankings, and they are not an absolute judgment on the health status of the each community. The County Health Rankings should be used as only one piece of the overall assessment. Please visit the appendix for additional information about indicators involved in the rankings.*



# Findings from Current Research

---

A review of recently conducted Community Health Needs Assessments, including community input collected from persons with expert knowledge of public health in the community served by the hospital



# Background Information

HealthPartners, as a system of hospitals, clinics, and care providers, has an extensive reach into the communities it serves in numerous localities. Representatives from Lakeview Hospital, as well as staff from the larger HealthPartners system, serve on boards, coalitions and community collaborations to improve the health of residents in the community served by the hospital.

This section of the report serves to document the most key collaborations in Ramsey, St. Croix, and Washington Counties, identifying participation in and results from efforts to collect input from persons who represent the following groups:

- State, local, tribal or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community
- Members of medically underserved, low-income and minority populations in the community, or individuals or organizations serving or representing the interests of such populations



# Overview

County	Report Name	Public Health Input	Underserved Groups
Ramsey County	Ramsey County Community Health Improvement Plan 2014-2018	<ul style="list-style-type: none"> <li>The Ramsey County Community Health Improvement Plan (CHIP) was conducted and produced by St. Paul - Ramsey County Public Health.</li> </ul>	<ul style="list-style-type: none"> <li>More than 80 residents and community leaders from the public, private and nonprofit sectors met from April - November 2013</li> <li>Community Health Concerns Survey</li> </ul>
Washington County	2014 Washington County Community Health Improvement Plan	<ul style="list-style-type: none"> <li>The Washington County Community Health Improvement Plan was conducted and produced by Washington County Department of Public Health and Environment.</li> </ul>	<ul style="list-style-type: none"> <li>Washington County Residential Survey</li> <li>Washington County Community Health Opinion Survey</li> <li>Key Informant Interviews</li> <li>Adult Listening Sessions</li> <li>Youth Listening Sessions</li> </ul>
St. Croix County	St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016	<ul style="list-style-type: none"> <li>St. Croix County Public Health is an integral part of the Healthier Together collaborative, serving as one of five partners on the coalition.</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Assessment aNd Group Evaluation (CHANGE) Assessment</li> <li>Transform Wisconsin Public Opinion Poll</li> <li>Community Health Needs Assessment (CHNA) Survey</li> </ul>
St. Croix and Washington Counties	PowerUp Family Community Survey	NA	<ul style="list-style-type: none"> <li>The Family Community Survey is targeted towards families with children under the age of 18</li> </ul>





# Areas of Concern by County

*\*Counties served by other Health Partners hospitals are included for comparison purposes*

Area of Concern	Dakota	Henn.	Ram.	Scott	Wash.	Polk	St. Croix
Access to Health Care	x	x	x				
Affordable Housing	x						
Alcohol / Tobacco / Other Drugs	x				x	x	
Chronic Diseases / Conditions (Obesity, Heart Disease, etc.)	x	x		x	x	x	x
Lack of Physical Activity / Nutrition	x	x	x	x	x		x
Maternal and Child Health	x	x		x			
Mental Health / Social & Emotional Wellbeing (Example: Increasing community connectedness)	x	x	x	x	x	x	
Oral Health							x
Public Health Funding	x						
Social Determinants of Health (Income, Poverty, Transportation, etc.)	x	x	x				
Violence Prevention			x				

Source: Healthy People / Healthy Communities: 2013 Dakota County Community Health Needs Assessment; [www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/profiles.aspx](http://www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/profiles.aspx); data accessed July 11, 2015

2012-2015 Community Health Improvement Plan for Hennepin County Residents; [http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process\\_20131217.pdf](http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process_20131217.pdf); data accessed July 11, 2015

Scott County Community Health Improvement Plan 2015-2019; <http://www.co.scott.mn.us/HelpingPeopleHealth/PublicHealth/Pages/Community-Health-Improvement-Plan-2015-2019.aspx>; data accessed July 11, 2015

Ramsey County Community Health Improvement Plan 2014-2018; [www.co.ramsey.mn.us/ph/docs/CHIP\\_report\\_final\\_2014\\_2018.pdf](http://www.co.ramsey.mn.us/ph/docs/CHIP_report_final_2014_2018.pdf); data accessed July 11, 2015

Washington County Community Health Improvement Plan 2014; <http://www.co.washington.mn.us/documentcenter/view/5513>; data accessed July 11, 2015

Healthy Polk County 2020 Community Health Improvement Plan Version 2014-2016; <http://healthypolkcounty.com/healthy-polk-county-2020/>; data accessed July 11, 2015

St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016; <http://www.healthiertogetherstcroix.org/resources/>; data accessed July 11, 2015

# Ramsey County

## Ramsey County Community Health Improvement Plan 2014-2018

### Methodology Summary:

The Ramsey County Community Health Improvement Plan was produced by the Saint Paul - Ramsey County Public Health Department in collaboration with several community partners, represented on the CHIP Committee (CHIPC). The CHIPC dedicated time to regularly scheduled meetings, reviewed available health data, examined external "forces of change", conducted the Community Health Concerns Survey, and identified priority health issues and themes.

### Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

- The Ramsey County Community Health Improvement Plan (CHIP) was conducted and produced by Saint Paul - Ramsey County Public Health.

2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

- More than 80 residents and community leaders from the public, private and nonprofit sectors met from April - November 2013
- Community Health Concerns Survey

### Hospital Involvement:

HealthPartners was a Committee Member Organization for the Ramsey County Community Health Improvement Plan (CHIP), devoting regular meeting time to CHIP work and serving as a key participant in the planning process.



# Ramsey County

## Ramsey County Community Health Improvement Plan 2014-2018

### Strategic Health Issues and Goals:

*(Rated as 1 or 2 – indicated high need – by at least 1 group)*

- Safety
- Distracted Driving
- Lack of Health Insurance
- Poverty
- Lack of Medical Services that are low/no cost
- Tobacco use by youth
- Alcohol use by underage youth
- Driving under the influence of drugs
- Unemployment
- Youth gang activity
- High blood pressure
- Alcohol abuse among adults
- Language/communication barriers in accessing health care services

### Overall Health Needs Identified:

- Social Determinants of Health
- Nutrition, Weight and Active Living
- Access to Health Services
- Mental Health / Mental Disorders / Behavioral Health
- Violence Prevention



# Washington County

## Washington County Community Health Improvement Plan 2014

### Methodology Summary:

The 2014 Washington County Community Health Improvement Plan utilized elements of the Mobilizing for Action through Partnerships and Planning (MAPP) model. This process included a review of available health data, as well as the systematic collection of community input.

### Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community	• The Washington County Community Health Improvement Plan was conducted and produced by Washington County Department of Public Health and Environment.
2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations	• Washington County Residential Survey • Washington County Community Health Opinion Survey • Key Informant Interviews • Adult Listening Sessions • Youth Listening Sessions

### Hospital Involvement:

Lakeview Health Foundation participated in and provided input for the Washington County Community Health Improvement Plan.



# Washington County

## Washington County Community Health Improvement Plan 2014

### Initial Categories of Health Issues: (Used for Prioritization)

- Obesity, Nutrition and Physical Activity
- Chronic Disease and Conditions
- Mental Health
- Substance Abuse
- Tobacco Use
- Injury and Violence
- Environmental Health
- Access to Health Services
- Maternal and Child Health
- Infectious Diseases



### Overall Health Needs Identified:

- **Obesity** in children and adults due to poor nutrition and physical activity.
- Premature death and disability from **chronic diseases** due to tobacco use.
- **Behavioral health problems** among children and adults due to substance abuse and mental illness.



# St. Croix & Washington County

## PowerUp/Family Community Survey

### Description of PowerUp and Family Community Survey

- PowerUp is an evidence-based, comprehensive approach to create community change through improving youth health in the St. Croix Valley over 10 years in partnership with schools, businesses, health care, civic groups, families, kids, and the entire community.
- The Family Community Survey is an online survey distributed at 2 year intervals over the course of the initiative that is targeted towards families with children under the age of 18 to gather data concerning awareness, attitudes and behaviors related to PowerUp.
- Two comparison groups are included in the study:
  - 2013: Stillwater, Mahtomedi, Somerset Areas
    - 1,825 surveys mailed, 273 responses (15% response rate)
  - 2014: Hudson, New Richmond Areas
    - 1,925 surveys mailed, 222 responses (13% response rate)

### What do parents need to help PowerUp their families? Top 5:

- Coupons/Price Discounts
- Physical Activity during the school day
- Access to free/low cost places to be physically active
- Physical Education in Schools
- Better foods and beverages served at community events



# St. Croix County

## St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016

### Methodology Summary:

Healthier Together – St. Croix County is a community collaboration working together to improve the health of residents in St. Croix County. The coalition is a partnership between:

- Baldwin Area Medical Center
- Hudson Hospital & Clinic
- River Falls Area Hospital
- Westfields Hospital & Clinic
- St. Croix County Public Health

The coalition engaged in a joint community health planning process that culminated in a Community Health Needs Assessment and Implementation Plan.

The first phase – “Data Collection” and “Community Input” – was conducted between July and December of 2013. This section summarizes those findings.

### Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

• St. Croix County Public Health is an integral part of the Healthier Together collaborative, serving as one of five partners on the coalition.

2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

• Community Health Assessment and Group Evaluation (CHANGE) Assessment

• Transform Wisconsin Public Opinion Poll

• Community Health Needs Assessment (CHNA) Survey

### Hospital Involvement:

Hudson Hospital & Clinic and Westfields Hospital & Clinic are an integral part of the Healthier Together collaborative, serving as two of five partners on the coalition.



# St. Croix County

## St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016

### Health Data Findings:

#### Youth Risk Behavior Surveillance System (YRBSS):

- 43.2% of students said harassment / bullying is a problem at their school
- 12.6% of students have considered attempting suicide in the last 6 months
- 29.9% of students have tried cigarette smoking and 29% reported drinking alcohol during the last 30 days
- 21.3% have tried marijuana
- 36.1% reported ever having sexual intercourse
- 25.6% of students reported watching television 3 or more hours per day on an average school day

#### Additional Data Indicates:

- Poverty and food insecurity are concerns in St. Croix County
- Homelessness, domestic violence and lack of public transportation are issues facing families in St. Croix County
- Excessive alcohol consumption is one of Wisconsin's largest public health issues
- Leading causes of death are cancer and heart disease (2012)

### Community Input Findings:

#### Community Health Assessment and Group Evaluation (CHANGE) Assessment:

- Community-at-large sector: increased access to active living, access to healthy food options, and promotion of healthy eating, as well as breastfeeding awareness.
- Healthcare sector: improvements needed in a referral system to community-based resources for physical activity.
- School sector: need for environmental and policy changes for improved physical activity and nutrition opportunities in the school systems.

#### Transform Wisconsin Public Opinion Poll:

- At random, 300 St. Croix adults completed the survey.
- Results indicated that 82% of respondents believe that childhood obesity is a serious problem in Wisconsin (31% reported it as a "very serious" problem).
- Respondents almost unanimously agreed that promoting active schools and opening recreational facilities for public use are common-sense steps to promoting increased physical activity.

#### Community Health Needs Assessment (CHNA) Survey:

- A total of 434 individuals responded to the survey.

#### Top Health Priorities:

- Obesity and Lack of Physical Activity
- Access to Primary and Preventative Health Services
- Adequate and Appropriate Nutrition
- Alcohol and Other Substance Use and Addictions
- Tobacco Use and Exposure





# St. Croix County Priority Comparison

## 2009 vs. 2014-2016 Priorities

### 2009-2014 CHIP Health Priorities

- Access to Primary and Preventative Health Services
- Adequate and Appropriate Nutrition
- Overweight, Obesity, and Lack of Physical Activity
- Alcohol and Other Substance Use and Addiction
- Tobacco Use and Exposure

### 2014-2016 CHNA and Improvement Plan Health Priorities

- Healthy Foods
- Oral Health
- Physical Activity



Source: St. Croix County Community Health Improvement Plan 2009-2014

Source: St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016; <http://www.healthiertogetherstcroix.org/resources/>; data accessed July 11, 2015

Lakeview Hospital Community Health Needs Assessment  
Community Hospital Consulting

December 2015  
Page 92

# Summary of Community Conversations Conducted by Lakeview Hospital

---

A review of findings from the community  
conversations conducted by Lakeview Hospital



# Background

## Lakeview Hospital Community Conversations

- Lakeview Hospital conducted 2 community conversations during the summer of 2015 to gather input from various groups in the community, including representatives of under-served populations.

### Community Conversation #1

Members of Community Health Action Team  
Conducted: May 15, 2015

Name	Role
Cheryl Hale	Nursing, Stillwater Area Public Schools
Shelly Rock	Parish Nursing, Lakeview
Susan Whalen	Private Practice Psychologist
Allie Schmidt	Pregnancy Counselor, Evolve Adoption
Diane Cragoe	School Programs Coordinator, Family Means
Jean Streetar	Washington County Public Health
Cathy Dyball	Community Thread
Jen Kowalsky	Community Member

### Community Conversation #1

Members of Health and Wellness Advisory Committee  
Conducted: July 15, 2015

Name	Role
Sue Hedlund	Retired Public Health Deputy Director
Lowell Johnson	Director of Public Health, Washington County
Rick Robbins	Community Member & Marketing Professional
Denise Pontrelli	Superintendent of Schools, Stillwater
Ron Phillippo	Community Member & Retired Boy Scout Executive



# Summary of Findings

## Lakeview Hospital Community Conversations

- Access to Mental Health Services
- Chemical and Substance Abuse Issues
- Access to Adequate Nutrition and Physical Activity
- Need to “connect people to services and to each other”

# Survey Summary

## Lakeview Hospital Community Conversations

- A brief survey was conducted to rank the top health care initiatives. The top health care needs were:
  - Promoting change in negative habits
  - Promoting positive health habits
  - Improving access to health care for populations with limited services
  - Increasing the proportion of residents who have access to health coverage
  - Promoting chronic disease management

If you were in charge of improving the health of the communities that you serve, what is the one thing you would do?



# Access to Mental Health Services

## Lakeview Hospital Community Conversations

- **Top Priority**
  - Five out of eight community conversation members reported mental health as the top need in the community.
- **Mental Health Stigma & Gaps in Access**
  - There is a need to decrease stigma and close the gap in access to services.
  - There is a continued need to work on stigma, and create resources that people are confident in.
  - Connecting providers with needs can be difficult. There is an overall need to connect “need” with the “help.”
- **Preventive Education**
  - Education is necessary to help people identify early signs of mental illness and next steps for treatment.
- **Lack of Resources**
  - The community does not have facilities to take people with mental health issues. The ambulance will not take them, so the sheriff has to bring them to Regions Hospital.



# Chemical and Substance Abuse Issues

## Lakeview Hospital Community Conversations

- Substance Abuse
  - Abuse of prescription medications, opiates in particular, is a concern in the community.
  - The community lacks continuing alcohol and tobacco education, including e-cigs and non-smoking forms.
  - There is an increase in drug use among high school students and young adults in the Stillwater area.
  - There is a problem with marijuana’s increasing acceptance and the perception that it is low risk, including a “weed justification” of “it’s okay because it’s okay in other states.”
- Parental Education
  - There is a need to educate adults and guardians about new forms of common substances. For example, weed wax and other non-traditional forms of marijuana are common.
  - There are now “how-to” drug use apps.



# Nutrition and Physical Activity

## Lakeview Hospital Community Conversations

### Assets

- *PowerUp* is an important and visible resource in the area.

### Needs

- Health Literacy
  - Lack of health and wellness literacy is a problem in the community.
- Lack of Healthy Food for Specific Populations
  - There is food inequity in the area, and access to nutritious foods for the elderly is severely limited.
- Lack of Resources
  - The community lacks a recreation department and facilities that are available are being under utilized.
    - *PowerUp* open gyms help with this issue.
  - Additional partnerships between Washington County/Stillwater Schools/Lakeview Hospital might be beneficial on this front.
  - “It might be a coordination problem, not a facilities problem.”
- School Wellness
  - New policies are being proposed to the school board.
  - Budget cuts are impacting schools’ abilities to staff nurses.





# Create Connections

## Lakeview Hospital Community Conversations

- **Establishing Community Connections**
  - “Connecting people to services and to each other” was a recurring theme in both community conversations conducted by Lakeview Hospital.
  - This need is applicable across conditions and communities, including mental health.
  - Lakeview Hospital can be influential by continuing to connect patients to available services.
  - Lakeview can continue to collaborate with partners to share resources and increase awareness of resources.
- **Building a Healthier Community**
  - Increasing access to necessary resources and connecting community members who share similar experiences will increase the health and quality of life of the whole community.



# HealthPartners' Previous Community Health Priorities

---

A listing of the health needs identified in the most recently conducted Community Health Needs Assessment for HealthPartners  
*(Dakota, Ramsey, Washington, and St. Croix Counties)*



# 2012 HealthPartners' CHNA Needs

## Dakota, Ramsey, Washington, and St. Croix Counties

1. Increase Access to Mental Health Services
2. Promote Positive Behaviors to Reduce Obesity
3. Increase Access to Primary and Preventive Care
4. Improve Service Integration
5. Promote Change in Unhealthy Lifestyles



# Overall Summary of Common Themes

---

A list of common health needs that were identified by evaluating demographic data, health data, and a summary of community input.

# Common Themes

- **Mental and Behavioral Health**
  - Mental health services and access
  - Drug and alcohol abuse and dependency
- **Equitable Care**
  - Social determinants of health
  - Disparities among underserved populations
- **Chronic Disease and Illness Prevention**
  - Obesity
  - Heart disease
  - Diabetes
  - Cancer
  - Communicable diseases
- **Access and Affordability**
  - Ease of healthcare use
  - Barriers to access
  - Connections to services and resources
  - Partnerships



# Input Regarding the Hospital's Previous CHNA

---

A review of the community input provided on the hospital's previous CHNA and Implementation Plan



# Consideration of Previous Input

- IRS Final Regulations require a hospital facility to consider written comments received on the hospital facility's most recently conducted CHNA and most recently adopted Implementation Strategy in the CHNA process.
- Collaborative efforts were made by each of the hospitals to coordinate with their local counties in creating CHNAs/CHIPs/CHAs. Findings from these existing documents supplemented the 2015 CHNA and Implementation Strategies for the six HealthPartners' hospitals participating in this report.
- The hospital made every effort to solicit feedback from the community by providing a feedback mechanism on the hospital's website. However, at the time of this publication, written feedback has not been received on the hospital's most recently conducted CHNA and Implementation Strategy.
- To provide input on this CHNA please see details at the end of this report or respond directly to the hospital online at the site of this download.

# Evaluation of Hospital's Impact

---

An evaluation of the hospital's impact regarding initiatives detailed in the hospital's previous Implementation Plan





# Evaluation of Hospital's Impact

- IRS Final Regulations require a hospital facility to conduct an evaluation of the impact of any actions that were taken, since the hospital facility finished conducting its immediately preceding CHNA, to address the significant health needs identified in the hospital's prior CHNA.
- The hospital has tracked the progress made on previously listed activities and a summary of impact made by the facility is included in this section.



Lakeview Hospital

2012 Community Health Needs Assessment

2014 Implementation Plan

Progress Update

The Community Health Needs Assessment (CHNA), a statutory requirement from the federal government Affordable Care Act, was instituted to justify a hospital's 501(c)(3) tax-exempt status. Every three years, a Community Health Needs Assessment is to be completed and needs to include a written three-year Implementation Plan. The Plan is to be reviewed and updated annually.

We at HealthPartners believe the Community Health Needs Assessment (CHNA) is a written extension of our mission to improve health and well-being in partnership with our members, patients and community. We welcome the opportunity to share this executive summary.

Our HealthPartners hospitals first CHNAs, in 2012, identified the greatest needs in the communities we serve. Comprehensive assessments were conducted by the following HealthPartners hospitals: Regions Hospital in St. Paul, MN; Lakeview Hospital in Stillwater, MN; Methodist Hospital in St. Louis Park, MN; Hudson Hospital in Hudson, WI; Westfields Hospitals in New Richmond, WI and Amery Regional Medical Center in Amery, WI. Both the CHNAs and Implementation Plans at each of the hospitals were approved by their respective hospital boards, Q4 2012.

The first year of each hospital's Implementation Plan was 2013. This executive summary is a report back of the 2014 implementation activities.

**The priorities that were identified by the Community Health Needs Assessment for Lakeview Hospital are as follows:**

1. Increase Access to Mental Health Services
2. Promote Positive Behaviors to Reduce Obesity (Nutrition/Physical Activity)
3. Increase Access to Primary and Preventive Care
4. Improve Service Integration
5. Promote Change in Unhealthy Lifestyles (Tobacco/Alcohol/Substance Abuse)

**Executive Summary: Implementation Plan Update for 2014**

<b>Priority #1 Increase Access to Mental Health Services</b>	<b>Objective 1:</b> Lakeview Health will continue to provide funding to collaborative mental health initiatives to improve access to mental health services.
<b>Implementation Activity:</b>	<b>Year #2 2014</b>
Lakeview Health will continue to provide funding for the Wellness Center, which operates at the largest high school in the service area. The Wellness Center is a physical space in the high school in collaboration with Family Means, Youth Service Bureau, Lakeview Health and Independent School District 834 nonprofit organizations. In addition, the Wellness Center provides services at 5 other schools (elementary and junior high schools)	In 2014, the Wellness Center and Program in ISD 834 reached : Chemical health: 75 students Mental health: 351 students  In addition to direct services the Wellness Center <b>Resource Specialist</b> coordinates Wellness Program activities and provides education, prevention, early intervention, and appropriate referral services to students, their parents, and school staff including connecting to information and resources such as housing, insurance, food, and other basic needs  The results of the program are measured through client surveys with key results as follows: <ul style="list-style-type: none"> <li>• My ability to cope with my problems is "better" or "a lot better"-90%</li> </ul>
This collaboration provides services to youth at low to no cost regarding mental health, diet and nutrition and chemical	

and alcohol abuse.	<ul style="list-style-type: none"> <li>I now can see ways to begin solving my problems- 94%</li> </ul> <p>100% of Staff Surveyed reported that the Wellness Center benefitted the student and that the services were appropriate and timely for the students served.</p> <p>Nutrition Counseling: 507 student contacts in Stillwater Nutrition counseling was also offered the Alternative Learning Center and Federal Four Program in Stillwater. Services were also offered in Somerset, WI schools, reaching 90 students. Total reach was more than 1800 through health classes, health fairs and presentations. On student surveys, 100% report nutrition counseling has been helpful and 98% report they have changed their eating habits for the better.</p>
Lakeview Foundation will continue to support DIAMOND (Depression Improvement Across Minnesota, Offering a New Direction) program. DIAMOND is an innovative program that helps patients who are being treated for depression recover more quickly. Through the program, patients will receive support from a team that includes their primary care provider, a care manager who interacts with the patient on an ongoing basis, and a consulting psychiatrist.	<p>The DIAMOND program reached the following in 2014: Total number of patients enrolled in 2014: 240 (2013: 194) Average active patients per month in 2014: 87 (2013: 84) Average number of referrals per month in 2014: 19 (2013: 30) Total number of patients referred in 2014: 231 (2013: 404) Results: •Mean Depression score (PHQ9) is 15 at Initial Contact (Moderate Major Depression) •45% have decreased their depression score at least 5 points or more since enrollment •59% have had a 50% improvement in their score since enrollment or a score of 9 or lower after 10 weeks of treatment</p>
Lakeview Health will continue to financially support community organizations. Lakeview Hospital gives 5% of its net surplus to the Lakeview Foundation, which disburses those funds to community organizations, including programs that increase access to mental health.	Grants to support Behavioral Health included: Canvas Health, Community Thread, FamilyMeans, Hope Adoption & Family Service, Place of Grace, SCV Chaplaincy, Youth Service Bureau
Lakeview Health will participate in community-based collaborative efforts to improve access to mental health services as opportunities arise.	<ul style="list-style-type: none"> <li>Community Health Action Team (CHAT) focused discussion on mental health access and stigma reduction.</li> <li>Lakeview and CHAT both support training for anti-stigma campaign, Make It OK. Responded to requests for training as Make It Ok Ambassadors and scheduled training for community members for 1<sup>st</sup> quarter 2015.</li> <li>Representation at Youth Matters (formerly YADP) supported Courage Retreats for Junior High Students in ISD 834.</li> <li>Behavioral Health Summit Group: Lakeview is an active participant in the Washington County Summit to explore priority needs in the area of Behavioral (Mental health and substance abuse).</li> </ul>

<b>Priority #2 Promote Positive Behaviors to Reduce Obesity</b>	<b>Objective 2:</b> Lakeview Health will support and implement initiatives to promote positive health behaviors, health awareness and education, to reduce life-threatening conditions such as obesity and Type II diabetes.
<b>Implementation Activity:</b>	<b>Year #2 2014</b>
Lakeview Foundation will continue to lead and financially support PowerUp, a program that inspires and engages the entire community to promote better eating and active lives so youth can reach their full potential.	<ul style="list-style-type: none"> <li>In 2014, PowerUp expanded to two additional communities by working collaboratively with Hudson Hospital and Westfields Hospital. This collaboration benefits people living throughout the St. Croix Valley.</li> <li>A priority for 2014 was data collection. PowerUp developed a comprehensive evaluation strategy for the initiative including a community survey, sent to randomly selected households with young children. Results indicate a very high awareness for PowerUp after one year in the community. The survey also established the baseline measures for awareness, attitudes and behaviors of children and families in the targeted communities.</li> <li>PowerUp School Challenge reached more than 10,000 children plus school staff in more than 25 schools throughout the service area. Results indicate that teachers, families and students are highly engaged in the program with a 70% participation rate with children tracking fruits and vegetables.</li> <li>More than 30,000 families and children were reached through events, classes, outreach, programs and resources to promote better eating, family meals, physical activity, reduced screen time, and fewer sugary drinks.</li> <li>Partnerships have expanded to include schools, business, nonprofits, families, faith communities, public health and the entire community.</li> <li>Open gyms, in partnership with local schools, have expanded to include multi-site offerings on a weekly basis. This free option for physical activity ranks as one of the key needs identified by parents of children on the Family Community survey, Jan 2014.</li> </ul>
Breastfeeding has been linked to lower rates of obesity. Lakeview Health will continue its commitment to supporting breastfeeding initiatives at Lakeview Hospital. Lakeview Hospital participates in the Baby-Friendly Hospital Initiative (BFHI), which is a global program sponsored by the World Health Organization and the United Nations Children's Fund to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding. Lakeview utilizes grant funding to educate nursing staff on the	<p>Lakeview's Women's Center with five steps by encouraging: skin to skin as soon as possible after delivery; keeping their baby in the room; learning breastfeeding cues, holds and signs of hunger; exclusive breastfeeding; and asking for help with breastfeeding when unsure. Outpatient visits are coordinated with the Stillwater Medical Group with breastfeeding resource professionals for those patients that need continued breastfeeding education and encouragement.</p> <p>Lakeview also participates in the Washington County Breastfeeding Collaborative and a Breastfeeding Resource Group with HealthPartners to further promote and support</p>

importance of breastfeeding and to educate mothers about best practices. Health education includes staff training, patient education and lactation training, and referring mothers to breastfeeding support upon discharge.	breastfeeding.
Lakeview Hospital offers additional classes throughout the year focusing on community education Lakeview Hospital will continue to offer various classes to educate the public on diabetes and nutrition. For example, the Hospital offers "Stomp Out Diabetes," where certified diabetes and nutrition educators teach participants what steps they can take to reduce their risk of developing type 2 diabetes.	More than 1200 contacts were made with the community through community education classes to improve their health.  See Appendix for class schedule.

<b>Priority #3 Increase Access to Primary and Preventive Care</b>	<b>Objective 3:</b> Lakeview Health will continue to provide an avenue for patients to receive holistic healthcare, including physical, emotional, and spiritual care.
<b>Implementation Activity:</b>	<b>Year #2 2014</b>
The St. Croix Valley Parish Nurse Program, which is a healthcare ministry providing physical, emotional and spiritual care for individuals, families and communities served by local congregations. Parish nurses are bring holistic healthcare and a variety of wellness resources to parishioners and the community — in their homes, healthcare settings and at the churches, in partnership with Lakeview. The role of the parish nurse varies from congregation to congregation based upon the needs of the church, and may include serving as a health educator, health counselor, coordinator of volunteers, integrator of faith/health relationship, referral source and health advocate. The parish nurse promotes a greater understanding of health related issues and addresses these concerns through information and education. There are nine churches in the St. Croix Valley Parish Nurse Program.	In 2014, the St. Croix Valley parish nurses served 651 new clients and 1631 follow-up clients in 9 parishes throughout the St. Croix Valley. Nurses provided 2280 1:1 contacts, 1393 group contacts and more than 500 referrals to church and community resources bridging people to the whole person care, services and support that they need for healing and greater well-being. The parish nurses continue to collaborate on an event each spring for our community seniors called the Senior Health and Faith Day with the goal of educating and inspiring them to live well physically, emotionally, and spiritually. Over 240 seniors attended.
<b>Priority #3 Increase Access to Primary and Preventive Care</b>	<b>Objective 4:</b> Lakeview Health will continue to offer preventive cancer screenings to patients in the community.
<b>Implementation Activity:</b>	<b>Year #2 2014</b>
Lakeview Health partners with "Sage," the largest program within the Sage Screening Program family, which is a breast and cervical	Sage program continues to make important screening services available to women.

cancer screening program. For eligible women, Sage provides free office visits for breast and cervical exams, as well as a screening mammogram and pap smears. If a screening test shows a problem, Sage will cover many diagnostic services and can often cover treatment, if needed. Sage partners with over 400 clinics throughout the state.	
--	--

<b>Priority #4: Improve Service Integration</b>	<b>Objective 5:</b> Lakeview Health will continue to improve service integration and the continuum of care by offering programs that increase patients' abilities to access critical health services.
<b>Implementation Activity:</b>	<b>Year #2 2014</b>
Lakeview Hospital operates a non-critical transport service, which enables patients to travel from one medical facility to another that might provide a more appropriate level of care.	Transportation services continue to ensure patients are transported to a facility with the appropriate level of care.
Lakeview Health is committed to reducing the financial stress for un-insured and under-insured patients. Lakeview will continue that commitment by funding various organizations that address that need. For example, Lakeview has provided funding to Portico Healthnet (Portico) in order to improve access to people without health insurance. Portico is a nonprofit organization that helps about 350 people per month enroll in free or low-cost health coverage programs.	Lakeview provided support to Portico, as well as the SCV Family Medical Clinic (Southside Community Health).  Lakeview hosted meetings related to the Affordable Care Act to increase understanding of this new system of accessing health insurance for health care staff and community organizations and businesses.
The majority of prescription drug providers have programs that offer no to low cost medication to qualified patients. However, many patients are unaware of how to navigate this process. Lakeview Foundation funds a staff member at Lakeview Hospital who assists patients in this process, including the completion of extensive paperwork. This initiative helps over 300 people per year gain access to the medication they need.	The Prescription Assistance Program provided free and/or reduced-cost medication assistance for 276 qualified clinic patients coping with chronic diseases in 2014. In support of this primary goal, the coordinator facilitated the complex process of enrollment in pharmaceutical assistance programs for patients who either lack prescription insurance or cannot afford co-pays. Additional individualized counseling on related cost-saving medication options and limited financial aid for qualifying emergency medication needs are also available. The service is delivered in a respectful, confidential manner to participants who receive free medication with an average monthly value of 22 percent of their gross monthly household income. Both providers and participants agree that the benefits derived from participation in this clinic program are invaluable for chronic disease management by providing access to needed medical treatments.

<p>Lakeview Health is a 20% owner of Boutwells Landing, which is a state of the art senior living community for people ages 55 and over, located on more than 100 acres of land in Oak Park Heights, MN.</p> <p>Lakeview Health provides Stillwater Medical Group employees to Boutwells Landing and provides 4 beds in "The Gathering," which is the end of life hospice unit. By providing end of life palliative care, Lakeview integrates assisted living with hospice care, allowing patients to remain in one central community during the end of their lives.</p>	<p>Support for the Gathering continues, serving patients and families with financial need at a difficult time.</p>
--	--

<b>Priority #5 Promote Change in Unhealthy Lifestyles</b>	<b>Objective 6:</b> Lakeview Health will support and implement various initiatives to prevent and treat alcohol and substance abuse, and tobacco use in the community.
<b>Implementation Activity:</b>	<b>Year #2 2014</b>
<p>Lakeview Foundation will continue to provide leadership to various groups that focus on strategic initiatives to prevent and treat tobacco use, and alcohol and substance abuse in the community.</p>	<p>Lakeview continues to participate in multiple community collaboratives related to alcohol and substance abuse, and tobacco use including CONNECT, Youth Matters, the Washington County CLT, and the Washington County Behavioral Health Collaborative. Details include:</p> <p>The Community Leadership Team (CLT). Lakeview Health works in collaboration with the Community Leadership Team (CLT) on both tobacco cessation and obesity initiatives.</p> <p>Behavioral Health Summit: Lakeview is an active participant in the Washington County Summit to explore priority needs in the area of Behavioral (Mental health and substance abuse).</p> <p>The "CONNECT" Collaborative mission of is to prevent and reduce youth alcohol, tobacco, and other drug use through partnership, education, intervention and community change. CONNECT meets monthly and is a county-wide resource network for the community.</p>
<p>Lakeview Foundation will continue to raise funds to support the Youth Alcohol and Drug Program (YADP) (<i>New Name Youth Matters</i>). Youth Matters is an effort to reduce alcohol and drug abuse in the Stillwater area.</p>	<p>Lakeview Foundation supported Youth Matters (formerly YADP) to bring Courage Retreats to Stillwater Junior High and Oakland Junior High Schools, a prevention program for issues facing junior high youth. Youth Matters is in the process of re evaluating focus and possibly combining with other related community collaboratives. Lakeview will stay involved in that process. Lakeview supported TreeHouse, FamilyMeans and Youth Service Bureau who provide chemical health support for teens.</p>
<p>Lakeview Hospital will continue to offer "Freedom from Smoking" cessation classes at low to no cost to people in the community. This program runs between 2 and 4 times a year.</p>	<p>Program offered twice in 2014 however registration was low. The class is now offered on as needed basis and promotion has been enhanced in partnership with Washington County Public Health's focus on tobacco. New options, such as online programs, are also being explored to make the resource more convenient to community members.</p>

### Appendix: 2014 Community Benefit Classes and Events

Date	Event	# served
1/21/14	Mind Body Skills for Cancer Patients	8
2/10/14	Look Good, Feel Better	4
2/11/14	Advance Directives for WI Residents	5
2/18/14	The Healthy Aging Brain	55
2/19/14	Managing Depression	15
2/24/14	Take a Bite Out of Lyme Disease	20
3/4/14	Buying a hearing aid: What you need to know	29
3/11/14	Understand Your Thyroid	27
3/12/14	Advance Care Planning for MN Residents	11
3/13/14	That Ringing In Your Ears: Managing Tinnitus	41
4/1/14	Common Foot Problems	12
4/2/14	Breast Health Center Presentation	20
4/3/14	Finding Your Way through Cancer	
5/6/14	Breast Health Center Presentation	35
5/7/14	Living with Hearing Loss: Strategies & Technology	6
5/8/14	Health Care Reform: Part II	13
5/12/14	Look Good, Feel Better	4
5/15/14	Advance Directives for WI Residents	2
5/28/14	Heart Disease: What Every Woman Should Know	11
6/3/14	Tai Chi for Arthritis	14
6/17/14	Varicose Vein	24
6/17/14	Eating Healthy On a Budget	22
6/19/14	Vein Screening Clinic	
7/10/14	Finding Your Way through Cancer	4
7/15/14	Advance Care Planning for MN Residents	18
8/1/14	Red Cross Blood Drive	30
8/11/14	Look Good, Feel Better	4
8/12/14	Tai Chi for Arthritis	11
10/1/14	Balance, Strength and Fall Prevention	4
10/2/14	Common Causes of Shoulder Pain and Their Treatment Options	13
10/8/14	Kidney Stones - Ten Things You Didn't Know	6
10/9/14	Finding Your Way through Cancer	4
10/14/14	Tai Chi for Arthritis	15
10/14/14	Knee Pain and Arthritis	6
10/21/14	Anterior Hip Replacement - Is your hip slowing you down?	8
10/23/14	Should Dad be Driving? Is It Safe for Mom to be Home Alone?	3
10/24/14	Red Cross Blood Drive	18
10/27/14	Common Causes of Hand and Wrist Pain	4
10/28/14	Mind Body Skills	8
11/4/14	Celiac Disease or Gluten-Sensitive - Plan to Enjoy the Holidays	5
11/10/14	Look Good, Feel Better	2
11/13/14	Advance Care Planning for MN Residents	8
11/17/14	Healthcare Explorers	29
11/24/14	Healthcare Explorers	29
12/1/14	Healthcare Explorers	29
12/8/14	Healthcare Explorers	29
12/15/14	Healthcare Explorers	29
weekly	Joint Connections	581

# Prioritization

---

A description of the process used to prioritize the identified health needs, as well as a final list of needs that the hospitals within HealthPartners will seek to address



# The Prioritization Process

- On August 24, 2015 leadership from HealthPartners and its respective hospitals met with Community Hospital Consulting to review findings and prioritize the community's health needs.
- Leadership ranked the health needs based on three factors:
  - Size and Prevalence of Issue
  - Effectiveness of Interventions
  - Hospital's Capacity



# The Prioritization Process

- The CHNA Team utilized the following factors to evaluate and prioritize the significant health needs.

<b>1. Size and Prevalence of the Issue</b>
<ul style="list-style-type: none"> <li>a. How many people does this affect?</li> <li>b. How does the prevalence of this issue in our communities compare with its prevalence in other counties or the state?</li> <li>c. How serious are the consequences? (urgency; severity; economic loss)</li> </ul>
<b>2. Effectiveness of Interventions</b>
<ul style="list-style-type: none"> <li>a. How likely is it that actions taken will make a difference?</li> <li>b. How likely is it that actions will improve quality of life?</li> <li>c. How likely is it that progress can be made in both the short term and the long term?</li> <li>d. How likely is it that the community will experience reduction of long-term health cost?</li> </ul>
<b>3. HealthPartners Capacity</b>
<ul style="list-style-type: none"> <li>a. Are people at HealthPartners likely to support actions around this issue? (ready)</li> <li>b. Will it be necessary to change behaviors and attitudes in relation to this issue? (willing)</li> <li>c. Are the necessary resources and leadership available to us now? (able)</li> </ul>





# Final Priorities

- HealthPartners leadership ranked the four significant health needs based on the three factors discussed, resulting in the following prioritized list:
  - 1. Mental and Behavioral Health**
  - 2. Access and Affordability**
  - 3. Chronic Disease and Illness Prevention**
  - 4. Equitable Care**



# Resources in the Community

---

An extensive list of resources that are available in the community to address the identified health needs



# Resources in the Community

- In addition to the services provided by HealthPartners and its hospitals, other charity care services and health resources available in the community are included in this section.

# Ramsey County Community Resources

---

A collection of community resources for  
Ramsey County

**Multi-Collaborative Access Team (MCAT)  
Resource Directory – Fall 2014**

Although this document does not include all providers, it is comprehensive. The Multi-Collaborative Access Team does not endorse or guarantee the quality or availability of the resources described in this listing.

Topic	Page
Chemical Dependency Services (CD)	1
County Crisis Resources (Crisis)	3
Counseling Services—In-Home	4
Counseling Services—Outpatient	6
Day Treatment Programs	10
Dialectical Behavioral Therapy (DBT)	11
Domestic Violence Resources	16
Early Childhood Services/Childcare	19
Evaluation and Assessments	20
Family Community Support Services (FCSS)	22
Family/Resource Centers	23
Financial Services	23
Groups/Prevention Services for At-Risk Youth	25
Health Care Resources	26
Hospitals/Medical Services	27
Housing	28
Links to other local resources	29
Mentoring	30
Parent Advocacy Groups/Support	30
PCA Services	31
Police Resources	34
Psychiatry	35
Ramsey County Human Services	37
Shelters/Kids	38
Shelters-Families	38
Tutoring Resources	39
Ramsey County Schools	39
St. Paul Schools	40
Mounds view Schools	43
Roseville Schools	44
White Bear Lake Schools	44
North St. Paul/Maplewood/Oakdale Schools	45

Please Note: This is a “Read Only” document. If you wish to add or update a resource, please email:  
[Dawn.adams@co.ramsey.mn.us](mailto:Dawn.adams@co.ramsey.mn.us)

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
<b>Chemical Dependency-Prevention Services</b>			
Association for Advancement of Hmong Women	Youth Tobacco Prevention groups for South East Asian youth ages 12 to 17. Groups focus on health issues and youth leadership skills.	Minneapolis	612-724-3066
American Lung Association of MN	Smoking related programs and education. 8 week class for “Tobacco Free Teens”	St. Paul	651-227-8014
Department of Indian Work	Youth Enrichment program for Native American youth. Afterschool program focuses on chemical dependency issues and other life skills.	St. Paul	651-644-2768
Hmong American Partnership	Youth and Family programs which focus on drug prevention and other life skills.	St. Paul	651-495-9160
Juel Fairbanks CD Services	Prevention groups for American Indian youth ages 10 to 15 years old. Rule 25 Assessments are also available.	St. Paul	651-644-6204
Lao Family Services	CD services for Hmong clients: assessments and treatment and prevention programming.	St. Paul	651-221-0069
United Cambodian Association of Minnesota	Chemical Dependency education and prevention for all ages, specifically for Cambodian Youth	St. Paul	651-222-3299
<b>Chemical Dependency Outpatient Services</b>			
African American Family Services	Outpatient treatment services for African American youth. Need Rule 25 assessment before admittance to program.	St. Paul	651-642-0021
Alcoholics Anonymous	Good starting point for parents/teens looking for AA groups	St. Paul	651-227-5502
Al Anon and Alateen	Good starting point for parents/teens looking for AA groups	St. Paul	651-771-2208
CLUES	Chemical Dependency Assessments, outpatient treatment, and aftercare for youth 13-17	St. Paul	651-379-4200
Community Drug and Alcohol Services Inc.	CHANGE (Chemical Health and New Growth Experiences)—Cognitive/Behavioral approach to chemical health through education groups and parent management training.	Eagan	651-994-4919 x3

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Fairview/University Medical Center	Adolescent and Adult Chemical Dependency outpatient services.	Minneapolis	612-672-2222
Hispanos en Minnesota	Outpatient treatment for chemical dependency. Adolescent program and Rule 25 Assessments.	St. Paul	651-227-0831
Lao Family Services	CD services for Hmong clients: assessments and treatment and prevention programming.	St. Paul	651-221-0069
New Connections/Ramsey Clinic	Outpatient adolescent CD treatment with assessments and evaluations	St. Paul Blaine Eden Prairie Hastings	651-254-5294 763-784-2454 952-941-5151 651-480-1180
Odyssey	Outpatient chemical dependency treatment for adolescents	Minnetonka	952-974-2408

Chemical Dependency Inpatient Services			
Anthony Louis Center	Adolescent Inpatient CD treatment. Assessments (5 to 7 days) and inpatient (6 to 8 weeks) with outpatient treatment and aftercare.	Blaine	763-757-2906
Dellwood Recovery Center	14 bed in-patient facility	Cambridge	763-689-7723
Fairview/University Medical Center	Adolescent inpatient through STOP program, dual diagnosis center and day treatment options. They accept Rule 25 funded clients in their adolescent CD outpatient programs and S.T.O.P. but our adolescent dual diagnosis programs do not. They accept MA and many insurances.	Minneapolis	612-672-6600
Hazelden Center for Youth	Assessment and Evaluation program	Plymouth	763-509-3800
On-Belay	Halfway house for individuals coming out of inpatient treatment. 90 day stay		763-546-8008
Ramsey County Chemical Assessment Unit	Consultation for parents/staff on finding placements into treatment and Rule 25s.	St. Paul	651-266-4008
Ramsey County Detox	24 hour medical monitoring, CD assessments and screening for intoxicated individuals	St. Paul	651-266-4009
TLC	Half-way home for girls returning from inpatient care	Eden Prairie	952-942-6400

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
<b>County Crisis Resources</b>			
Metro Crisis Coordination Program	Program run through Mount Olivet Rolling Acres. This is a crisis service for Developmental Disabilities. They are not mobile but can assist in placement options.		During business hours: 612-869-6811 Pager: 612-640-6612
Poison Control			800-222-1222
Suicide Hotline			800-784-2433
<b>Anoka</b>			
Child Protection			763-422-7125
Human Services			763-422-7000
Anoka County Counseling line	-This line is only for adults. It is 24 hours, 7 days a week.		1-866-422-6522
Sheriff's Central Dispatch	-Only for children crisis in the evening and on weekends.		763-427-1212
Children's Mental Health Unit			763-712-2722
Adult Mental Health Unit	*The two mental health numbers are for the on-call staff who may be able to help with crisis.		763-422-3283
<b>Carver</b>			
Child Protection			952-361-1600
Chemical Dependency			952-361-1600
Mental Health Crisis	all ages / Pager system for after hours		952-442-7601
<b>Dakota</b>			
Child Protection			952-891-7459
Crisis Line	adults and children, they ARE mobile!!		952-891-7171
<b>Hennepin</b>			
Child Protection			612-348-3552
COPE	Psych emergencies		612-596-1223
Crisis Connection	24/7 Counseling		612-379-6363
Suicide Assessment			612-873-2222
Walk in Counseling	Free face to face professional counseling		612-870-0565
<b>Ramsey</b>			
Child Protection			651-266-4500
Children's Mental Health Crisis			651-266-4492
Mobile Crisis Team			651-774-7000
Chemical Assessment			651-266-4008
<b>Scott</b>			
Child Protect.			952-445-7751
Chemical			952-445-7751

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Dependency Crisis Line			952-442-7601
<b>Washington</b>			
CLIENTS Crisis Line			651-777-4455
PROFESSIONALS ONLY (For consultation)	Business hrs, Ask for Emergency Svc		651-777-5222
Crisis Clinic	9-11 AM 365 days a year, <b>face</b> to face emergency counseling on a sliding fee scale for anyone		651-777-5222

Counseling Services In-home			
Ain Dah Yung –	American Indian culturally specific mental health services. MA, PMAP, Health Partners. Located in the American Indian Family Center. Call for intake.	St. Paul	651-495-1075
Associate Clinic of Psychology	This office is located in Minneapolis. They do provide in-home services to families in Ramsey County. They also have providers who accept MA and some PMAP programs, as well as private insurance policies. Either the family or the case manager may call the agency itself to explore availability of a therapist who may be covered by the family's particular health care plan.	3100 West Lake Street, Suite 210 Minneapolis, MN	612- 925-6033
Family Based Therapy Associates	Family Based Therapy Associates works with county agencies and insurance plans (we do not have a contract with them). They offer flexible hours and both in-home and out-patient services. They function primarily in Anoka county but are interested in expanding their services.	Anoka County	763-780-1520
Intensive mental health services (White Bear Lake Area Community Counseling Center)	Intensive mental health services (IMHS) is a program provided by the WBLACCC. Its primary function is to provide youth with mental health services that are not often covered through health insurance (in-home therapy, treatment provided in community sites, parent sessions, etc.) as well as traditional therapy services. The primary client must be enrolled in a White Bear Lake Area School and be from 5 to 17 years of age.	White Bear Lake	651-429-8544.

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Multi-Systemic Therapy (MST) Thad Wilderson and Associates/Face to Face	This program is funded through the Adolescent Services Grant so there is no cost to the families. This program focuses on the needs of children with documented violent behavior and tries to maintain them within the community. The workers are involved with the family for up to six months and are available via pager 24 hours a day (at Face to Face). Each agency uses a slightly different referral form. The case manager can call the appropriate agency to obtain the referral form.	St. Paul	Thad Wilderson 651-225-8997  Face to Face 651-772-5617
Nystrom and Associates	This is a more traditional long term in-home therapy program. They accept MA as well as U-care and Health Partners PMAPs. Families may self refer if a health plan will cover the costs however they prefer a social worker refer so as to ensure all the information they need is obtained.	New Brighton	651- 628-9253
Outreach Counseling and Consulting Services	This organization can do assessments and testing as well as therapy in the client's home. Licensed LP, LICSW, and LMFT therapists are utilized. Case Managers or families may call to make a referral, however case managers are preferred if possible. They do accept Health Partners PMAP with HP approval. If the service is to be in the home and not in the office Health Partners will need to give approval and get an updated treatment plan from the provider every three-four sessions. They also accept some private insurance and MA. Although they have one therapist who has at times received approval from U-Care to see a family, U-Care and Medica are usually not accepted.	3570 Lexington Avenue N. Suite 303 Shoreview, MN	651- 481-0664
STAR Program (at Northeast Youth and Family Services)	STAR is a program run through the Mounds View and Roseville school districts. STAR connects children with therapists at NYFS (who can bill through insurance), but it exists to help get students who otherwise couldn't make it into an office to get therapy (i.e. the therapist can come to the school to see the student, go to their home, or there are funds to help with taxi services, etc.). Carolyn Larson is the contact person at NYFS for the program, however the referrals come through the school.	Shoreview, MN	651-379-3426

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Totems, Inc.	Totems is a relatively new in-home family service organization. Heidi Presslein and Kathy Patras are their current therapists. They currently have contracts with MA and are working on other health insurance plans. They have a contract with Ramsey County to provide in-home services.	Stillwater, MN	651- 275-0441

Counseling Services- Outpatient			
Agency	Description	City	Phone
Abbott Northwestern A&R	Phone assessment and referral partial hosp.	Minneapolis	612- 863-8633
Psychotherapy offices	Therapists who do outpatient therapy, some specialize in victims of sexual assault and/or those who perpetrate on others	St. Paul	651-642-1709
African American Family Services	CD services for girls and boys, anger management groups, family violence advocacy, can walk in at 8:30 am and 1:00 pm	St. Paul	651-642-0021
Ain Dah Yung – Oyate Nawajin	American Indian culturally specific mental health services. MA, Health Partners.	St. Paul	651-495-1075
BRIH Design	Psychologist- good with autism/ behavioral family issues	Mpls	612-522-3945
BHS Behavioral Health Service	Part of Allina System, takes Medica, call about other plans	St. Paul	651-221-0233
Catholic Charities	Some counseling services	St. Paul	651-222-3001
Center for Human Development	Private therapy	White Bear Lake	651-426-8191
Center for Victims of Torture	Direct outpatient individual therapy to children who are the victims of torture.	Minneapolis	612-436-4800
Dr. Chang	FAS/FAE assessments	Mpls (UofM)	612-273-3000
Children's Home Society & Family Services.	Individual & Family Counseling. Diversion.	St. Paul	651-635-0095
Chrysalis	Groups-legal and CD help, Intake through Mpls office	Mpls St. Paul	612-871-0118
Child & Family Services	Assessments for child/sexual abuse	St. Paul	651-220-6720
Children's Hospital Psychological services	The clinic has a variety of mental health specialists and services. They work with clients who have emotional problems, behavior problems, learning problems, and stress from chronic illness or medical problems.	St. Paul 347 N. Smith Avenue	651-220-6720  Hmong speaking: 651-220-6028
CLUES	Legal services, domestic violence, crisis, sexual offense, 1 child therapist, groups for	St. Paul	651-292-0117

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	moms with DD or MH issues. Psychologist Spanish speaking.		
Community University Health Care Center – CUHCC	Medical clinic with mental health services available. Accepts most insurance including MA and PMAPS.	Minneapolis	612-638-0700
Crisis Connection	Free phone only	Mpls	612-379-6363
Dakota County Crisis	Fee services	Dakota Cty.	651-891-7171
Emergency Social Services	Phone only	St. Paul	651-291-6795
The Emily Program	Counseling for teenagers and adults dealing with Eating Disorders.	St. Paul	651-647-5135
Face to Face	Out patient therapy for teens age 11 to 23. Groups for GLBT youth, sexual abuse survivors, a Hmong girl's group, creative arts therapy group and family wellness/DBT. Most insurance plans are accepted and a sliding scale fee option is available.	St. Paul	651-772-5555
Fairview Outpatient Clinic	Counseling, variety of ins, Hal Pickett specializes in early childhood and eating disorders.	Mpls	612-273-8700
Family Attachment Center	Services for children with Reactive Attachment Disorder	Deephaven, MN	952-475-2818
Family Psychological Services	Experienced with DD, assessments and Hmong families	Mendota Heights	651-688-2335
Children's Home Society & Family Services,	Mental Health professionals provide Individual and Family Counseling, Youth Diversion, Child Attachment Therapy and Anger Assessments. Services are offered in St. Paul office. Currently after hours is Monday and Tuesday only. No current child care available for evening sessions	St. Paul	651-635-0095
Fraser Child & Family Center	Exception children with communication and interaction disorders, autism, PDD. Day treatment and evaluations	Mpls	612-729-6001
Hamm Clinic	Mental health services, some Spanish speaking. Take some private ins., MA or sliding fee	St. Paul	651-224-0614
Hearing Impaired Health and	Fluent in sign language. No ins. Needed	Regions, St. Paul	651-221-2719



Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Wellness Prog.			
Jewish Family Services			651-698-0767
Lao Family Mental Health Clinic	Outpatient and in-home family therapy for Hmong adults and children. Accepts most health insurance plans including MA	St. Paul	651-209-6807
Lutheran Social Services		St. Paul	651-642-5990
Sherry Machen	Specializes with PTSD and EMDR (Eye Movement Desensitization Reprocessing)	Wayzata	952-473-0668
Maplewood Psych. Services		Maplewood	651-770-1311
MCRC Midwest Children's Resource Center	Assessments for child sexual abuse	St. Paul	651-220-6750
Men's Line	24 hour free crisis line referral and info for preventing violence	Mpls	612-379-6367
Northeast Youth and Family Services	Outpatient mental health services. Have psychiatrist available for patients of clinic. Take insurances and have a sliding scale fee. Family Community Support Services are also available there. Parent, anger management and other groups are available.	Shoreview, MN	651-486-3808
Nystrom and Associates	Outpatient and in-home services available. Insurance payment accepted.	1900 Silver Lake Road in New Brighton	651-628-9566
Ramsey County Mental Health Center	Counseling and Psychiatric services on an outpatient basis. They primarily work with adults. Both insurance and sliding scale fee are accepted. Hmong and Spanish speaking therapists are available.	1919 University	651-266-7999
River City	Outpatient therapy for both children and adults. Insurance depends on therapist, call for details. Some groups.	2265 Como Avenue	651-646-8985
Sue Sexton	Therapy for Children, Adolescents and Adults	1539 Grand Ave. St. Paul	651-246-3372
Bill Spitsmueller	Therapist specializing in PDD, attachment issues, sexual abuse victims and perpetrators and Asperger's Syndrome. He takes MA, UCARE, BC/BS, and Medica (call with questions about other insurance policies).	Spruce Tree in St. Paul	651-644-1813
Teen Age Medical Services – TAMS	Medical clinic serving children ages 10-22. Therapy provided by social worker or psychologist. No psychiatry services. Outpatient eating disorders clinic. Accepts	2425 Chicago Avenue in Minneapolis	612-813-6125

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	most insurances including MA and PMAPS. Clients may need to pre-designate TAMS as their clinic of choice in order for it to be covered.		
Theresa Voss, MA, LP	Licensed psychologist specializing in outpatient therapy with Hmong and Developmental disability populations. Individual and family therapy as well as group therapy for Hmong men and women.	821 Raymond Ave Ste 100	651-251-0369
Twin Cities Play Therapy Center	Play therapy for children ages 3-13 with behavioral issues. The therapist has a play room filled with tools that allows a child the opportunity to put their thoughts, feelings and experiences in to their play. Currently, he is accepting BCBS, Blue Plus, Health Partners and straight MA. <a href="http://www.twincitiesplaytherapycenter.com">www.twincitiesplaytherapycenter.com</a>	St. Paul	651-452-2305
Washburn Child Guidance Center	Therapy and psychiatric services for children ages 3-14. Psychiatrist will only see clients being seen by clinic therapists. Accepts most health plans including MA and PMAPS. Has no wait list; on the first of each month they will schedule new clients for the following month (e.g. I on May 1 <sup>st</sup> they begin scheduling new clients for the month of June)	Nicollet Avenue in Minneapolis	612-871-1454
Well Family Clinic	Out patient therapists. Play therapy and ADHD evaluations. Call to find specifics about insurances.	St. Paul	651-642-1704
White Bear Lake Area Community Counseling Center	Outpatient services for those in the White Bear Lake area (specifically White Bear Lake, White Bear Township, Vadnais Heights, Mahtomedi, and Birchwood). Some services are based on the White Bear Lake school district. Generally do not start services before 4 years of age. Psychotherapy, in-home and in-school therapy, parenting classes, parenting support group, youth diversion services, FCSS and music mentoring.	White Bear Lake	651-429-8544
Wilder Child Guidance Clinic	Out patient therapy, psychological assessments, support groups, school based programs, psychiatry, and many other mental health programs. Sliding scale fee and insurance based payments.	St. Paul	651-642-4001

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Wilder South East Asian Program	Therapy and family community support services for SE Asian families in culturally and linguistically appropriate manners.	St. Paul	651-647-9676
Thad Wilderson and Associates	Outpatient therapy specializing in services for African Americans. Case management, MST and project assist services are also available.	St. Paul	651-225-8997
United Cambodian Associates of Minnesota (UCAM)	Severe Emotional Disturbances Program: Provides crisis counseling for Cambodian youth and their families on a 24 hour basis. Through weekly home visits, counselors work with youth on truancy, school enrollment, family and peer relationships and mediation.	1101 Snelling Avenue North St Paul, MN 55108	651-222-3299

Day Treatment Programs			
Abbott Hospital	The hospital has a partial program. Either a Dr or a psychiatrist usually refers clients. Sometimes clients are referred by the inpatient unit. All clients need to go through an intake appointment with Jane Otte 612-863-4037.	800 E. 28 <sup>th</sup> St. Mpls, MN 55407	612-863-4000
Fairview Behavioral Services	Fairview has a day treatment program, partial program, and adolescent eating disorder program. Referrals go through the outpatient team 612-672-2736. The team will to an initial screening to determine if client meets criteria for day treatment.	2450 Riverside Avenue South Minneapolis, MN 55454	612-672-6600
Fraser	The day treatment program is for children with diagnosis within the autism spectrum. It serves children from 2 to 7 years old.	3333 University Avenue Minneapolis, MN 55414	612-331-9413
Lifetrack Resources	Therapeutic preschool offering half day classes three times per week to highly stressed children living in the Frogtown or Eastside neighborhoods of St. Paul. (see description in Early Childhood Resources).	709 University Avenue West St. Paul, MN 55104	651-227-8471
NET (Northeast Educational Therapeutic program)	Serves adolescents in grades 6-12. It is a treatment program with a school component. All referrals need to go through the client's home school special education team (in	3490 N. Lexington Ave. Shoreview,	651-486-3808

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	suburban Ramsey County).	MN 55126	
Washburn Child Guidance	Preschool day treatment accepts children between the ages of 3 to 5 with behavioral and developmental problems. Elementary program accepts children in grades K-4. Generally the children are from Mpls due to transportation issues. The agency is willing to accept children from other cities.	2430 Nicollet Avenue South Minneapolis, MN 55404	612-871-1454
Wilder Bush Evening Night Owl Program	Any child under the age of 11. It is an after school program. There is a home component. There is transportation to and from. Clients need to be referred by case management or be covered under private health insurance.	919 Lafond Avenue St. Paul, MN 55104	651-280-2840
Youth in Transition Program	The program serves SED and EBD children from ages 6 to 18 years old. Referrals are accepted from mental health professionals, schools, case managers, and parents.	3920 Sibley Memorial Hwy Eagan, MN 55122	651-681-0616

Dialectical Behavioral Therapy			
Adolescent Short Term Assessment and Treatment Program at Eagan Counseling Clinic	Groups, Adolescents and is Co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. DBT Day Program? Yes Subpopulations served well: All children, but those with IQ below 70, or autism spectrum disorders have struggled with incorporating the information Insurance all major HMO's	3450 Oleary Lane, Eagan, MN 55123	651-454-0114
Advanced Behavioral Health	Services available; Groups, adults, women only, Specifically with DD individuals. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Specifically with people with DD. Insurance types accepted: MA BC/BS	7040 Lakeland Ave. N., #208, Brooklyn Park, MN 55428	763-560-8331
Daniel R. Carlson	Services available: Groups – with Uof M/Fairview, Adults, Co-ed.	701 25 <sup>th</sup> Ave So, Suite 303	612-339-3367

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Adolescents and adults. Insurance types accepted: BC, MA, Medicare, BHP, Health Partners, Minnesota Care, Preferred One.	Minneapolis, MN 55454	
Chrysalis Access Unit	Services available: Groups, Adults, Women only. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: PTSD, depression, personality disorders, addiction. Insurance types accepted: MA, Medicare, BC/BS, self-pay, sliding scale.	4432 Chicago Ave. S, Minneapolis, MN 55407	612-871-0118
Community Foundations	Services available: Groups, Adults, Co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Intellectually Impaired, or concurrent schizophrenia/schizoaffective disorder, learning disability or other cognitive impairment. Insurance types accepted: MA	1096 Gervais Ave, St. Paul, MN, 55109	651-221-9880
Dakota Community Treatment Teams	Services available: Groups, Adults, Co-ed. Intensive Case Managers, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance.	3928 Sibley Memorial Highway, Eagan, MN 55122	651-994-4919
Dakota County Mental Health Resources, Inc.	Services available: Groups, Adults, Co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: SPMI Insurance types accepted: MA Referrals come through Dakota County Social Services 651-554-6000	3928 Sibley Memorial Highway, Eagan, MN 55122	651-994-4919
DBT Associates	Services available: Groups, Adults, Adolescents, others, Co-ed. Individual Therapists, Diary cards reviewed,	5701 Shingle Creek Parkway,	763-503-3981

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Insurance types accepted: MA, Medicare, BCBC, Medica, some Health Partners, any insurance with out of network coverage.	Suite 600, Brooklyn Center, MN 55430	
Anita Doyle	Services available: Groups, Adults, Co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Dissociative Insurance types accepted: MA	5407 Excelsior Blvd, St. Louis Park, MN 55416	952-926-7063
Emily Program	Services available: Groups, Adults, Eating Disorders, Women only, Co-ed if men referred Individual Therapists, Diary cards reviewed, Some between session coaching. Subpopulations served well: Eating disorders. Insurance types accepted: Many		651-645-5323 extension 201
Family Life Mental Health Center 1	Services available: Groups, Adults, Others Developmentally Disabled. Women only, Co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Intellectually impaired, young adults, trauma survivors. Insurance types accepted: MA, BCBS, Medica, Health Partners	1930 Coon Rapids Blvd, Coon Rapids, MN 55433	763-427-7964
Hennepin County Mental Health Center (location #2) <i>Karin Grosscup or Carole White</i>	Services available: Groups, Adolescents, Co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: SPMI, Adolescents Insurance types accepted: All insurances. Other information to give referral sources about the program: Several therapists and group leaders have completed Intensive training.	Brooklyn Center, MN	612-596-0800
Minnesota Center	Services offered: Groups for Adolescents,	2383	phone:

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
for Psychology	Young Adults and Adults, Co-Ed. Individual therapy for Adolescents and Adults (we are an adherent DBT program; I see that others are listed as "Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance". This would apply to our clinic as well.) Also offer a friends and family psycho-educational DBT group. Medication management available to active clients. Insurance: Most Insurance accepted as is private pay.	University Ave W, Ste 200 St. Paul MN 55114	651-644-4100 x23
Minnesota Mental Health Clinic	Services available: Groups, Adults, Women only, Co-ed. Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: We serve a wide range of clients, as we have 5 groups at any time. We see many clients with an SPMI diagnosis, as well as clients who have anxiety/depression and are in need of increased coping skills. Insurance types accepted: Most insurances, and Dakota County sliding fee schedule	3450 O'Leary Lane, Eagan, MN 55123	651-454-0114
Ramsey County Mental Health Center	Services available: groups, adults, Women only, co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Trauma victims Insurance types accepted: MA, PMAP's, MN Care.	1919 University Ave, #200, St. Paul, MN 55104	651-266-7890
Related Counseling	Services available: groups, adults, Adolescents, co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance	15320 Minnetonka Blvd, Minnetonka, MN 55345	952-932-7277
River City Clinic Kristen Lund	Services available: groups, adults, Adolescents, co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance.	2265 Como Ave. Ste 201, St. Paul, MN 55108	651-646-8985

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	Subpopulations served well: Clients that struggle with dissociation in general, not DID/MPD; I am beginning to work with clients with traumatic brain injury (TBI) and it is going well. Insurance types accepted: MA, all types of UBH & Medica, BCBS, First Health, Preferred one, out of network Health Partners, WEA. Sliding fee scale for the groups. Other information to give referral sources about the program: Adolescent and Adult co-ed groups are available mornings and evenings. The group size is usually about 8 people.		
Stillwater Psychological Associates	Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Subpopulations served well: Personality disordered, anxiety, depressive, self-destructive patterns, relationship issues. Insurance types accepted: BCBS, Medicare, Health Partners, Preferred One, Medica, WEA.	421 South Main Street, Stillwater, MN 55082	651-439-0708
United Hospital Day Treatment	Services available: groups, adults, Adolescents, co-ed. Diary cards reviewed, chain analyses, between sessions coaching. Insurance types accepted: Most commercial types of insurance; all MA. Other info. to give referral sources about the program; We rarely have a waiting list.	333 N Smith Ave, St. Paul, MN 55102	651-241-8000
Patricia Verby Psychological Service/ Counseling on Grand	Services available: groups, adults, Adolescents, Women only- three standard groups; two advanced groups, co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Day program format; Three day/week Intensive life skills program. Insurance types accepted: Almost all except Medicare.	14569 Grand Ave. #200, Burnsville, MN 55306	952-892-7690
VA Medical Center	Services available: groups, adults, Adolescents, co-ed. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching	Psychology service, Veterans Drive,	612-725-2000 extension 1789

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	and DBT consultation group with regular attendance. Subpopulations served well: We have provided tutors for cognitively impaired clients. With the assistance, we have had TBI clients successfully complete DBT. In addition to BPD, we have worked successfully with bipolar, PTSD, dissociate disorders, and personality disorders.	Minneapolis, MN 55417	
Well Family Clinic	Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching. Subpopulations served well: Dissociative; PTSD – early life trauma that has contributed to emotion regulation difficulties; family therapy; parent-child work; use EMDR and thought field therapy as needed. Insurance types accepted: Medica, BC, BHP, Health Partners – 2 <sup>nd</sup> tier provider only, MA, Medicaid. Other information to give referral sources about the program: Multi-disciplinary group proactive; Psychological assessment, Psychiatric medication management, work with all ages, especially teens and children.	1821 University Ave W Ste 498N, St. Paul, MN 55104	651-642-1704
Willow Counseling Services	Services available: groups, adults, Women only. Individual Therapists, Diary cards reviewed, chain analyses. Insurance types accepted: Straight MA, Blue Plus, BCBS, Cigna Behavioral Health, Corphealth, Mental Health Network, VMC Behavioral Healthcare.	1821 University Ave. W. Ste. S340, St. Paul, MN 55104	651-647-1022
Minnesota Psychological Association	Services available: groups, adults, Women only. Individual Therapists, Diary cards reviewed, chain analyses, between sessions coaching and DBT consultation group with regular attendance. Insurance types accepted: UBH only	1000 Westgate Dr Ste 252	651-203-7249

Domestic Violence Resources			
Asian Women United	Domestic abuse shelter for women and their		612-724-8823

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
House of Peace	children who are under the age of 17. the shelter has advocates and a 24 hour crisis line		
Battered Women's Crisis	Rotates between shelters; emotional support; referrals to shelters; community resource information		1-800-799-7233
Casa De Esperanza	Shelter for any woman, Community assistance for Latinas- legal issues, safety planning, court and child protection advocacy. 24 hour access to Spanish speaking advocate; accept children (male and female) up to age 18; some children's services to those children in shelter; safety planning with children in the community; no fees		Business: 651-772-1723 Crisis: 651-772-1611
Catholic Charities			651-222-3001
Centro Legal	OFF, Bilingual, free based on income (under 180% poverty)	193 E. Robie St. Paul, MN 55107	651-291-0110
Chicanos Latinos Unidos En Servicios (CLUES)	Maria)		651-292-0117
Children's Home Society & Family Services	Domestic Abuse and Anger management Program. Domestic abuse perpetrator groups for men and women. Anger management groups.		952-432-4145
Chrysalis	NO DOMESTIC ABUSE SERVICES - MENTAL HEALTH SERVICES support groups fee based , legal help (not for OFPs); deaf & hard of hearing; MH insurance based, sliding fee for MH if client has no insurance (full fee if ins doesn't cover)	4432 Chicago Ave S	612-871-0118
Community University Health Care Ctr	Services to SE Asian Bilingual staff;		612-638-0700
DAP -	Legal advocacy for those in Mpls/Hennepin (free); therapy for those in 7 county metro area; sliding scale; support group referrals; children's and adolescent groups		Mpls 612-874-7063
MN Domestic Violence Shelters	Battered women and their children		612-827-2841
Tubman Family Alliance Crisis	Has a shelter through Tubman Family Alliance; assist with harassment orders and OFPs; legal workshops; support groups, individual and couples counseling; individual counseling and groups for kids; no fees for services; Spanish speaking advocate available.		612-825-0000
Lewis House	OFF & legal assistance for those in Dakota County, support groups open to the community, shelter; support group for children same time as	Eagan	651-452-7288

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	women's group meets (Tuesday evenings)		
MCRC	Child Abuse Assessments; usually through CP but parents can call directly; bill insurance; sliding fee is possible if needed.		651-220-6750
Merrick Community Services	brief case management; must live on the East Side of Ramsey County; No fees		651-771-9339
Order for Protection – Ramsey County	No fee for obtaining an OFP. Use of interpreters as needed. Court advocates for domestic abuse cases.		651-266-5130
Outfront MN	Resources for legal advocacy, counseling, abusive relationships – gay, lesbian, bisexual transgender		612-822-0127
Prevent child Abuse MN – Circle of Parents	Support; no fee; transportation available in some instances, Spanish, African American, American Indian and Somali mom groups		651-523-0099
Ramsey County Domestic & Harassment Unit	Assistance in obtaining an order for protection or restraining order; no fee for OFP fee; Restraining order filing fee of \$145 (can be waived if on assistance); court advocated for dom. abuse cases; use interpreters as needed		651-266-5130
SOS Sexual Offense Service	resource and referral; some select support groups; no groups for little kids; may work with middle school + kids but will often refer out; will see kids 13+ at Regions; outreach to middle and high school; free and confidential		651-643-3006 crisis 651-643-3022 business
St. Paul Intervention Project	St. Paul area advocacy Multi-lingual (Spanish/English/Hmong) crisis line answered 24 hours; support groups; transportation to group available; No Fee for group; hospital/clinic advocacy; legal advocacy no fees; resource and referral		651-645-2824
Tubman Family Alliance	Washington Co. Sub. Ramsey; counseling; advocacy; legal support (help with OFP); support groups (no fees); services to kids in shelter;		651-770-8544
Vietnamese Minnesotans Association			651-290-4791
Wa. Co. Sexual Assault	Rape crisis program for Wash County; advocacy, short term counseling, support groups; free services, referrals to Tubman Family Alliance for OFP		651-777-1117
Women's Advocates	Shelter, support, support groups, safety clinic, emotional wellness group, chemical education; free but only available to those in shelter.		651-227-8284 588 Grand Ave. St Paul

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	Thursday support group open to public. Age range of children females up to 18 and males to age 14.		
Women of Nations (Eagles Nest)	Legal, support, groups, eagles nest shelter. Native Amer focus; domestic violence education for pre-K; no fees; court advocacy, child protection advocacy and OFP assistance		651-222-5836
Wilder Foundation-Violence Prevention and Intervention Services	Therapeutic support groups for women and children who have experienced domestic abuse. Also, domestic abuse groups for male perpetrators, including a Hmong men's group. Women's anger management group. Adolescent groups in the St. Paul schools only. Individual/family therapy is available for children, adolescents and adults. Must be a resident of Ramsey, Anoka, Dakota, or Washington county. Private health insurance is billed when available. Sliding fee scale option if no insurance.		651-280-2039
<b>Early Childhood Services/Childcare</b>			
Children's Initiative Family Centers	Focuses on ages 0-7, school readiness, child health, child development and family functioning (see Family/ Resource Centers for specific family centers)	450 N. Syndicate, Suite 290	651-917-4896 Central Office
Early childhood information and referral	Information on how to access services for children ages birth to kindergarten	St. Paul	651-604-3700
Families Together (Life track Resources)	Therapeutic preschool offering half day classes three times per week to highly stressed children living in the Frog town or Eastside neighborhoods of St. Paul. Transportation, meals, OT, PT, speech /language and mental health services are offered on site. Children must be between the ages of 2 years 9 months and 5 years, not eligible for Kindergarten or special education, and be delayed in cognitive, emotional, motor, speech or social skills in order to participate. Families must be low income and have at least one risk factor: domestic violence, child abuse or neglect, prenatal exposure of the child to drugs or alcohol, homelessness or inadequate housing, or the parenting ability of the caregiver must be challenged by their mental, chemical or	St. Paul	651-227-8471



Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Parent Support Services	physical health. Program staff meets with parent in their home or at the office listens and assesses the needs and stressors on the family. Through education, encouragement, advocacy, coaching and referrals, the specialist helps parents develop and achieve goals that they set for their family. Serving Ramsey County	St. Paul	Drop in daycare: 651-290-4774  Shelter: 651-641-1300
Ramsey Action Programs—Headstart	Preschool Services, home-based early head start, family community support, parent education groups, and professional in-home therapeutic support (must be active in Head start to receive mental health services). Means based program (must be low income). Opening a therapeutic preschool for SED Head Start children in 9/03 (with straight MA).	St. Paul	651-645-6445
Ramsey County Daycare Intake	Families on MFIP are eligible for this program. They will help with daycare subsidies.	St. Paul	651-266-4019
Resources for Child Caring	Resource to find day care for children (even with special needs). The agency runs searches in the family's home area to find appropriate child care placements (either big agency or small program).	St. Paul	651-641-1300
Wilder Child Guidance	Day care consultation for children with special needs. Due to budget cuts, services are subject to change.	St. Paul	651-642-4001

Evaluation and Assessments			
Children's specialty clinics	Neurology evaluation and other testing services	St. Paul	651-220-6715
Dr. Chang's	Dr. Chang specializes in FAE/FAS testing. He is located at the University of MN	Minneapolis	612-626-3087
Fairview Riverside Division of Child and Adolescent Psychiatry –	Neuropsychological Assessments		
Fairview/University Medical Center—Diagnostic Center	FUMC has recently included a Diagnostic center into their ER. Assessments, medical evaluations, and speedy referrals for outpatient services can be obtained here.	Minneapolis	612-672-6600
Fairview/University Neurological and Neuropsychological Assessments	Dr. Debra Roman conducts Neuro-psych assessments	Minneapolis	612-624-1412

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Fraser Child & Family Center	Neuropsychological Assessments		612-331-9413 612-728-5301 fax
Gillette Children's Specialty Healthcare	Neuropsychological Assessments		651-290-8707
Hennepin County Medical Center	Neuropsychological Assessments		612-873-3000
MINCEP	Neuropsychological Assessments	St. Louis Park	612-672-7422
Minneapolis Children's	Neuropsychological Assessments		612-813-6000
Minnesota Neurology Specialists	Neuropsychological Assessments		651-221-9051
Project Assist	Project assist is a County sponsored assessment program. Psychological evaluations are made for previously undiagnosed children in their home and school environments. Free service	St. Paul	Carolyn Larson 651-771-1301
St. Cloud Neurobehavioral Associates, P.A.	Neuropsychological Assessments	St. Cloud	320-258-3833
St. Paul Children's	Neuropsychological Assessments	St. Paul	651-220-6000
Therapy Connections	Provide sensory assessments for youth (particularly who are on the autistic spectrum). They utilize the following tools: sensory profile, pediatric evaluation of disability, Peabody motor assessments, Bruinicks motor assessments and visual motor tests. Most insurance plans are accepted	Little Canada	651-481-8040
Thunder Spirit Lodge	FAE/FAS screening	4026 Central Avenue Columbia Heights, MN 55421	763-789-6385
University of MN Division of Pediatric Neurology	They have a number of staff very well qualified to do Neuropsych Evaluations	Mayo Mail Code 486 420 Delaware Street SE Minneapolis, MN 55455	888-543-7866

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Family Community Support Services			
Children's Home Society & Family Services Early Learning Centers	Fee based Child Care centers, open to the community.	St. Paul & Mpls	651-646-7771
Ramsey County Children's Mental Health Collaborative Family Community Support Services	FCSS services are available at 4 different agencies within the county. FCSS assists parents and families with information and referral, skill building, in home services, and crisis intervention. Service is free to families but may be supplemented through health insurance programs. Children must have a current SED diagnosis	Ramsey County	651-293-5951
Suburban Ramsey Family Collaborative	Ramsey Kids works with children 0 to 18 who are at risk for placement and their families. Services provided: service coordination, parent advocacy, connecting referrals and additional funding resources. No fee for service	Ramsey County	651-604-3501
Ramsey Action Program Project Success	Long term case management with indiv. for self sufficiency (job search, parenting, child care, etc.). Voluntary, typically 4-12 months. Spanish speaking staff. Eligibility guidelines: Ramsey or Washington County resident must be a parent, at least 18 years old, and income criteria.		651-645-6445
Suburban Ramsey Family Collaborative—Community Social Workers	The CSW's provide comprehensive case management services for children / youth and their families within existing systems of care. The goal of this targeted initiative is to connect children and families experiencing isolation and disconnection from family, school or community with beneficial support services from agencies and school districts. Six CSW's are available through three access points: Each of the four suburban public school districts, the two Suburban Ramsey County Work Resource Hubs, and Maple Pond.	Maple Pond Homes	651-770-5768
		ISD #622, NSP/Maplewood/Oakdale	651-894-6352
		ISD #624, White Bear Lake	651-894-6351
		ISD #621, Mounds View	651-486-3808

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
		ISD #623, Roseville	651-486-3808
		Work Resource Hub at Fairview	612-752-8920
Family/Resource Centers			
American Indian Family Center	AI culturally specific services. Women's health, pre & post natal support, mental health services, youth programming, community CM	579 Wells St. St. Paul	651-793-3803
Community Services directory	Maternal and Child Health Library	<a href="http://www.mchlibrary.info/KnowledgePaths/kp_community.html">http://www.mchlibrary.info/KnowledgePaths/kp_community.html</a>	
Eastside Family Center	Literacy kits, school readiness	740 York St. Paul	651-793-7340
Frogtown Family Center	Resource and referral	689 Dale St. Paul	651-205-4260
Frogtown Family Resource Center	Hmong, Spanish and English parenting support, ELL, ECFE, transportation provided	327 Univ. St. Paul	651-290-8376
Northeast Midway Family YMCA	Licensed preschool (3 & 4 yrs), school aged child care	Mounds View, New Brighton, Shoreview	651-483-2671
West 7 <sup>th</sup> Family Center	Resource and referral	265 Oneida Street	651-298-5493
West Side Family Center	Resource and referral	548 Ohio St #1, St. Paul	651-205-4264
Financial			
Children's Home Society & Family Services	Financial Education		651-641-1300
Cradle of Hope	Assistance for utilities, rent, food, medical, maternity, foster care, childcare, & past due		651-636-0637



Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	bills for pregnant mothers. Once 8 months pregnant, mothers may apply for a crib up until child is three months old. MN residents. No income test. Call for referral information.		
Cross-town Auto	They provide friendly, efficient and inexpensive car repairs for families. They also have donated cars that families can "apply" for.	St. Paul	651-645-7715  Jerry Peck or Tony Stewart
Dorothy Day	Assistance for families who are about to be homeless. It is on a first come first serve basis at the beginning of each month.	St. Paul	651-293-1919
Emergency Assistance	if you have an open case file application in person – if you have no active case  Bring all of your current bills for the whole month. Eviction notices and shut off notices are also very good to bring. You may access this program once every twelve months; available for families only (no single adults); families that are on MFIP		651-266-4444
Emergency Gen. Assist.	You can access this once every three months; used if not on MFIP or don't qualify for Emergency Assistance		Apply in person
Diversionsary Assistance	Must have minor children; Employment related crisis (car broken down, behind in day care)		Apply in person
COUNTY PROGRAMS IN GENERAL	Food Stamp Info, MA application questions, cash assistance needs, etc.		651-266-4444
Heat share	This facility is to be used as a last resort. They assist with only the heating bill by locality. The families/clients need to put 3% towards the utility bill.  The clients also need to provide proof as to why they could not pay for their bill. Income guidelines and a current disconnect notice.		651-224-6946
McKnight Family Loan	Criteria to receive services are: one family member has to be working 20 Program hours per week or going to a post high school for six months prior, one minor child (under 18 years old), and they have to live in Ramsey County. Focus of program: continue work/school, help with childcare issues, assist with rent/mortgage/bills/broken car,		612-333-4220

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	etc. They will receive an interest free loan if they qualify for these services. The main focus of this program is for the family to maintain their job and to continue schooling.		
Medical Assistance		St. Paul	651-296-8517
Ramsey County Rental Loan Program	Rental Assistance; for single person a maximum of \$300; for families a maximum \$400 once each year.	East Side – Salvation Army	651-776-2653
		Frog town – Community Stabilization	651-225-8778
		St. Paul – Urban League	651-224-5771
St. Paul Foundation Community Sharing Fund	Financial Grants for Emergency situations. Examples of funded needs include rent, damage deposits, utilities, child care, etc. criteria include: Ramsey, Washington, or Dakota county resident, the problem would be solved and not likely to recur in the near future, a financial plan has been developed to avoid a similar situation. The fund can be used once every 12 months per family. The application to the fund must be the last resort. Grant amounts range from \$20 to \$700. a social worker must make the referral. Payments will be made to vendors or the requesting agent can be reimbursed.		651-224-5463
Groups/Prevention services for At risk youth			
Anger Management Classes	Groups for teens to decrease anger and express emotions in a more healthy manner	Merrick Community Center	651-771-9339
		Wilder CAP/Voices and Choices	651-287-2400
		NYFS	651-379-3808
		Casa de Esperanza (latino youth teaching non-violence)	651-646-5553

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
		<b>La Oportunidad (latino youth teaching non-violence)</b>	<b>651-646-6115</b>
After School Programming	Various after school programs for at risk youth	YWCA – Youth Achiever’s Program	651-222-3741
Center for Victims of Torture	Schools Project: staff will provide training to teachers and support staff about how to deal with children who are victims of torture. There are support groups for children. They will provide consultations to school staff regarding students free of charge to any public K-12 school	Minneapolis	612-436-4800
<b>Diversion services</b>	<b>Youth must be court ordered to attend diversion classes</b>	<b>NYFS</b>	<b>651-486-3808</b>
		<b>St. Paul Youth Services</b>	<b>651-771-1301</b>
		<b>UCAM</b>	<b>651-222-3299</b>
United Cambodian Association of Minnesota (UCAM)	--Male responsibility and fathering: Provides high-risk males ages 10-25 the skills and knowledge they need in order to avoid early parenthood, and to cope with and fully accept their parental responsibilities when pregnancy does occur.  --Khmer Youth Leadership: Provides experiential education and opportunities for youth 12 – 21 that stress the positive aspects of Khmer history, language, and cultures.	St. Paul	651-222-3299

Health Care Resources			
Children’s Hospitals and Clinics	They do accept a lot of insurance companies but check to be safe before making an appointment. Common problems they see are emotional, behavioral, learning, and stress from a chronic illness or medical problem. They provide plans that may entail testing to identify problems, counseling for	St. Paul	651-220-6720

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	child/teenager/parents/family, tutoring, and support groups for the children/teens/and parents.		
Minnesota Care Bridge to Benefits	This insurance is state subsidized and has a sliding fee scale based on income. The client is to have no insurance four months prior to coverage. They do not assist with Medicare and they need to say that they plan on staying in MN for the next six months in order to receive services.		651- 297-3862 800-657-3672
Portigo Program for Health	Criteria are income based (150%-275% of poverty guideline). They assist with eye exams, primary and preventive services, limited specialty care, referrals to urgent care, and not emergency room visits.		651-603-5100
St. Mary’s Health Clinic	They provide free health care if you do not have health insurance, MN CARE, Medicare, and Medical Assistance. They do not provide prenatal, mental health, dental services, emergency trauma or critical care. Scheduling Line is open Mon. –Thurs. 8:30 AM to 3:30 PM Fri. 8:30 AM to 12:30 PM. They can make appointments for clinic hours Monday through Thursday. Call for further eligibility requirements.		651-690-7029 651-287-7777
West Side Dental Clinic and Helping Hand Dental Clinic	They provide preventive, restoration, and urgent dental care for those with or without dental insurance.		651-602-7575

Hospital/Medical Services			
Abbott Northwestern	Inpatient psych ages 4-18; out patient day treatment for kids 4-18 (need referral from a doctor – not necessarily psychiatrist) 9-3 M-F; recommend going to Children’s to be assessed and they will refer to Abbott if needed. Eating Disorders Clinic Anxiety Disorders Clinic Neuropsychological Assessment Mental Health Counseling		Primarily Medica UBH but accept a variety of insurance 612 863 8633 assessment & referral (for psych unit questions) 612-863-5369 Health Psychology Services – Outpt services and clinics
Behavioral Health Services	Inpatient Psych, (CMH = 3 ½ to 12), adolescent crisis 13-18 ch & adol outpt day treatment m-f 2-6 weeks 612-672-6999 outpt clinic cultural liaison to work with families on inpt units DEC		MH Intake 612-672-6600

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	(Diagnostic & Evaluation Center) 11AM-9PM Crisis evaluation program part of ER; staffed by psychologists; contracted with some insurances and will see others as needed; will coordinate admission if needed otherwise looking at other options.		612-273-5640
Family Planning & STD Hotline			1-800-78-FACTS (32287)
Gillette Children's Specialty Health Care	Children and young adults with disabilities and chronic conditions; not mental health disabilities; disabilities limited to physical (e.g. cerebral palsy, spina bifida, chronic pain, brain injury, epilepsy, etc.)		651-291-2848
Regions 640 Jackson – 651-254-3456	Child psychiatrist; Elizabeth Reeve (doctor) & Judith Dean (nurse) see kids 4-18; Dr. Reeve focuses on Asperger's /Autistic kids; interpreters avail; No therapy at Regions; therapy avail at Stillwater, Woodbury & Maplewood sites		Behavioral Health Clinic 254-4786; central intake 254-4800 for 1 <sup>st</sup> appt; no sliding fee; billing is third party billing and direct pay
Unity	Unity hospital <b>Suicide Prevention/ Crisis Intervention for Anoka County residents</b>		(763) 421-2222 <b>(763) 422-4614</b>
St. Joseph's			651-232-3000
St. John's – Mplwd			651-232-7000
St. Mary's Health Clinic	free health care if person does not have insurance, MA, MNCare or Medicare. NO prenatal, mental health, dental, emergency or critical care; Mon-Thurs 8:30 – 3:30; Fri 8:30 – 12:30		651-690-7029
Shriner's Hospital for Children			1-888-293-2832
Portigo Program for Health	Income based assistance with basic health care and referrals to urgent care		651-603-5100

Housing			
Lutheran Social Services Youth in Transitional Housing	Criteria to receive assistance with finding a home: ages 16-21, Ramsey County Resident, and homeless or facing homelessness. The individual needs to complete a series of groups before the apartment is found for that person.		651-644-7739
Caroline Family Services	This service is available for women who are homeless and lack resources to find affordable housing. The client will be connected with a trained staff who will help find community resources and affordable housing.	St. Paul 840 E. 6 <sup>th</sup> Street	651-772-1344

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Housing Link	They offer information about different housing options (subsidized housing, transitional housing, and private market housing).	600 18 <sup>th</sup> Ave. North Minneapolis	612-522-2500
Metro Housing and Redevelopment Authority	Apply for section 8 vouchers		651-602-1428
Naomi Family Center	Clients can call directly;		651-222-7962
Ramsey Action Program,	Energy Assistance; complete application with verification of income for anyone 18+ in the household and utility bill for any three months in last year plus shut off notice and current bill; Ramsey or Washington County resident; Spanish speaker avail	St. Paul	651-645-6470
Canvas Health	Works with Washington County residents with SPMI to find housing; John Severide is the contact 251-5046; provide transitional housing; works with Bridges Program; Permanent supported housing for the homeless.	Washington Co	651- 777-5222
UCAM—United Cambodian Association of Minnesota	--ROOF: Provide temporary housing for homeless families with young parents from 14 – 21 years of age. Both single parents and couples who live in Ramsey County are served. The families have poor or no rental history. Services include helping children get enrolled into school, locating child care, finding employment and helping with transportation. Intensive case management is used to help move families toward self sufficiency.	St. Paul	651-222-3299

Links			
Beehive 211	United way directory		<a href="http://www.thebeehive.org/Templates/National/Default.aspx?PageId=1">http://www.thebeehive.org/Templates/National/Default.aspx?PageId=1</a>
Bridges to Benefits	Helps explain the State financial process and programs		<a href="http://www.coveringallfamilies.org/">http://www.coveringallfamilies.org/</a>
Bridges to Safety	Centralized services and safety for victims of domestic violence in Ramsey County		<a href="http://bridgestosafety.org/">http://bridgestosafety.org/</a>
NAMI	Find support		<a href="http://www.nami.org/">http://www.nami.org/</a>
Suburban Ramsey County Collab.	<b>Ramsey County Resources For Families With Young Children</b>		<a href="http://kidsmattersrfc.org">http://kidsmattersrfc.org</a>

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
<b>Mentoring</b>			
American Indian Family Center	American Indian culturally specific for kids enrolled in the Healing Generations project, a mental health program. Fee for service	St. Paul	651-793-3803
B. Evans & Associates	Provides mentoring, case management, Family community Support services to families. Their mission is to build strong communities one life at a time through aggressive, quality services with strong emphasis on outcomes. Fee for service	St. Paul	612-529-2997 Bobbie Evans
Big Brothers/Big Sisters of Greater St. Paul	Youth 7-14 from single parent homes. Free of charge	St. Paul	651-789-2400
Family Improvement Network	Works well with kids with Mental Health issues. Fee for service		651-523-0099
New Generations	Works well with kids with Mental Health issues. Fee for service	Minneapolis	612-676-1604
180 Degrees	Spanish Speaking	St. Paul	651-332-5500
La Oportunidad, Inc.	Spanish-speaking mentors, ages 12-18	St. Paul	651-646-6115
Mentoring Partnership of Minnesota	Mentoringworks.org	Minneapolis	612-370-9180
Metro Social Services	Somali, Swahili, Hmong, and Spanish-speaking mentoring services. Fee for service.	St. Paul	651-647-0647

<b>Parent Advocacy Groups/Support</b>			
Autism Society	Parent resource center for children with Asperger's/Autism or PDD. They sponsor parent focused trainings and support groups.	St. Paul	651-647-1083
CLUES	Groups for parents who have DD children. Group in Spanish. Advocacy services provided as well.	St. Paul	651-292-0347
Children's Home Society & Family Services.	Parent Support Services. Providing 1:1 ongoing support to parents in-home or in-office.	Anoka County - Chisago County - Ramsey County -	651-646-7771

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Father's Resource Center	Various services for fathers (custody, legal, support groups, consultation)	Minneapolis	763-783-4938
MACMH	Parent advocacy center for parents of SED youth	St. Paul	651-644-7333
PACER	Parent advocacy center for Educational issues. (dealing with schools, etc)	Bloomington	952-838-9000
Parent to Parent	Organization for parents of SED children. 3 components: 1 on 1 matching of parents, educational sessions on particular topics (i.e. IEP writing), and group discussions.	St. Paul	MACMH office 651-644-7333
Ramsey County Children's Mental Health Collaborative	Organization set up to integrate services throughout the county for SED youth and their families. Parents are integral part of this collaborative	St. Paul	Office: 651-293-5951

<b>PCA Services</b>			
Advanced Care, Inc.	The agency accepts most HMOs except for Medica and Blue Cross Blue Shields. They serve children with most disabilities.	1305 E 24 <sup>th</sup> St Mpls, MN 55404	612-721-1957
Affordable Professionals, Inc [DD, MH, medical behaviors]	The agency only accepts clients on MA or UCARE. Clients can call directly to inquire about services, but they have to be assessed by PHN in the county they live in.	23 E 26 <sup>th</sup> Street Mpls, MN 55404	612-874-8266
Alliance Health Care [DD, MH, behaviors]	The agency accepts children and adult referrals. The agency accept PMAPS, BCBS, Medica, and MA. Patty is the intake worker. Referrals could be made by the family, social worker, case manager, etc. The agency offers skill nurse visits as well.	2260 Cliff Rd Eagan, MN 55122 - 2316	651- 895-8030
Alternative Choice Health Services, Inc	The agency strictly provides only PCA services that does not involve nursing. They will work with any disability and across the 7 metro counties. The agency will advertise for a PCA in the paper if needed.	2501 Grand St N.E. Mpls, MN 55418	612-782-9988
Best Care [DD, MH, med, behaviors]	The agency accepts most HMOs except for Medica.	3008 Univ Ave SE Mpls, MN 55401	612- 378-1040
Care Focus Corporation (DD, MH, Behaviors )	The agency is contracted with Hennepin and Anoka County. However, they serve 9 counties and Ramsey is one of them. The agency will help the family set up PCA hours if they have never	5811 Cedar Lake Road St. Louis Park,	952-544-6223

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	used PCA services before.	MN 55416	
Care Planners	The agency serves the whole state. It accepts children with all disabilities. They have interpreters and multiple language services. The agency accepts most HMO's except Ucare.	2324 University Avenue #103 St. Paul, MN 55114	651-645-9887
Care Plus	Has contracts with all HMO's, MA, and counties. Serve children with all disabilities.	4050 Olson Memorial Hwy Golden Valley, MN 55422	763-529-5520
CareMate Home Health Care, Inc. (DD, MH, Behaviors)	Accept most HMO's and MA.	1953 University Avenue St. Paul, MN 55104	651-659-0208
ACCRA Care Inc.	The agency accepts all health insurance except Medica. They provide services state wide to children with all disabilities. The agency has PCA choice program in which the parent/family is able to suggest their own worker. The agency will become the fiscal agent and do all the paper work. The agency is licensed to do respite care in Ramsey County.	1011 1 <sup>st</sup> Street South Suite 210 Hopkins, MN 55343	952-935-3515
CompanionCare	Serves the metro area. Provides interpreters for families that do not speak English. The agency has Spanish, English, and Hmong workers. Collaborates with US Asian Homecare	4124 Quebec Avenue North, #305 New Hope, MN 55427	763-533-1919
HealthWorks Home Medical Inc.	The agency specializes in physical disabilities not DD or MH.	114 5 <sup>th</sup> Street, SE Mpls, MN 55414	612-617-9562
Hennepin Home Health Care	The agency provides PCA services for children with MH, DD, and physical disability. They are willing to work with families who need 24 hour live in PCA. The agency serves 7 counties metro wide.	6200 Shingle Creek Parkway Brooklyn Center, MN 55430	763-521-0072
Home Advantage Health Services Inc.	Provides services to children with DD, MH, and physical disabilities.	1821 University Avenue, Suite 227s St. Paul, MN 55104	651-645-9011

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
In Home Personal Care, Inc	Serves clients metro wide. Do not have interpreters available for non English speaking clients	8441 Wayzata Blvd, Suite 130 Golden Valley, MN 55466	952-929-5757
Interim HealthCare	Client must need 6-8 PCA hours per day to qualify for services.	2200 University Avenue St. Paul, MN 55104	651-917-3634
Intrepid USA Health Care, Services [DD, MH, medical behaviors]	Accept most HMO's and MA. Clients could call directly to inquire about services. Client must have a PCA assessment completed first. The agency tries to serve the whole metro area.	8421 Wayzata Blvd Golden Valley, MN 55426	763-544-0315
Metwest Health Care Services, Inc.	The agency only accepts Blue Cross Blue Shields, Health Partners and straight MA. The agency provides services to clients who has a waiver.	1821 University Avenue West St. Paul, MN 55104	651-603-6969
My Brother's Keeper	Only accepts clients on medical assistance. They are willing to work with clients with a waiver. Services for all disabilities are provided.	136 South Holmes Street Shakopee, MN 55379	952-496-0157
Perfect Home Care & Nursing Services, Inc.	Accept MA and private insurance only. PCA's are trained to handle children with behavioral issues.	909 Selby Avenue St. Paul, MN 55103	651-292-1291
Quality Plus Home Health Care Services Inc.	The agency has PCA's who are fluent in Hmong, Laotian, and Thai. They only accept straight MA and Health Partners. The agency will work with waivers on an individual basis.	383 University Avenue St. Paul, MN 55103	651-312-0202
Rainbow Home Health Care Inc.	Currently, the agency is only accepting MA, Health Partners and Ucare. They usually provide PCA services to children who are waiting for a DD waiver.	1417 Arcade Street St. Paul, MN 55106	651-778-0562

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Ramsey County Public Health	RC public health PCA question line-call for hours assessment if child is on straight MA. Leave the child's name, MA number & birthrate. If the child is on a PMAP/MA then the parent has to call the clinic to arrange.		651-266-2522
REM Health Inc. (DD, MH, and Behavior)	Ann Harris- Intake worker Medicare licensed for services to children and adults. Private division that provide services to children with physical disability.	6800 France Ave S Ste 500, Edina	952-926-9808
Safety Care Inc.	Accept most health insurance plan except Medica.	1821 University Avenue, Suite 135 St. Paul, MN 55104	651-645-4537
Spectrum Community Health Inc.	The agencies works with all disabilities and accepts most health insurance plans.	2021 Hennepin Avenue E-Suite 300 Minneapolis, MN 55413	612-627-9177
TLC Home Care of the Twin Cities	The PCA's are trained to work with all disabilities. The agency does not accept Health Partners and Medica Choice.	1255 West Larpenteur Avenue Roseville, MN 55113	651-647-0017

Police Resources

Police		St. Paul	911
Missing Persons	After 4:00 W/E 266-5700	St. Paul	651-266-5612
Acop	Community Based & outreach in public housing located at McDonough Housing	St. Paul	651-558-2305
Ramsey Co. Sheriff	Arden Hills, Gem Lake, Little Canada, North Oaks, Shoreview, Vadnais Heights, White Bear Township	665 W. Co. Rd. E., Shoreview	651-484-3366
Falcon Heights	Police Station	St. Anthony	612-789-5015
Maplewood 55109	Police Station	1830 E. Co. Rd. B	651-770-4530 Fax: 770-4597
Mounds View 55112	Police Station	2401 Hwy 10 NE	763- 717-4070
New Brighton 55112	Police Station	803-Old Hwy 8	651-638-2070 Fax 651-638-2084
No. St. Paul 55109	Police Station	2526-7 <sup>th</sup> Ave. E.	651-767-0640 non emergency

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Roseville 55113	Police Station	2660 Civic Ctr. Dr.	651-792-7235
City of White Bear 55110	Police Station	4701 Highway 61	651-429-8511
St. Anthony	Police Station	3301 Silver Lake Rd	612-782-3350

Psychiatry			
Allina-Mental Health Clinic	Most private insurance. MA.	360 Sherman St. Ste. 100, St. Paul, MN, 55102	651-241-5959
Allina	Most private insurance. MA.	8675 Valley Creek Rd. Woodbury, MN 55125	651-501-3000
Behavioral Health Services		1185 Town Centre Dr., Eagan, MN	651-681-1600
Children's Hospital St. Paul		360 Sherman St Ste 200	651-220-6720
Minnesota Mental Health Clinic		2785 White Bear Ave., Maplewood, MN 55109	651-779-0069
Fairview Hospital Behavioral unit		Riverside & University Campus, Mpls	612-672-2736
Family Life Center		1930 Coon Rapids	763-427-7964
HCMC Child/Adolescent Psych Clinic		701 Park Ave Mpls, 55415 Level 7 Red bldg	612-873-2617
Health Partners Regions Behavioral Health		Various locations	952-967-7992
Canvas Health		Oakdale Cottage Grove Stillwater	651-777-5222

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
		Forest Lake	
West Side Community Health Services		153 Cesar Chavez St, STP, 55107	651-222-1816
Minnesota Mental Health Clinic	Client has to be in on-going therapy. The clinic accepts most health insurance plan. Eagan location only services adults	3450 O'Leary Lane Eagan, MN 55123	651-454-0114
Minnesota Mental Health Clinic	All appointments through Minnesota Mental Health Clinic.	1000 Radio Drive, Suite 210 Woodbury, MN 55125	651-454-0114
North Metro Psychiatry	Insurance based services, call for specifics	2475 15 <sup>th</sup> Street N.W Suite D New Brighton, Mn 55112	651-636-0308
Northeast Youth & Family Services		3490 Lexington Avenue North Shoreview, MN 55	651-486-3808
Nystrom & Associates		Apple Valley, MN	952-997-3020
Nystrom & Associates		1900 Silver Lake Road, Suite 110 New Brighton, MN	651-628-9566
Outpatient Psych clinic- UofM Medical Center- Fairview		Suite F-275, 2 <sup>nd</sup> Floor, West Bldg 2450 Riverside Ave, Mpls 55454	612-273-8700
Psychiatric Recovery		2550 University Avenue West, Suite 229N St. Paul, MN	651-645-3115 Fax 651-645-2752

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Regions Behavioral Health		2345 Ariel St., Maplewood, MN	651-254-4793
Behavioral Health Services		7616 Currell Blvd, Suite 290, Woodbury MN 55125	651-730-7525
St. Anthony Mental Health Clinic		2233 Hamline Ave N St Paul	651-634-4082
Wilder Clinic		919 LaFond Ave St Paul, MN	651-642-4090

Ramsey County Human Services			
Children Services Intake	Assess point for all Children's services including Child Protection, Children's Mental Health and Developmental Disabilities. Call to screen questions and services	St. Paul	651-266-4500
Children's Mental Health Case Management	Case management services for SED youth (GAF of 40 or below). Short and long term case management avail. Case management provides info and referral for families with the addition to having access to day treatment, in-home, CADI, and placement services.	Ramsey County	651-266-4500
CMH Crisis Services	Crisis intervention, assessment, information and referral, face to face visits, education, prevention services, and brief therapeutic interventions provided.	Ramsey County	651-774-7000
Developmental Disabilities	Case management for MR/RC waiver. Assistance with (not responsible for) various financial programs of home health. Primary services: case management, authorization, referrals, and monitoring of cases. They also provide crisis intervention for those on their caseload and have access to short term crisis beds.	Ramsey county	651-266-4500
Juvenile Probation	Clients are court referred to this program in between the ages of 10 to 18. All services are court ordered and mandated. Assessments and	Ramsey County	651-266-5300



Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
	treatment may be a part of the probation guidelines.		
Project Enhance	Family Community Support services for youths and their families within the northern suburbs of Ramsey County. Children must be in level 3 or 4 EBD settings. Referrals come through the schools or another county setting.	Ramsey County suburbs	Intake 651-266-4500 651-639-4015
Public Health	Services for those who are pregnant and/or parenting with high-risk psychosocial needs. Individuals must have MA or a PMAP. They provide home visiting and consultation to pregnant families and families with young children regarding child health and parenting concerns.	Ramsey County	651-765-7733

Shelters / Kids			
Ain Dah Yung	American Indian culturally specific shelter, homeless & runaway youth	St. Paul	651-227-4184
Arlington House	Staffed shelter for youth ages 12-17	St. Paul	651-774-3701
Bridge for youth	Shelter and social services for Hennepin Cty. Homeless and runaway youth	Mpls	612-377-8800
Booth Brown House	Staffed shelter for youth ages 12-17	St. Paul	651-646-2601
Bush Wilder Shelter		St. Paul	651-224-1395
Harbor Shelter	Boys only Consequence program	Stillwater	651-439-7365
Safe Zone	Resource for homeless and runaway youth	St. Paul	651-224-9644

Shelters-Families			
Casa De Esperanza	Battered women's shelter	St. Paul	651-772-1611
East Metro Women's Council	Transitional housing for low-income families. Parents must be working or in school	St. Paul	651-773-8401
Family Place	Crisis shelter intake for homeless families, support and social services for homeless families	St. Paul	651-225-9354
Diane Ahrens Crisis House	Respite for SPMI adults. Must call adult crisis line for referral	St. Paul	651-645-9424
LSS Safe House	Homeless shelter for youth ages 16-21. Call at 7:00 pm. 6 beds. Also counsels youth in independent living skills	St. Paul	651-644-7739
Mary Hall	Homeless shelter. Must call intake for Ramsey County adult and family shelter	St. Paul	651-227-2637
Model Cities	Transitional housing for women and children	St. Paul	651-632-8350

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Naomi Shelter	Emergency and transitional housing for women and children	St. Paul	651-222-7962
Rose Center	Shelter for single women with mental illness issues	St. Paul	651-690-0625
Theresa Living Center	Transitional housing for low income women who are pregnant or have one child under age of 6	St. Paul	651-774-5594
Union Gospel Mission	Homeless shelter for men	St. Paul	651-228-1800
YWCA	Transitional housing for single women and parents	St. Paul	651-222-3741

Tutoring Resources			
UCAM	--Bridges: Provides tutoring assistance to students who need help with their schoolwork. The staff and volunteers also work with parents to help create a learning environment for the students.  --Future Bound Youth: Works with 6 – 18 year olds during and after school with tutoring, intergenerational communication, and promotion of good decision making.	St. Paul	651-222-3299
UMBIDA	Provides tutors for children with Dyslexia. They can help with other issues as well. Fee for service, call for updated cost.	St. Paul	651-450-7589



Agency	Description	City	Phone
St. Paul Public Schools			
<b>Ramsey County Schools</b>			
<a href="#">Adams Spanish Immersion Magnet</a>	(9:30 a.m. - 4:00 p.m.) 615 S. Chatsworth St. – 55102		651-298-1595
<a href="#">American Indian Magnet</a>	(9:30 a.m. - 4:00 p.m.) 1075 E. Third St. – 55106		651-778-3100
<a href="#">Barack and Michelle Obama Service Learning Elementary</a>	(8:30 a.m. - 3:00 p.m.) 707 Holly Ave. – 55104		651-293-8625
<a href="#">Battle Creek Elementary</a>	(8:30 a.m. - 3:00 p.m.) 60 S. Ruth St. – 55119		651-744-4130
<a href="#">Benjamin E. Mays International Magnet School</a>	(8:30 a.m. - 3:00 p.m.) (International Baccalaureate Primary Years Program) 560 Concordia Ave. – 55103		651-325-2400
<a href="#">Bridge View</a>	(9:30 a.m. - 4:00 p.m.) 360 Colborne St. – 55102		651-293-8640
<a href="#">Bruce F. Vento Elementary</a>	(8:30 a.m. - 3:00 p.m.) 409 E. Case Ave. – 55130		651-293-8685
<a href="#">Capitol Hill Gifted and Talented Magnet</a>	(8:30 a.m. - 3:00 p.m.) 560 Concordia Ave. – 55103		651-325-2500
<a href="#">Chelsea Heights Elementary</a>	(8:30 a.m. - 3:00 p.m.) 1557 Huron St. – 55108		651-293-8790
<a href="#">Cherokee Heights West Side School of Excellence</a>	(8:30 a.m. - 3:00 p.m.) 694 Charlton St. – 55107		651-293-8610
<a href="#">Como Park Elementary</a>	(8:30 a.m. - 3:00 p.m.) 780 West Wheelock Pkwy. – 55117		651-293-8820
<a href="#">Crossroads Montessori</a>	(8:30 a.m. - 3:00 p.m.) 543 Front Ave. – 55117		651-767-8540
<a href="#">Crossroads Science</a>	(8:30 a.m. - 3:00 p.m.) 543 Front Ave. – 55117		651-767-8540
<a href="#">Dayton's Bluff Achievement Plus Elementary</a>	(8:30 a.m. - 3:00 p.m.) 262 Bates Ave. – 55106		651-293-8915
<a href="#">Eastern Heights Elementary</a>	(9:30 a.m. - 4:00 p.m.) 2001 Margaret St. – 55119		651-293-8870
<a href="#">Expo for Excellence Elementary</a>	(8:30 a.m. - 3:00 p.m.) 540 Warwick St. – 55116		651-290-8384
<a href="#">Farnsworth Aerospace PreK-8 Magnet - Upper Campus</a>	(5-8)(9:30 a.m. - 4:00 p.m.) 1000 Walsh St. – 55106		651-293-8880
<a href="#">Farnsworth Aerospace PreK-4 Magnet - Lower Campus</a>	(PreK-4)(9:35 a.m. - 4:10 p.m.) 1290 Arcade St. – 55106		651-293-8675
<a href="#">Four Seasons A+ Elementary</a>	(8:30 a.m. - 3:00 p.m.) 318 Moore Street – 55104		651-290-7595

Agency	Description	City	Phone
<a href="#">Frost Lake Magnet</a>	(9:30 a.m. - 4:00 p.m.) 1505 E. Hoyt Ave. – 55106		651-293-8930
<a href="#">Galtier Community School</a>	(9:30 a.m. - 4:00 p.m.) 1317 Charles Ave. – 55104		651-293-8710
<a href="#">Groveland Park Elementary</a>	(9:30 a.m. - 4:00 p.m.) 2045 St. Clair Ave. – 55105		651-293-8760
<a href="#">Hamline Elementary</a>	(8:30 a.m. - 3:00 p.m.) 1599 Englewood Ave. – 55104		651-293-8715
<a href="#">Hazel Park Preparatory Academy</a>	(9:30 a.m. - 4:00 p.m.) 1140 White Bear Ave 55106		651-293-8970
<a href="#">The Heights Community School</a>	(8:30 a.m. - 3:00 p.m.) 1863 E. Clear Ave. – 55119		651-293-8815
<a href="#">Highland Park Elementary</a>	(9:30 a.m. - 4:00 p.m.) (International Baccalaureate Primary Program) 1700 Saunders Ave. – 55116		651-293-8770
<a href="#">Highwood Hills Elementary</a>	(8:30 a.m. - 3:00 p.m.) 2188 Londin Lane – 55119		651-744-3290
<a href="#">Horace Mann School</a>	(8:30 a.m. - 3:00 p.m.) 2001 Eleanor Ave. – 55116		651-293-8965
<a href="#">J.J. Hill Montessori Magnet</a>	(8:30 a.m. - 3:00 p.m.) 998 Selby Ave. – 55104		651-293-8720
<a href="#">Jackson Preparatory Magnet</a>	(8:30 a.m. - 3:00 p.m.) 437 Edmund Ave. – 55103		651-293-8650
<a href="#">Jie Ming Mandarin Immersion Academy</a>	(8:30 a.m. - 3:00 p.m.) 1599 Englewood – 55104		651-293-8715
<a href="#">John A. Johnson Achievement Plus Elementary</a>	(8:30 a.m. - 3:00 p.m.) 740 York Ave. – 55106		651-793-7300
<a href="#">L'Etoile du Nord French Immersion School Lower Campus</a>	(K-1)(9:30 a.m. - 4:00 p.m.) 1305 Prosperity Ave. – 55106		651-221-1480
<a href="#">L'Etoile du Nord French Immersion School Upper Campus</a>	(2-5)(9:40 a.m. - 4:10 p.m.) 1760 Ames Place- 55106		651-221-1480
<a href="#">Linwood Monroe Arts Plus - Linwood Campus</a>	(9:40 a.m. - 4:10 p.m.) 1023 Osceola Ave. – 55105		651-293-6606
<a href="#">Linwood Monroe Arts Plus - Monroe Campus</a>	(9:30 a.m. - 4:00 p.m.) 810 Palace Ave. – 55102		651-293-8690
<a href="#">Maxfield Magnet</a>	(8:30 a.m. - 3:00 p.m.) 380 N. Victoria St. – 55104		651-293-8680
<a href="#">Mississippi Creative Arts Magnet</a>	(9:30 a.m. - 4:00 p.m.) 1575 L'Orient St. 55117		651-293-8840
<a href="#">Nokomis Montessori Magnet North</a>	(9:35 a.m. - 4:05 p.m.) 985 Ruth St. – 55119		651-744-7400

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
<a href="#">Nokomis Montessori Magnet South</a>	(9:35 a.m. - 4:05 p.m.)	525 White Bear Ave. – 55106	651-744-5500
<a href="#">Saint Paul Music Academy</a>	(8:30 a.m. - 3:00 p.m.)	27 E. Geranium Ave. – 55117	651-293-8795
<a href="#">Paul &amp; Sheila Wellstone Elementary</a>	(9:30 a.m. - 4:00 p.m.)	1041 Marion St. – 55117	651-290-8354
<a href="#">Phalen Lake Hmong Studies Magnet School</a>	(8:30 a.m. - 3:00 p.m.)	1089 Cypress St. – 55106	651-293-8935
<a href="#">Randolph Heights Elementary</a>	(9:30 a.m. - 4:00 p.m.)	348 S. Hamline Ave. – 55105	651-293-8780
<a href="#">Riverview West Side School of Excellence</a>	(8:30 a.m. - 3:00 p.m.)	160 Isabel Street East – 55107	651-293-8665
<a href="#">St. Anthony Park Elementary</a>	(8:30 a.m. - 3:00 p.m.)	2180 Knapp St. – 55108	651-293-8735

**Middle Schools**

<a href="#">American Indian Magnet</a>	(9:30 a.m. – 4:00 p.m.)	1075 E. Third St – 55106	651-778-3100
<a href="#">Battle Creek Middle School</a>	(7:30 a.m.- 2:00 p.m.)	2121 North Park Drive . – 55119	651-293-8960
<a href="#">Capitol Hill Gifted and Talented Magnet</a>	(8:30 a.m.-3:00 p.m.)	560 Concordia Ave. - 55103	651-325-2500
<a href="#">Farnsworth Aerospace PreK-8 Magnet Upper</a>	(9:30 a.m.-4:00 p.m.)	1000 Walsh St. – 55106	651-293-8880
<a href="#">Hazel Park Preparatory Academy</a>	(9:30 a.m. - 4:00 p.m.)	1140 White Bear Ave	55106 651-293-8970
<a href="#">Highland Park Middle School</a>	(7:30 a.m. - 2:00 p.m.)	975 S. Snelling Ave. – 55116	651-293-8950
<a href="#">Humboldt Secondary School</a>	(7:30 a.m. - 2:00 p.m.)	30 E. Baker St.. – 55107	651-293-8600
Journeys Secondary School		90 S. Western Ave., 55102	651-744-1900
<a href="#">Linwood Monroe Arts Plus - Monroe Campus</a>	(9:30 a.m. - 4:00 p.m.)	810 Palace Avenue – 55102	651-293-8690
<a href="#">Murray Junior High School</a>	(7:30 a.m. - 2:00 p.m.)	2200 Buford Ave. – 55108	651-293-8740
<a href="#">Open World Learning School</a>	(7:30 a.m. - 2:00 p.m.)	65 E. Kellogg Ave - 55101	651-293-8670
<a href="#">Parkway Montessori Middle School</a>	(7:30 a.m. - 2:00 p.m.)	1363 Bush Ave - 55106	651-744-1000
<a href="#">Ramsey Junior High School</a>	(7:30 a.m. - 2:00 p.m.)	1700 Summit Ave. – 55105	651-293-8860
<a href="#">Washington Technology Magnet</a>	(7:30 a.m. - 3:00 p.m.)	1495 Rice Street . – 55117	651-293-8830

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
<b>Senior Highs</b>			
<a href="#">Central Senior High School</a>	(7:30 a.m.- 2:00 p.m.)	275 N. Lexington Pkwy. – 55104	651-744-4900
<a href="#">Como Park Senior High School</a>	(7:30 a.m.- 2:00 p.m.)	740 W. Rose Ave. – 55117	651-293-8800
<a href="#">Creative Arts High School</a>	(7:30 a.m.- 2:00 p.m.)	65 E. Kellogg Blvd. – 55101	651-292-3480
<a href="#">Crosswinds Arts &amp; Science School</a>	(8:30 a.m. - 3:00 p.m.)		
<b>Interdistrict school</b>		600 Weir Dr., Woodbury – 55125	651-379-2600
<a href="#">Gordon Parks High School</a>		1212 University Ave. W – 55104	651-744-1212
<a href="#">International Academy - LEAP</a>		631 Albert Street N. – 55104	651-228-7706
Journeys Secondary School		90 S. Western Ave., 55102	651-744-1900
<a href="#">Harding Senior High School</a>	(7:30 a.m. - 2:00 p.m.)	1540 E. Sixth St. – 55106	651-793-4700
<a href="#">Highland Park Senior High School</a>	(7:30 a.m. - 2:00 p.m.)	1015 S. Snelling Ave. – 55116	651-293-8940
<a href="#">Humboldt Secondary School</a>	(7:30 a.m. - 2:00 p.m.)	30 E. Baker St. – 55107	651-293-8600
<a href="#">Johnson Senior High School</a>	(7:30 a.m. - 2:00 p.m.)	1349 Arcade St. – 55106	651-293-8890
<a href="#">Open World Learning School</a>	(6-12)(7:30 a.m. - 2:00 p.m.)	65 Kellogg Blvd. – 55101	651-293-8670
<a href="#">Washington Technology Magnet</a>	(7:30 a.m. - 3:00 p.m.)	1495 Rice St. – 55117	651-293-8830

Mounds View Schools		
Bel Air School	1800 NW 5 <sup>th</sup> St New Brighton, MN. 55112	651-633-3521
Island Lake School	3555 N. Victoria St. Shoreview, MN. 55126	651-484-5553
Pinewood School	5500 Quincy St. Mounds View, MN. 55112	763-784-4006
Sunnyside School	2070 County Road H New Brighton, MN 55112	651-784-5226
Turtle Lake School	1141 W. County Rd. I Shoreview, MN. 55126	651-484-2150

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Valentine Hills School	1779 W. County Rd. E2 Arden Hills, MN. 55112	651-631-0737	
Chippewa Middle School	5000 Hodgson Rd. North Oaks, MN. 55126	651-483-6635	
Edgewood Middle School	5100 North Edgewood Drive Mounds View, MN 55112	651-784-2010	
Highview Middle School	2300 NW 7 <sup>th</sup> St New Brighton, MN 55112	651-633-8144	
Irondale Sr. High	2425 Long Lake Rd. New Brighton, MN. 55112	651-796-5200	
Mounds View Sr. High School	1900 Lake Valentine Rd Arden Hills, MN. 55112	651-633-4031	
Area Learning Center	4182 N. Lexington Shoreview, MN. 55126	651-639-6080 SW- Ext. 3616 SW-Ext. 3616	

Roseville/Little Canada/Falcon Heights/Lauderdale Schools			
Brimhall Elementary School	1744 County Rd. B2 East Roseville, MN 55113	651-638-1958	
Central Park Elementary School	535 West County Rd B2 Roseville, MN. 55113	651-481-9951	
Edgerton Elementary School	1929 Edgerton St Maplewood, MN 55117	651-772-2565	
Emmet D. Williams Elementary School	955 County Rd. West Shoreview, MN. 55126	651-482-8624	
Falcon Heights Elementary School	1393 Garden Ave Falcon Heights, MN. 55113	651-646-0021	
Harambee	30 County Rd. B E Maplewood MN 55117	651-379-2500	
Little Canada Elementary School	400 Eli Rd. Little Canada, MN. 55117	651-490-1353	
Parkview Center School (K-8 grades)	701 County Rd B West Roseville, MN. 55113	651-487-4360	
Roseville Area Middle School	15 County Rd. B2 East Little Canada, MN. 55117	651-482-5280	
Roseville Area High School	1240 County Rd B2 West Little Canada, MN. 55117	651-635-1660	

White Bear Schools			
Birch Lake Elementary	1616 Birch Lake Ave White Bear Lake, MN 55110	651-653-2776	

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Hugo Elementary School	14895 Francesca Avenue North Hugo, MN 55038	651-653-2798	
Lakeaires Elementary	3963 Van Dyke Ave White Bear Lake, MN 55110	651-653-2809	
Lincoln Elementary	1961 Sixth St. White Bear Lake, MN 55110	651-653-2820	
Matoska International School	2530 Spruce Pl White Bear Lake MN 55110	651-653-2847	
Otter Tail Elementary	1401 County Rd. H2 White Bear Lake, MN 55110	651-653-2831	
Vadnais Heights Elementary	3645 Centerville Road Vadnais Heights, MN 55127	651-653-2858	
Willow Lane Elementary	3375 Willow Ave White Bear Lake, MN 55110	651-773-6170	
Central Middle	709 Bloom Avenue White Bear Lake, MN 55110	651-653-2888	
Sunrise Middle	2399 Cedar Ave White Bear Lake, MN 55110	651-653-2700	
North Campus	5040 Bald Eagle Ave	651-653-2920	
South Campus	3551 McKnight Road White Bear Lake, MN 55110	651-773-6200	
Area Learning Center - Golfview Site	2449 Orchard Lane White Bear Lake, MN 55110	651-773-6400	

North St. Paul, Maplewood Oakdale Schools			
Beaver Lake Elementary	1060 North Sterling Street	651-702-8400	
Carver Elementary	2680 Upper Afton Road	651-702-8200	
Castle Elementary	6675 50 Street North	651-748-6700	
Cowern Elementary	2131 North Margaret Street	651-748-6800	
Eagle Point Elementary	7850 North 15th Street	651-702-8300	
Gladstone Community Center	1945 Manton St Maplewood MN 55109	651-748-7200	
Harmony Learning Center	1961 E County Rd C Maplewood MN 55109	651-748-6200	
Oakdale Elementary	821 Glenbrook Avenue North	651-702-8500	
Richardson Elementary	2615 North 1st Street	651-748-6900	
Skyview Community Elemen.	1100 Heron Avenue North	651-702-8100	
Weaver Elementary	2135 Birmingham Street	651-748-7000	
Webster Elementary	2170 7th Avenue East	651-748-7000	
John Glenn Middle School	1560 East County Road B	651-748-7100	
Maplewood Middle School	2410 Holloway Avenue	651-748-6500	
Skyview Community	1100 Heron Avenue North		

Resource Guide 2014  
Multi-Collaborative Access Team

Agency	Description	City	Phone
Middle S.			
North Senior High School	2416 11 Avenue East	651-748-6000	
Tartan High School	828 Greenway Avenue North	651-702-8600	
Alternative Learning Program	2520 East 12th Avenue	651-748-7650	
Gladstone Education Center	1945 Manton Street	651-748-7200	
ECFE (Early Childhood)		651-748-7280	
Early Childhood Screening		651-748-7289	

## Ramsey County Resources For Families With Young Children

### Emergency – Police – Fire – Ambulance – 911

[For changes or updates please call “United Way 2-1-1” dial 211 or (651) 291-0211]



### FIRE PREVENTION AND SAFETY

Some fire departments offer fire safety information and free smoke detectors or batteries for smoke detectors to local residents.

Arden Hills - (651) 633-2404	North Oaks - (651) 633-2404
Falcon Heights - (651) 644-5575	North St. Paul - (651) 770-4480
Little Canada - (651) 766-4057	Roseville - (651) 792-7342
Maplewood - (651) 249-2804	Shoreview - (651) 633-2404
Mounds View - (763) 786-4436	St. Paul - (651) 228-6230
New Brighton - (651) 638-2168	White Bear Lake - (651) 429-8568

**Juvenile Fire Setting Intervention Program.....1-800-500-8897**  
Program for children ages 3-17 who play with fire.  
St. Paul - (651) 228-6203

**Northeast Safety Town Program.....(651) 748-7280**  
Summer program for children entering kindergarten in the fall. Covers personal safety, water safety, use of 9-1-1, bicycle and street safety, fire safety, school bus and school patrol safety.

Some police and fire departments look at your child’s car seat to determine if it has been installed correctly. Call the station near your home and ask them if they provide car seat installation inspections.

For further information on car seat safety, free car seat installation clinics, car seat inspection sites and other safety tips, go to the MN Safety Council’s website at:  
<http://www.minnesotasafetycouncil.org/home.cfm>

### NUTRITION AND FOOD PROGRAMS

**Department of Indian Work.....(651) 644-2768**  
Emergency food shelf; will serve non-Native American on referral.

**Dorothy Day Center.....(651) 293-1919**  
Free meals; food shelf available to those unable to access local food shelf.

**FARE for All (formerly FARE Share).....(763) 450-3880**  
Food for approximately half price in exchange for two hours of community service; no income eligibility requirements; numerous sites.

**Food Shelves**  
To find the nearest food shelf call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

**Food Stamps.....(651) 266-4444**  
Apply in person at 160 East Kellogg; call for information about application procedures.

**Free Meals**  
To find the nearest location and the times and days, please call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

**Mothers and Children (MAC Program).....(651) 484-8241**  
Supplement food program for pregnant women, breast-feeding women, and children up to the age of 6; income eligibility.

**Ramsey County Women Infant Child Program (WIC).....(651) 266-1300**  
Supplemental food and nutrition program for children through age 5, pregnant women, and mothers who are breast feeding; income eligibility; health screening and nutrition counseling is also available.

**Second Harvest Heartland - St. Paul Office.....(651) 484-5117**  
Call for food shelf information and location.

**U of M Extension Service (Ramsey County).....(651) 704-2080**  
Food and nutrition education for qualified individuals and families.

### SUPPORT GROUPS

Other places to consider for support groups are religious communities, cultural groups, hospitals, etc. For more listings, call United Way 2-1-1 at 2-1-1 or (651) 291-0211 for cell phone users.

**Alanon/Alateen.....(651) 771-2208**  
Information about groups for persons that have a friend or relative with an alcohol dependency.

**Alcohol-Drug Treatment Referral (24 hours).....1-800-996-DRUG (3784)**  
AA information; meeting times and locations.

**Alcoholics Anonymous.....(651) 227-5502**  
21 and 28 day treatment program referral.

**Chrysalis.....(612) 871-0118**  
Support groups on issues affecting women.

**Cocaine Anonymous/CocAnon.....1-800-925-6159**  
Support for persons addicted to cocaine or crack; also for friends and family of those with a drug problem.

**Emotions Anonymous.....(651) 647-9712**  
Support for persons with mental health concerns such as anxiety, depression, self-esteem, etc.

**Minnesota Problem Gambling Helpline.....(763) 427-5310**  
Information and referrals to problem/compulsive gamblers and other concerned individuals.

**Narcotics Anonymous Helpline.....(952) 939-3939**  
NA group meetings and locations.

**Parents Without Partners.....(952) 953-7100**  
Activities, events, and support for single parents and their families.

**Pregnancy and Infant Loss Assoc.....(651) 437-8709**  
Support, education, and information for families who have experienced the death of a child before or after birth.

**Prevent Child Abuse MN.....(651) 523-0099**  
A peer support group for parents who want to improve their relationships with their children.

## HOUSING

<b>Caroline Family Services</b> .....	(651) 772-1344
Transitional housing and housing support services for low-income women with children who are homeless.	
<b>Children's Home Society and Family Services</b> .....	(651) 222-0311
First time home buyer education program.	
<b>East Metro Women's Council</b> .....	(651) 773-8401
Supportive housing for homeless and low-income families with children.	
<b>Emma's Place</b> .....	(651) 224-1329
Permanent, affordable housing for homeless single parents with four or more children.	
<b>Emergency Social Services</b> .....	(651) 291-6795
After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8 a.m. and 24 hours weekends and holidays.	
<b>Habitat for Humanity</b> .....	(612) 331-4090
Helps low-income families build their own homes.	
<b>Housing Link - Call United Way 2-1-1</b> .....	2-1-1 or (651) 291-0211 for cell phone users
Low to moderate income rental housing information.	
<b>Jackson Street Village</b> .....	(651) 558-5980
Permanent supportive housing for homeless, chemically dependent and/or mentally ill parents and their children.	
<b>Lutheran Social Services</b> .....	(651) 644-7739
Youth transitional living program for persons ages 16-21.	
<b>Model Cities of St. Paul, Families First Supportive Housing</b> .....	(651) 632-8344
Provides homeless, chemically dependent single parents with permanent, affordable, chemically-free housing.	
<b>Naomi Family Residence</b> .....	(651) 222-7962
Transitional housing for women and children; parenting programs.	
<b>St. Paul Home Loan Fund</b> .....	(651) 266-6626
Mortgage foreclosure prevention and housing counseling for St. Paul residents.	
<b>St. Paul Public Housing Agency</b> .....	(651) 298-5158
Subsidized housing for low-income families.	
<b>The Family Place</b> .....	(651) 225-9354
Crisis shelter intake for homeless families; support and social services for homeless families.	
<b>The ROOF Project</b> .....	(651) 642-2005
Scattered-site transitional housing for homeless families with children.	
<b>Theresa Living Center</b> .....	(651) 774-5594
Transitional housing for single women, pregnant women and women with one child 5 and under.	
<b>YWCA Transitional Housing Program</b> .....	(651) 293-9296
Transitional housing for low-income, homeless women and their children.	

## CRISIS PROGRAMS

If you feel someone you know is in danger, or is being hurt, or you are in danger, call the MN Domestic Violence Crisis Line at 1-866-223-1111. Your call will be answered by an advocate who can guide you through the process.

<b>Asian Women United, House of Peace</b> .....	(612) 724-0756
Shelter for women and their children under age 17 who are victims of domestic violence.	

<b>Casa de Esperanza</b> .....	(651) 772-1611
Shelter for battered women and their children. Services available in English and Spanish.	
<b>Children's Crisis Response</b> .....	(651) 774-7000
24 hour in-home crisis intervention for children under 18 and their families in Ramsey County.	
<b>Children's Home Society and Family Services</b> .....	(651) 222-0311
Counseling and parenting program and programs for families affected by domestic abuse.	
<b>Children's Safety Center Network</b> .....	(651) 774-4990
Supervised child visitation and visitation exchange center.	
<b>Emergency Social Services</b> .....	(651) 291-6795
After-hours response for Ramsey County Social Services, weekdays 5 p.m. until 8 a.m. and 24 hours weekends and holidays.	
<b>Parent Support Services (formerly Crisis Nursery)</b> .....	(651) 641-1300
Short-term safe 24-hour care for children of families in crisis (ages birth to 12).	
<b>Project House Calls</b> .....	(651) 266-1290
Outreach and primary care for St. Paul resident children at risk of homelessness; condemnation prevention.	
<b>Sexual Offense Services of Ramsey County</b> .....	(651) 643-3006
24-hour crisis response for victims of sexual assault.	
<b>St. Paul Domestic Abuse Intervention Project</b> .....	(651) 645-2824
Crisis intervention, legal advocacy and support groups for women in abusive situations living in the St. Paul area.	
<b>Tubman Family Alliance</b> .....	(651) 770-0777
Resources, support shelters and information for families in suburban Ramsey and Washington Counties.	
<b>Ramsey County Mental Health Center</b> .....	(651) 266-7890
Adult crisis services, day treatment, individual and group counseling.	
<b>Wildier Community Assistance Program</b> .....	(651) 287-2400
Counseling, information, advocacy for families dealing with violence.	
<b>Women of Nations (Eagle's Nest)</b> .....	(651) 222-5836
Shelter and support services for battered women and their children; special services for Native-American women.	
<b>Women's Advocates</b> .....	(651) 227-8284
Shelter for battered women and their children, support groups, information and referral.	

## ADULT CLASSES

<b>Adult Basic Education, GED, brush up ESL and Adult Diploma Program</b>	
McKnight 36 Plaza.....	651-779-5666
Mounds View/Pike Lake Education Center.....	651-639-6039
North St. Paul, Maplewood, Oakdale/Harmony Alternative Programs.....	651-748-6200
Roseville Adult Learning Center.....	651-604-3553
White Bear Lake/Harmony Alternative Programs.....	651-748-6200
<b>Minnesota Literacy Council</b> .....	(651) 645-2277
Referrals to adult literacy, English as a Second Language, GED, high school diploma and other adult basic education services.	
<b>Ramsey County Minnesota Family Investment Program (MFIP)</b> .....	(651) 266-4444
MFIP eligible adults have access to job training provided through various employment service agencies; career planning leading to self-sufficiency and job placement.	



**Ronald Hubbs Center for Lifelong Learning.....(651) 290-4822**  
Adult education including GED, brush-up, English as a Second Language, and adult diploma program.

## CHILD CARE

**Children's Home Society and Family Services Crisis Nursery.....(651) 641-1300**  
Short-term crisis childcare for families in crisis or under stress; 24-hour crisis counseling.

**MFIP Child Care Assistance Program.....(651) 266-4019**  
For families on MFIP taking part in work activities.

**Resources for Child Caring - Child Care Resource and Referral.....(651) 641-0332**  
Childcare referrals and information helping families find quality childcare;  
Sliding-fee child program - Child Care Assistance (651) 641-6665.

## SPECIAL NEEDS INFORMATION

**Arc Greater Twin Cities.....(763) 783-4958**  
Family and individual advocacy for those with developmental disabilities.

**Discapitados abriendo caminos.....(651) 293-1748**  
Provides support and services to Latino families and their children with special needs.

**Early Childhood Information and Referral (ECI & R).....(651) 604-3700**  
Information and resources for families who have questions or concerns about the development of their children, ages birth to six.

**Family Support Connection.....(651) 265-2435**  
Information and support for families with deaf or hard of hearing children.

**Legal Aid Society of Minneapolis.....(612) 334-5970**  
Legal advocacy for persons with disabilities regarding civil matters arising out of their disability.

**March of Dimes Birth Defects Foundation.....(952) 835-3033**  
Education programs and nationwide network of medical services; information about birth defects.

**Metro Mobility.....(651) 602-1111**  
Door to door transportation for persons unable to use regular bus service due to disability; fees charged.

**Metropolitan Center for Independent Living.....(651) 646-8342**  
Advocacy; information and referral; consumer issue hotline.

**Minnesota State Council on Disability.....(651) 296-6785**  
Information and referral regarding resources for equipment legislation, and structural/program access.

**MN Children with Special Health Needs (MCSHN).....(651) 201-3650**  
Information, referral, clinic services and assistance with medical diagnosis for children with special health care needs. Health care coverage for income eligible families of children with special health needs.

**MN Organization on Fetal Alcohol Syndrome (MOFAS).....(651) 351-3152**  
Provides resources and support for families living with Fetal Alcohol Spectrum Disorders (FASD).

**PACER Center.....(952) 838-9000**  
Parents helping parents to understand and implement their child's right to a free appropriate education; workshop, newsletters, publications, resource list of state and national disability organizations.

**Ramsey County Developmental Disabilities Services.....(651) 266-4500**  
Children with significant developmental delays may qualify for social services including respite care, in-home family support services, home adaptations, special expenses, and/or residential care.

**Resources for Child Caring, Special Needs Program.....(651) 641-6644**  
Helps children with special needs find and keep quality childcare. Individual consultation with families and providers to help children remain in their care. Also a respite resource, information, support and training about special needs.

**State Services for the Blind.....(651) 642-0500**  
Serving citizens who are blind or have visual impairments.

**Supplemental Security Income.....(651) 290-0054**  
Provides monthly income to children who meet the SSI criteria for disability and low family income.

**Vocational Rehabilitation Services.....(651) 284-5038**  
Services to people with disabilities to help prepare for work or to find or keep a job.

## LEGAL ADVICE AND SERVICES

**Centro Legal.....(651) 642-1890**  
Bilingual (Spanish/English) legal services for low-income Latinos; immigration law; services for battered women.

**Chrysalis.....(612) 871-0118**  
Legal education for women; attorney referral.

**Ombudspersons.....(651) 603-0058**  
Ombudspersons are advocates for African American, American Indian, Asian Pacific and Spanish speaking families to assure that laws governing the protection of children and their families are implemented in a culturally appropriate manner.

**Project HOPE - Homeless Outreach Prevention and Education.....(651) 842-1501**  
Free legal advice to homeless or near homeless people.

**Resource Center for Fathers and Families.....(763) 783-4938**  
Family law clinic for dads; issues dealt with include divorce, custody, child support, visitation, etc.

**Southern Minnesota Regional Legal Services (SMRLS).....(651) 222-4731**  
Free legal assistance to income eligible families and individuals for limited civil matters and welfare appeals.

## MN WORKFORCE CENTERS

Workforce Centers are neighborhood-based access points designed to help job seekers find and keep a job, transition from welfare to work, advance in careers or change careers. Services include employment resources, financial resources, support and community-building resources.  
McKnight 36 Plaza - 651-779-5666  
St. Paul/Midway - 651-642-0363

**Women Achieving New Directions (WAND).....(651) 604-3516**  
Career exploration and job advancement information through educational workshops for lower income, employed, single moms.

**Promise Program.....(651) 224-3024**  
Teaches and supports women seeking self-sufficiency by providing career training in computers, office skills, and personal development in a Christian setting.

## TELEPHONE HELP LINES

**Children's Crisis Response.....(651) 774-7000**  
24 hour crisis consultation and resource location. Outreach available.

**Crisis Connection.....(612) 379-6363**  
Telephone counseling; available 24 hours.

- Home Line**.....(612) 728-5767  
Information and advice for tenants.
- Homework Helpline - United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
- Housing Link - United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users
- Parent Warm Line**.....(612) 813-6336  
Free professional consultation providing practical advice about child development and behavior.
- United Way 2-1-1**.....2-1-1 or (651) 291-1111 for cell phone users  
24-hour information and referral about resources and programs in the metro area.
- United Way's - "Yo! The Movement"**.....(612) 874-9696  
Connects 7-21 year olds to East Metro Area programs and activities.

## TELEPHONE HELP LINES FOR HEALTH CARE ISSUES

- Breast Feeding Resource Center**.....(651) 241-6250  
Service of United Hospitals; R.N. lactation consultants provide information about breast-feeding.
- HealthEast Care Connection**.....(651) 232-1515  
Physician and health care provider referrals within the HealthEast network. Nurse Triage.
- Health Partners - "CareLine"**.....(612) 339-3663  
Telephone advice from nurses after regular hours for plan members.
- Medica - "Call Link"**.....1-800-962-9497  
Health information for plan members.
- Melpomene Institute for Women's Health Research**.....(651) 789-0140  
Health education program and materials; resource center.
- Minnesota AIDS Project, AIDS Line**.....(612) 373-2437  
HIV/AIDS information, supports and services.
- MN Family Planning/Sexually Transmitted Diseases Hotline**.....1-800-783-2287  
Family planning and STD information and referral.

## TRANSPORTATION

- Fairview Shuttle Bug**.....(651) 604-3535  
Provides transportation for families participating in the Roseville Area School's School Readiness classes and also serves older adults of the Roseville School District.
- Lake Area Dial-A-Ride**.....(651) 644-8876  
Dial-a-Ride and bus transportation for residents of Birchwood, Gem Lake, Mahtomedi, Vadnais Heights, White Bear Lake, White Bear Township, and Willernie.
- Metro Transit**.....(612) 373-3333  
Bus routes and schedules.
- Northeast Suburban Transit (NEST)**.....(651) 227-6378  
Dial-a-ride services for residents of Oakdale, Maplewood, Landfall and North St. Paul. M-F, 6 am – 6 pm; \$2 per ride.

## DENTAL CARE

- Bright Smiles Dental Clinics**.....(651) 298-8566  
Most insurance plans accepted. No patient charge or co-pay for children under 5 and younger on preventive services. Language spoken: Spanish.
- Century College Dental Clinic**.....(651) 779-5787

Low cost dental hygiene services performed by dental hygiene students.

- Children's Dental Services**.....(612) 746-1530  
Provides culturally targeted, comprehensive dental services to children ages birth to 18 and pregnant women at four locations in Ramsey County. Accepts all forms of insurance and has a sliding fee scale. Staff speak 15 different languages.
- Community Dental Care**.....(651) 774-2959  
Offers family dentistry, including sealants, x-rays, cleanings, fluoride treatments, hygiene instructions, fillings, root canals, crowns, bridges, dentures, and most extractions. Accepts most insurance, self-pay, Medical Assistance, General Assistance and Medicaid. Languages spoken: English, Farsi, French, Hindi, Hmong, Lao, Romanian, Spanish and Vietnamese.
- Helping Hand Dental Clinic**.....(651) 224-7561  
Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Comprehensive dental care is offered. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese.
- Open Cities Health Center**.....(651) 290-9200  
Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Two clinic sites. Same day appointments on a first call bases; please call for an appointment. Languages spoke: Hmong, Somali and Spanish.
- Union Gospel Mission**.....(651) 292-1721  
Dental services for those without dental insurance, those who have been turned down at other clinics due to finances and those without the means to pay for necessary dental services. Serving adults and children.
- West Side Dental Clinic**.....(651) 602-7575  
Accepts most insurance plans including Medical Assistance and other public assistance. Sliding fee scale is based on federal poverty guidelines of income and family size. Comprehensive dental care is offered. Languages spoken: French, Hmong, Romanian, Spanish and Vietnamese.
- ## FINANCIAL
- Energy Assistance**.....(651) 645-6470  
Limited financial assistance to pay utility and fuel bills, October - May.
- FAIM (Family Assets for Independence in MN)**.....(651) 645-6445  
Savings matching program that helps people increase their savings in order to help achieve financial independence. Program eligibility is based on income.
- Heatshare (Salvation Army)**.....(651) 224-6946  
Financial assistance for heating expenses.
- Ramsey County Financial Assistance**.....(651) 266-4444  
General information about how to apply for basic financial and employment support; TANF, (Temporary Assistance for Needy Families), or MFIP, (Minnesota Family Investment Plan) and emergency funds for utility shut-off and eviction notices.
- Ways to Work Loan Program**.....(651) 645-6445  
Interest-free vehicle loan for working parents who meet eligibility requirements.
- ## FINANCIAL COUNSELING
- Children's Home Society and Family Service**.....(651) 222-0311  
Budget counseling; sliding fee for services.
- Consumer Credit Counseling Service/Family Means**.....(651) 789-4014



Financial counseling on a sliding fee.

**Credit Advisors.....1-800-942-9027**  
Credit and debt management counseling.

**HEALTH AND THERAPY SERVICES - Special Needs**

For children who do not meet special education eligibility requirements or who may need supplemental physical, occupational or speech therapy services.

**St. Paul Children’s Hospital and Health Clinics.....(651) 220-6000 (Hospital)  
or (651) 220-6700 (Clinic)**

**Courage Center.....(763) 520-0520 (Golden Valley) or (651) 439-8283 (Stillwater)**

**Fairview/University Hospitals.....(612) 273-3000**

**Gillette Children’s Specialty Health Care.....(651) 291-2848**

**Lifetrack Resources.....(651) 265-2335**

**Optimum Rehabilitation, Maplewood.....(651) 232-7820**

**Shriner’s Hospital for Children.....1-888-293-2832**

**HEALTH CARE COVERAGE**

**County Waivered Programs.....CADI & TBI (651) 266-3613 TEFRA (651) 266-3615  
General intake for children under 18 (651) 266-4500**

Various programs that provide special services for people with severe medical needs.

**General Assistance Medical Care (GAMC).....(651) 266-4444**

GAMC helps people who are not eligible for other state or federal programs pay for their medical care. Call Ramsey County for information about eligibility requirements and coverage information.

**Medical Assistance (MA).....(651) 266-4444**

MA assists persons, who meet eligibility, meet the cost of necessary medical care. Persons may have part or all of their medical bills paid by the program. Call Ramsey County for information about eligibility requirements and coverage information.

**Minnesota Care (MN Care).....(651) 297-3862**

Health insurance for low-income families who do not qualify for Medical Assistance; participants pay a monthly fee based on income.

**MN Children with Special Health Needs (MCSHN).....(651) 201-3650**

Information, referral, clinic services and assistance with medical diagnosis for children with special health care needs. Health care coverage for income eligible families of children with special health needs.

**PORTICO Healthnet.....(651) 603-5100**

Clinic services, eye exams and prescription coverage for income eligible individuals or families. Small monthly fee, services are available at numerous locations. No hospitalization or emergency room coverage.

**Supplemental Security Income.....1-800-772-1213**

Provides monthly income to children who meet the SSI criteria for disability and low family income.

**HEALTH CARE SERVICES**

**Face to Face Health and Counseling Service.....(651) 772-5555**

Health services for adolescent and young adults age 11-23.

**Health Start Clinics.....(651) 312-1995**

Prenatal care program for income eligible pregnant women.

AGAPE Clinic - (651) 632-2189      Harding High School Clinic - (651) 778-2884  
Arlington High School Clinic - (651) 487-8531      Highland Park High School Clinic - (651) 690-7667  
Central High School Clinic - (651) 632-2194      Humboldt Secondary Complex - (651) 312-1996  
Como Park High School Clinic - (651) 487-8539      Johnson High School - (651) 778-2889  
Guadalupe Alternative Program - (651) 602-7976

**Main Street Health Care**

Provide drop-in clinic services at these locations. Call for details of services.

Dorothy Day Center - (651) 293-1919  
Union Gospel Mission - (651) 292-1721

**Neighborhood Health Care Network.....(651) 489-2273**

Clinic referral system. Clinics located throughout St. Paul. Quality healthcare regardless of ability to pay. Participating clinics include:

Face to Face/ Teen Health Center and Counseling - (651) 772-5555  
Family Tree (family planning/STD) - (651) 645-0478  
Healthcare for the Homeless - (651) 290-6814  
Helping Hand Dental Clinic - (651) 224-7561  
McDonough Homes Clinic - (651) 558-2191  
North End Health Center - (651) 489-8021  
Open Cities Health Center - (651) 290-9200  
Roosevelt Homes Clinic - (651) 793-6502  
West Side Community Health Center - (651) 222-1816

**Planned Parenthood of Minnesota.....(651) 698-2406**

**St. Mary’s Health Clinic.....(651) 690-7029**

Providing health services to medically under-served people in the metro area. Call for an appointment; M-Th, 8:30 am – 3:30 pm; F, 8:30 am – 12:30 pm.

**St. Paul/Ramsey County Dept. of Public Health.....(651) 266-2400**

Birth and Death Records - (651) 266-1333  
Child and Teen Checkups - (651) 266-2400  
Family Planning/Women’s Health Screening - (651) 266-1272  
Immunization Clinics - (651) 266-1234  
Immunization Information/Education - (651) 266-2505  
Public Health Nursing/Family Health Home Visiting & Teen Parent Programs - (651) 765-7733  
Refugee Health Care - (651) 266-1244  
Room 111, Sexually Transmitted Disease Clinic - (651) 266-1352  
Tuberculosis Control Program - (651) 266-1343  
Women, Infants, and Children (WIC Program) - (651) 266-1300

**CLOTHING AND FURNITURE**

**Alley Shoppe.....(651) 776-8708**

Free clothing and household items available through Arlington Hills Church for those with referral slip from social worker.

**Birthright.....(651) 646-7033**

Emergency assistance to pregnant women and new mothers; maternity clothes, layettes, etc.

**Dayton Avenue Presbyterian Church Clothing Center.....(651) 227-7389**

Clothing Center provides free clothing to anyone in need.

**Department of Indian Work.....(651) 644-2768**

Low cost clothing and baby layettes; available to area Native Americans.

**Dorothy Day Center.....(651) 293-1919**

Clothing and furniture vouchers.

- God's Closet.....(651) 771-4627**  
Adult and children's clothing; donations suggested, but no one turned away.
- Goodwill/Easter Seals.....(651) 603-1544**  
Low cost furniture, clothing, and household goods; several locations.
- Hallie Q. Brown Community Center.....(651) 224-4601**  
Free clothing distribution.
- Joseph's Coat.....(651) 291-2472**  
Free seasonal clothes, personal care products and small household items such as pots, pans and bedding.
- Life Care Center East.....(651) 776-2328**  
Cribs, diapers, baby clothes.
- Martha's Closet.....**  
Women need a written referral from a social service agency; have work clothing for women re-entering the workforce.
- Penny Pinchers Clothing.....(763) 783-3626**  
Low cost houseware and clothing from infant to adult sizes; free clothing is available with a voucher from a social worker.
- Ready for Success.....**  
Women need a referral from a social service agency; have work clothing for women re-entering the workforce.
- St. Vincent De Paul Thrift Store.....(651) 227-1332**  
Low cost clothing, furniture, and household items.
- Salvation Army Thrift Store.....(651) 771-7779**  
Low cost clothing, furniture, and household items.
- Swap Shop, Church of St. Luke.....(651) 227-7669**  
Free clothing and small household items available to those in need.

## EDUCATION

**Private** - There are many private schools throughout Ramsey County. Classes range from preschool through high school and adult classes. The Department of Children Families and Learning maintains a current listing of licensed schools. (651) 582-8200

**Public** - Every school district administers many types of educational and support programs. Listed below are some of those programs. Call each district for specific information.

- Adult Learning Center
- Child Care Programs
- Community Education, and English as a Second Language (ESL) Classes
- Early Childhood - ages 0-5
- Elementary and Middle Schools - ages 6-14
- High Schools - ages 15-18
- Parenting Support Services

### Ramsey County Public School Districts:

- Mounds View #621 - (651) 636-3650
- North St. Paul, Maplewood, Oakdale #622 - (651) 748-7622
- Roseville #623 - (651) 635-1600
- St. Paul #625 - (651) 767-8100
- White Bear Lake #624 - (651) 407-7500

## Early Childhood Programs - Ages 0-5

### Early Childhood Information and Referral of Ramsey County.....(651) 604-3700

Information and resources for families who have questions or concerns about the development of their children, ages birth to six.

### Early Childhood Screening

This service is available to all children three to five years of age. Children are screened for vision, speech, hearing, and development. This service is free and required by state law. Parents should call their local school district for information.

- Mounds View - (651) 639-6028
- North St. Paul, Maplewood, Oakdale - (651) 748-7289
- Roseville - (651) 604-3515
- St. Paul - (651) 632-3746
- White Bear Lake - (651) 773-6186

### Early Childhood Special Education (ECSE)

Coordination of appropriate special education services and related services for children birth through school entry.

- Mounds View - (651) 639-6036
- North St. Paul, Maplewood, Oakdale - (651) 748-7210
- Roseville - (651) 487-4383
- St. Paul - (651) 696-9650
- White Bear Lake - (651) 653-3100

### Early Childhood Family Education (ECFE)

Classes for parents and their children ages birth to kindergarten. Special family events, home visits and toy lending libraries are typically available. Call for a schedule of classes and programs.

- Mounds View - (651) 639-6028
- North St. Paul, Maplewood, Oakdale - (651) 748-7280
- Roseville - (651) 487-4378
- St. Paul - (651) 793-5410
- White Bear Lake - (651) 653-3100
- Frogtown Family Resource Center - (651) 290-8376
- Payne/Phalen Family Resource Center - (651) 293-5990

### School Readiness

A program for children ages 3 1/2 to 5 which helps children prepare for kindergarten; referrals are usually made after the child has participated in Early Childhood Screening.

- Mounds View - (651) 639-6028
- North St. Paul, Maplewood, Oakdale - (651) 748-7290
- Roseville - (651) 604-3578
- St. Paul - (651) 793-5430
- White Bear Lake - (651) 653-3100

### Beginnings In-Home Therapy through Lifetrack Resources.....(651) 603-5837

Designed to positively influence the attachment between parents and their children birth to 3.

### Early Head Start.....(651) 603-5832

Free child development, parent education and family support for children ages 0-3, pregnant women and their families. Income guidelines apply. Home visits and parent to parent support.

### Head Start.....(651) 603-5977

Educational preschool program for children between the ages of 3 and 5 from families with limited incomes; programs for children with special needs. Both full day and 1/2 day center based programs are available. All programs offer family support, health, oral health, mental health services, parenting resources and literary opportunities.

## PARENTING/FAMILY CLASSES

### Children's Home Society and Family Service.....(651) 222-0311

Workshops, programs, and groups that support and assist families with the issues and stresses of parenting.

### Community Centers - programs, community information and resources.

Fairview Community Center (Roseville) - (651) 604-3500  
Gladstone Community Education Center (No. St. Paul/Maplewood/Oakdale) - (651) 748-7280  
Maplewood Community Center - (651) 249-2100  
Mounds View Community Center - (763) 717-4040  
New Brighton Family Service Center (New Brighton)) - (651) 638-2130  
North St. Paul Community Center - (651) 770-4471  
Pike Lake Education Center - (651) 639-6020  
Shoreview Community Center - (651) 490-4700

### Family Centers - St. Paul

Family centers are designed to encourage parent and community participation in the issues that affect the daily lives of children ages 0-6. Goals of the centers are to improve child health, child development, school readiness, and family functioning.

American Indian Family Center - (651) 793-3803  
Eastside Family Center - (651) 793-7340  
Frogtown Family Center - (651) 290-8376  
Highland Mac-Groveland Family Center - (651) 789-3600  
West Seventh Family Center - (651) 298-4566

### La Leche League.....(612) 922-4996

Breast feeding education for nursing mothers.

### MELD (Parents as Teachers).....(612) 435-0293

Culturally specific parenting programs for parents, new parents, young dads, parents of children with special needs, and young moms.

### Northwest Youth & Family Services.....(651) 486-3808

Classes for parents of teens, parents of ADHD children.

### Prevent Child Abuse MN.....(651) 523-0099

Child abuse prevention organization specializing in parent support groups, advocacy, education and training.

### Resource Center for Fathers and Families.....(763) 783-4938

Programs, classes and information for fathers to enhance their role as parent to their children.

### Southeast Asian Ministry.....(651) 293-1261

Home visits, English as a Second Language classes, parenting classes for the SE Asian community focusing on Hmong Culture.

### White Bear Lake Area Community Counseling Center.....(651) 429-8544

Classes for parents of young children, school-age children, teens and blended families. One-time presentations on a variety of parenting topics.

## RECREATION

For information on activities, events or resources in the community for families.

### Minnesota State Parks.....(651) 296-6157

### New Brighton Family Service Center.....(651) 638-2130

A service of Parks and Recreation providing indoor fitness, meeting rooms and indoor playground for young children.

### United Way's "Yo! the Movement".....(612) 874-9696

Connects 7-21 year olds to East Metro Area programs and activities.

## COUNSELING AND SUPPORT PROGRAMS

### African-American Family Services.....(612) 871-7878

Assessment, counseling, and advocacy for African-Americans.

### American Indian Family Center.....(651) 793-3803

Short and long term counseling for youth and their families.

### Asian Women United.....(651) 646-2118

Provides advocacy for Asian victims of domestic violence. Advocates work in both criminal and family courts. Assist with housing, shelter placement, obtaining orders for protection.

### Catholic Charities.....(651) 215-2209

Counseling, support, and educational groups; family and individual therapy.

### Center for Grief, Loss and Transition.....(651) 641-0177

Counseling, educational groups, sliding fee.

### Children's Home Society and Family Services.....(651) 222-0311

Marriage, family, and personal adjustment therapy for children, adolescents and adults; parenting programs; services for the gay/lesbian community.

### Chrysalis.....(612) 871-0118

Chemical dependency and mental health services for women.

### CLUES (Comunidades Latinas Unidas En Servicio).....(651) 379-4200

Bilingual and bicultural services for Spanish-speaking people.

### Face to Face Health and Counseling Service.....(651) 772-5555

Individual, family and group counseling services for adolescent and young adults ages 11-23.

### Head Start/Fraser Preschool Day Treatment.....(651) 603-5823

Preschool day treatment services for severely emotionally disturbed children ages 3-5.

### Jewish Family Service.....(651) 698-0767

Individual and family counseling; family life education; special services for Russian-speaking people.

### Keystone Community Services.....(651) 645-0349

Case management, information and referral, emergency food shelves, and holiday assistance. Several locations.

### Lao Family Community Center.....(651) 221-0069

Counseling and social services for Hmong and Laotian families.

### Minnesota Indian Women's Resource Center.....(651) 728-2000

Assessment, counseling, treatment and advocacy for Native American women and their children.

### Mother's First (Ramsey County).....(651) 266-7820

A program for mothers and pregnant women with drug or alcohol problems.

### Northwest Youth and Family Services.....(651) 486-3808

Counseling for families, youth and adults in Ramsey County.

### Project ASSIST.....(651) 266-4042

Screening, assessment and arrangement of ongoing services for children with mental health needs.

### Ramsey County Teen Parent Program.....(651) 765-7733

Public Health service including home visiting, health counseling, education, employment, and child care for pregnant and parenting adolescents.

**Ramsey County Children and Family Services.....(651) 266-4500**  
 Services to children with severe emotional disturbances, developmental disabilities or who are abused or neglected.

**Ramsey County Mental Health Center.....(651) 266-7890**  
 Outpatient mental health service for adults and children.

**St. Paul Youth Services.....(651) 771-1301**  
 Diversion programs; mobile crisis program.

**Seton Services Division.....(651) 641-1180**  
 Provides a variety of services to low income men, women and their families; homeless youth.

**White Bear Lake Area Community Counseling Center.....(651) 429-8544**  
 Individual and family therapy. Parent education classes, family/community support services and support groups for parents in transitions.

**Wilder Child Guidance Center.....(651) 642-4001**  
 Individual and family counseling for children with behavioral, emotional, or developmental concerns.

**Wilder Programs for Southeast Asians.....(651) 647-9676**  
 Counseling and social services for Hmong, Vietnamese and Lao families. Parenting programs for Hmong and Cambodian families.

**CRISIS NUMBERS ANSWERED 24 HOURS**

**Police, Fire, Ambulance and Medical Emergency.....911**

**Asian Women United.....(612) 724-8823**  
 24-hour multi-lingual domestic violence crisis line for information and help.

**Birthright.....(651) 646-7033**  
 Emergency assistance to pregnant women and new mothers; layettes, diapers, etc.

**Child Protection.....(651) 266-4500**  
 Reports of child abuse or neglect [after-hours (651) 291-6795].

**Children’s Crisis Response.....(651) 774-7000**  
 24-hour crisis consultation and resource location. In-home crisis intervention for children, youth and families.

**Crime Victim Center.....(612) 340-5400**

**Crime Victims Assistance.....(651) 291-8810**  
 Clinics within the twin cities metro area offer free legal advice to victims of crime.

**Crisis Connection.....(612) 379-6363**  
 Mental health crisis and general phone counseling.

**Emergency Social Service.....(651) 291-6795**  
 After-hours response for Ramsey County Social Services – available 5 p.m. through 8 a.m. on weekdays and all day on weekends and holidays.

**MN Domestic Violence Crisis Line.....1-866-223-1111**

**Parent Support Services (formerly Crisis Nursery).....(651) 641-1300**

**Poison Control.....1-800-222-1222**

**Ramsey County Mental Health Crisis.....(651) 266-7900**  
 Adult crisis services.

**Ramsey County Shelters**

Casa de Esperanza - (651) 772-1611  
 Tubman Family Alliance - (651) 770-0777  
 Women of Nations (Eagle’s Nest) - (651) 222-5836  
 Women’s Advocates - (651) 227-8284

**St. Paul Domestic Abuse Intervention Project.....(651) 645-2824**  
 Crisis intervention for women in abusive situations.

**Sexual Offense Service of Ramsey County.....(651) 643-3006**  
 Counseling and support for survivors of sexual assault.

**Suicide Prevention.....(612) 873-2222**

**Tubman Family Alliance.....(651) 770-0777**  
 Crisis referral for families in abusive situations.

**United Way 2-1-1.....211 or (651) 291-0211**  
 24-hour information and referral regarding health and human services in the metro area.  
 Interpretation Available:  
 TTY - 711  
 Spanish - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday  
 Hmong, Somali - (651) 291-0211, 8:00 AM - 5:00 PM Monday - Friday  
 Russian - (651) 698-9167, 9:00 AM – 1:00 PM Monday - Friday

*This guide was compiled by members of the Suburban Ramsey Family Collaborative in partnership with the St. Paul Children’s Collaborative. For additional copies please e-mail your request to [angie.goserud@isd623.org](mailto:angie.goserud@isd623.org) (e-mail requests receive priority), or call 651-604-3584. Calls returned on Friday.*

**RAMSEY COUNTY**  
**HOMELESS SHELTERS**

**METRO SHELTER HOTLINE**  
**1-888-234-1329**

for information about emergency shelters and transitional housing programs  
for single adults, families and youth in the 7-county metro area.

**DROP-IN CENTERS**

<b>SHELTER</b>	<b>PHONE</b>	<b>ADDRESS</b>	<b>PROTOCOL</b>
Dorothy Day Center	651-647-2350	183 Old 6th St. St. Paul	Drop-in center 7 days a week, 9am-1pm and 2-6pm (4-6pm on Tues.) Meals and showers avail.
Listening House	651-227-5911	215 9 <sup>th</sup> St W St Paul	M-F 9-11:30 am, M, Tu, Ths 12:45-4:15, and M-F 5:30-8:30
Safe Zone	651-224-9644	308 Prince St St. Paul	Provides referrals for shelters, meals and hospitality for youth ages 11-21 years of age. Mon-Thurs. 1:30-6:30; Fri. 11am-4pm

**SINGLE MEN**

Dorothy Day Center	651-647-2350	183 Old 6th St. St. Paul	Drop-in center 7 days a week, 9am-1pm and 2-6pm (4-6pm on Tues.) Meals and showers avail.
Union Gospel Mission	651-789-7597	435 E University St. Paul	Sign-up at 6:00pm Lottery for beds at 7:00pm. Mats in lobby for overflow.
Ramsey County Emergency Men's Shelter – Mary Hall	651-647-2350	438 Main St. St. Paul	Men- check between 7am-10pm for space availability Women- Intake through Mary Hall, Mon-Fri 9am-4pm, after 5pm on weekends.

**FAMILIES AND SINGLE WOMEN**

The Family Place (Ramsey Co. Intake)	651-225-9357	244 10 <sup>th</sup> St East. St. Paul	Will check all shelter availability in Ramsey Co. 1 female space/1 family space (8)
--------------------------------------	--------------	---	--

8/2014

## Basic Needs Resource Guide: Initial Action Steps for Families- Ramsey County

### HOUSING:

- If families are past due on rent, first contact your landlord and see if you can make a payment arrangement. Often times, landlords are flexible with tenants if they know they are trying to resolve the situation.
- If families need financial assistance for past due rent and you have no way of making arrangements on your own, contact **EMERGENCY ASSISTANCE** through your local county. See below for directions.
- **PROJECT HOPE** is one example of a housing advocacy and homeless prevention program that does offer some resources and case management to families who are homeless or at risk of homelessness due to eviction and other circumstances. **PROJECT HOPE:** (651) 222-4731.
- **THE ST. PAUL FOUNDATION** will provide financial resources to families incurring a one-time financial crisis. The Community Sharing Fund through this program will assist with a limited dollar amount for approved families. ST. PAUL FOUNDATION COMMUNITY SHARING FUND (651) 224-5463. All referrals and fund requests **MUST** come from a Social Worker.
- If homeless and need a shelter, families can call UNITED WAY'S 2-1-1 for shelters in their county or call **THE FAMILY PLACE** (651) 225-9354 in Ramsey County, or **WASHINGTON COUNTY COMMUNITY RESOURCES** (651) 430-6529. **THE METRO SHELTER HOTLINE** (1-888-234-1329) offers information about emergency shelters and transitional housing for single adults, families and youth in the seven county metro areas.
  - Clients must stay in the county of their last known residence for 30 days.
  - If the client has income, they may be required to do a "spend down" at a local hotel before being admitted to a nighttime shelter.
- For a list of rental properties available in your community, go to <http://www.housinglink.org/>.

### FORECLOSURE:

- Families facing foreclosure or behind on mortgage payments should:
  - -Contact their bank or mortgage company and notify them of the situation BEFORE the family gets too far behind on their payments.
  - -Get connected with a foreclosure prevention program by calling **MINNESOTA HOME OWNERS CENTER** at (651) 659-9336. These programs usually depend on your city, so they will help families navigate to the correct agency to assist you.

### UTILITY ISSUES:

- **Contact Xcel Energy:**
  - Speak to a **PERSONAL ACCOUNT REPRESENTATIVE** 1-800-331-5262.
  - See if there is a payment arrangement that can be made that the family can actually afford.
  - -If the family misses payments under their payment arrangements, Xcel is less likely to negotiate with the family in the future or to keep their service on if they are delinquent.
  - Call Xcel and request an application for **THE COLD WEATHER PROTECTION RULE** that prohibits your heat from being turned off until April 1<sup>st</sup> of that heating season.
- **HEAT SHARE** through **SALVATION ARMY**- Emergency social services may also be available  
Call (651) 351-2440 or (651) 770-4974 State Wide Heat Share #- 1800-842-7279

- **HouseCalls** – last resort for utility assistance. This is a loan repayment program. Given one year in which to repay the loan, interest-free.
- **COMMUNITY ACTION PROGRAM (CAP)** of Ramsey/Washington Counties:
  - Apply for **ENERGY ASSISTANCE** for families paying their own electric, gas (heat) or both.
  - If the service is already shut off, families should bring their application directly to the CAP office at 450 Syndicate St. N., Suite 122 in St. Paul.
  - Some funds may be available for past due bills, but these funds are limited and dependant upon what funds the agency has available and the family's eligibility.
  - CAP: (651) 645-6470 for further information
  - Minnesota residents also may obtain an application and more information by calling 1-800-657-3710 to locate the agency serving their county.
- **WEATHERIZATION ASSISTANCE/ENERGY CONSERVATION PROGRAM** serves Ramsey and Washington counties and will help with home insulation and furnace repairs. (651)482-8260.
- **POWER ON PROGRAM** can assist families in paying utility bills if family is able to maintain thereafter and have just fallen behind. May be eligible for this program if they qualify for Emergency Assistance through their county.(651) 774-901.
- See "Emergency Assistance" section for county help in paying overdue utility bills.
- **Telephone help** – link up – lifeline – discounts for low-income individuals and families– contact your local telephone company.
- **Free Phone MN Hotline** **612-293-8859**  
Free new cell phones with 250 minutes a month to those without phone access. To qualify, individuals must show "visual proof" that they receive benefits through a federally-funded program: Food stamps, section 8 housing Choice Voucher – public housing; MFIP, DWP, and WIC.

### EMERGENCY ASSISTANCE (EA):

- Emergency Assistance (EA) is a county-based resource for families with emergent financial needs [generally housing and utility].
- Some things for families to know when applying for Emergency Assistance (EA):
  - Contact EA through your local county human services program:
    - Ramsey County residents call: (651) 266-4444
    - Washington County residents call : (651) 430-6455
- **FIRST**, the family should contact their financial worker to see if they would be eligible for Emergency Assistance and to get an application.
  - If they do not have a financial worker, call Ramsey County Human Services or Washington County Human Services (numbers above).
  - This can only be used **ONCE** per year.
  - Need a letter from landlord stating eviction or that will be evicted if amount is not paid.
  - Proof that they have spent at least 50% of their income on basic needs in the past 60 days [i.e. Rent, food, medical].
  - Proof that if paid, the situation will not reoccur [i.e. More income coming into household, situational basic needs, crisis etc.].
  - If applying for EA for a deposit on rent, same rules apply.



\*PLEASE NOTE: Emergency Assistance will deny you if you do not meet these guidelines.

- If you are denied for EA:
  - If the family has ALREADY used or been DENIED by EA, the family can apply for other grants in their community.
  - They need to call **UNITED WAY'S 2-1-1** or 1(800) 543-7709 for cell phone users, to receive the local agencies that provide these additional housing resources.

#### **RAMSEY COUNTY HOUSING CRISIS RESPONSE (for families, single adults and youth):**

**-Family Homeless Prevention Program:** works to prevent at-risk families from becoming homeless. Participating eligible families may receive financial assistance and case management services to resolve their housing crisis. Must provide documentation of risk of homelessness, (eviction notice) income, and agree to pursue a plan to resolve housing crisis. Calls answered Monday-Friday 8am-4:30pm. **(651) 215-2262**

**-Rapid Re-Housing for Families:** provides short-term financial assistance and housing advocacy services to families in Ramsey County that are CURRENTLY residing in a homeless shelter. Must meet income qualifications, be living in a shelter and able to increase/stabilize your household income to achieve self-sufficiency. Calls answered Monday-Friday 8am-4:30pm. **(651) 215-2262**

**-Homeless Prevention Program for Single Adults:** helps single adults or couples without children who are at immediate risk of becoming homeless by providing financial assistance to those who qualify. Must provide verification of income and documentation of risk of homelessness (eviction notice). Appointments scheduled through housing screener Monday-Thursday **(651) 647-2555**

**-Rapid Re-Housing for Single Adults:** helps single adults or couples without children who are staying in a Ramsey County shelter or are homeless in Ramsey County with an income to find affordable housing. Offers financial assistance and limited case management for eligible people. Must meet income qualifications, be living in a shelter and able to increase/stabilize your household income to achieve self-sufficiency. Appointments scheduled through housing screener Monday-Thursday **(651) 647-2555**

**-Youth Programs:** services for unaccompanied youth up to 20 years old include **Homeless Prevention** services and **Rapid Re-Housing** for those who are currently homeless. May help youth to problem solve and develop a plan, link youth to supportive services, provide case management to homeless and at-risk youth and provide rental assistance to help youth move into an apartment or maintain current independent housing. Calls answered Monday-Friday 10am-8pm. **(651) 224-9664**

#### **ST. ANDREW'S COMMUNITY RESOURCE CENTER:**

900 Stillwater Road, Mahtomedi, MN 55115. Provides a host of on-site services including: connection to resources in the community, referrals for furniture, household items, emergency assistance, rental assistance and basic needs, clothing, coats, school supplies, blankets, personal care kits, Emergency food, transportation and financial assistance resources. As well as short term housing located off site in a safe environment, free community meal on Thursdays at 6pm, Computer access, mentoring, tutoring, resume help, tax assistance and financial counseling, free summer lunch program, and holiday help- meals, food baskets and gifts. Please call with questions or stop in during the hours: Monday-Wednesday & Friday 8am-4pm, Thursday 8am-8pm, Saturday and Sunday 8am-12pm. [www.saintandrews.org](http://www.saintandrews.org) (651) 762-9124

#### **FURNITURE NEEDS:**

- **BRIDGING** provides a ONCE in a lifetime opportunity for families to receive free new and used furniture through a social service agency. Go to <http://www.bridging.org/AgencyFinder.aspto> find any agency in the family's area that can refer them or call 2-1-1 **FIRST CALL FOR HELP**.
- **GOODWILL EASTER SEALS** provides low cost furniture and household items. There are several locations, call (651) 603-1544.
- **TWIN CITIES FREE MARKET** or **CRAIG'S LIST** websites are useful for finding free items across the Metro area. Websites are: <http://twincitiesfreemarket.org> or <http://minneapolis.craigslist.org/>

#### **CLOTHING NEEDS:**

- **Kidz Klozet** - open the 1<sup>st</sup> and 3<sup>rd</sup> Thursday and one Saturday a month. [612-730-1968](tel:6127301968) or [612-202-1761](tel:6122021761)  
Located inside Elim Church at 685 13<sup>th</sup> Avenue NE, Minneapolis MN 55413
- **GODS CLOSET** has used by families that reside on the East Side of St. Paul. Must bring a picture ID with current address. Only open on MWF- (651) 771-4627
- **READY FOR SUCCESS** is a service for women/men in need of clothing to re-enter the workforce.  
**Women's program = 612-874-8823 x16, Men's Program – 612-874-8823 x 19**
- **JOSEPH'S COAT** has free used clothing and household items, photo ID is needed- (651) 291-2472
- **DAWN'S CLOSET:** gives clean, gently used clothing to men, women and children as well as functioning household essentials to families in need. Serves families in Washington County, Eastern Ramsey county and parts of Wisconsin. Eligible families can visit as many times as they like until they reach their seasonal limit for each member. Clients must provide proof of identification of all household members and residency. Hours: Monday 5-8pm, Wednesday 10am-1pm, Thursday 4-7pm, Friday 10am-1pm. 1911 Curve Crest Blvd.W., Stillwater, MN 55082 (651) 430-2739 [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org)
- **ALLEY SHOPPE** provides clothing, cook wear, and other essentials to families in Ramsey County. Referral required from a Ramsey County Social Worker. Open Tuesdays 10:30am-1:30pm.
  - [www.ahlc-stp.org](http://www.ahlc-stp.org)
  - Arlington Hills Church- 1115 Greenbrier St., St. Paul, MN 55106 Phone: (651) 776-8708
- **CRADLE OF HOPE** is a non-profit organization providing assistance for pregnant women and infants up until 3 months of age. Provides assistant with utilities, housing, food, medical bills, past due bills related to current pregnancy, child care, maternity clothes/maternity needs, and cribs. [Once 8 months pregnant, moms can apply for a crib up until the baby is 3 months old]. Mother must be a Minnesota resident to receive assistance and have some form of ID.
  - 1935 West County Rd. B2 Suite 241, Roseville, MN 55113 Phone: (651) 636-0637
- **WOMEN'S LIFE CARE CENTER - 651.777.0350 – PREGNANCY TESTS, BABY ITEMS.**
- **SHARING & CARING HANDS FOOD & CLOTHING SHELF** provides various services for the low-income and homeless families and individuals of the Twin Cities. Volunteers give out new socks and shoes for those who need it. Over 20,000 meals are served each year, and site is home to a food shelf, clothing shelf, household goods, houseware, towels, cleaning supplies, toys, etc. Walk-in showers available, as well as free dental care and a free medical examination room staffed by volunteer healthcare professionals, for emergency needs (call for more info). Help with emergency needs, rental deposits and bus/cab fare presented also. [www.sharingandcaringhands.org](http://www.sharingandcaringhands.org)
  - 525 North 7<sup>th</sup> Street, Minneapolis, MN 55405 Phone: (612) 338-4640

### FOOD NEEDS:

- **RALPH REEDER FOOD SHELF** – 651-621-7451 – open to all low income residents living in New Brighton, Mounds View, Shoreview, Arden Hills, Northern Roseville and the Ramsey County portion of St. Anthony. Call for appointment – open Monday through Friday.
- **IF LIVING OUTSIDE OF THE MOUNDS VIEW PUBLIC SCHOOL DISTRICT** - Call **UNITED WAY's 2-1-1 (1-800-543-7709)** with address and zip code of family and they will provide the correct food shelf in the family's service area.
- **Keystone Food Shelf– SERVES RESIDENTS LIVING IN Roseville, Falcon Heights, Lauderdale. 651-917-3939**
- **SACA Food Shelf– serves residents living in Columbia Heights, Hilltop, Fridley and Spring Lake Park 763-789-2444.**
- **DOROTHY DAY** is the backup food shelf for all of Ramsey County. They are located at 183 Old 6<sup>th</sup> Street, St. Paul, MN 55102. (651) 293-1919.
- **Food Support – SNAP – Food Stamps – Ramsey County – 651-266-4444**
- **MEALS ON WHEELS – 651-621-7431 – MOUNDS VIEW PUBLIC SCHOOLS –**
- **University of Minnesota Extension – Simply Good Eating Program – improve independent living skills by teaching meal planning, cooking, food budgeting and shopping 612-625-8260**

### Low Cost Food Options:

- **FARE FOR ALL EXPRESS** provides monthly food packages and holiday packages at a reduced rate. Clients can select own food [packages]. EBT and Cash accepted. All are eligible regardless of residency or income. (763) 450-3881. Clients should call for specific locations, times and dates. [www.fareforall.org](http://www.fareforall.org) – brochures available through the food shelf (closest sites – Fridley and Roseville).
- **Manna Markets (free food distribution)– Fridley Covenant Church 763-571-1657 – Tuesday evenings – 6-7 pm**
- **Messiah Lutheran Church Mounds View Tues. evenings 4:45 – 6:15 Community Meals (during school year) donation requested, if possible. 763-784-1786.**
- **Mike's Foods – Fridley and Columbia Heights locations– takes EBT - (763) 572-2254**

### TRANSPORTATION NEEDS:

- Contact **METRO TRANSIT SERVICES** (612) 373-3333 or [www.metrotransit.org](http://www.metrotransit.org) for bus routes, fares
- Contact health insurance carrier for information on transportation services for medical and mental health appointments.
  - **MEDICAL ASSISTANCE** recipients are eligible for free medical rides based on their insurance provider. Call the number on the back of the medical card for details.
- **TRANSIT LINK:** Curb-to-curb service (651) 602-LINK (5465). Available for areas which are not covered by regular bus routes. Please call up to one week ahead of time to guarantee a pick up time. To arrange a ride, call the dispatcher at the number above between 7am and 3:30pm weekdays. Service hours are Monday-Friday from 6am-7pm, \$2.25 each way for less than 10 miles, 10-20 miles is \$4.50

each way, and greater than 20 miles is \$6.75 each way. Passengers must pay cash or have tickets prior to getting on. Call or check [www.transitlinktc.org](http://www.transitlinktc.org) for more details.

- **DISCOVER RIDE INC.** is non-emergency medical transportation. In some cases, client could be taken to work or programs etc., depending on the situation, location and driver. Allows visitors to ride with scheduled passengers, arranges and/or provides for clients, assist passengers to and from vehicle, pick up guaranteed with reservation and pick up guaranteed within 30 minutes of scheduled/reserved time. Must schedule appointment at least 24 hours in advance. \$16 loading fee, plus \$1.85 per mile (3 mile minimum). Any extra passengers are \$5 each. Serving all Metro and Ramsey County area Monday-Friday 6am-6pm. Phone (651) 288-1327
- **DIAL-A-RIDE/NEST:** Serves North St. Paul, Maplewood & Oakdale (651)227-6378
- **Care Crew** – Sunrise United Methodist – helps elderly, handicapped, disabled, unable, single parent families or income challenged neighbors with minor repairs, chores, and rides. Provides rides to Ralph Reeder Food Shelf – 651-704-2075

*\*If family does have a vehicle but needs assistance there are several programs that may be able to assist:*

- **CAP:** (651) 603-5880 for an application. May be able to offer car repair cost assistance. Qualifications include:
  - - No SUV/Luxury vehicles
  - Title of the car must be in client's name
  - Car cannot be over 10 years old
  - Help also depends on type of vehicle and mileage
  - The value of the vehicle must be more than the cost of the car repair
  - There is an \$800 cap off on repair assistance
  - Call above number for details.

### CRISIS ASSISTANCE

- **CHILDREN'S CRISIS RESPONSE** provides 24-hour, 7 days a week immediate in-home responses. Responses conducted by trained staff who work to figure out what may have caused the crisis and look for solutions to them not happening again in the future. Follow-up assistance is also provided for the families. [www.spys.org/crisis.htm](http://www.spys.org/crisis.htm) Phone (651) 774-7000
- **CENTER FOR GRIEF, LOSS & TRANSITION** responds to grief and loss through various forms of therapy, ranging from individual to family and group therapy, as well as children's services. Requires some form of ID, and if the client does not have insurance, sliding fees are offered as well as payment out of pocket. Hours vary by therapist but open Monday-Saturday with some evening hours.
  - 1133 Grand Ave., St. Paul, MN 55105 Phone (651) 641-0177 [www.griefloss.org](http://www.griefloss.org)
- **CROSS STREETS PROGRAM- MOBILE CRISIS TEAM** does in-home, crisis interventions for youth dealing with family conflict, runaway, and various mental health issues. Social Security number preferred, but won't be turned away without one. Family does not need insurance to receive services. (651) 771-0076
- **MIDWEST CHILDREN'S RESOURCE CENTER (MCRC)** is a program of Children's Hospitals and Clinics of St. Paul and Minneapolis. Medical diagnosis, psychological assessment and treatment



for children affected by physical abuse, sexual abuse, or neglect and their families. Telephone consultation available 24/7. Also, FIRST STEPS PROGRAM has volunteers who work with expectant and new then parents to prevent future child abuse. Sliding fee scale and pay out of pocket possible if needed. MCRC direct line: (651) 220-6750

- **County Services Intake/Child Protection/Crisis Services:**
  - **RAMSEY COUNTY CHILDREN'S SERVICES INTAKE** (651) 226-4500
  - **RAMSEY COUNTY CHILDREN'S CRISIS** (651) 774-7000
  - **RAMSEY COUNTY ADULT CRISIS** (651) 266-7900
- **THE FAMILY PLACE** is a crisis shelter for homeless families- social services, and support for families. Services include child enrichment programs (art, reading, & math focused) housing help, and an employment program. Ramsey County has a variety of services available to those who are homeless or in danger of becoming homeless. Intake services for homeless persons are coordinated through The Family Place. Shelter located at:244 Tenth Street East, St. Paul, MN 55101
  - Phone (651) 225-9354 or (651) 225-9355      [www.famplace.org](http://www.famplace.org)

**DOMESTIC ABUSE:**

- **ST. PAUL INTERVENTION PROJECT** is a 24-hour crisis line. Also offers support groups for battered women on Wednesdays 5:30-8:30pm. Transportation to support groups, hospital, clinic and legal advocacy, and resources and referrals provided. There are no fees for services. 24-hour phone: (651) 645-2824      [www.mcbw.org/node/177](http://www.mcbw.org/node/177)
- **TUBMAN FAMILY ALLIANCE (ALSO CHRYSALIS)** responds to crises through a 24-hour helpline. Can help clients by providing residential services, counseling and therapy, legal, youth and family services and through community education. Located at 3111 First Ave. S., Minneapolis, MN 55408 Phone (612) 825-3333 [www.tubman.org](http://www.tubman.org)
- **Alexandra House – 763-780-2330 domestic and sexual abuse hotline.**
- **WOMEN'S ADVOCATES** is a shelter for women and their children to be safe from domestic abuse. Provides advocacy, personalized support, (mental health therapy and aftercare services) education, and various other resources. Located at 588 Grand Ave., St. Paul, MN Phone (651) 227-9966 [www.wadvocates.org](http://www.wadvocates.org)
- **BRIDGES TO SAFETY** provides advocates speaking many languages. Assists with filing/getting an order for protection, finding domestic abuse centers/shelters, personal advocacy and case management, legal advocacy, safety planning, medical services, childcare while parent/caregiver is receiving services. Services are free or low cost. [www.bridgestosafety.org](http://www.bridgestosafety.org) Located at 15 W. Kellogg Blvd., St. Paul, MN – in City Hall Phone: (651) 645-2824

**HEALTH NEEDS:**

- **St. Mary's Free Clinics – 651-287-7777, Spanish speakers – 651-690-7029**
- **North Metro Pediatrics – sliding fees – personalized approach – 763-783-3722**
- **Medical Assistance Ramsey County– 651-266-4444**
- **WIC – 651-266-1300 (choose New Brighton office – family service center)**
- **Minnesota Care 651-297-3862**
- **Portico Healthnet/Neighborhood clinics – 651-489-2273**
- **Alcoholics Anonymous 952-922-0880**
- **FAMILY MEANS – 651-439-4840 – mental health, counseling, credit counseling.**
- **HouseCalls - The HouseCalls/Families in Crisis program is a collaboration between public health and Health Care for the Homeless. Provides health and social services to families living in high-risk environments, who are at risk for becoming homeless. All services (except utility assistance) are by referral only. Referrals are made from Housing Code, Child and Adult Protection, schools and hospitals | 651.266.1290**
- **CENTURY COLLEGE DENTAL HYGIENE CLINIC** Located at 3330 Century Ave. N., White Bear Lake, MN Contact: Linda Jorgenson, Program Director (651) 779-5787
- **CHILDREN'S DENTAL SERVICES** works with low income families to provide access to dental care as well as working to educate families on proper hygiene. Children from birth to age 18 and pregnant women are eligible. Various locations. Visit [www.childrensdentalservices.org](http://www.childrensdentalservices.org)
  - For all locations: (612) 746-1530
- **COMMUNITY DENTAL CARE** provides dental care and preventative educational programs for low income, immigrant and ethnic minority families and children. Self-payment accepted. [www.cdentc.org](http://www.cdentc.org) Clinic hours: 7:30am-9:30pm with early morning and late evening appointments.
  - Located at 1670 Beam Ave., Maplewood, MN 55109 Phone (651) 925-8400
  - 828 Hawthorne Avenue East Saint Paul, MN 55106 Phone (651) 774-2959
- **UNITED WAY BRIGHT SMILES** provides dental care for children 5 and under and their families. [www.unitedwaytwincities.org/ourimpact/brightsmiles.cfm](http://www.unitedwaytwincities.org/ourimpact/brightsmiles.cfm)
  - Located at 506 West 7<sup>th</sup> Street, St. Paul, MN 55102 Phone: (651) 298-8566
- **WEST SIDE COMMUNITY HEALTH SERVICES** provides health services by physicians, social workers, dentists, nurse practitioners, and health educators. [www.westsidetchs.org](http://www.westsidetchs.org)
  - Located at 153 Concord Street, St. Paul, MN 55107 Phone: (651) 222-1816
- **Disability Linkage Line – 1-800-333-2433**
- **Social Security office – social security, SSI, SSDI, RSDI 1-800-772-1213**
- **Senior Linkage Line – 1-800-333-2433**
- **Self Sufficiency Classes – 651-645-6445**

**LOCAL EMPLOYMENT WORKFORCE CENTERS:**

- **Blaine Work Resource Hub 763-783-4800 – 1201 89<sup>th</sup> Ave. NE, Ste 235**
- **RAMSEY COUNTY- NORTH ST. PAUL LOCATION:**
  - McKnight 36 Plaza, 2098 11<sup>th</sup> Ave. E., North St. Paul, MN 55109 Phone: (651) 779-5666
    - Hours of Operation: Monday-Friday 8am-4:30pm
- **RAMSEY COUNTY- ST. PAUL LOCATION:**
  - 540 Fairview Ave. N., St. Paul, MN 55104 Phone: (651) 642-0363Hours of Operation: Monday-Friday 8am-4:30pm

**EDUCATION OPPORTUNITIES -**

**ECFE** – early childhood family education – sliding fee scale 651-621-7420 – Pike Lake Ed. Ctr.  
**GED/English Classes/ABE/Family Learning Program** – 651-621-7410 – Pike Lake Education Center  
**WAND** – WOMEN ACHIEVING NEW DIRECTIONS – SINGLE WORKING MOTHERS or mothers on unemployment IN NEED OF A CHANGE – 612-604-3516

**Promise Program**.....(651) 224-3024  
**Head Start**.....(651) 603-5977

Educational preschool program for children between the ages of 3 and 5 from families with limited incomes; programs for children with special needs. Both full day and 1/2 day center based programs are available. All programs offer family support, health, oral health, mental health services, parenting resources and literary opportunities.

**Children’s Home Society and Family Service**.....(651) 222-0311  
Workshops, programs, and groups that support and assist families with the issues and stresses of parenting.

**Northwest Youth & Family Services**.....(651) 486-3808  
Classes for parents of teens, parents of ADHD children.

**MISCELLANEOUS**

**Angel Foundation** – financial assistance for families suffering with cancer. **612-627-9000**

**Foster My Pet** – pet fostering services available for low income peoples suffering from housing instability or homelessness so that they can keep their pets. **651-503-0045**

**Housing Providers for Single Adults in Ramsey County**

Organization	Program	Contact	email	phone	description
<b>Emergency Shelter</b>					
Catholic Charities	Dorothy Day Center	Gerry Lauer	<a href="mailto:gerard.lauer@cctwincities.org">gerard.lauer@cctwincities.org</a>	(651) 290-6805	Mats on the floor. 208 spots for single adults (primarily men with 42 additional spots for single women on the 2nd floor.
Union Gospel Mission	Mission Shelter Program	James Tucker	<a href="mailto:jtucker@ugmtc.org">jtucker@ugmtc.org</a>	(651) 789-7592	80 beds dormitory style and 80 cots nightly in the chapel
Catholic Charities	Rapid Rehousing for Single Ad	Clarissa Combs	<a href="mailto:clarissa.combs@cctwincities.org">clarissa.combs@cctwincities.org</a>	(612) 204-8316	short term rental assistance and case management services for single adults to exit the Dorothy Day shelter
<b>Transitional Housing</b>					
Catholic Charities	Mary Hall	Jonathan Lindquist	<a href="mailto:jonathan.lindquist@cctwincities.org">jonathan.lindquist@cctwincities.org</a>	651-647-2351	20 beds for single men - maximum length of stay is 120 days
Theresa Living Center	Residential Program	Lucy Zanders	<a href="mailto:lucy.zanders.tlc@gmail.com">lucy.zanders.tlc@gmail.com</a>	(651) 774-5594	Site based housing for single women and female with a child under 1
Union Gospel Mission	Mission Transitional Housing	James Tucker	<a href="mailto:jtucker@ugmtc.org">jtucker@ugmtc.org</a>	(651) 789-7592	Next step on-campus housing for men in their shelter program
MN AIDS Project	Transitional Housing Assistance	Gail Caruso	<a href="mailto:gcaruso@mnaidsproject.org">gcaruso@mnaidsproject.org</a>	612-373-2437	Rental assistance and support services - must be referred through MN AIDS Project
Emma Norton Services	Emma Norton Residence	Tonya Brownlow	<a href="mailto:tbrownlow@emmanorton.org">tbrownlow@emmanorton.org</a>	(651) 251-2624	46 units of housing and support services for single women with chemical dependency and/or mental illness
People, Inc	Ramsey House	Geoff Meyer	<a href="mailto:geoffrey.meyer@peopleincorporated.org">geoffrey.meyer@peopleincorporated.org</a>	(651) 288-3536	10 beds near Metro State for single men or women with mental illness who have predominantly been camping outdoors.
<b>Permanent Housing</b>					
Catholic Charities	Mary Hall	Jonathan Lindquist	<a href="mailto:jonathan.lindquist@cctwincities.org">jonathan.lindquist@cctwincities.org</a>	651-647-2351	Site-based Permanent housing with support services
	St. Christopher	Jonathan Lindquist			
	St. Anthony	Bill Hockenberger	<a href="mailto:william.hockenberger@cctwincities.org">william.hockenberger@cctwincities.org</a>	651-603-0462	
	St. Paul Residence	Bill Hockenberger			
	GRH Scattered Site	Christine Michels	<a href="mailto:christine.michels@cctwincities.org">christine.michels@cctwincities.org</a>	612-204-8286	Scattered site housing with support services
	HTF LTH Subsidy	Jana Curiel	<a href="mailto:jana.curiel@cctwincities.org">jana.curiel@cctwincities.org</a>	612-204-8311	
Wilder Foundation	Minnesota Place	Janayah Bagurusi	<a href="mailto:janayah.bagurusi@wilder.org">janayah.bagurusi@wilder.org</a>	651-558-5980	10 1-bedroom apts. with services in downtown St. Paul
CommonBond Communities	Lexington Commons	Sara Riegler	<a href="mailto:sara.riegler@commonbond.org">sara.riegler@commonbond.org</a>	651-291-1750	Site-based permanent housing with support services
	Commerce Bldg	Sara Riegler			
	Concordia Arms	Sara Riegler			
MAC-V	Rapid Rehousing	Nathaniel Saltz	<a href="mailto:nsaltz@mac-v.org">nsaltz@mac-v.org</a>	651-224-0290	Supportive housing for homeless and at-risk veterans
	Structured Independent Living	Nathaniel Saltz			
South Metro Human Services	Crane Ordway	Matt Lewis	<a href="mailto:mattl@south-metro.org">mattl@south-metro.org</a>	(651) 256-1226	Site-based housing in downtown St. Paul with support services
	Renaissance Box	Matt Lewis			
	Police Homeless Outreach Pro	Steve Lawrence	<a href="mailto:stevel@south-metro.org">stevel@south-metro.org</a>	(651) 647-2353	Scattered site housing with support services
	SMHS-Ramsey CD Housing	Matt Lewis	<a href="mailto:mattl@south-metro.org">mattl@south-metro.org</a>	(651) 256-1226	
	GRH Scattered Site	Matt Lewis			
Guild, Inc.	Hospital to Home	Julie Grothe	<a href="mailto:jgrothe@guildincorporated.org">jgrothe@guildincorporated.org</a>	(651) 291-0067	Scattered site housing for persons identified as frequent users of emergency services Regions hospital
	Delancey Street Medica	Julie Grothe			Scattered site housing for persons identified as frequent users of Medica emergency services
	Delancey Street	Julie Grothe			
	Delancey Apartments	Julie Grothe			
People, Inc.	Sienna Green	Jodi Nottger	<a href="mailto:jodi.nottger@peopleincorporated.org">jodi.nottger@peopleincorporated.org</a>	(651) 225-8963	Site based housing in Roseville with support services
	Kimball Court	Jodi Nottger			Site based housing in St. Paul with support services
	American House	Jodi Nottger			Scattered site housing support services
	Project Sail	Jodi Nottger			
	GRH	Jodi Nottger			
	MHFA HTF Vouchers	Jodi Nottger			
Breaking Free	The Village Place	Katie Tuione	<a href="mailto:ctuione@breakingfree.net">ctuione@breakingfree.net</a>	(651) 214-7127	Site based housing with support services for women and girls escaping from prostitution
	Transitional Housing Prog.	Katie Tuione			
Mental Health Resources	Avenues to Independence	Bill Calmbacher	<a href="mailto:gloyd@mhresources.com">gloyd@mhresources.com</a>	(651) 659-2959	Scattered site housing and services for individuals experiencing chronic homelessness
MN Department of VA	HUD VASH	Jonelle Glubke	<a href="mailto:jonelle.glubke@va.gov">jonelle.glubke@va.gov</a>	(612) 467-1702	Housing vouchers administered through St. Paul PHA. Must be referred through the VA
Metro HRA	Ramsey County CoC	Tammy Wiger	<a href="mailto:tammy.wiger@metc.state.mn.us">tammy.wiger@metc.state.mn.us</a>	(651) 602-1600	Rental assistance for persons receiving Ramsey County mental health case management
Resource	COHR Team	Jay Wagner	<a href="mailto:jwagner@Resource-MN.org">jwagner@Resource-MN.org</a>	612-752-8264	Scattered site housing with support from a mobile team of case managers
Ramsey County Adult MH	LTF Vouchers, etc.	Sharon Geiger	<a href="mailto:sharon.geiger@co.ramsey.mn.us">sharon.geiger@co.ramsey.mn.us</a>	651-266-4916	Housing and support for persons receiving Ramsey County mental health case management

**Housing Providers for Young Adults in Ramsey County (18-24)**

<b>Emergency Shelter</b>					
Lutheran Social Services	SafeHouse	Gala Ingram	<a href="mailto:gala.ingram@lssmn.org">gala.ingram@lssmn.org</a>	651-328-3710	6 bed shelter for youth and young adults aged 16-24
Salvation Army	Booth Brown Shelter	Jessica Nelson	<a href="mailto:jessica_nelson@usc.salvationarmy.org">jessica_nelson@usc.salvationarmy.org</a>	651-646-2601	15 bed shelter for youth aged 16-24
Ain Dah Yung	Ain Dah Yung Youth Shelter	Sheri Riemers	<a href="mailto:sheri.riemers@adycenter.org">sheri.riemers@adycenter.org</a>	(651) 227-4184	10 bed shelter for youth 16 - 21 primarily, but not exclusively, to serve American Indian youth
<b>Transitional Housing</b>					
Lutheran Social Services	LSS TLP	Jennifer Fairbourne	<a href="mailto:jennifer.fairbourne@lssmn.org">jennifer.fairbourne@lssmn.org</a>	(651) 644-7739	Scattered site transitional housing program for youth ages 18-24
	Rezek House	Jennifer Fairbourne			
Ain Dah Yung	Beverly Benjamin Youth Lodge	Sheri Riemers	<a href="mailto:sheri.riemers@adycenter.org">sheri.riemers@adycenter.org</a>	(651) 227-4184	6-bed site-based transitional housing program focused on homeless American Indian youth
Salvation Army	Booth Brown House	Jessica Nelson	<a href="mailto:jessica_nelson@usc.salvationarmy.org">jessica_nelson@usc.salvationarmy.org</a>	651-646-2601	11 bed transitional housing for youth aged 18-24
<b>Rapid Rehousing</b>					
Face To Face	Rapid Rehousing for Youth	Scott Cole-Hill	<a href="mailto:colehills@face2face.org">colehills@face2face.org</a>	(651) 224-9644	Scattered site short-term rental assistance and case management services for youth and young adults
<b>Permanent Housing</b>					
RS Eden	7th Landing	Kynda Stull	<a href="mailto:kstull@rseden.org">kstull@rseden.org</a>	(651) 291-3842	Permanent supportive housing for young adults who have come out of the foster care system

Low Cost or Free Community Clinics in St. Paul Area

Updated 1/3/13

Medical Clinic	Address and Phone Number	Gen'l Health Adult	Gen'l Health Adolescent	Gen'l Health Children	Prenatal	Family Planning	Women's Health	Immunizations	Hmong	Spanish Interpreter	Evening Hours
Dorothy Day Center Clinic	183 Old 6 <sup>th</sup> St. St. Paul, 55102 651-290-6814	X								X	
East Side Family Clinic	860 Arcade St. St. Paul, 55106 651-602-7500	X	X		X	X	X	X		X	
Face to Face Health and Counseling	1165 Arcade St. St. Paul, 55106 651-772-5555	X	X		X	X			X	X	X
Family Tree Clinic	1619 Dayton Ave. St. Paul, 55104 651-645-0478					X	X		X	X	X
McDonough Homes Clinic	1544 Timberlake Rd St. Paul, 55117 651-558-2191	X	X	X	X	X	X	X	X	X	X
North End Health Center	135 Manitoba St. Paul, 55117 651-489-8021	X	X	X	X	X	X	X	X	X	
Open Cities Health Center	409 North Dunlap St. Paul, 55104 651-290-9200	X	X	X	X	X	X	X	X		X
Planned Parenthood	671 Vandalia St. St. Paul, 55114 651-698-2406					X	X				
Portico Health Care -provides referrals	2610 University Ave. St. Paul, 55114 651-489-2273										
St. Croix family medical Center	5640 Memorial Ave. Stillwater, 55082 651-430-1880	X	X	X	X	X	X	X			X
St. Mary's Health Clinics: Midway, St. Bernards, St. Matthews, MetroSt.	Central phone number 651-287-7777	X								X	
St. Paul/Ramsey Co Public Health /Women's Health	555 Cedar St. St. Paul, 55101 651-266-1255					X	X	X			
United Family Medicine	1026 W. 7 <sup>th</sup> St St. Paul, 55102 651-241-1000	X	X	X	X	X	X	X	X	X	X
West Side Community Health Center	153 Cesar Chavez St. Paul, 55107 651-222-1816	X	X	X	X	X	X	X		X	X

Low Cost Dental Clinic in St. Paul Area

Dental Clinic	Address	Phone	Sliding Fee	Accepts MA	Interpreter	Comments
St. Paul District Dental Society	1700 W Hwy 36 Suite 840 Roseville, 55113	651-697-0831				Referrals made to community clinics
Helping Hands	506 W. 7 <sup>th</sup> St. St. Paul, 55102	651-224-7561	X	X	X	
Metro State University Dental Clinic	1670 Beam Ave Suite 203 Maplewood, 55109	651-621-8840				Low cost for uninsured clients
Model/Open Cities	409 N. Dunlap St. Paul, 55104	651-290-9200	X	X	X	
Portico Health Net	2610 University Suite 550 St. Paul, 55114	651-489-2273				Referrals made to community clinics
Quan Dental Hmong & Vietnamese	422 University Suite 201 St. Paul, 55103	651-290-2818		X	X	
Sharing & Caring	525 N. 7 <sup>th</sup> St. Mpls, 55405	612-338-4640	X			No fee if uninsured
Union Gospel Mission	435 E. University St. Paul, 55101	651-789-7605	X			Only by appts
U of M School of Dentistry	515 Delaware St. Mpls, 55455	612-625-2495	X	X	X	
Vang Dental Clinic Hmong	225 University Suite 124 St. Paul, 55103	651-222-6738		X		
Community Dental Clinic East St. Paul	828 Hawthorne Ave. E St. Paul, 55106	651-774-2959	X	X		Emergency 952-955-8994
Community Dental Clinic Maplewood	1670 Beam Ave. Maplewood, 55109	651-925-8400	X	X		Emergency 952-955-8994

Updated 3/7/13

# Behavioral Health Services - Chemical Dependency

[Adult Services Home](#)

Ramsey County helps people who have emotional or behavior problems, related to drug or alcohol abuse.

Services for eligible residents include:

- Detox
- Petitions for commitment
- Assessments
- Referrals
- Case management

<p><b>Chem Dep Phone Numbers</b> Intake/PrePetition 651-266-7890 Chemical Assessment 651-266-4008 Detox Center 651-266-4009 Division Director 651-266-3623</p>
--

## Services



402 University Ave E

**Detoxification** services are provided for adults and teens, 24 hours a day, seven days a week. The Ramsey County detoxification center is a sub-acute residential facility. It is located at 402 East University Avenue in St Paul. We provide safe, medically assisted detox and stabilization for people who are intoxicated or having withdrawal symptoms.

We offer a variety of services to help people who may have alcohol, other drug, or mental health concerns. For instance, we provide individual and group counseling by licensed alcohol and drug counselors (LADC) and mental health professionals. We also provide case management for eligible people (see below).

Our services are person-centered. We promote integrity and respect for everyone in a non-judgmental, welcoming setting. There are separate dorms for men and women. For admission, call **651 - 266 - 4009**.

**Pre-petition Screening** is provided for people who are petitioned for civil commitment. The Court may determine that someone's mental illness or chemical dependency causes them to be a danger to themselves or others. A person under civil commitment may be treated in a community or state hospital. Or they may have intensive, community-based care during this time of acute need. For more information, call **651 - 266 - 7890**.

## Chemical Use Assessments and Referrals to Chemical Dependency Treatment and other Services

The Chemical Health Unit provides drug and alcohol assessments for Ramsey county residents. The Unit also serves as an **access point** for State-licensed, chemical dependency services. After the assessment, we may refer people who are chemically dependent to Group Residential Housing or other community programs. To qualify for public funding, a person must meet State income guidelines AND clinical eligibility guidelines. For more information, call **651 - 266 - 4008**.

## Case Management

Case managers offer information and referral, service coordination, and crisis intervention. Case managers make assessments to determine needs. The client, family members, and other professionals can give input. After the assessment, case managers arrange, coordinate and monitor services. They may recommend community outreach as an alternative, or in addition, to other chemical dependency treatment. Case managers provide some services directly.

## Co-occurring mental health and substance abuse disorders resources

About 60% of people experiencing mental illness also have addictions to alcohol or drugs. Research shows the need to treat co-occurring disorders through integrated treatment. For an assessment, call between 8:00 a.m. and 4:30 p.m. Please call **651 - 266 - 4008**.

[Learn More about Mental Health](#) [New Rule 25 Assessment Application Rule 25 \(pdf\)](#) | [Rule 25 \(word\)](#)

## Client Eligibility and Fees

Ramsey County Chemical Dependency Services are available for Ramsey County residents.

- Chemical use assessments are offered without a fee for eligible residents. Or people pay a sliding fee, which is based on income and number of dependents.
- Treatment services are available for qualified individuals. The person must meet both State income and clinical eligibility guidelines for free public funding.
- Temporary Group Residential Housing may be available at no charge for eligible people who are chemically dependent.
- Prospective clients with pre-paid health coverage should consult their health plan about chemical health services and coverage.

[Learn how you as a Citizens Advisory Council member, can make a difference for people who face alcohol and drug abuse problems.](#)

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Eligibility Requirements	Interpretation Services	Services Offered
<b>HEALTH CARE SERVICES</b>										
<b>Advanced Medical Clinic</b>	491 University Ave West Suite B	St. Paul	MN	55103	Mon. - Fri. 8:30am - 5:30pm	651-771-5778		Appropriate health plan	Hmong, Laotian, Thai	Immunizations for school, tobacco counseling, IVF, travel shots, PPD, laser treatments for facial, sick o/v.
<b>Allina Medical Clinic – West St. Paul</b>	150 East Emerson Ave.	St. Paul	MN	55118	Mon. - Thurs. 8am - 8pm; Fri. 8am - 5pm; Sat. 9am - 4pm	651-241-1800	<a href="http://www.allina.com">www.allina.com</a>	Appropriate health plan	Hmong, Laotian, Thai	Immunizations for school, tobacco counseling, IVF, travel shots, PPD, laser treatments for facial, sick o/v.
<b>Bethesda Clinic University Family Physicians</b>	580 Rice St.	St. Paul	MN	55103	Mon. - Fri. 8am - 5pm	651-227-6651	<a href="http://www.umphysicians.com">www.umphysicians.com</a>	appropriate health plan	Hmong, others by appointment	Family practice; Hmong diabetes education.
<b>Bobby K. Yang Medical Clinic</b>	1047 University Ave. W. #101	St. Paul	MN	55104	Mon. - Fri. 8:30am - 5:30pm; Sat. 8:30am - 12:30pm	651-646-5452		none	Hmong	Hmong and English speaking staff.
<b>Children's Hospitals and Clinics – St. Paul</b>	345 North Smith Ave	St. Paul	MN	55102	Mon. - Fri. 8:30am - 5pm	651-229-6999	<a href="http://www.childrenshc.org">www.childrenshc.org</a>	none	Hmong, Laotian, Spanish, other languages by appointment	Pediatrics (plus subspecialty clinics e.g., allergy, cardiac, endocrine, renal, neurology, genetics, acute care, well care, etc.); child and family services; occupational therapy; physical therapy; speech therapy; nutrition counseling; child abuse program; oncology/hematology.
<b>East Side Family Clinic / Westside Community Health Services</b>	860 Arcade St.	St. Paul	MN	55106	Mon. - Fri. 8am - 5pm	651-772-9757	<a href="http://www.westsidechs.org">www.westsidechs.org</a>	most health plans and sliding fee for uninsured	Hmong, Spanish and other languages by request	Geriatrics, minor surgery, lab, x-ray, social services, nutrition services, diabetic education (Hmong groups), group clinics for diabetes & asthma, prenatal classes, adolescent health care, HIV testing.
<b>Face-to-Face Health &amp; Counseling</b>	1165 Arcade St.	St. Paul	MN	55106	Mon. 10am - 5pm; Tues. 1pm - 7pm; Wed., Fri. 9am - 5pm; Thurs. 11am - 7pm; Sat. 10am - 1pm	651-772-5555; Fax: 651-772-5656	<a href="http://www.face2face.org">www.face2face.org</a>	Ages 11-23, most insurance accepted and sliding fee	all languages	Reproductive health, general medical, mental health counseling, prenatal care.
<b>Family Health Services</b>	911 E. Maryland Ave.	St. Paul	MN	55106	Mon. - Fri. 8:30am - 6pm	651-776-2719	<a href="http://www.minnhealth.com">www.minnhealth.com</a>	accept most medical coverage programs and insurance plans	Hmong	Vaccinations, social worker services for Hmong, primary care, OB and pediatric services Culturally Specific Services: diabetes education available with certified diabetic counselor.
<b>Family Tree Clinic</b>	1619 Dayton Ave #205	St. Paul	MN	55104	Mon., Wed. 8:30am - 8:30pm; Tues., Thurs. 8:30am - 5pm; Sat. 10am - 2pm	651-645-0478	<a href="http://www.familytreeclinic.org">www.familytreeclinic.org</a>	none	all languages available; interpreters are NOT on-site and must be scheduled in advance	Reproductive health, family planning, sexual health including low-cost & free birth control, annual exams, STD testing, treatment and emergency contraception Culturally Specific Services: deaf, deaf blind and hard of hearing services, LGBT targeted services.
<b>Health Care for the Homeless / Westside Community Health Services</b>	438 Main Street	St. Paul	MN	55102	Mon. - Fri. 8:30am - 4pm	651-290-6815	<a href="http://www.westsidechs.org">www.westsidechs.org</a>	Adolescents living in or attending a high school/alternative school in Ramsey, Dakota or Washington County; students currently receiving services at school-based health centers; adolescents 7th grade through their 22nd birthday; prenatal patients who meet income guidelines; women who have previously delivered with well woman care; any woman requesting a pregnancy test (prefer by appointment but will do walk in when a nurse practitioner is available)	Interpreters available upon request; Spanish speaking midwife	A program of Westside Community Health Services offers primary care, adolescent health care, prenatal care, family planning, social services, nutrition, health education, mental health Culturally Specific Services: prenatal classes in Spanish, diabetes education in Hmong and Spanish through Westside Community Health Services (Health Start's parent organization).
<b>HealthEast/Cottage Grove Clinic</b>	6936 Pine Arbor Drive S.	Cottage Grove	MN	55016	Mon. - Fri. 8:30am - 5pm	651-326-5800	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	Family medicine, including OB and podiatry.
<b>HealthEast/Macalester/Groveland</b>	45 North Snelling Ave	St. Paul	MN	55104	Mon. - Fri. 8am - 5pm	651-326-5650	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	Family care for all ages, nurse midwives for OB/GYN care.
<b>HealthEast/Maplewood</b>	3100 Kennard St. Suite 100	Maplewood	MN	55109	Mon. - Fri. 8:30am - 5pm		<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	General adult care, internal medicine and pediatric care Culturally Specific Services: One doctor who is Vietnamese in internal medicine (bilingual).
<b>HealthEast/Midway Clinic</b>	1690 University Ave. W #570	St. Paul	MN	55104	Mon. - Fri. 8am - 5pm	651-232-4800	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	General adult care and geriatrics.

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Eligibility Requirements	Interpretation Services	Services Offered
HealthEast/Oakdale Clinic	1099 Helmo Ave. N. Suite 100	Oakdale	MN	55128	Mon. - Fri. 7am - 5pm	651-326-5300	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	Family practice including OB care.
HealthEast/Rice Street Clinic	980 Rice St.	St. Paul	MN	55117	Mon. - Fri. 8am - 5pm	651-326-9020	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	General family care for all ages; very diverse patient population (many Hmong patients), OB/GYN.
HealthEast/Roselawn Clinic	1983 Sloan Place Suite #1	St. Paul	MN	55117	Mon. - Fri. 8am - 5pm *After hours walk-ins: Mon. - Fri. 5pm - 9pm; Weekends/Holidays 10am - 4pm	651-326-5700	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	General family for all ages, including OB care, certified nurse midwives available for OB care and routine GYN care; very diverse patient population.
HealthEast / Downtown St. Paul Clinic	17 West Exchange #500	St. Paul	MN	55102	Mon. - Fri., 8am - 5pm	651-232-4200	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	General primary care for adults; specializes in internal medicine, osteoporosis including DEXA scanning, heart care including stress tests.
HealthEast/Salud Integral	797 East 7 <sup>th</sup> St.	St. Paul	MN	55106	Mon. - Fri. 8am - 5pm	651-326-4500	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	Bilingual Spanish staff; other languages by appointment	Family medicine, including OB care, certified nurse midwife available for OB care and routine GYN care.
HealthEast/Vadnais Heights Clinic	1055 Centerville Circle	Vadnais Heights	MN	55127	Mon. - Fri. 8am - 5pm	651-326-5900	<a href="http://www.healtheast.org">www.healtheast.org</a>	None	all by appointment	Family medicine.
HealthPartners/Center for International Health	451 Dunlap St.	St. Paul	MN	55104	Mon. - Fri. 8am - 5pm	651-647-2100	<a href="http://www.healthpartners.com">www.healthpartners.com</a>	Ages 13 and older; immigration physicals – all ages; internal medicine – ages 15 and over; accept most medical coverage programs and insurance plans	Hmong, Laotian, Cambodian, Vietnamese, Spanish, Russian, Somali, French, Oromo, Amharic, all language needs can be accommodated; many bilingual providers	Internal medicine, immigration physicals for all ages, behavioral health therapy and psychiatry, pediatrics, social services and patient education in a culturally sensitive environment with interpreters in the language of the patient. Individual, group, and family therapy Culturally Specific Services: Vietnamese men's group; prison camp survivors group; Hmong diabetes group; Hmong women's support group; Somali women's group Travel Clinic: Mon.-Fri. for pre- and post-travel immunizations and consultation. Tropical & Travel Medicine: consultative services in tropical infectious diseases.
La Clinica/Westside Community Health Services	153 Cesar Chavez Street	St. Paul	MN	55107	*By Appointment* Mon., Tues., Fri. 8am - 5pm; Wed., Thurs. 8am - 8pm; Sat. 8am - 12pm	651-222-1816	<a href="http://www.westsidechs.org">www.westsidechs.org</a>	most health plans are sliding fee for uninsured	English, Hmong, Spanish speaking staff; all other languages available by phone interpreters	Adolescent health care, dental services, diabetes care, family planning & pregnancy testing, family support & mental health counseling, health education, HIV care, nutrition services, pharmacy services, prenatal care, senior care, well child care and immunizations, women's health, women, infants and children (WIC) program *Culturally Specific Services: Hmong, Laotian, Cambodian, Vietnamese, Spanish, Russian, Somali, French, Oromo, Amharic, all language needs can be accommodated; many bilingual providers.
Lo Medical Clinic	2353 Rice St. Suite 210	Roseville	MN	55113	Mon., Wed., Fri. 9am - 1pm	651-203-0040		None	All staff speak Hmong	Family practice, pediatrics, health education.
McDonough Homes Clinic / Westside Community Health Services	1544 Timberlake Rd #225	St. Paul	MN	55117	Mon., Tues., Thurs., Fri 8am - 4:30pm; Wed. 9am - 5:30pm (*Homeless are welcome)	651-558-2191	<a href="http://www.westsidechs.org">www.westsidechs.org</a>	Most insurance plans, MA, and/or sliding fee scale	Hmong, other languages can be arranged	Primary care, mental health, OB/GYN, diabetes clinic, health education, outreach, nutrition Culturally Specific Services: Hmong women's groups and diabetes groups.
Neighborhood House – Health Access Program	179 E. Robie St.	St. Paul	MN	55107	Mon. - Fri. 8:30am - 5pm or by appointment	651-789-2507	<a href="http://www.neighb.org">www.neighb.org</a>	None	Bilingual staff (Spanish/English)	Reproductive health education through trained community health workers, non-prescription contraceptives for Spanish-speaking women.
Open Cities Health Center, Inc.	409 N. Dunlap	St. Paul	MN	55104	Mon. - Thurs., 8am - 8pm; Fri. 8am - 5pm; Sat. 10am - 2pm	651-290-9200	<a href="http://www.ochealthcenter.com">www.ochealthcenter.com</a>	None	Hmong, others available upon request	Medical and dental care, behavioral health, optometry, chiropractic care Culturally Specific Services: Hmong parenting group, Hmong women's group, Hmong car seat class.
Open Cities Health Center, Inc.	135 Manitoba Ave.	St. Paul	MN	55117	Mon. - Sat. 8am - 5pm	651-489-8021	<a href="http://www.ochealthcenter.com">www.ochealthcenter.com</a>	None	Hmong, others available upon request	Medical and dental care, behavioral health, optometry, chiropractic care Culturally Specific Services: Hmong parenting group, Hmong women's group, Hmong car seat class.
Phalen Village Clinic University Minnesota Physicians	1414 Maryland Ave. E.	St. Paul	MN	55106	Mon. - Fri. 8am - 5pm	651-772-3461	<a href="http://www.umphysicians.umn.edu">www.umphysicians.umn.edu</a>	accept most health plans	Hmong and Spanish, others by appointment	Family practice, pediatrics, OB, prenatal care, family therapy, mental health services available Culturally Specific Services: Hmong support group, diabetic education and some mental health services.
Planned Parenthood of MN/SD Ford Parkway Location	1965 Ford Parkway	St. Paul	MN	55116	Mon. - Fri. 9am - 5pm; Sat. 8:30am - 1pm (2x/month)	651-698-2406	<a href="http://www.pppmsd.org">www.pppmsd.org</a>	None	By appointment only	Family planning, birth control, STI testing and treatment, HIV testing, first trimester abortion, vasectomy.



Facility	Address	City	State	Zip	Hours	Phone Number	Website	Eligibility Requirements	Interpretation Services	Services Offered
<b>Planned Parenthood of MN/SD Rice Street Location</b>	1700-L Rice St.	St. Paul	MN	55113	Mon., Wed. 12:30pm - 7pm; Tues. CLOSED; Thurs. 8am - 5pm; Fri. 9am - 5:00pm; 1st & 3rd Sat. of the month: 9:00am - 1pm	651-489-1328	<a href="http://www.ppmnsd.org">www.ppmnsd.org</a>	None	by appointment only	Family planning, birth control, pregnancy testing, HIV testing, STI testing and treatment.
<b>Angelito C. Ramos, MD</b>	1345 Thompson Ave. S.	St. Paul	MN	55075	Mon., Tues., Thurs., Fri. 8am - 4pm; Wed. 8am - 12pm	651-451-2711		Private pay, MA, Medicare coverage	Hmong and Spanish	Pediatrics, adult medicine, Hypertension, Diabetes, and Thyroid treatment.
<b>St. Mary's Health Clinics</b>	various locations throughout the Twin Cities metro area	St. Paul	MN		Designated days at each site: call scheduling number for information	651-690-7029	<a href="http://www.stmaryshealthclinics.org">www.stmaryshealthclinics.org</a>	Must be uninsured and within income guidelines; call scheduling number for telephone eligibility screening	patients must arrange their own interpreters, but Spanish interpreters are available	Basic primary care, specialty referrals, most medications and some hospital services at no expense to patient Culturally Specific Services: Latino health education and outreach in identified Minneapolis and St. Paul parishes.
<b>St. Paul Family Medical Center</b>	1239 Payne Ave.	St. Paul	MN	55101	Mon., Tues., Thurs., Fri. 9am - 5pm Closed Wednesday	651-209-8350		MA, most insurance accepted	bilingual Hmong staff	Family practice, OB/GYN.
<b>St Paul-Ramsey County Department of Public Health Refugee Health Program</b>	555 Cedar St.	St. Paul	MN	55101	call for appointments	651-266-1244	<a href="http://www.co.ramsley.mn.us">www.co.ramsley.mn.us</a>	Refugees living in Ramsey County	AT&T language line and staff available who speak Amharic, Oromo, Hmong and Somali	Referrals for refugee health screening. Completion of supplement to I-693 form. Other services include: immunization clinic and travel clinic.
<b>United Family Practice Center</b>	545 West Seventh St.	St. Paul	MN	55102	Mon., Fri. 8:30am - 5pm	651-241-1000	<a href="http://www.unitedfamilymedicine.org">www.unitedfamilymedicine.org</a>	None	all languages, including ASL	Family practice and OB/GYN.
<b>Wakota Life Care Center</b>	1140 S. Robert St.	St. Paul	MN	55118	call to verify clinic hours	651-457-1195	<a href="http://www.wakotalifecarecenter.org">www.wakotalifecarecenter.org</a>	Call to verify	call to verify interpreter services	Free pregnancy testing and counseling, free pregnancy verification for MA, social services for pregnant women through a "client advocate," low cost immunizations, STI testing, child care, school physicals, other non-emergency health care services.
<b>Xoua Thao Medical Center</b>	796 E. 7 <sup>th</sup> St	St. Paul	MN	55106	Mon. - Fri. 9am - 5pm	651-774-0347		MA, most other insurance accepted	Bilingual Hmong staff	Family practice.
<b>HOME CARE</b>										
<b>Equity Services of St. Paul</b>	197 W. Geranium Ave	St. Paul	MN	55117	7am - 4:30pm	651-489-4656	<a href="http://www.equityhomecare.org">www.equityhomecare.org</a>	MA, Medicare, most managed health plans	Hmong, Cambodian, Spanish, Russian, others available upon request	Home health care, RN, LPN, Health Aide, PCA, PT, OT, SW Culturally Specific Services: Hmong diabetic teaching.
<b>My Home Health Care, Inc.</b>	569 Dale St. N. Suite 100	St. Paul	MN	55104	Mon. - Fri. 9am - 6pm or per request	651-488-3126		MA, and most other insurances	Bilingual staff in Cambodian, Hmong, Lao, Thai, Karen, Vietnamese, and Thai, others available upon request	PCA services, home maker services, chores, family counseling and training, physician services, private duty nursing (regular and extended), nutrition services, caregiver training, diabetic teaching (1:1 or group teaching), RN/SNV.
<b>People Inc. Home Health Agency</b>	317 York Ave.	St. Paul	MN	55130	Mon. - Fri. 8am - 5pm	651-774-0202	<a href="http://www.peopleincorporated.org">www.peopleincorporated.org</a>	Appropriate health plan or waiver, private pay available	Hmong, Sign language, other languages by appointment	Skilled nursing visits, home health aid, services for clients with mental illness.
<b>Southeast Asian Health Care Services</b>	421 N. Dale St. Suite B	St. Paul	MN	55103	Mon. - Fri. 8am - 5pm	651-222-2889		Medical Assistance Recipient	English, Hmong, Lao, Vietnamese Thai, Karen, Chinese	Personal care assistance, RN supervision-interpretation.
<b>DENTAL CARE</b>										
<b>Century Technical College</b>	3300 Century Ave N.	White Bear Lake	MN	55110	call for hours and appointments; some evening hours available	651-779-5787		none, discounted flat fee for service	call to inquire	Dental exams, x-rays, cleaning, oral cancer screening and sealants.

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Eligibility Requirements	Interpretation Services	Services Offered
<b>Community Dental Care St. Paul Location</b>	828 Hawthorne Ave.	St. Paul	MN	55106	Mon. - Thurs. 8:15am - 7pm Fri., Sat. 8:15am - 1pm	651-774-2959		self-pay, MA, and most other insurance plans	Hmong (many bilingual staff), others available upon request	General dentistry for all ages, prevention programs Culturally Specific Services: prevention programs for children (0-5) and pregnant mothers, Hmong, Karen, Hispanic, others. Culturally specific presentation and outreaches.
<b>Community Dental Care Maplewood Location</b>	1670 Beam Avenue Suite 204	Maplewood	MN	55109	Mon. - Fri. 7:30am - 9:30pm; Fri., Sat. 8:15am - 1pm	651-925-8400		self-pay, MA, and most other insurance plans	Hmong (many bilingual staff), others available upon request	General dentistry for all ages, prevention programs Culturally Specific Services: prevention programs for children (0-5) and pregnant mothers, Hmong, Karen, Hispanic, others. Culturally specific presentation and outreaches.
<b>Helping Hand Dental Clinic</b>	506 West 7 <sup>th</sup> Street	St. Paul	MN	55102	Mon. - Wed. 7:30am - 5:30pm; Thurs. - Fri. 8:30am - 5pm; URGENT CARE: Wed. only. Appointments must be made day before at 3pm			most insurance plans, sliding fees for uninsured or underinsured based on income and family size	English, Cambodian, Vietnamese, Romanian, French, Spanish, Hmong	Dental care with urgent care available on Wednesdays. Appointments for Urgent Care are made at 3p.m. the day before the Urgent Care Clinic.
<b>Lor Dental Clinic</b>	Clinic 491 University Ave. Suite A	St. Paul	MN	55103	Mon. - Fri. 9am - 6pm	651-489-3681		self-pay, MA, and most insurance plans	Laotian, Hmong, English	Comprehensive dental services, orthodontic and implants.
<b>Union Gospel Mission Dental Clinic</b>	435 University Ave. E	St. Paul	MN	55130	call for hours and appointments	651-292-1721		must have no insurance and unable to afford payments elsewhere	Spanish	Adult emergency clinic: extractions, root canals, fillings; Children's Clinic: all services.
<b>West Side Dental Clinic</b>	478 S. Robert St.	St. Paul	MN	55107	Mon. - Fri. 8am - 5pm; URGENT CARE: Mon., Fri. only (*appointments must be made day before at 3pm)	651-602-7575		sliding fee scale and most insurance plans	Spanish	General dental practice, all ages.
<b>MENTAL HEALTH SERVICES</b>										
<b>Children's Home Society and Family Services</b>	2230 Como Avenue	St. Paul	MN	551108	Mon. - Fri. 8:30am - 5pm	651-641-1300	<a href="http://www.chsfs.org">www.chsfs.org</a>	have children and reside in Anoka, Ramsey, Chisago counties	Spanish, Hmong on a limited basis	Outpatient mental health services for children, teens, adults, partners and family. Group counseling with rotating themes. Adoption Competent therapy for couples with adopted of multi-racial backgrounds.
<b>La Familia Guidance Center, Inc.</b>	155 S. Wabasha Street	St. Paul	MN	55107	Mon. - Fri. 8:30am - 5pm			None	English and Spanish speaking staff	Mental Health Services.
<b>OTHER RESOURCES</b>										
<b>United Way 2-1-1 (formerly First Call for Help)</b>			MN			211				Free, confidential multilingual information on services, such as food shelves, clothing outlets and transportation, available in Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington and other counties. Assistance available in Hmong, Laotian, Russian, Somali, Spanish and Vietnamese. Call 211.
<b>Medical Assistance</b>			MN			651-266-4444				
<b>Minnesota Care</b>			MN			651-297-3862				In the metro area, call 651-297-3862 to enroll. In Greater Minnesota, call 800-657-3672 .
<b>Neighborhood HealthCare Network</b>			MN			651-489-2273				Participating clinics who offer sliding scale .
<b>PORTICO HealthNet</b>			MN			651-603-5100				Portico provides assistance in finding a health care program such as MinnesotaCare, MA, or GAMC. Also provides its own health access program for people without health insurance (not eligible for the above programs) including primary, preventive care, some specialty care, eye exams, eyeglasses and prescriptions. Spanish and Hmong-speaking staff available; interpreters provided for other languages.
<b>ADDITIONAL SERVICES</b>										
<b>Ramsey Co Mental Health</b>	402 University Ave	St. Paul	MN			651-266-7890				
<b>Ramsey Co Crisis</b>			MN			651-266-7900				
<b>Martha Trowbridge (PPS, CM Intake)</b>			MN			651-266-7995; Fax 651-266-7989				Case Management/Pre-Petition/PHP/Crisis.

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Eligibility Requirements	Interpretation Services	Services Offered
Ramsey Co PHP Intake (not for patients to use)			MN			651-295-0958; Fax 651-266-7850 or 651-266-7855				Case Management/Pre-Petition/PHP/Crisis.
Diane Ahrens Crisis Beds (short-term)			MN			651-266-7900				Case Management/Pre-Petition/PHP/Crisis.
Hovander			MN			651-254-4370				Case Management/Pre-Petition/PHP/Crisis.
United Hospital PHP/Day Treatment			MN			651-241-8565; Fax 651-241-7168				Case Management/Pre-Petition/PHP/Crisis.
Ramsey Co Urgent Care/Crisis Services			MN			651-266-7890				Case Management/Pre-Petition/PHP/Crisis.
Access workers			MN			651-647-2551				Case Management/Pre-Petition/PHP/Crisis.
Maghakian, Jeremiah (admissions)			MN			651-793-6333; Fax 651-793-6337				IRTS (Intensive Residential Treatment Services).
Community Foundations, Holly (admissions)			MN			651-221-9880; Fax 651-225-1545				IRTS (Intensive Residential Treatment Services).
Safe House, Pat (admissions)			MN			651-254-4744				IRTS (Intensive Residential Treatment Services).
Community Options, Becca (admissions)			MN			651-487-8088; Fax 651-487-8105				IRTS (Intensive Residential Treatment Services).
Como Residence, Mark (admissions)			MN			651-558-2266; Fax 651-558-223				IRTS (Intensive Residential Treatment Services).
Anoka Metro Regional Treatment Center Central Pre-Admissions			MN			651-431-5337; Fax 651-431-7705				Ted Page, SW/Bed Placement: 651-431-5069; Linda, SW/Bed Placement: 651-431-5033.

# St. Croix County Community Resources

---

A collection of community resources for  
St. Croix County



# St. Croix County Resource Guide

## CITIES

### Glenwood City Hall

132 Pine St, Glenwood City, WI 54013  
Phone: 715-265-4227  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: We Energies 800-771-0079  
Telephone: NextGen 800-872-4016  
or Century Tel 715-565-7742

### Hudson City Hall

505 3rd St, Hudson, WI 54016  
Phone: 715-386-4765  
Web: www.ci.hudson.wi.us  
Water/Sewer: rates & hook-up call above number  
Electric & Natural Gas: Xcel Energy 800-895-4999  
Telephone: AT&T Wisconsin 800-924-1000

### New Richmond City Hall

156 E 1st St, New Richmond WI 54017  
Phone: 715-246-4268  
Web: ci.new-richmond.wi.us  
Water/Sewer/Electric: rates & hook-up call 715-246-4167  
Natural Gas: Xcel Energy 800-895-4999  
Telephone: Frontier Communications-St. Croix  
800-435-1504

### City of River Falls

123 E Elm St, River Falls WI 54022  
Phone: 715-425-0900  
Web: www.rfcity.org  
Water/Sewer/Electric: rates & hook-up call 715-425-0906  
Natural Gas: St. Croix Valley Natural Gas 715-425-6177  
Telephone: AT&T Wisconsin 800-924-1000

## VILLAGES

### Baldwin Community Center

400 Cedar St, PO Box 97, Baldwin, WI 54002  
Phone: 715-684-3426  
Web: www.ci.baldwin.wi.us  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: We Energies 800-771-0079  
Telephone: Baldwin Telecom, Inc. 715-684-3346

### Deer Park Community Center

112 Front St W, PO Box 131, Deer Park, WI 54007  
Phone: 715-269-5213  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: We Energies 800-771-0079  
Telephone: Amery Telcom, Inc. 715-268-7101

### Hammond Village Hall

455 Davis St, PO Box 337, Hammond, WI 54015  
Phone: 715-796-2727  
Web: www.hammondwi.org  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
or St. Croix Electric 800-924-3407  
Natural Gas: St. Croix Valley Natural Gas 715-425-6177  
Telephone: Century Telephone 800-872-4016

### North Hudson Village Hall

400 7th St North, Hudson, WI 54016  
Phone: 715-386-5141  
Web: www.northhudsonvillage.org  
Water/Sewer: rates & hook-up call above number  
Electric: & Natural Gas: Xcel Energy 800-895-4999  
Telephone: AT&T Wisconsin 800-924-1000

### Roberts Village Hall

107 E Maple St, Roberts, WI 54023  
Phone: 715-749-3126  
Web: www.robertswisconsin.com  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: Midwest Natural Gas Co. 715-247-5279  
Telephone: AT&T Wisconsin 800-924-1000

## VILLAGES ... continued from page 1

### Somerset Village Hall

110 Spring St, PO Box 356, Somerset, WI 54025  
Phone: 715-247-3395  
Web: www.vil.somerset.wi.us  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: Midwest Natural Gas 715-247-5279  
Telephone: Somerset Telephone 715-247-5545

### Star Prairie Village Office

207 Bridge Ave, PO Box 13, Star Prairie, WI 54026  
Phone: 715-248-7231  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: We Energies 800-771-0079  
Telephone: Frontier Communications-St. Croix  
800-435-1504

### Wilson Community Center

440 Main Street, Wilson, WI 54027  
Phone: 715-772-4402  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: not available  
Telephone: West Wisconsin Telecom Cooperative  
715-664-8311

### Woodville Village Hall

102 S Main St, PO Box 205, Woodville, WI 54028  
Phone: 715-698-2355  
Web: www.ci.woodville.wi.us  
Water/Sewer: rates & hook-up call above number  
Electric: Xcel Energy 800-895-4999  
Natural Gas: We Energies 800-771-0079  
Telephone: Baldwin Telecom, Inc. 715-684-3346

## TOWNS

### Baldwin Town Hall

2399 90th Ave, Baldwin, WI 54002 • 715-684-2187

### Cady Town Hall

398 Hwy 128, Wilson, WI 54027 • 715-772-6818

### Town of Cylon (c/o Cylon-Deer Park Community Center)

112 Front St, WI 54007 • 715-296-5301

### Eau Galle Town Hall

287 County Rd BB, Woodville, WI 54028 • 715-684-5210

### Emerald Town Hall

2398 County Rd G, Emerald, WI 54012 • 715-265-7772

### Erin Prairie Town Hall

1952 County Rd G, New Richmond, WI 54017 • 246-2775

### Forest Town Hall

1895 County Rd D, Emerald, WI 54013 • 715-265-4135

### Glenwood Town Hall

3099 160th Ave, Glenwood City, WI 54013 • 715-265-7782

### Hammond Town Hall

1816 County Rd E, Hammond, WI 54015 • 715-796-2395

### Hudson Town Hall • www.tn.hudson.wi.gov

980 County Rd. A, Hudson, WI 54016 • 715-386-4263

### Kinnickinnic Town Hall

1271 County Rd J, River Falls, WI 54022 • 715-425-8082

### Pleasant Valley Town Hall

1630 30th Ave, Hammond, WI 54015 • 715-425-9010

### Richmond Town Hall

1428 100th St, New Richmond, WI 54017 • 715-246-3595

### Rush River Town Hall

2008 County Rd N, Baldwin, WI 54002 • 715-684-2652

### St. Joseph Town Hall • www.townofstjoseph.com

1337 County Rd V, Hudson, WI 54016 • 715-549-6235

### Somerset Town Hall

748 Hwy 35, PO Box 248, Somerset, WI 54025 • 247-3470

### Springfield Town Hall

856 310th St, Glenwood City, WI 54013 • 715-772-4528

### Stanton Town Hall

1447 200th Ave, New Richmond, WI 54017 • 715-246-6212

### Star Prairie Town Hall

1099 County Rd C, New Richmond, WI 54017 • 715-248-3741

### Troy Town Hall

654 Glover Rd, Hudson, WI 54016 • 715-425-2665

### Town of Warren

720 112th St, Roberts, WI 54023 • 715-749-3994

published by:  
**St. Croix Economic Development Corporation**  
1101 Carmichael Road • Hudson, WI 54016  
phone: 715-381-4383 fax: 715-381-4384  
website: www.stcroixedc.com  
jacki@stcroixedc.com  
revised 5/26/06

**TRANSPORTATION**

**Highways**

Interstate Highway: I-94  
 US Highways: 12 and 63  
 State Highways: 29, 35, 46, 64, 65, 128 and 170

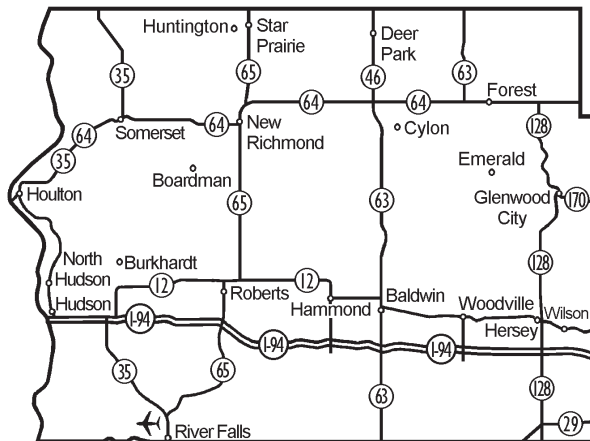
**Airports**

New Richmond Airport  
 4,000 feet, hard surface

Minneapolis St. Paul  
 International Airport  
 20 miles from the  
 Wisconsin/Minnesota  
 border

**Railroads**

Union Pacific  
 Canadian National



**CHAMBER OF COMMERCE**

**Baldwin Chamber of Commerce**  
 PO Box 142, Baldwin, WI 54002  
 Phone: 715-684-2221  
 Web: baldwinareachamber.org

**Glenwood City Chamber of Commerce**  
 PO Box 233, Glenwood City, WI 54013  
 Phone: 715-265-4227

**Hudson Area Chamber of Commerce**  
 502 Second St, Hudson, WI 54016  
 Phone: 715-386-8411 or 800-657-6775  
 Web: www.hudsonwi.org

**New Richmond Area Chamber**  
 245A S Knowles Ave, New Richmond, WI 54017  
 Phone: 715-246-2900  
 Web: www.newrichmondchamber.com

**River Falls Area Chamber of Commerce**  
 214 N Main St, River Falls, WI 54022  
 Phone: 715-425-2533  
 Web: www.rfchamber.com

**Somerset Area Chamber of Commerce**  
 PO Box 357, Somerset, WI 54025  
 Phone: 715-247-3366

**ST. CROIX COUNTY OFFICES**

**St. Croix County Government Center**  
 1101 Carmichael Road, Hudson, WI 54016  
 Phone: 715-386-4600 • www.co.saint-croix.wi.us

Emergency .....	911
Administration .....	715-381-4303
Clerk of Court .....	715-386-4630
Corporate Counsel .....	715-381-4315
County Clerk .....	715-386-4609
County Treasurer .....	715-386-4645
Department of Natural Resources .....	715-684-2914
Department on Aging .....	715-381-4360
District Attorney .....	715-386-4658
Emergency Communications .....	715-386-4701
Extension Office .....	715-684-3301 ext 5
Glen Hills County Park .....	715-265-4613
Health and Human Services .....	715-246-6991
Economic Support .....	715-246-8257
Public Health .....	715-246-2863
Social Workers .....	715-246-8285
Highway Department .....	715-796-2227
Homestead Park/Perch Lake .....	715-549-6515
Planning Department .....	715-386-4674
Real Property Description .....	715-386-4677
Recycling .....	715-386-4675
Register of Deeds .....	715-386-4652
Sheriff .....	715-381-4320
Veteran's Service Office .....	715-386-4759
Zoning Office .....	715-386-4680

**EDUCATION**

**Baldwin/Woodville School District** • 715-684-3411  
 550 U.S. Highway 12, Baldwin, WI 54002  
 www.bwsd.k12.wi.us

**Glenwood City School District** • 715-265-4757  
 PO Box 339, Glenwood City, WI 54013  
 www.gcsd.k12.wi.us

**Hudson School District** • 715-386-4900  
 1401 Vine Street, Hudson, WI 54016  
 www.hudson.k12.wi.us

**New Richmond School District** • 715-243-7411  
 701 East Eleventh Street, New Richmond, WI 54017  
 www.newrichmond.k12.wi.us

**River Falls School District** • 715-425-1800  
 852 East Division Street, River Falls, WI 54022  
 www.rfsd.k12.wi.us

**Somerset School District** • 715-247-3313  
 PO Box 100, Somerset, WI 54025  
 www.somerset.k12.wi.us

**St. Croix Central School District**  
 www.scc.k12.wi.us  
 202 South Division, Roberts, WI 54023  
 715-749-3119 (Elementary)  
 PO Box 118, Hammond, WI 54015  
 715-796-2256 ( Jr./Sr. High)

**Wisconsin Indianhead Technical College** • 800-243-9482  
 1019 South Knowles, New Richmond, WI 54017  
 Phone: 715-246-6561 or 800-243-9482

**Chippewa Valley Technical College** • 715-425-3301  
 715 North Main Street, River Falls, WI 54022  
 www.cvtc.edu

**University of Wisconsin River Falls** • 715-425-3911  
 410 South Third Street, River Falls, WI 54022  
 www.uwrf.edu



**HEALTH CARE**

**Baldwin Area Medical Center** • 715-684-3311  
 730 10th St, Baldwin, WI 54002

**Hudson Hospital** • 715-531-6000  
 405 Stageline Rd, Hudson, WI 54016

**Westfields Hospital** • 715-246-2101  
 535 Hospital Rd, New Richmond, WI 54017

**River Falls Area Hospital** • 715-425-6155  
 1629 E Division St. River Falls, WI 54022

**Baldwin Clinic** • 715-684-3326  
 730 10th Ave, Baldwin, WI 54002

**Red Cedar Clinic** • 715-265-7321  
 219 E Oak Ave, Glenwood City, WI 54013

**Hammond Clinic** • 715-796-2550  
 425 Davis St, Hammond, WI 54015

**Hudson Physicians** • 715-531-6800  
 403 Stageline Rd, Hudson, WI 54016

**New Richmond Clinic** • 715-246-6911  
 551 Hospital Rd, New Richmond, WI 54017

**Family Medical Surgical Center** • 715-246-2521  
 246 Tierney Dr, New Richmond, WI 54017

**River Falls Medical Clinic** • 715-425-6701  
 1687 E Division St, River Falls, WI 54022

**Somerset Clinic** • 800-877-1588  
 700 Rivard St, Somerset, WI 54025

**COMMUNITY RESOURCES**

**Glenwood City Community Center** • 715-265-7242  
 217 W Oak St, Glenwood City, WI 54013

**Phipps Center for the Arts** • 715-386-2305  
 109 Locust St, Hudson, WI 54016 • www.thephipps.org

**YMCA St. Croix Valley** • 715-386-1616  
 2211 Vine St, Hudson, WI 54016  
 www.ymcatwincities.org/locations/stcroix.asp

**St. Croix County Historical Society/Octagon House**  
 1004 3rd St, Hudson, WI 54016 • 715-386-2654  
 website: www.pressenter.com/~octagon

**New Richmond Heritage Center** • 715-246-3276  
 1100 Heritage Drive, New Richmond, WI 54017  
 website: www.pressenter.com/~nrpsinc



# 2015 ST. CROIX County Aging & Disability Guide

- Advocates
- Home Care
- Disability Services
- Health Services
- Housing
- Insurance
- Legal
- Medical Equipment
- Assisted Living
- Nursing Homes
- Respite Care
- Hospice
- Senior Centers
- Transportation
- and more!



Published by Harbor Centers, Inc. for  
The Aging & Disability Resource Center  
of St. Croix County



MOM ALWAYS TOLD ME,  
"NEVER JUDGE A BOOK BY ITS COVER..."

Get to know what's INSIDE The Lutheran Home Campus: River Falls, where our #1 priority is YOU!

By choosing The Lutheran Home Campus for your living & care needs, you are choosing outstanding services & amenities, delicious dining options and a socially enriching lifestyle. But above all you are choosing an out of this world commitment to provide you with the very best care and support available.

Discover The Lutheran Home Campus: River Falls - there is more than meets the eye!

Our Continuum of Care Campus includes:

THE LUTHERAN HOME: RIVER FALLS  
A MINISTRY OF THE LUTHERAN  
HOME ASSOCIATION



WELLHAVEN SENIOR LIVING  
A MINISTRY OF THE LUTHERAN  
HOME ASSOCIATION



Transitional Care • Long-Term Care  
Alzheimer's & Dementia Care  
Inpatient & Outpatient Therapies  
Respite & Day Programs

Independent Living • Assisted Living  
River Falls Senior Center

Call us TODAY to schedule your tour!

640 NORTH MAIN ST. • RIVER FALLS, WI  
(715) 426-4600 • [www.mylutheranhomef.org](http://www.mylutheranhomef.org)

## TABLE OF CONTENTS

Advocacy/Community Organizations . . . . .6	Hospitals . . . . .15	Nursing Homes . . . . .25
County Agencies/Dept . . . . .7	Mental Health . . . . .15	Nutrition
Crisis/Emergency Services . . .8	Other Information . . . . .16	Community Dinners . . . . .25
Disabilities	Pharmacies . . . . .17	Dining Services . . . . .25
Adaptive Services . . . . .9	Preventative Classes . . . . .17	Food Pantries . . . . .26
Rehabilitation Services . . . .9	Rehabilitation Services . . . .18	Low Cost Food . . . . .26
Educational Services . . . . .9	Therapy Services . . . . .18	Respite Care . . . . .26
Employment . . . . .10	Housing	Senior Centers . . . . .27
Financial Services . . . . .10	Apartments . . . . .18	Support Groups . . . . .28
Funeral Homes . . . . .10	Authorities . . . . .21	Toll-Free Numbers . . . . .33
Government Officials . . . . .11	Counseling . . . . .21	Transportation
Guardianship . . . . .12	Home Modifications/	Safe Driver Programs . . . .30
Health	Repairs . . . . .21	Taxi Services . . . . .30
Chemical Dependency . . .12	Shelters . . . . .21	Vehicle Modifications . . .31
Clinics . . . . .13	Supportive Living . . . . .21	Veteran Services . . . . .31
Dental . . . . .13	Tenant Resources . . . . .21	Volunteer Programs . . . . .31
Home Care . . . . .14	Insurance/Assistance . . . .23	Definitions . . . . .32
Hospice . . . . .15	Legal . . . . .23	Notes . . . . .39
	Medical Equipment . . . . .24	Index . . . . .33

## Plan to attend the 2015 Regional Caregiver Conference **Unexpected Caregiver**

September 25, 2015

8:00 am–3:30 pm

WITC Conference Center

New Richmond, WI

Cost: \$25

Keynote Speaker: Kari Berit,  
Speaker, Author, and radio host

Register on-line at [witc.edu/search](http://witc.edu/search)  
or call 800.243.9482, ext. 4221

9th Annual Conference for Family and Professional Caregivers  
Collaboration of the ADRCs of Dunn, Pierce, Northwest, St. Croix Counties and Caregivers



## Advocacy, Community Organizations

**ADRC of Dunn County**  
808 Main Street  
PO Box 470  
Menomonie, WI 54751  
(715) 232-4006

**ADRC of Northwest Wisconsin**  
serves Polk and Burnett counties  
100 Polk County Plaza, Suite 60  
Balsam Lake, WI 54810  
(877) 485-2372  
[adrcnwwi.org](http://adrcnwwi.org)

**ADRC of Pierce County**  
412 West Kinne Street  
PO Box 540  
Ellsworth, WI 54011  
(877) 273-0804

**ADRC of St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
[sccwi.us/ADRC](http://sccwi.us/ADRC)

The purpose of the Aging and Disability Resource Center is to empower & support older adults, people who have a disability and their families by serving as a central source of information, assistance, support and access to community resources. Key services are Information & Assistance, Elder & Disability Benefit Specialist Programs, Caregiver Support Program, Dementia Care Specialist, Senior Nutrition Services, Home-Delivered Meals, Volunteer Medical Transportation Program, Support Groups, and DayAway Club/Adult Day Respite.

## Adult Protective Services Behavioral Health Department

1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-6991  
bet'n 8 am—4:30 pm  
Referral line—non-emergency  
911—Emergencies

The purpose of the Adult Protective Services Unit is to provide protection and advocacy to St. County residents who are elderly or adults at risk. An adult at risk is an adult, of any age, who is diagnosed with a chronic mental illness, developmental disability or other impairment that significantly impacts their ability to function on a daily basis and who has experienced or is a risk of abuse or neglect. Abuse includes physical abuse, emotional abuse, sexual abuse, treatment without consent, unreasonable confinement or restraint. Other reportable instances include financial exploitation, neglect and self-neglect. Services provided by Adult Protective Services include protection and intervention, outreach, advocacy, referral, guardianship and protective service coordination.

**Advocating Rights of Citizens w/ Cognitive Disabilities, Inc. (Arc)**  
2800 Royal Avenue, Suite 209  
Madison, WI 53713  
(877) 272-8400  
[arc-wisconsin.org](http://arc-wisconsin.org)

**Alzheimer's Association**  
Chippewa Valley Outreach Office  
404 ½ North Bridge Street  
Chippewa Falls, WI 54729  
(715) 720-7611  
(800) 272-3900 Helpline  
[alz.org](http://alz.org)

**American Association of Retired Persons (AARP)**  
222 West Washington Avenue,  
Suite 600  
Madison, WI 53703  
(866) 448-3611  
[aarp.org/states/wi](http://aarp.org/states/wi)

**American Cancer Society**  
2427 Hillcrest Parkway, Suite 7  
Altoona, WI 54720  
(877) 423-9122  
[cancer.org](http://cancer.org)

**American Diabetes Association**  
1701 North Beauregard Street  
Alexandria, VA 22311  
(800) 342-2383  
[diabetes.org](http://diabetes.org)

**Arthritis Foundation**  
1650 South 108th Street  
West Allis, WI 53214  
(800) 242-9945  
[arthritis.org/chapters/wisconsin](http://arthritis.org/chapters/wisconsin)

**Brain Injury Association of Wisconsin**  
21100 West Capitol Drive,  
Suite 5  
Pewaukee, WI 53072  
(800) 882-9282  
[bia.org](http://bia.org)

**Brain Injury Resource Center**  
W236 S7050 Big Bend Drive,  
Suite 3  
Big Bend, WI 53103  
(262) 770-4882  
[bircowfi.org](http://bircowfi.org)

**Center for Independent Living**  
2920 Schneider Avenue Southeast  
Menomonie, WI 54571  
(800) 228-3287  
[cilww.com](http://cilww.com)  
See our listing under Disabilities.

**Chippewa Valley Autism Society**  
2415 Agnes Street  
Eau Claire, WI 54701  
(888) 428-8476  
[cvaswi.webs.com](http://cvaswi.webs.com)



**Disability Advocates:**  
**Wisconsin Network (DAWN)**  
201 West Washington Avenue  
Suite 110  
Madison, WI 53703  
(888) 332-1677  
dawninfo.org

**Disability Rights Wisconsin**  
217 West Knapp Street  
Rice Lake, WI 54868  
(877) 338-3724  
disabilityrightswi.org

**Epilepsy Foundation of Western Wisconsin**  
1812 Brackett Avenue, Suite 5  
Eau Claire, WI 54701  
(800) 924-2105  
epilepsyfoundation.org

**Eldercare Locator**  
(800) 677-1116  
eldercare.gov

**Greater Wisconsin Agency on Aging Resources (GWAAR)**  
1414 MacArthur Road, Suite A  
Madison, WI 53714  
(608) 243-5670  
gwaar.org

**Long-Term Care Ombudsman**  
Board on Aging and Long-Term Care  
1402 Pankratz Street, Suite 111  
Madison, WI 53704-4001  
(800) 815-0015  
dhfs.wisconsin.gov/aging/  
boaltc/ltcombud

**National Alliance on Mental Illness (NAMI) of Wisconsin**  
4233 West Beltline Hwy  
Madison WI 53711  
(800) 236-2988

**Our Neighbor's Place, Inc.**  
122 West Johnson  
River Falls, WI 54022  
(715) 426-9000  
ourneighborsplace@gmail.com

**Senior LinkAge Line®**  
(800) 333-2433

**Social Security Administration**  
4120 Oakwood Hill Parkway  
Eau Claire, WI 54701  
(866) 815-2924  
socialsecurity.gov

**SOURCE / Operation H.E.L.P.**  
901 4th Street  
Hudson, WI 54016  
(715) 386-1300  
(715) 386-0881

**United Way St. Croix Valley**  
516 Second Street, Suite 214B  
Hudson WI 54016  
(715) 377-0203  
unitedwaystcroix.org

**United Way 2-1-1**  
Information and Referral  
Dial 2-1-1  
(651) 291-0211  
(800) 543-7709  
211unitedway.org

**Western Wisconsin Autism**  
Advocacy & Consulting Center  
wwaac.org

**Wisconsin Board for People with Developmental Disabilities**  
201 Washington Avenue,  
Suite 110  
Madison, WI 53703  
(888) 332-1677  
wi-bpdd.org

**Wisconsin Family Ties**  
16 North Carroll Street, Suite 230  
Madison, WI 53703  
(800) 422-7145  
wifamilyties.org

## County Agencies/ Departments

**ADRC of St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017

(715) 381-4360  
(800) 372-2333  
(715) 381-4308 fax  
sccwi.us/ADRC

**Behavioral Health**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-8400

**Birth to Three**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-8248

**Child Support**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4691

**Clerk of Courts**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4630

**Community Development**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4674

**Corporation Counsel**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 381-4315

**County Clerk**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4609

**District of Attorney**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4658

**Economic Support**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-8257

**Family & Childrens**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-8285

**Public Health**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-8263

**Register of Deeds**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4652

**Register of Probate**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4619

**St. Croix County Health Center**  
1445 North 4th Street  
New Richmond WI 54017  
(715) 246-6991

**Treasurer**  
1101 Carmichael Road  
Hudson WI 54016  
(715) 386-4645

**Veterans' Services**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 386-4759

**Victim Witness**  
1101 Carmichael Road,  
Hudson WI 54016  
(715) 386-4666

## Crisis and Emergency Services

**Adult Protective Services and Behavioral Health Services**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-6991

**Our Neighbor's Place, Inc.**  
122 West Johnson  
River Falls, WI 54022  
(715) 426-9000  
ourneighborsplace@gmail.com

**Rural Housing, Inc.**  
4506 Regent Street  
Madison, WI 53705  
(888) 400-5974  
wisconsinruralhousing.org

**Grace Place – Salvation Army**  
505 West 8th Street  
New Richmond, WI 54017  
(715) 246-1222  
salvationarmyusa.org

**St. Croix County Sheriff's Department**  
1101 Carmichael Road  
Hudson, WI 54016  
(715) 381-4320  
911 for emergency  
sccwi.us

**Serenity Home**  
Balsam Lake, WI 54810  
(715) 485-1221



Now serving two locations!

BRIDGE in Hudson 651 Brakke Drive  
Hudson, WI 54016  
BRIDGE in River Falls 387 Arrow Court, Suite 201  
River Falls, WI 54022

**BRIDGE For Youth and Adults with Disabilities** offers a variety of excellent programs and services through the year.

- Day Services
- Community Employment Services
- Summer Programs for 12-21 years
- Recreation and Social programs
- Transportation available

Contact **BRIDGE** for your tour!



**BRIDGE For Youth and Adults with Disabilities**

MAIN OFFICE  
651 Brakke Drive, PO Box 1620  
Hudson, WI 54016 715-381-8230

Email: [info@bridgeywd.org](mailto:info@bridgeywd.org)

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

**Source/Operation H.E.L.P.**

901 4th Street  
Hudson, WI 54016  
(715) 386-0881  
(715) 386-1300

**Turningpoint**

River Falls, WI 54022  
(800) 345-5104  
turningpoint-WI.org

**West CAP**

525 Second Street  
PO Box 308  
Glenwood City, WI 54013  
(800) 606-9227  
westcap.org

**Disabilities****ADDRP (Adult Developmentally Disabled Recreation Program)**

701 East 11th Street  
New Richmond, WI 54017  
(715) 243-7421

**BRIDGE for Youth and Adults with Disabilities**

651 Brakke Drive, P O Box 1620  
Hudson, WI 54016  
(715) 381-8230  
BridgeYWD.org

Year round Day Services,  
Community Employment  
Services, youth and adult  
social & recreation programs.  
Transportation available.  
*Please see our ad on page 8*

**Center for Independent Living**

2920 Schneider Avenue Southeast  
Menomonie, WI 54571  
(715) 233-1070  
(800) 228-3287  
(715) 233-1083 fax  
cilww.com

Services to people with disabilities  
include: Information & Referral,  
Advocacy, Independent Living Skills  
Training, Peer support, Assisted  
Device Loan and Demonstration,  
Work Incentives Benefits

Counseling, Home Accessibility  
Recommendations and Ramp  
Designs, Youth Transition, Nursing  
Facility Transition, Recreational  
Opportunities and Transportation  
Services.

**Disabilities,  
Adaptive Services****AT & T Language Line**

(800) 774-4344

**Center for Independent Living**

2920 Schneider Avenue E  
Menomonie, WI 54571  
(800) 228-3287  
cilww.com

**Maxi Aids**

MaxiAids.com

**Hearing****CSD Interpreting Services**

Center for Deaf, Sign Language  
Interpreter  
(651) 487-8865  
c-s-d.org

**Hearing Loss Resources**

hlade.org/factsheet-3.htm

**Lion's Club**

Hearing Aid Assistance  
wlf.info

**Office for the Deaf  
and Hard of Hearing**

1 West Wilson Street, Room 558  
P O Box 7851  
Madison WI 53707-7851  
(855) 359-5252  
dhs.wisconsin.gov/sensory

**River Valley Audiology**

215 N. 2nd Street, Suite 101  
River Falls, WI 54022  
(715) 245-0525

**Vision**

**Office for the Blind,  
State of Wisconsin**  
610 Gibson Street, Suite 1  
Eau Claire, WI 54702  
(715) 836-6772  
Al.Thompson@wisconsin.gov

**Lion's Club**

See local Lion's Clubs

**Wisconsin Council of the Blind  
and Visually Impaired**

754 Williamson Street  
Madison, WI 53703  
(800) 783-5213  
wcbblind.org

**Disabilities,  
Rehabilitation  
Services****East Suburban Resources (ESR)**

1525 North 4th Street  
New Richmond, WI 54017  
(715) 246-8299  
esrworks.org

**Have-A-Heart, Inc.**

W10356 State Road 29  
River Falls, WI 54022  
(715) 425-7754  
haveaheartinc.org

**Walk on Therapeutic Riding**

1469 County Road J  
River Falls, WI 54022  
(715) 425-2025  
walkontherapeuticriding.org

**Educational  
Services****UW Extension**

1960 8th Avenue, Suite 140  
Baldwin, WI 54002  
(715) 531-1930  
uwex.edu/ces/cty/stcroix

**WITC**

1019 Knowles Avenue  
New Richmond, WI 54017  
(715) 246-6561  
witc.edu

**Employment****Division of Vocational  
Rehabilitation**

3655 Schneider Avenue SE,  
Suite B  
Menomonie, WI 54751  
(800) 622-1771  
dwd.state.wi.us

**East Suburban Resources (ESR)**

1525 North 4th Street  
New Richmond, WI 54017  
(715) 246-8299

**Experience Works**

(715) 635-2298  
experienceworks.org

**ProAct, Inc.**

1202 Beaudry Blvd.  
Hudson, WI 54016  
(715) 410-4216  
proactinc.org  
*Please see our ad inside back cover*

**St. Croix Valley Job Center  
(Workforce Resources)**

387 Arrow Court, Suite 205  
River Falls, WI 54022  
(715) 426-0388  
workforceresource.org  
jobcenterofwisconsin.com

**Financial Services****Agrabilities of WI**

460 Henry Mall  
Madison, WI 53706  
(608) 262-9336

**The Arc of Dunn County**

2602 Hills Court  
Menomonie, WI 54751  
(715) 235-7373  
arcofdunncounty.org

**Consumer Direct for Wisconsin**

Hudson Financial Center  
744 Ryan Drive, Suite 201  
Hudson, WI 54016  
(877) 785-9991  
consumerdirectWI.com  
*Please see our ad on page 14*

**FamilyMeans**

2194 East Ridge Center  
Eau Claire, WI 54701  
(800) 780-2890 appt.

**FamilyMeans**

2217 Vine Street, Suite 105  
Hudson, WI 54016  
(651) 439-4840 appt.

**FamilyMeans**

1875 Northwestern Avenue South  
Stillwater, MN 55082  
(800) 780-2890  
familymeans.org

**Family Services**

327 E LaSalle Avenue  
Barron, WI 54812  
(715) 537-5886

**House Calls**

1921 Talen Street  
Menomonie, WI 54751  
(715) 232-6475  
housecallsinc.org

**Lutheran Social Services**

33 North 25th Street East  
Superior, WI 54880  
(888) 607-6775  
conquyourdebt.org

**Payee Services, Inc.**

390 Red Cedar Street, Suite R  
Menomonie, WI 54751  
(715) 233-0203

**Economic Support**

1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-8257

**Wisconsin Dept. of Revenue**

(608) 266-2772

**Funeral Homes**

**Anderson Funeral Home**  
607 1st Street  
Glenwood City, WI 54013  
(715) 265-4421

**Bakken-Young Funeral  
and Cremation Services**

1750 8th Avenue  
Baldwin, WI 54002  
(715) 684-4646  
bakken-young.com

**Bakken-Young Funeral  
and Cremation Services**

112 West 3rd Street  
New Richmond, WI 54017  
(715) 246-2154  
bakken-young.com

**Bakken-Young Funeral  
and Cremation Services**

502 3rd Street  
Hudson, WI 54016  
(715) 386-2402  
bakken-young.com

**Bakken-Young Funeral  
and Cremation Services**

805 East Division Street  
River Falls, WI 54022  
(715) 425-8788  
bakken-young.com

**Cashman Hill and  
Hill Funeral Homes**

225 South 3rd Street  
River Falls, WI 54022  
(715) 425-5644  
hillfuneralservice.com

**Cullen Crea Funeral Home**

307 South Arch Street  
New Richmond, WI 54017  
(715) 246-2667  
cullencreafuneralhome.com

**O'Connell Family Funeral Home**

1010 Newton Street  
Baldwin, WI 54002  
(715) 684-3434  
oconnellfuneralhomes.com

**O'Connell Family Funeral Home**  
520 11th Street  
Hudson, WI 54016  
(715) 386-3725  
oconnellfuneralhomes.com

## Government Officials

**Governor of Wisconsin**  
**Scott Walker**  
Room 115 East State Capitol  
PO Box 7863  
Madison, WI 53708  
(608) 266-1212  
wisgov.state.wi.us

**United States Senator**  
**Tammy Baldwin**  
205 5th Ave. South, Room 216  
La Crosse, WI 54601  
(608) 796-0045

**United States Representative**  
**Sean Duffy**  
1208 Longworth HOB  
Washington, D.C. 20515  
(202) 225-3365  
email:  
sean.duffy@mail.house.gov

**State Senator Sheila Harsdorf,**  
**10th District**  
State Capitol, PO Box 7882  
Madison, WI 53707-7882  
(800) 862-1092  
email:  
sen.harsdorf@legis.state.wi.us

**State Representative**  
**Dean Knudson**  
PO Box 123  
River Falls, WI 54022  
(608) 266-1526

**State Representative**  
**John Murtha, 29th District**  
State Capitol, PO Box 8953  
Madison, WI 53708  
(888) 529-0029  
email:  
Rep.Murtha@legis.state.wi.us



WE ARE COMFORT KEEPERS®



HELP IS HERE, TO PROVIDE  
*In-Home Care For A Loved One*

The truth is, caring for a loved one can quickly become more than one person can handle. Before it becomes too much, call Comfort Keepers®. We provide an extensive range of in-home care that helps people maintain quality and independent lives in the comfort of their own home. More than a caregiver, a Comfort Keeper provides care and compassion to those who often need it most.

To find out how Comfort Keepers can provide the kind of care that can make a difference in your home and family, call us. We would be happy to arrange a free in-home visit to help you learn more.

SERVICES

- Companionship
- Daily Chores
- Personal Care
- Dementia Care
- Post Hospital Care
- 24 Hour Care
- End of Life Care
- Respite Care
- SafetyChoice Technology Solutions
- Private Duty Nursing



**Comfort Keepers** Serving Northwest WI  
**715-381-6730**

Are you caring and compassionate? Join our Comfort Keepers team.  
Over 550 independently owned and operated offices worldwide.

[comfortkeepers.com/hudsonwi](http://comfortkeepers.com/hudsonwi)

## THE WORLD'S TRUSTED SOURCE OF NON-MEDICAL COMPANIONSHIP AND HOME CARE FOR SENIORS

*Proud Distributor of Philips Lifeline Medical Alert and Medication Dispensing Services*

**Services include:**  
Personal Care  
Companionship  
Meal Preparation  
Light Housekeeping  
Dementia Care  
Medication Reminders  
Incidental Transportation  
Transitional/Respite Care

  
**Home Instead**  
**SENIOR CARE**®

*To us, it's personal.*

*Call for a Free Consultation!*

**866-689-0023**

*Toll Free*

P.O. Box 707, Hudson, WI 54016  
[www.homeinstead.com](http://www.homeinstead.com)

Learn more about Home Instead Senior Care through our digital web brochure at [www.HISC419.digbro.com](http://www.HISC419.digbro.com)

**State Representative**  
**Erik Severson**  
State Capitol  
PO Box 8952  
Madison, WI 53708  
(888) 529-0028  
email: Rep.severson@legis.wi.gov

## Guardianship

**Adult Protective Services**  
**Behavioral Health Department**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-6991

**Family Services**  
327 East LaSalle Avenue  
Barron, WI 54812  
(715) 537-5886

**House Calls**  
1921 Talen Street; P.O. Box 361  
Menomonie, WI 54751  
(715) 232-6475  
housecallsinc.org

**Information and Assistance Specialists**  
**ADRC of St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC  
Information & Assistance Specialists serve persons age

18 and older. I&A Specialists are Certified Wisconsin Social Workers who are available to provide accurate and unbiased information on all aspects of life related to aging or living with a disability. I&A Specialists assist the public to plan for long and short term care needs and provide current information about local, regional, and State resources to meet the care needs of callers and their families or family members. I&A Specialists also assist with community outreach, health promotion, and prevention services, as well as help eligible persons enroll in long term care programs available through the State of Wisconsin.

**Mississippi Valley Guardians**  
PO Box 688  
Ellsworth, WI 54011  
(715) 273-6628

**Payee Services, Inc.**  
390 Red Cedar Street, Suite R  
Menomonie, WI 54751  
(715) 233-0203

**The Arc of Dunn County**  
2602 Hills Court  
Menomonie, WI 54751  
(715) 235-7373

**Wisconsin Guardianship Services, Inc.**  
359 West Main Street  
Ellsworth, WI 54011  
(715) 273-5072

**Wisconsin Guardianship Support Center**  
1414 MacArthur Road  
Madison, WI 53714  
(855) 409-9410

## Health: Chemical Dependency

**AODA-St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-6991

**Alcoholics Anonymous**  
Hudson Alano  
322 Vine Street  
Hudson, WI 54016  
(715) 386-2932  
aa.org

**Alcoholics Anonymous**  
1448 North 4th Street  
New Richmond, WI 54017  
(715) 246-4912

**Programs for Change**  
Hudson Hospital & Clinics  
901 Dominion Drive



Hudson, WI 54016  
(715) 531-6755  
hudsonhospital.org

## Health: Clinics

**Amery Regional Medical Center**  
265 Giffin Street East  
Amery, WI 54001  
(800) 424-5273  
amerymedicalcenter.org

**Baldwin Area Medical Center**  
730 10th Avenue  
Baldwin, WI 54002  
(715) 684-3311  
healthybaldwin.org

**Cancer Center of Western WI**  
501 Hospital Road  
New Richmond, WI 54017  
(715) 243-2800

**Free Clinic of Pierce  
and St. Croix Counties**  
River Falls Medical Clinic—Unit 2  
1687 East Division Street  
River Falls, WI 54022  
(715) 307-3948  
freeclinicpiercestcroix.org

**Hudson Hearing Clinic**  
hudsonhearing.com  
*Please see our ad on page 13*

• **Amery Regional Medical Center**  
265 Griffin Street East  
Amery, WI 54001  
(715) 268-8000

• **Baldwin Area Medical Center**  
730 10th Avenue  
Baldwin, WI 54002  
(715) 684-3311

• **Hudson Hospital**  
401 Stageline Road  
Hudson, WI 54016  
(715) 531-6710

• **Westfields Hospital**  
535 Hospital Road  
New Richmond, WI 54017  
(715) 243-2600  
hudsonhearing.com

**Hudson Physicians**  
405 Stageline Road  
Hudson, WI 54016  
(715) 531-6800  
hudsonphysicians.com

**Mayo Clinic Health System—  
Red Cedar Medical Center  
in Glenwood City**  
219 East Oak Street  
PO Box 159  
Glenwood City, WI 54013  
(715) 265-7321  
mayohealthsystem.org

**Menomonie Free Clinic**  
2321 Stout Roda, Level A  
Menomonie, WI 54751  
(715) 308-3808

**Westfields Hospital and Clinic**  
535 Hospital Road  
New Richmond, WI 54017  
(715) 243-3400  
westfieldshospital.com

**Open Cities Health Center**  
409 North Dunlap Street  
St. Paul, MN 55104  
(651) 290-9200  
(651) 290-9210 fax

**Quick Care Clinic**  
Hudson Physicians  
2310 Crestview Drive  
Hudson, WI 54016  
(715) 531-6800

**River Falls Medical Clinic**  
1687 East Division Street  
River Falls, WI 54022  
(715) 307-6000  
allinahealth.org/ahs/riverfalls/nsf

**Roberts Medical Clinic**  
503 Cherry Lane  
Roberts, WI 54023  
(715) 760-3311  
healthyroberts.org

**Somerset Clinic**  
700 Rivard Street  
Somerset, WI 54025

(715) 247-2060  
stillwatermedicalgroup.com

**Westfields Healthstation**  
250 Richmond Way  
New Richmond, WI 54017

**Wound Clinic**  
ARMC West Campus  
230 Deronda Street  
Amery, WI 54001  
(715) 268-0175  
amerymedicalcenter.org  
*Please see our ad on page 37*

## Health: Dental

**Chippewa Valley  
Technical College**  
620 West Clairemont Avenue  
Eau Claire, WI 54701  
(715) 833-6370

**Rural Health Dental Clinic**  
3375 Kothlow Avenue  
Menomonie, WI 54751  
(715) 235-1573

Not just hearing aids...  
*Hearing Care*

Call today to improve  
your hearing lifestyle.

Amery Regional Medical Center <b>715.268.8000</b>	Baldwin Area Medical Center <b>715.684.3311</b>
Westfields Hospital — New Richmond <b>715.243.2600</b>	Hudson Hospital and Clinic <b>715.338.3179</b>

**HUDSON HEARING**  
Clinic  
AudigyCertified™

Visit our website at [www.hudsonhearing.com](http://www.hudsonhearing.com)

2015 Aging & Disability Guide | ST. CROIX COUNTY 13

Increasing **independence** and  
**control** through  
**self-directed** services!



**BETTER@HOME**

- **More choice**
- **More flexibility**
- **More control**
- **More independence**

To begin managing **your own**  
services and supports, call  
Consumer Direct today!

**Family Care • Private Pay  
Personal Care • IRIS  
1-877-785-9991**

**CONSUMER DIRECT WI**  
*Better@Home is part of the  
Consumer Direct family of companies*

[www.betterathome.us](http://www.betterathome.us)  
[www.consumerdirectwi.com](http://www.consumerdirectwi.com)

**Turtle Lake Dental**  
212 Maple Street South  
Turtle Lake, WI 54889  
(715) 986-2599

**Union Gospel Mission**  
Adult and Children's Dental Clinic  
435 University Avenue East  
St. Paul, MN 55130  
(651) 789-7605 appt. required

## Health: Home Care Skilled care\*

**Adoray Home Health & Hospice\***  
2231 Highway 12, Suite 201  
Baldwin, WI 54002  
(715) 684-5020  
(800) 359-0174  
adoray.org  
*Home Health—Rehab Services  
Palliative Care—Hospice  
Medicare & Medicaid Certified*

14 2015 Aging & Disability Guide | ST. CROIX COUNTY

The quality of care we provide  
our clients is our highest priority.  
We are a 30-year-old company  
specializing in the ability to bill  
directly to clients, other resources  
or determine eligibility to bill  
Medicaid.

**Have-A-Heart, Inc.**  
W10356 State Road 29  
River Falls, WI 54022  
(715) 425-7754  
haveaheartinc.org

**Home Instead Senior Care\***  
PO Box 707  
Hudson, WI 54016  
(866) 689-0023  
www.homeinstead.com  
*Please see our ad on page 10*

**Indianhead Home Services\***  
246 Tierney Drive  
New Richmond, WI 54017  
(715) 246-7213

**Interim Health Care\***  
625 Commerce Drive, Suite 200  
Hudson, WI 54016  
(715) 377-9617  
(877) 785-9991  
interimhealthcare.com/hudsonwi

**Lakeview Home Care  
and Hospice\***  
1715 Tower Drive West  
Stillwater, MN 55082a  
(651) 430-3320  
lakeview.org  
*Please see our ad on page 17*

**Paradigm Services, Inc.**  
250 Paperjack Drive, Suite 4  
New Richmond, WI 54017  
(715) 246-5219

**Peaceful Living**  
1200 Hosford Street, Suite 107  
Hudson, WI 54016  
(715) 386-7071  
peacefullivingcare.com

### Touching Hearts at Home

135 Shene Drive #6  
Woodville, WI 54028  
(715) 245-1944  
touchinghearts.com/westwi  
Homemaking, Companionship,  
Personal Care and 24/7 "Live"  
Consultations.  
*Please see our ad on page 15*

### Health: Hospice

**Adoray Home Health  
and Hospice**  
2231 Highway 12, Suite 201  
Baldwin, WI 54002  
(715) 684-5020  
(800) 359-0174  
adoray.org

**Allina Health Hospice**  
1055 Westgate Drive  
St. Paul, MN 55114  
(800) 261-0879

**Interim Health Care**  
625 Commerce Drive, Suite 200  
Hudson, WI 54016  
(715) 377-9617  
(715) 377-9623 fax  
interimhealthcare.com

**Lakeview Home Health  
and Hospice**  
1715 Tower Drive West

Stillwater, MN 55082  
(800) 732-1422  
lakeview.org  
*Please see our ad on page 17*

**St. Croix Hospice**  
7200 Hudson Blvd  
Oakdale, MN 55128  
(651) 735-3659  
stcroixhospice.com

### Health: Hospitals

**Amery Regional Medical Center**  
265 Griffin Street East  
Amery, WI 54001  
(800) 424-5273  
amerymedicalcenter.org  
*Please see our ad on pages 37*

**Baldwin Area Medical Center**  
730 10th Avenue  
Baldwin WI 54002  
(715) 684-3311  
www.healthybaldwin.org

**Hudson Hospital and Clinics**  
405 Stageline Road  
Hudson, WI 54016  
(800) 993-2325  
hudsonhospital.org

**Lakeview Hospital**  
927 Churchill Street West  
Stillwater, MN 55082

(800) 423-7212  
lakeview.org

**River Falls Area Hospital**  
1629 East Division Street  
River Falls, WI 54022  
(715) 307-6000  
riverfallsareahospital.com

**Westfields Hospital and Clinic**  
535 Hospital Road  
New Richmond, WI 54017  
(715) 243-2600  
(715) 243-2679 fax  
westfieldshospital.com

### Health: Mental Health

**Behavioral Health Center ARMC**  
West Campus  
230 Deronda Street  
Amery, WI 54001  
(715) 268-0060  
amerymedicalcenter.org  
*Please see our ad on page 37*

**Behavioral Health—  
St. Croix County Services Center**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 246-8287  
sccwi.us

**FamilyMeans**  
2217 Vine Street, Suite 105  
Hudson, WI 54016  
(651) 439-4840 appts.  
familymeans.org

**FamilyMeans**  
1875 Northwestern Avenue South  
Stillwater, MN 55802  
(651) 439-4840 appts.  
familymeans.org

**Family Therapy Associates, LLC**  
1447 S. Knowles Ave, Suite 130  
New Richmond, WI 54017  
(715) 246-4840  
ftacounseling.com

**Lutheran Social Services**  
33 North 25th Street East  
Superior, WI 54880  
(888) 607-6775  
lsswis.org

**National Alliance on Mental  
Illness (NAMI) of Wisconsin**  
4233 West Beltline Highway  
Madison, WI 53711  
(800) 236-2988  
namiwisconsin.org

**Northwest Counseling Services at  
Baldwin Area Medical Center**  
730 10th Avenue

Baldwin, WI 54002  
(715) 684-6777  
healthybaldwin.org

**Wisconsin Family Ties**  
16 North Carroll Street  
Madison, WI 53703  
(800) 422-7145  
wifamilyties.org

### Health: Other Information

**Advance Security Solutions**  
2113 Eagle Drive  
Middleton, WI 53562  
(888) 860-8098 x206  
jruppert@advancecable.com

**Comfort Keepers Safety Choice**  
2424 Monetary Blvd., Suite 012  
Hudson, WI 54016  
(715) 381-6730  
(866) 552-6730  
comfortkeepers.com/HudsonWI  
Keeping Seniors Safe at Home  
with Technology Solutions such  
as emergency response and  
medication management systems.  
*Please see our ad on page 11*

**FirstCall Medical Monitoring**  
St. Croix Electric Cooperative

1925 Ridgeway Street  
Hammond, WI 54015  
(715) 796-7000  
sccenet.net  
*Please see our ad on page 30*

**First Step Fall Prevention**  
River Falls Area Hospital  
1629 E. Division Street  
River Falls, WI 54022  
(715) 307-6169

**LifeFone**  
Touching Hearts at Home  
135 Stene Drive #6  
Woodville, WI 54028  
(715) 245-1944  
touchinghearts.com/westwi

**Lifeline**  
Hudson Hospital  
405 Stageline Road  
Hudson, WI 54016  
(715) 531-6019  
hudsonhospital.org

**Lifeline**  
Red Cedar Medical Center  
2321 Stout Road  
Menomonie, WI 54751  
(715) 235-5531  
mayohealthsystem.org



Owner, Ken "Skip" Ballard is a licensed social worker with 18+ years of professional experience working for seniors. Our expert knowledge results in exceptional caregivers, focused on individual needs.

#### Home • Care • Service

#### Our services include

Serving Western Wisconsin  
715-245-1944  
www.touchinghearts.com/westwi  
We are licensed, bonded & Insured

- Companionship
- Light Housekeeping
- Personal Care
- Meal Preparation
- Memory Care
- Transportation

And much more!

Great People. Great Services. Great Living.



(715) 381-7333

RedCedarCanyonCare.com

7001 Hanley Road, Hudson, WI 54001

**Project Lifesaver of Pierce–St. Croix**  
St. Croix County Sheriff's Office  
1101 Carmichael Road  
Hudson, WI 54016  
(715) 377-5808  
projectlifesaverpiercestcroix.org  
A program dedicated to safeguarding & locating people who may wander & become lost. Bringing Loved Ones Home.

## Health: Pharmacies

**County Market**  
2310 Crestview Drive  
Hudson, WI 54016  
(715) 381-5923  
(715) 381-5993 fax  
countymarkethudson.com

**Family Fresh**  
303 South Main Street  
River Falls, WI 54022  
(715) 425-8494  
(715) 425-8405 fax  
familyfreshmarket.com

**Family Fresh**  
2351 Coulee Road  
Hudson, WI 54016  
(715) 381-9661  
(715) 386-5198 fax  
familyfreshmarket.com

**Family Fresh**  
110 West 4th Street  
New Richmond, WI 54017  
(715) 246-2186  
familyfreshmarket.com

**Freeman Drug**  
104 South Main Street  
River Falls, WI 54022  
(715) 425-2255  
(715) 425-2889 fax  
freemandrug.com  
*Please see our ad on page 18*

**Hudson Community Pharmacy**  
405 Stageline Road  
Hudson, WI 54016

(715) 531-6450  
hudsonhospital.org

**Micklesen Drug**  
530 2nd Street  
Hudson, WI 54016  
(715) 386-3344  
(715) 386-5198 fax

**Shopko**  
1777 Paulson Road  
River Falls, WI 54022  
(715) 425-6272  
(715) 425-5399 fax  
shopko.com

**Somerset Drug**  
107 Parent Street  
Somerset, WI 54025  
(715) 247-3535

**Target**  
2401 Coulee Road  
Hudson, WI 54016  
(715) 381-360  
(715) 690-3226  
target.com

**Village Pharmacy**  
840 Main Street  
Baldwin, WI 54002  
(715) 684-2674

**Village Pharmacy**  
224 West Oak Street  
Glenwood City, WI 54013  
(715) 265-3465

**Walgreens**  
141 Carmichael Road  
Hudson, WI 54016  
(715) 381-0183

**Walgreens**  
1047 North Main Street  
River Falls, WI 54022  
(715) 426-4089

**Walmart**  
2222 Crestview Drive  
Hudson, WI 54016  
(715) 386-1345  
walmart.com

**we're here**

**Lakeview Homecare & Hospice**

- Home Care
- Chronic Disease Management
- Home Therapy
- In-Home Rehab
- Acute Care
- Palliative Program
- Hospice

**Lakeview Hospital**  
HealthPartners®

**Homecare & Hospice**  
lakeviewhealth.org  
715-243-2677  
800-732-1422

**Walmart**  
250 West Richmond Way  
New Richmond, WI 54017  
(715) 246-9097  
walmart.com

**Westfields Community Pharmacy**  
535 Hospital Road  
New Richmond, WI 54017  
(715) 243-2970

## Health: Preventative

**Healthy Aging Classes**  
**ADRC of St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC  
Living Well with Chronic Conditions, Stepping On, and Diabetes Self Management.

**FREEMAN DRUG**  
Tel. 715-425-2255 • 104 S. Main Street • River Falls, WI

Offering a wide variety of Durable Medical Equipment  
• WHEELCHAIRS • WALKERS • CANES  
• BATHROOMS & EVERYDAY ESSENTIALS • AND MUCH MORE  
*If we don't have it in stock, we'll do our best to get it for you!*

**Hours: Mon.-Thurs. 8-8, Fri. 8-7, Sat. 8-3**  
**(800) 944-0905**

Free local delivery • Insurance processing • Custom Medication Compounding  
**For Emergencies After-Hours Call: Leah Gavin 715-425-9422**

## Health: Rehabilitation Services

**ARMC Rehabilitation Services**  
220 North Keller Avenue  
Amery, WI 54001  
(715) 268-1001  
amerymedicalcenter.org

**Baldwin Area Medical Center**  
730 10th Avenue  
Baldwin, WI 54002  
(715) 684-8680  
healthybaldwin.org

**Courage Kenny Rehabilitation Institute St. Croix**  
141 Carmichael Road  
Hudson, WI 54016  
(715) 381-0183  
courage.org

**Interim Health Care**  
625 Commerce Drive, Suite 200  
Hudson, WI 54016  
(715) 377-9617  
(715) 377-9623 fax  
interimhealthcare.com

**Red Oak Rehabilitation and Fitness Center**  
1320 Wisconsin Street  
Hudson, WI 54016  
Christian Community Home  
(715) 386-4520  
cchudson.org

**Sister Kenny Rehabilitation Institute—River Falls**  
1629 East Division Street  
River Falls, WI 54022  
(715) 307-6050

**St. Croix Therapy**  
742 Sterbenz Drive  
Hudson WI 54016  
(715) 386-2128  
stcroixtherapy.org

**UWRF Speech, Language and Hearing Clinic**  
University Wisconsin—River Falls  
B31 Wyman Ed Building  
River Falls, WI 54022  
(715) 425-3801  
uwrf.edu/COMD/  
LanguageAndHearingClinic.cfm

**Valley Hearing Concepts**  
1477 South Knowles Ave.  
Suite 110  
New Richmond, WI 54017  
(715) 246-0758

**Westfields Hospital and Clinic Rehabilitation Services**  
535 Hospital Road  
New Richmond, WI 54017  
(715) 243-2760  
westfieldshospital.com

## Health: Therapy Services

**Children's Therapy Center**  
204 West Warren Street

Roberts, WI 54023  
(715) 749-3890  
childrenstherapycenter.org

**FamilyMeans**  
2217 Vine Street, Suite 105  
Hudson, WI 54016  
(651) 439-4840 appts.  
familymeans.org

**Family Means Center for Grief, Loss and Transition**  
1133 Grand Avenue  
St. Paul, MN  
(651) 789-4014 appt.  
familymeans.org

**Lutheran Social Services**  
Bethel Lutheran Church  
920 3rd Street  
Hudson, WI 54016  
(715) 386-358

**St Croix Therapy**  
742 Sterbenz Drive  
Hudson, WI 54016  
(715) 386-2128  
stcroixtherapy.org

**Walk on Therapeutic Riding**  
1469 County Road J  
River Falls, WI 54022  
(715) 425-2025  
walkontherapeuticriding.org

## Housing: Apartments Low Income\*

**Baldwin**  
**Ann Crider Villas\***  
455 12th Avenue  
Baldwin, WI 54002  
Impact Seven  
(715) 357-0011  
*Please see our ad on page 20*

**Baldwin Apartments\***  
655 Park Street  
Baldwin, WI 54002  
Cardinal Capitol Management  
(877) 495-3008

**Cedar Crest Apartments**  
1810 4th Avenue  
Baldwin, WI 54002  
(715) 684-5585 or (715) 299-5750

**Deer Park**  
**William Johnson Manor**  
105 South Street West  
Deer Park, WI 54007  
Impact Seven  
(715) 357-0011  
*Please see our ad on page 20*

**Glenwood City**  
**Glen Park Manor\***  
745 1st Street  
Glenwood City, WI 54013  
Cardinal Capital Management  
(715) 386-3008

**Havenwood**  
614 East Oak Street  
Glenwood City, WI 54013  
WestCap (800) 606-9227 x336

**Sunlight Terrace**  
253 Magnolia Drive  
Glenwood City, WI 54013  
WestCap (800) 606-9227 x336

**The Homestead of Glenwood City**  
832 3rd Street  
Glenwood City, WI 54013  
Lancer Group (715) 760-3120

**Tiffany Creek Apartments\***  
142 Tiffany Creek Road  
Glenwood City, WI 54013  
Horizon Management Group  
(800) 944-4866 Ext. 122

**Hammond**  
**Hammond Homes**  
1300 Charlotte Street  
Hammond, WI 54015  
WestCap (800) 606-9227 x336

**Westview Apartments\***  
1280 Charlotte Street  
Hammond, WI 54028  
Cardinal Capital Management  
(715) 386-3008

**Hudson**  
**Boulder Ridge Apartments**  
901 Dominion Road  
Hudson, WI 54016  
(715) 386-9862

**Buena Vista\***  
627 2nd Street  
Hudson, WI 54016  
Cardinal Capital Management  
(715) 386-3008

**Croixview Apartments\***  
1015 2nd Street  
Hudson, WI 54016  
Hudson Housing Authority  
(715) 386-5301

**Hanley Place Apartments**  
2221 Hanley Road  
Hudson, WI 54016  
(715) 386-0110

**Heirloom Courts\***  
100 Heirloom Avenue  
Hudson, WI 54016  
Accessible Space, Inc.  
(800) 466-7722

**St. Croix Manor LTD**  
77 Coulee Road  
Hudson, WI 54016  
(715) 386-6661

**St. Croix Village**  
1551 Heggen  
Hudson, WI 54016  
(715) 386-0507

**Tribute Commons\***  
(Adults with Qualifying Disabilities)  
123 Heritage Boulevard  
Hudson, WI 54016  
Accessible Space, Inc.  
(800) 466-7722

**Willow River Apartments**  
500 Wisconsin Street N  
Hudson, WI 54016  
(715) 386-5109

**WinterGreen Apartments**  
1312 Wisconsin Street  
Hudson, WI 54016  
Christian Community Home  
(715) 386-5088  
cchudson.org

**New Richmond**  
**Boardman Meadows\***  
460 West 8th Street  
New Richmond, WI 54017  
Ecumen  
(715) 246-5510

**Deerfield Terrace**  
1145 West 8th Street  
New Richmond, WI 54017  
(715) 243-3900  
preshomes.org  
*Please see our ad on page 28*

**Fair Meadows Apartments\***  
444 West 5th Street  
New Richmond, WI 54017  
Cardinal Capital Management  
(715) 386-3008

**Sunshine Courts\***  
370 Odanah Avenue  
New Richmond, WI 54017  
New Richmond Housing Authority  
(715) 246-2130

**River Falls**  
**Briarwood Apartments\***  
555 North Main Street  
River Falls, WI 54022  
River Falls Housing Authority  
(715) 425-7640  
*Please see our ad on page 22*

**Edgewater Apartments\***  
629 North Main Street  
River Falls, WI 54022  
River Falls Housing Authority  
(715) 425-7640  
*Please see our ad on page 22*

**Oakpark Apartments\***  
808 South Main Street  
River Falls, WI 54022  
River Falls Housing Authority  
(715) 425-7640  
*Please see our ad on page 22*

**River Glen**  
530 North Clark  
River Falls, WI 54022  
Landmark Company  
(715) 834-3411

**Riverview Manor\***  
625 North Main Street  
River Falls, WI 54022  
River Falls Housing Authority  
(715) 425-7640  
*Please see our ad on page 22*

**Timber Ridge Apartments**  
1495 Riverside Drive  
River Falls, WI 54022  
(715) 426-2273

**Wellhaven Senior Living**  
119 Union Street  
River Falls, WI 54022  
(715) 425-8085  
ttha.org

**Windmill Place Apartments\***  
914 South Main Street  
River Falls, WI 54022 (Pierce Cty)  
River Falls Housing Authority  
(715) 425-7640  
windmillplaceRF.com  
*Please see our ad on page 22*

**Roberts**  
**Park Place Apartments\***  
315 North Park Street  
Roberts, WI 54023  
Horizon Management Group  
(800) 944-4866 Ext. 122

**The Homestead of Roberts**  
599 Cherry Lane  
Roberts, WI 54023  
Lancer Group (715) 760-3120

**Somerset**  
**Countryside Apartments\***  
509 Germain Street  
Somerset, WI 54025  
(715) 247-5417

**Star Prairie**  
**Prairie View Apartments**  
200 2nd Street  
Star Prairie, WI 54026  
Horizon Management Group  
(800) 944-4866 Ext. 122

**Woodville**  
**Norseman Manor\***  
240 Church Street  
Woodville, WI 54028  
Woodville Housing Authority  
(715) 698-2487

**Oakview Apartments**  
223 Oak Street  
Woodville, WI 54028  
Horizon Management Group  
(800) 944-4866 Ext. 122

## FOR RENT

**ALMENA, Joseph Vinopal Villa**  
*One Bedroom Apartments (age 62+)*  
**Home Store Apartments**  
*Two & Three Bedroom*  
*Apartments start at \$515*

**AMERY, Paul Boe Manor**  
*Two & Three Bedroom*  
*Apartments start at \$515*

**BALDWIN, Ann Crider Villa**  
*One Bedroom Apartments (age 62+)*

**BALSAM LAKE**  
**Albert Skinner Villa**  
*One Bedroom Apartments, for those*  
*living with developmental disabilities*

**CENTURIA**  
**Jacqueline Lawrence Villa**  
*One Bedroom Apartments (age 62+)*

**DEER PARK**  
**William "Al" Johnson Manor**  
*One Bedroom Apartments (age 62+)*

**ELLSWORTH, Lee Dreyfus Manor**  
*Efficiency & One Bedroom Apartments*  
*(age 62+ or disabled)*

**EAU CLAIRE, Ruth Gullerud Villa**  
*One or Two Bedroom Apartments,*  
*for those living with physical disabilities*

**MENOMONIE**  
**Warren Knowles Manor**  
**Gaylord Nelson Manor**  
*One or Two Bedroom Apartments,*  
*for those living with physical disabilities*

**PRAIRIE FARM**  
**Scott Terrace**  
**Pioneer Housing**  
*One or Two Bedroom Apartments,*  
*all utilities included.*  
*(age 62+ or physical disabilities)*

**RIVER FALLS**  
**Clarke Damon Villa**  
*4 Bedroom Group Home, for those*  
*considered developmentally disabled*

Water, sewer & garbage pickup included. Pets welcome with additional security deposit.  
Rent is based on 30% of adjusted income. **For more information or application contact:**



**IMPACT SEVEN, INC.**  
855.316.8967 | 715.357.0011 | [impactseven.org](http://impactseven.org)

*This institution is an equal opportunity provider and employer*





## Housing: Authorities

**Hudson Housing Authority**  
1015 2nd Street  
Hudson, WI 54016  
(715) 386-5301

**New Richmond Housing Authority**  
370 Odanah Avenue  
New Richmond, WI 54017  
(715) 246-2130

**River Falls Housing Authority**  
625 North Main Street  
River Falls, WI 54022  
(715) 425-7640  
rfhousing.org  
River Falls Housing Authority provides affordable rental housing to persons who are over 55, or who have disabilities or families with children.  
*See our ad on page 22*

**Woodville Housing Authority**  
240 Church Street  
Woodville, WI 54028  
(715) 698-2487

## Housing: Counseling (Financial)

**Catholic Charities**  
1416 Cumming Avenue  
Superior, WI 54880  
(715) 394-6617  
(715) 394-5951 fax  
ccbsuperior.org

**USDA Rural Development**  
390 Red Cedar Street, Suite G  
Menomonie, WI 54751  
(715) 232-2614  
ruraldev.usda.gov

**West CAP**  
PO Box 308  
Glenwood City, WI 54013  
(800) 606-9227  
westcap.org

## Housing: Home Modifications/Repairs

**Center for Independent Living**  
2920 Schneider Avenue Southeast  
Menomonie, WI 54571  
(800) 228-3287  
cilww.com

**USDA Rural Development**  
390 Red Cedar Street, Suite G  
Menomonie, WI 54751  
(715) 232-2614  
ruraldev.usda.gov

**West CAP**  
PO Box 308  
Glenwood City, WI 54013  
(800) 606-9227  
westcap.org

## Housing: Shelters

**Grace Place**  
505 West 8th Street  
New Richmond, WI 54017  
(715) 246-1222

## Housing: Supportive Living

*See page 32 for definitions of terms.*

**Arthur-Rose Assisted Living (CBRF)**  
1164 Business Hwy 64  
PO Box 474  
New Richmond, WI 54017  
(715) 246-0800  
arthur-rose.net

**Aurora Residential Alternatives, Inc. (CBRF) (AFH)**  
406 Technology Drive East, Suite B  
Menomonie, WI 54751  
(715) 235-1839  
(800) 301-5897

**Birch Haven Assisted Living (CBRF)**  
640 Elm Street  
Baldin, WI 54002  
baldwincarecenter.com

**Birchwood Apartments (RCAC)**  
1600 Birchwood Drive  
Baldwin, WI 54002  
(715) 684-3231  
baldwincarecenter.com

**Bluejay Assisted Living (AFH)**  
723 Blue Jay Lane  
Hudson, WI 54016  
(715) 386-8770

**Brotoloc North (CBRF) (AFH)**  
145 West Summit Avenue  
Ellsworth, WI 54011  
(715) 273-5060  
brotolocnorth.com

**Chris Homes (AFH)**  
1163 Sugar Pine Lane  
New Richmond, WI 54017  
(715) 441-8538

**Comforts of Home (CBRF)**  
1880 4th Avenue  
Baldwin, WI 54002  
(715) 688-2750  
cohensorliving.com

**Comforts of Home (CBRF)**  
1111 Heggen Street  
Hudson, WI 54016  
(715) 377-0660  
cohensorliving.com

**Comforts of Home (CBRF)**  
805 Heggen Street  
Hudson, WI 54016  
(715) 386-3324  
cohensorliving.com

**Comforts of Home (CBRF)**  
2348 Aurora Circle  
River Falls, WI 54022  
(715) 425-1530

**Comforts of Home (CBRF)**  
2328 Aurora Circle  
River Falls, WI 54022  
(715) 425-1530

## Oh My! Surprisingly nice apartments at an affordable price!

Spacious, secure and maintenance-free  
1 & 2 Bedroom apartments  
Five convenient locations in River Falls  
2 person income under \$51,150 to qualify  
Senior Citizens and Persons with Disabilities



River Falls  
Housing Authority

An Equal Opportunity provider and employer.

Call for more information 715-425-7640  
or visit [www.rfhousing.org](http://www.rfhousing.org)

**Country Care (AFH)**  
2349 County Road I  
Somerset, WI 54025  
Mr. Care Services, LLC  
(715) 247-3071

**The Deerfield Commons (CBRF) (RCAC)**  
1127 West Eighth Street  
New Richmond, WI 54017  
(715) 243-3900  
deerfield.org  
*Please see our ad on page 28*

**The Deerfield Terrace (RCAC)**  
1127 West Eighth Street  
New Richmond, WI 54017  
(715) 243-3903  
*Please see our ad on page 28*

**Havenwood, LLC Assisted Living (RCAC)**  
614 East Oak Street  
Glenwood City, WI 54013  
(715) 265-4140

**Heritage Court Apartments (RCAC)**  
425 Davis Street  
Hammond, WI 54015  
(715) 796-2218  
heritagecourthousing.com

**Hometown Senior Living (AFH)**  
1015 Crest View Drive  
Hudson, WI 54016

(715) 808-0101  
hometownseniorliving.com

**Keela Adult Family Home (AFH)**  
593 Highridge Drive, Unit A  
Hudson, WI 54016  
SM2 Services, LLC  
(715) 381-0343

**Kilmanjaro Adult Family (AFH)**  
494 Prairie Lane, Unit A  
Hudson, WI 54016  
(715) 338-9840

**Living Well Adult Family Home (AFH)**  
766 Wilfred Road, Unit A  
Hudson, WI 54016  
(715) 222-7580

**Our House Assisted Living (CBRF)**  
1310 Circle Pine Drive  
New Richmond, WI 54017  
(715) 246-7655  
ourhouseassisted.com

**Our House Assisted Living (CBRF)**  
902 South Wasson Lane  
River Falls, WI 54022  
(715) 426-0151  
ourhouseassisted.com

**Paradigm Services, Inc. (AFH)**  
250 Paperjack Drive, Suite 4  
New Richmond, WI 54017  
(715) 246-5219

**Park Place Apartments (RCAC)**  
210 Lockwood Street  
Woodville, WI 54028  
(715) 698-2451  
*Please see our ad on page 23*

**Peaceful Living LLC (AFH)**  
1200 Hosford Street, Suite 107  
Hudson, WI 54016  
(715) 386-7071

**Pine Ridge Assisted Living and Pine Ridge Gardens Memory Care (CBRF)**  
1320 Wisconsin Street  
Hudson, WI 54016  
Christian Community Home  
(715) 386-9303  
cchudson.org

**Red Cedar Canyon (RCAC) (CBRF)**  
3001 Hanley Road  
Hudson, WI 54016  
(715) 381-7333  
redcedarcanyoncare.com  
*Please see our ad on page 16*

**REM Wisconsin Inc. (AFH)**  
1050 North Main Street, Suite A  
River Falls, WI 54022  
(715) 426-1360

**Serving Hands, Inc. (AFH)**  
1419 Boulder Court  
Hudson, WI 54016  
(715) 808-3513



### Wellhaven Assisted Living (RCAC)

119 Union Street  
River Falls, WI 54022  
(715) 425-8085  
t1ha.org

Please see our ad on  
inside front cover.

### WinterGreen Apartments (RCAC)

1312 Wisconsin Street  
Hudson, WI 54016  
Christian Community Home  
(715) 386-9303  
cchudson.org

## Housing: Tenant Resources

**WI Front Door Housing**  
frontdoorhousing.org

## Insurance Assistance

**BadgerRX Gold Program**  
(866) 809-9382

**ContinuUs**  
2570 Gracie Drive  
Baldwin, WI 54002  
(888) 316-5306  
continuuus.org

**Elder or Disability  
Benefit Specialists**  
ADRC of St. Croix County  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC

Elder Benefit Specialist Program  
provides advocacy and assistance  
to St. Croix County residents  
60 years and older under the  
supervision of the GWAAR. The  
Elder Benefit Specialist provides  
information about Medicare,  
Medicaid, supplement insurance  
and all other public benefits, as  
well as assistance with grievances  
and appeals when necessary.

The Elder Benefit Specialist works  
closely with Information and  
Assistance, options counseling,  
and other Aging and Disability  
Resource Center Services.

Disability Benefit Specialist  
Program provides services to  
people ages 18–59 with physical  
disabilities, developmental  
disabilities, mental illness and  
substance use disorders under  
the direction of the Program  
Attorneys at Disability Rights  
Wisconsin. The Disability Benefit  
Specialist provides information  
about public and private benefit  
programs including assistance with  
application and appeal procedures.  
The Disability Benefit Specialist  
works closely with information and  
assistance, options counseling, and  
other Aging & Disability Resources  
Center services.

**Include, Respect, I,  
Self Direct (IRIS)**  
(888) 515-4747  
dhs.wisconsin.gov/iris/

**Medicaid Recipient  
Service Hotline**  
(800) 362-3002

**Medicare**  
(800) MED-ICAR  
medicare.gov

**Medigap Helpline**  
(800) 242-1060

**Office of the Commissioner  
of Insurance of Wisconsin**  
PO Box 7873  
Madison, WI 53707  
(800) 236-8517  
oci.wi.gov

**Partnership for  
Prescription Assistance**  
(888) 4PPA-NOW  
pparx.org

### Social Security Administration

4120 Oakwood Hill Parkway  
Eau Claire, WI 54701  
(866) 815-2924  
socialsecurity.gov

**Wisconsin Senior Care**  
(800) 657-2038  
Madison WI 53701

## Legal

**Elder Law Center**  
1414 MacArthur Road, Suite A  
Madison, WI 53714  
(608) 243-5670  
gwaarg.org

**Free Legal Clinic—  
Clerk of Court Office**  
(715) 386-4630



## Margaret V. Kaiser

Social Security Disability  
Attorney

*Call me for a **free**  
consultation regarding  
your SSDI or SSI appeal.*

**715.246.2211**



133 N. Knowles Ave.  
P.O. Box 388  
New Richmond, WI 54017  
www.doardrill.com



## Jennifer A. O'Neill

*\*Certified as an  
Elder Law Attorney  
by the  
National Elder Law  
Foundation*

900 Crest View Drive,  
Suite 220  
Hudson, WI 54016

**715-808-0610**

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



### House Calls

1921 Talen Street;  
PO Box 361  
Menomonie, WI 54751  
(715) 232-6475

**Wisconsin Judicare, Inc.**  
PO Box 6100  
Wausau, WI 54402  
(800) 472-1638  
judicare.org

**Wisconsin State Bar Association  
Lawyer Referral and  
Information Services**  
(800) 362-9082

**Wis PACT, Inc.**  
131 N. Wilson Street, Suite 300  
Madison, WI 53703  
(608) 268-6006  
wispact.org

## Medical Equipment

**Alpine Medical Alert, Inc.**  
(877) 546-2349  
alpinemedicalalert.com

**American Legion Auxiliary**  
701 North Main Street  
River Falls  
(715) 425-7362  
legion.org

**Corner Medical**  
8380 City Centre Drive, Suite 170  
Woodbury, MN 55125  
(651) 403-3502  
cornermedical.com

**Freeman Drug**  
104 South Main Street  
River Falls, WI 54022  
(715) 425-2255  
freemandrug.com  
Please see our ad on page 18

**Gilbertson's Medical Equipment**  
820 Broadway Street North  
Menomonie, WI 54751  
(715) 235-0900

**Goodwill/Easter Seals**  
553 Fairview Avenue North  
St. Paul, MN 55104  
(651) 379-5922  
goodwilleasterseals.org

**Handi Medical Supply**  
2505 University Avenue West  
St. Paul, MN 55114  
(800) 514-9979  
handimedical.com

**Home Health Resources**  
127 Keller Avenue North  
Amery, WI 54001  
(715) 268-9164  
ameryhomehealthresources.com

**IndependenceFirst—  
Mobility Store**  
2554 Advance Road  
Madison, WI 53718  
(608) 243-1785

### J & B Medical Supply

(Incontinency products  
for MA consumers)  
(800) 737-0045  
jandbmedical.com

**Jackson Mobility and Hearing**  
982 Thomas Avenue  
St. Paul, MN 55104  
(651) 645-6221 or (715) 386-3012  
jacksongohear.com  
Complete Home  
Medical Equipment  
• Stair Lifts—Straight & Curved Stairs  
• Wheelchairs, Walkers, Lift Chairs  
• Scooters & Power Wheelchairs  
• Hospital Beds  
• Hearing Aids / All Hearing Services

**Micklesen Drug**  
530 2nd Street  
Hudson, WI 54016  
(715) 386-6174

**Praxair Healthcare Services**  
2000 Highway 65  
New Richmond, WI 54017  
(715) 246-9802 or  
(715) 246-3971  
praxair.com

**Reliant Rehab**  
2601 Morningside Drive  
Eau Claire, WI 54703  
(800) 494-0493  
reliantrehab.com

**Village Pharmacy**  
840 Main Street  
Baldwin, WI 54002  
(715) 684-2674

**Village Pharmacy**  
244 West Oak Street  
Glenwood City, WI 54013  
(715) 565-3465

**Walgreens**  
141 Carmichael Road  
Hudson, WI 54016  
(715) 381-0183

**Walgreens**  
1047 North Main Street  
River Falls, WI 54022  
(715) 426-4089

**Walmart**  
2222 Crestview Drive  
Hudson, WI 54016  
(715) 386-1345  
walmart.com

**Walmart**  
250 West Richmond Way  
New Richmond, WI 54017  
(715) 246-9097

## Nursing Homes

**American Heritage Care Center**  
425 Davis Street  
Hammond, WI 54015  
(715) 796-2218  
americanheritageskillednursing.com

**Baldwin Care Center, Inc.**  
650 Birch Street  
Baldwin, WI 54002  
(715) 684-3231  
baldwincarecenter.com

**Christian Community Homes**  
1320 Wisconsin Street  
Hudson, WI 54016  
(715) 386-9303  
cchhudson.org  
*Please see our ad on page 3*

**Deerfield Gables Care Center**  
575 Hospital Road  
New Richmond, WI 54017  
(715) 243-3930  
deerfieldphs.org  
*Please see our ad on page 28*

**Glenhaven**  
612 East Oak Street  
Glenwood City, WI 54013v  
(715) 265-4555  
glenhaveninc.com

**Kinnic Long Term Care**  
1663 E Division Street

River Falls, WI 54022  
(715) 426-6000  
gracehc.com  
*See our ad on page 29*

**The Lutheran Home Skilled Care Center**  
640 North Main Street  
River Falls, WI 54022  
(715) 425-5353  
tlha.org  
*Please see our ad on inside front cover*

**Park View Home**  
220 Lockwood Street  
Woodville, WI 54028  
(715) 698-2451  
parkview.cc.com  
*Please see our ad on page 27*

**St. Croix Health Center**  
1445 North 4th Street  
New Richmond, WI 54017  
(715) 246-6991  
sccwi.us

## Nutrition: Community Dinners

**Bethel Lutheran Church**  
920 3rd Street  
Hudson, WI 54016  
(715) 386-8821  
bethelhudson.org

**United Methodist Church**  
209 East 2nd Street  
New Richmond, WI 54017  
3rd Tuesday, 5–6:30 pm

**First Presbyterian Church**  
1901 Vine Street  
Hudson, WI 54016  
(715) 386-2851  
fpchudson.com

**Gethsemane Lutheran Church**  
1350 Florence Street  
Baldwin, WI 54002  
(715) 684-2984  
glcbaldwin.org

**St. Bridget's Catholic Church**  
211 East Division Street  
River Falls, WI 54022-1529  
(715) 425-1870  
saintbridgets.org

## Nutrition: Dining Services

**Senior Dining Services  
ADRC of St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC  
The Aging & Disability Resource Center Nutrition Program provides a nutritionally balanced hot meal and place to socialize. We are funded by Federal, State, and County, along with individual donations. The nutrition sites are open to persons 60 and older and their spouse regardless of age.

**Home-Delivered Meals  
ADRC of St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC  
The Home-Delivered Meals program provides a hot, nutritious meal to person who are: aged 60 and over and are unable to prepare adequate meals on their own, caregivers or spouses who are in need of respite meals, disabled co-resident of an individual aged 60 or over who receives meals. Disabled persons under the age of 60 may receive meals at full cost. Anyone who receives this service is asked to contribute toward the cost of the meal. Contributions are confidential and no one will be denied because of their inability to pay.

**Baldwin Senior Nutrition Site**  
400 Cedar Street  
Baldwin, WI 54002  
(715) 684-2979  
Serves Mondays thru Thursdays

**Deer Park Senior Nutrition Site**  
121 Front Street  
Deer Park, WI 54007  
(715) 269-5301  
Serves Mondays thru Thursdays

**Glenwood City Senior Nutrition Site**  
216 West Oak Street  
Glenwood City, WI 54023  
(715) 265-7242  
Serves Mondays thru Thursdays

**Hudson Senior Nutrition Site**  
1312 Wisconsin Street  
Hudson, WI 54016  
(715) 386-8709  
Serves Mondays thru Thursdays

**New Richmond Senior Nutrition Site**  
421 South Green Avenue  
New Richmond, WI 54017  
(715) 243-7493  
Serves Mondays thru Thursdays

**River Falls Senior Nutrition Site**  
119 Union Street  
River Falls, WI 54022  
(715) 425-9932  
Serves Mondays thru Fridays

**Roberts Senior Nutrition Site**  
312 North Park Street  
Roberts, WI 54023  
(715) 749-3755  
Serves Mondays & Wednesdays

**Somerset Senior Nutrition Site**  
748 Highway 35  
Somerset, WI 54025  
(715) 247-5354  
Serves Mondays thru Thursdays

**Woodville Senior Nutrition Site**  
102 South Main Street  
Woodville, WI 54028

(715) 698-2152  
Serves Mondays thru Thursdays

## Nutrition: Food Pantries

**Christian Food Cupboard  
St. Patrick's Catholic Church**  
1500 Vine Street  
Hudson, WI 54016  
(715) 338-0332  
Call for hours and appointment  
stpatrickofhudson.org

**Baldwin/Woodville/Hammond Food Pantry**  
920 6th Avenue  
Baldwin, WI 54002  
By appointment only:  
(715) 688-3844

**Congregational United Church of Christ**  
1001 Birch Drive  
Roberts, WI 54023  
(715) 749-3478  
Call for hours and appointment  
robertsucc.org

**Five Loaves Food Pantry**  
421 South Green Avenue  
New Richmond, WI 54017  
(715) 243-7491  
Call for hours, location, and appointment

**Grace Place**  
203 Church Hill Road  
Somerset, WI 54025  
(715) 247-2645  
Hours:  
Tuesdays, 9–11 am and 5–7 pm  
Thursdays, 5–7 pm

**River Falls Community Food Pantry**  
222 North Main Street, Suite C  
River Falls, WI 54022  
(715) 425-6880  
rfc.foodpantry@gmail.com

**Somerset Community Food Pantry**  
203 Church Hill Road  
Somerset, WI 54025  
Call for an appointment:  
(715) 247-2945  
Monday: 9–11 am and 4–6 pm  
Thursday: 4–6 pm

**United Church of Christ Food Pantry**  
1001 Birch Drive  
Roberts, WI 54023  
Hours:  
Tuesday & Thursday, 9–11:30 am  
Wednesday, 6:30–8pm  
Or by appointment, if needed  
(715) 749-3478

**West CAP**  
823 Main Street  
Boyceville, WI 54725  
(715) 977-1191  
westcap.org

**Zion Lutheran Church Food Pantry**  
221 North Lockwood Street  
Woodville, WI 54028  
(715) 698-2707

## Nutrition: Low Cost Food

**Fare for All**  
(800) 582-4291  
fareforall.org

**Ruby's Pantry**  
New Richmond Armory  
1245 Wall Street  
New Richmond, WI 54017  
rubyspantry.org  
3rd Thursday of the month  
5:30 pm–7 pm

## Respite Care: Adult Day Services

**Adult Day Respite Program  
ADRC of St. Croix County**  
1752 Dorset Lane

New Richmond, WI 54017  
(715) 381-4360  
sccwi.us/ADRC

The Adult Day Respite Program is a public service, social model respite care program. The 6 hour structured day with activities, morning snack and noon meal is designed for those who are frail or have cognitive problems related to dementia. The Adult Day staff and volunteers provide a stimulating, health, caring, safe environment and meaningful activities. There is a daily fee for the program. Limited scholarships may be available. Long term care insurance may pay. Non-residents of St. Croix County are eligible to attend. The program is offered three days a week at various locations in St. Croix County. An in-home assessment and physician's form are completed prior to acceptance to the programs. Transportation may be possible.

**Aurora Residential Alternatives**  
102 Industrial Boulevard  
New Richmond, WI 54017  
(715) 246-2143

**BRIDGE for Youth with Disabilities**  
651 Brakke Drive, PO Box 1620  
Hudson, WI 54016  
(715) 381-8230  
BridgeYWD.org  
Day services, Community Employment Services & youth and adult social and recreation programs year round. Transportation available.  
*Please see our ad on page 8*

**FamilyMeans Day Out! Program**  
1875 Northwestern Avenue South  
Stillwater, MN 55082  
(651) 789-4004  
familymeans.org

*Committed to the Community.*



**Park View Community Campus's primary expectation is to continuously improve the care we provide and to exhibit leadership in setting standards for excellent healthcare.**

*We are a campus environment, housing four facilities:*

 **PARK VIEW HOME**  
Senior Care Center
  **PARK PLACE**  
Independent Living Apartments
  **PARK PLACE NORTH**  
Assisted Living
  **KIDS VIEW**  
Children's Learning Center

 **PARK VIEW COMMUNITY CAMPUS**  
*Experience a tradition of caring*

Park View Community Campus  
220 N. Lockwood St.  
Woodville, WI 54028  
715-698-2451  
www.parkview-cc.com

**Have-A-Heart, Inc.**  
W10356 State Road 29  
River Falls, WI 54022  
(715) 425-7754  
haveaheartinc.org

**Day and Overnight Care**  
\*Also provided by Nursing Homes and Supportive Assisted Living Facilities upon availability

**Brotoloc North**  
1415 West Summit Avenue  
Ellsworth, WI 54011  
(715) 273-5060  
brotolocnorth.com

**Have-A-Heart, Inc.**  
W10356 State Road 29  
River Falls, WI 54022  
(715) 425-7754  
haveaheartinc.org

**Paradigm Services**  
250 Paperjack Drive, Suite 4  
New Richmond, WI 54017  
(715) 246-5219

**In Home**  
\*Also provided by Home Health/ Skilled Care

**Have-A-Heart, Inc.**  
W10356 State Road 29  
River Falls, WI 54022  
(715) 425-7754  
haveaheartinc.org

**Senior Centers**  
**Baldwin Senior Nutrition Site**  
400 Cedar Street  
Baldwin, WI 54002  
(715) 684-2979

**Reach Beyond the Ordinary**



The Deerfield is an extraordinary faith-based senior living community connected by a new town center! The Deerfield's complete continuum of care and services offers engaging lifestyle and living options together with compassionate care. And it is more affordable than you might think. Reach beyond the ordinary, to The Deerfield.

**Senior Apartments • Assisted Living • Memory Care • Care Center**

**Call or visit today!**

**715.243.3900**  
1127 West 8th Street  
New Richmond, WI  
www.deerfieldphs.org

**presbyterian homes & services**  
The Deerfield

A faith-based non-profit community.  
© 2013 Presbyterian Homes and Services

All faiths welcome. Equal Housing Opportunity.

**Deer Park Senior Nutrition Site**  
121 Front Street  
Deer Park, WI 54007  
(715) 269-5301

**Glenwood City Senior Nutrition Site**  
216 West Oak Street  
Glenwood City, WI 54013  
(715) 265-7242

**Hudson Senior Nutrition Site**  
1312 Wisconsin Street  
Hudson, WI 54016  
(715) 386-8709

**New Richmond Senior Nutrition Site**  
421 South Green Avenue  
New Richmond, WI 54017  
(715) 243-7493

**River Falls Senior Nutrition Site**  
119 Union Street  
River Falls, WI 54022  
(715) 425-9932

**Roberts Senior Nutrition Site**  
312 North Park Street  
Roberts, WI 54023  
(715) 749-3755

**Somerset Senior Nutrition Site**  
748 Highway 35  
Somerset, WI 54025  
(715) 247-5354

**Woodville Senior Nutrition Site**  
102 South Main Street  
Woodville, WI 54028  
(715) 698-2152

**Support Groups**  
**Alzheimer's Support Group**  
**Park View Nursing Home**  
220 Lockwood Street  
Woodville, WI 54028  
(715) 688-6088

**American Cancer Society:**  
**Look Good, Feel Good**  
**River Falls Area Hospital**

1629 East Division Street  
River Falls WI 54022  
(715) 307-6060

**Brain Injury Support Group**  
**Courage Kenny Rehabilitation Institute St. Croix**  
1460 Curve Crest Blvd.  
Stillwater, WI 55802  
(651) 439-8283  
couragecenter.org

**Breast Cancer Support Group**  
**Rivers Center Cancer Center**  
St. Bridget's Church  
Gardenview Room  
211 East Division Street  
River Falls, WI 54022  
(715) 821-1468

**Cancer Education and Support Group**  
Hudson Hospital  
Hudson WI 54016  
(715) 531-6190

**Cancer Survivor's Support Group**  
Cancer Center of Western WI  
501 Hospital Road  
New Richmond, WI 54017

**Cardiac Rehabilitation**  
Baldwin Area Medical Center  
730 10th Avenue  
Baldwin, WI 54002  
(715) 684-8680  
healthybaldwin.org

**Cardiovascular Disease**  
(715) 549-6089

**Caregiver/Dementia Support Groups**  
ADRC of St. Croix County  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC  
1st Tuesday in New Richmond  
from 9:00—10:30 am at the New  
Richmond Civic Center, Main Floor  
Conference Room— 156 East 1st



Street, New Richmond, WI 54017.  
2nd Friday in River Falls from  
9:30—11:00 am at the St. Bridget's  
Catholic Church—Westview Room  
211 East Division Street River Falls,  
WI 54022. 3rd Thursday in Hudson  
from 1:00—2:30 pm at the St.  
Croix County Government Center  
—1101 Carmichael Road, Hudson,  
WI 54016. The New Richmond  
and River Falls meetings focus on  
memory and cognitive issues. The  
caregiver group in Hudson is for  
caregivers and friends of persons  
with chronic illness. If you would  
like to receive a reminder card  
please notify the office.

**Caregiver Support Group  
Family Means**

1875 Northwestern Avenue South  
Stillwater, MN 55082  
(651) 789-4004  
familymeans.org

**Diabetes Education**

Baldwin Area Medical Center  
730 10th Avenue  
Baldwin, WI 54002  
(715) 684-8675  
healthybaldwin.org

**Diabetes Support Group**

Hudson Hospital  
405 Stageline Road  
Hudson, WI 54016  
(715) 531-6800

**Diabetic Support and Information**

Westfields Hospital and Clinic  
535 Hospital Road  
New Richmond, WI 54017  
(715) 243-2866

**Fibromyalgia  
Support Group**

Courage Kenny Rehabilitation  
Institute St. Croix  
1460 Curve Crest Blvd.  
Stillwater, WI 55082  
(651) 439-8283

**Grief Support Group**

Deerfield Commons  
1127 West 8th Street  
New Richmond, WI 54017  
(715) 243-2887

**Health Switch: Weight  
Management Classes**

Baldwin Area Medical Center  
730 10th Avenue  
Baldwin, WI 54002  
(715) 684-3311 Ext. 194  
healthybaldwin.org

**Living Well with  
Chronic Conditions**

Baldwin Area Medical Center  
730 10th Avenue  
Baldwin, WI 54002  
(715) 684-8675  
healthybaldwin.org

**Look Good ... Feel Good**

Westfields Hospital  
510 Hospital Road  
New Richmond, WI 54017  
(715) 243-2800

**Kinnic Health & Rehab:**  
**Your Best Choice from  
HOSPITAL to HOME**

Specializing In Post-Acute Rehab  
(From Hospital to Home), including:

- 24 Hour Skilled Nursing Care
  - Stroke Recovery
- Post-Surgical Care • Wound Care
- Respiratory Care • Cardiac Care
- IV Therapy • Physical Therapy
- Occupational Therapy
- Speech Therapy

Conveniently Located Next To River Falls Area Hospital &  
Clinic Serving River Falls & The Surrounding Communities

Stop by and tour our modern amenities,  
private and semi-private suites, and therapy gym.

**KINNIC**  
HEALTH AND REHAB  
SERVING YOU FROM OUR HEART

1663 E. Division Street, River Falls, WI 54022  
715-426-6000, www.kinnichealthandrehab.com

**Multiple Sclerosis  
Support Group**

Courage Kenny Rehabilitation  
Institute St. Croix  
1460 Curve Crest Blvd.  
Stillwater, WI 55082  
(651) 439-8283  
couragecenter.org

**Multiple Sclerosis  
Support Group for Couples**

Courage Kenny Rehabilitation  
Institute St. Croix  
1460 Curve Crest Blvd.  
Stillwater, WI 55082  
(651) 439-8283  
couragecenter.org

**My Turn to Care/  
Caregiver's Support Group**

Westfields Hospital  
535 Hospital Road  
New Richmond, WI 54017  
(715) 243-2698  
westfieldshospital.com

**Parkinson's Support Group**

Hudson Hospital  
405 Stageline Road  
Hudson, WI 54016  
(715) 531-6250  
hudsonhospital.org

**Parkinson's Support Group**

Courage Kenny Rehabilitation  
Institute St. Croix  
Meets at Boutwells Landing-  
Brownstone Community Room  
5450 Nolan Parkway  
Oak Park Heights, MN 55082  
(651) 439-8283  
couragecenter.org

**Transportation:  
Safe Driver Programs**

**Courage Kenny Rehabilitation**

Institute St. Croix  
1460 Curve Crest Blvd  
Stillwater MN 55082  
(651) 439-8283  
courage.org

**Driving Fitness Program**

River Falls Area Hospital  
1629 East Division Street  
River Falls, WI  
(715) 307-6000

**Westfields Hospital & Clinics**

535 Hospital Road  
New Richmond, WI 54017  
(715) 243-2760

**Transportation:  
Taxi Services**

**A-Taxi**  
643 Brakke Road  
Hudson, WI 54016  
(715) 386-3492  
(800) 392-8294

**Baldwin Area Medical Center**

**Courtesy Transport Van**  
730 10th Avenue  
Baldwin, WI 54002

(715) 684-3311  
healthybaldwin.org

**Cancer Center of Western  
Wisconsin**

501 Hospital Road  
New Richmond, WI 54017  
(715) 243-2990

**Handi-Lift Medical**

(800) 989-7433  
**Hudson Hospital and Clinics Van**  
405 Stageline Road  
Hudson, WI 54016  
(715) 531-6888

**Mejana Taxi**

(715) 338-9840  
(952) 465-1365

**New Freedom Transport  
Center for Independent Living**

2920 Schneider Avenue East  
Menomonie, WI 54571  
(877) 384-7932  
cilww.com

**New Richmond Public  
Transportation**

118 Homestead Drive  
New Richmond, WI 54017  
(715) 246-2226

**River Falls Ride  
Shared Taxi Service**

717 North Main  
River Falls, WI 54022  
(715) 425-7878

**Specialized Van Transportation  
ADRC of St. Croix County**

1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC  
The purpose of the Specialized  
Van Transportation program  
is to provide transportation  
to person 60 and older and to  
persons with disabilities, or the  
spouses of either for a fare.  
The general public may ride on

a “space available” basis. Days and times of van service vary by community. Requests for service are made by contacting the senior center located in the community in which van service is needed. Requests must be made 24-48 hours in advance. The fare is \$2.00 per round trip with a \$.50 discount applied to persons needing transportation to the local senior center to participate in the Senior Nutrition Program.

**Volunteer Medical Transportation Program  
ADRC of St. Croix County**

1752 Dorset Lane  
New Richmond, WI 54017  
sccwi.us/ADRC

The program provides door to door transportation, to medical appointments only, for persons who are age 60 and older. The program is designed for those individuals who need minimal assistance but are no longer able to drive to medical appointments within or outside of St. Croix County. Individuals will be asked to donate, what they are able to afford, to the ADRC to help defray costs. Basic hours of operation are Monday—Friday, 8:00 am to 5:00 pm. Participants must call to schedule rides at least 48 hours in advance.

**Wisconsin Medicaid Transportation, MTM**  
(866) 907-1493

**Vehicle Modifications**

**A & J Mobility**  
2650 Prospect Drive  
Eau Claire, WI 54703  
(877) 833-9830  
aandjmobility.com

**Cummings Mobility**  
1755 West County Road C  
Roseville, MN 55113  
(651) 633-7887  
cummingsmobility.com

**IMED Mobility**  
1915 West County Road C  
Roseville, MN 55113  
(800) 788-7479  
IMEDmobility.com

**Veteran Services  
St. Croix County**

**Veterans Administration  
Medical Center**  
One Veterans Drive  
Minneapolis, MN 55417  
(612) 725-2000  
1.va.gov/minneapolis/

**Veterans’ Services**  
1752 Dorset Lane  
New Richmond, WI 54017  
(715) 386-4759  
sccwi.us

**Volunteer Programs**

**Catholic Charities**  
1416 Cumming Avenue  
Superior, WI 54880  
(715) 394-6617  
(715) 394-5951 fax  
ccbsuperior.org

**New Freedom Transport**  
Center for Independent Living  
2920 Schneider Avenue East  
Menomonie, WI 54571  
(877) 384-7932  
cilww.com

**Volunteer Medical Transportation Program  
ADRC of St. Croix County**  
1752 Dorset Lane  
New Richmond, WI 54017  
(800) 372-2333  
sccwi.us/ADRC

The program provides door to door transportation, to medical appointments only, for persons who are age 60 and older. The program is designed for those individuals who need minimal assistance but are no longer able to drive to medical appointments within or outside of St. Croix County. Individuals will be asked to donate, what they are able to afford, to the ADRC to help defray costs. Basic hours of operation are Monday—Friday, 8:00 am to 5:00 pm. Participants must call to schedule rides at least 48 hours in advance.

**Definitions**

**Adult Family Home (Afh):**  
Adult family homes of 3-4 beds are places where 3-4 adults who are not related to the operator reside and receive care, treatment or services above the level of room and board and that may include up to seven hours of nursing care per resident.

**Certified Residential Care Apartment Complex (Rcac):**  
Residential care apartment complexes (RCACs) are services provided in a homelike, community-based setting where 5 or more adults reside in their own living units othat are separate and distinct from each other. Members who reside in the facility also receive the following services: supportive services (e.g., laundry, house cleaning), personal assistance (e.g., personal care), nursing services (e.g., wound

care, medication management), and assistance in the event of an emergency.

**Community-Based Residential Facility (Cbrf):**  
A community-based residential facility (CBRF) for elders or persons with physical or developmental disabilities is a place where 5 or more adults who are not related to the operator or administrator reside and receive care, treatments, support, supervision and training. (CBRFs for persons with developmental disabilities may only have up to 8 adults who are not related to the operator or administrator.) Services include supportive home care, personal care, supervision, behavior and social supports, daily living skills training, transportation and up to seven hours per week of nursing care per resident.

**Skilled Care:**  
A type of health care given when you need skilled nursing or rehabilitation staff to manage, observe, and evaluate your care. Nursing, physical therapy, occupational therapy, and speech therapy are considered skilled care by Medicare. In addition to providing direct care these professionals manage, observe, and evaluate your care. Any service that could be safely done by a non-medical person (or by yourself) without the supervision of a nurse is not considered skilled care.

Comments on the accuracy and completeness of this St. Croix County Aging & Disability Resource Guide will be greatly appreciated. Just complete this form, cut it out and send it to:



ADRC of St. Croix County  
1752 Dorset Lane  
New Richmond, WI 54017

fax: (715) 381-4308  
ADRinfo@co.saint-croix.wi.us

THANK YOU!

**PAGE / CATEGORY:** \_\_\_\_\_

**AGENCY / ORGANIZATION:** \_\_\_\_\_

**CORRECTIONS / DELETIONS / ADDITIONS:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Toll-Free Numbers

Aging and Disability Resource Center of St. Croix County	800-372-2333
Alzheimer’s Association	800-272-3900
American Cancer Society	800-227-2345
American Diabetes Society	800-342-2383
American Heart Association	800-242-8721
American Kidney Fund	800-638-8299
American Red Cross	800-733-2767
Arthritis Foundation	800-242-9945
Asthma and Allergy Foundation	800-727-8462
Community Health Partnership	800-842-1814
Consumer Protection Hot line	800-442-7128
ContinuUs	888-316-5306
Disability Drug Benefit Helpline	800-926-4862
Disability Voting Rights Helpline	800-928-8778
Eldercare Locator (national referral service)	800-677-1116
Housing Discrimination Hot line	800-669-9777
Insurance Commissioner	800-236-8517
IRIS (Include, Respect, I, Self-Direct)	888-515-4747
IRS–Federal Taxes	800- 829-1040
Judicare (legal assistance)	800-472-1638
Lewy Body Dementia	800-539-9767
Medicare (Part B Carrier-Wisconsin Physicians Service)	800-633-4227
Medicare Fraud Hot line Inspector General	800-447-8477
Medicare Hot line (Health Care Financing Administration)	800-633-4227
Medigap Helpline	800-242-1060
Memorial Society of Wisconsin	800-374-1109
National Institute of Mental Health	866-615-6464
National Kidney and Urologic Diseases	800-891-5390
National Kidney Foundation	800-622-9010
National Mental Health Resource Center	800-969-6642
National Multiple Sclerosis Society	800-344-4867
National Osteoporosis Foundation	800-231-4222
National Parkinson Foundation, Inc.	800-227-2345
National Stroke Association	800-422-6237
Nursing Home and CBRF Complaints	800-815-0015
Ombudsman–State of WI	800-815-0015
Social Security Offices	866-815-2924
Supplemental Security Income	800-722-1213
Veterans Information (Federal benefits)	800-827-1000
Wisconsin Bar Association	800-728-7788
Wisconsin Council of the Blind and Visually Impaired	800-783-5213
Wisconsin Department of Revenue	608-266-2772
Wisconsin Lawyer Referral & Information Service	800-362-9082
Wisconsin Legislative Hot line for Hearing Impaired	800-228-2115

## Index

### A

A & J Vans Mobility	31
AARP	6
ADDRP	9
Adoray Home Health and Hospice	14, 15
ADRC of Northwest WI	6
ADRC of Dunn County	6
ADRC of Pierce County	6
ADRC of St. Croix County and outside back cover	6, 7
Adult Day Respite Program	26
Adult Protective Services–Behavioral Health	6, 8, 12
Advance Security Solutions	16
Advocating Rights of Citizens w/ Cognitive Disabilities, Inc.	6
Agrabilities of WI	10
Alcoholics Anonymous	12
Allina Health Hospice	15
Alpine Medical Alert, Inc.	24
Alzheimer’s Association	6, 33
Alzheimer’s Disease and Dementia Support Group	29
Alzheimer’s Support Group	26
American Cancer Society	6, 28, 33
American Diabetes Association	6
American Diabetes Society	33
American Heart Association	33
American Heritage Care Center	25
American Kidney Fund	33
American Legion Auxiliary	24
American Red Cross	33

Amery Regional Medical Center	13, 15, 18
Anderson Funeral Home	11
Ann Crider Villas	18
AODA – St. Croix County	12
ARC	6
ARC of Dunn County	11, 12
Arthritis Foundation	6, 33
Arthur-Rose Assisted Living	21
Asthma and Allergy Foundation	33
A-Taxi	30
AT & T Language Line	9
Aurora Residential Alternatives	21, 27
<b>B</b>	
Badger RX Gold Program	23
Bakken-Young Funeral and Cremation Services	10
Baldwin Apartments	18
Baldwin Area Medical Center	13, 15, 18, 30
Baldwin Care Center	25
Baldwin Senior Nutrition Site	26, 27
Baldwin\Woodville\Hammond Pantry	26
Behavioral Health	7, 16
Behavioral Health Center, ARMC	15
Bethel Lutheran Church	25
Better @ Home	14
BirchHaven Assisted Living	21
Birchwood Apartments	21
Birth to Three	7
Bluejay Assisted Living	21
Boardman Meadows	19
Boulder Ridge Apartments	19

Brain Injury Association of WI	6
Brain Injury Resource Center	6
Brain Injury Support Group	28
Briarwood Apartments	19
Breast Cancer Support Group	28
BRIDGE for Youth with Disabilities	9, 27
Brotoloc North	21
Buena Vista	19
<b>C</b>	
Cancer Center of Western WI	13, 30
Cancer Education and Support Group	28
Cancer Survivor’s Support Group	28
Cardiac Rehabilitation	28
Cardiovascular Disease	28
Caregiver Support Group	28
Cashman Hill and Hill Funeral Homes	10
Catholic Charities	21, 31
Cedar Crest Apartments	19
Center for Independent Living	6, 9, 21
Children’s Therapy Center	18
Child Support	7
Chippewa Valley Autism Society	6
Chippewa Valley Technical College	13
Chris Homes	21
Christian Community Homes	25
Christian Food Cupboard	26
Clarke Damon Villa	19
Clerk of Courts	7
Comfort Keepers	14, 16

Comforts of Home	21
Community Development	7
Congregational United Church of Christ	26
Consumer Direct for WI	10
Consumer Protection Hotline	33
ContinuUs	23
Corner Medical	24
Corporation Counsel	7
Countryside Apartments	20
Country Care	21
County Clerk	7
County Market	17
Countyside Apartments	20
Courage Kenny Rehabilitation Institute	18, 30
Croixview Apartments	19
CSD Interpreting Services Center for Deaf, Sign Language Interpreter	9
Cullen Crea Funeral Home	10
Cummings Mobility	31
<b>D</b>	
DAWN	7
Deer Park Senior Nutrition Site	26, 27
Deerfield Commons	22
Deerfield Gables Care Center	25
Deerfield Terrace	19, 22
Diabetes Education	29
Diabetes Support Group	29
Diabetic Support and Information Sessions	29
Disability Drug Benefit Helpline	33
Disability Rights WI	7
Disability Voting Rights Helpline	33

District of Attorney ..... 7  
 Division of Vocational Rehabilitation ..... 10  
 Driving Fitness Program ..... 30  
**E**  
 Economic Support..... 7, 10  
 Edgewater Apartments ..... 19  
 Elder Law Center ..... 23  
 Eldercare Locator ..... 7, 33  
 Elder or Disability Benefit Specialists ..... 23  
 Epilepsy Foundation of Western WI..... 7  
 ESR-WI ..... 9, 10  
 Experience Works ..... 10  
**F**  
 Fair Meadows Apartments ..... 19  
 Family and Childrens ..... 7  
 Family Fresh ..... 17  
 FamilyMeans Dayout ..... 27  
 FamilyMeans ..... 10, 15, 18  
 FamilyMeans Center for Grief, Loss and Transition ..... 18  
 Family Pathways ..... 14  
 Family Services ..... 10, 12  
 Family Therapy Assoc., LLC ..... 16  
 Fare for All ..... 26  
 Fibromyalgia Support Group ..... 29  
 First Call Medical Monitoring ..... 16  
 First Presbyterian Church ..... 25  
 Five Loaves Food Pantry ..... 26  
 Free Clinic of Pierce and St. Croix Counties ..... 13  
 Free Legal Clinic ..... 24  
 Freeman Drug ..... 17, 24  
**G**

GeminiCares ..... 14  
 Gethsemane Lutheran Church ..... 25  
 Gilbertson’s Medical Equipment ..... 24  
 Glen Park Manor ..... 19  
 Glenhaven ..... 25  
 Glenwood City Senior Nutrition Site ..... 26, 27  
 Goodwill/Easter Seals ..... 24  
 Governor of Wisconsin ..... 11  
 Grace Place ..... 8, 21  
 Greater WI Agency on Aging Resources ..... 7  
 Grief Support Group ..... 29  
**H**  
 Hammond Homes ..... 19  
 Handi-Lift Medical ..... 30  
 Handi Medical Supply..... 24  
 Hanley Place Apartments ..... 19  
 Harbor Centers, Inc. .... 1  
 Have-A-Heart, Inc..... 9, 14, 27  
 Havenwood ..... 19  
 Havenwood, LLC Assisted Living ..... 22  
 Health Switch: Weight Management Classes ..... 29  
 Healthy Aging Classes ..... 17  
 Hearing Loss Resources ..... 9  
 Heirloom Courts ..... 19  
 Heritage Court Apartments..... 22  
 Home Health Resources ..... 24  
 Home-Delivered Meals ..... 25  
 Home Instead ..... 14  
 Hometown Senior Living ..... 22  
 House Calls ..... 10, 12, 24  
 Housing Discrimination Hotline ..... 33

Hudson Community Pharmacy ..... 17  
 Hudson Hearing and Speech Clinic ..... 13  
 Hudson Hospital and Clinics ..... 15, 30  
 Hudson Housing Authority .... 21  
 Hudson Physicians..... 13  
 Hudson Senior Nutrition Site ..... 26, 27  
**I**  
 IMED Mobility ..... 31  
 Include, Respect, I, Self Direct (IRIS)..... 23, 33  
 Indianhead Home Services .... 14  
 Independence First..... 24  
 Information and Assistance Specialists ..... 12  
 Insurance Commissioner ..... 33  
 Interim Health Care.... 14, 15, 18  
 IRS–Federal Taxes..... 33  
**J**  
 J & B Medical Supply ..... 24  
 Jackson Mobility and Hearing ..... 24  
 Judicare (legal assistance) ..... 33  
**K**  
 Keela Adult Family Home ..... 22  
 Kilimanjaro Adult Family ..... 22  
 Kinnic Long Term Care ..... 25  
**L**  
 Lakeview Home Health and Hospice..... 14, 15  
 Lakeview Hospital ..... 15  
 Lewy Body Dementia ..... 33  
 Life Fone ..... 16  
 Lifeline ..... 16  
 Lion’s Club ..... 9

Living Well Adult Family Home ..... 22  
 Living Well with Chronic Conditions ..... 29  
 Long-Term Care Ombudsman ..... 7  
 Look Good ... Feel Good ..... 29  
 Lutheran Home ..... 25  
 Lutheran Social Services ..... 10, 16, 18  
**M**  
 Mayo Clinic Health Systems .. 13  
 Maxi Aids ..... 9  
 Medicaid Recipient Service Hotline ..... 23  
 Medicare ..... 23  
 Medicare (Part B Carrier– WI Physicians Service ..... 33  
 Medicare Fraud Hotline Inspector General ..... 33  
 Medicare Hotline (Health Care Financing Administration) ..... 33  
 Medigap Helpline ..... 23, 33  
 Mejana Taxi ..... 30  
 Memorial Society of WI ..... 33  
 Menomonie Free Clinic ..... 13  
 Micklesen Drug..... 17, 24  
 Mississippi Valley Guardians ..... 12  
 Multiple Sclerosis Support Group..... 29  
 Multiple Sclerosis Support Group for Couples .... 29  
 My Turn to Care ..... 30  
**N**  
 National Alliance on Mental Illness of WI ..... 7, 16  
 National Institute of Mental Health ..... 33

National Kidney and Urologic Diseases ..... 33  
 National Kidney Foundation ..... 33  
 National Mental Health Resource Center ..... 33  
 National Multiple Sclerosis Society ..... 33  
 National Osteoporosis Foundation ..... 33  
 National Parkinson Foundation, Inc ..... 33  
 National Stroke Association ..... 33  
 New Freedom Transport ..... 30, 31  
 New Richmond Housing Authority ..... 21  
 New Richmond Public Transportation ..... 30  
 New Richmond Senior Nutrition Site ..... 26, 27  
 Norseman Manor ..... 20  
 Northwest Counseling Services at Baldwin Medical Center .... 16  
 Nursing Home and CBRF Complaints ..... 33  
**O**  
 O’Connell Family Funeral Home..... 10  
 Oakpark Apartments ..... 20  
 Oakview Apartments..... 17, 20  
 Office for the Deaf and Hard of Hearing ..... 9  
 Office of the Commissioner of Insurance of WI ..... 23  
 Ombudsman–State of WI ..... 33  
 Open Cities Health Center ..... 13  
 Our House Assisted Living ..... 22  
 Our Neighbor’s Place, Inc. ... 7, 8

**P**  
 Paradigm Services, Inc..... 14, 22, 27  
 Park Place Apartments .... 20, 22  
 Parkinson’s Support Group ... 30  
 Park View Home ..... 25  
 Partnership for Prescription Assistance ..... 23  
 Payee Services, Inc. .... 10, 12  
 Peaceful Living..... 14, 22  
 Pine Ridge Assisted Living ..... 22  
 Prairie View Apartments ..... 20  
 Praxair Healthcare Services ... 24  
 ProAct, Inc. .... 10, 11  
 Programs for Change ..... 12  
 Project Lifesaver of Pierce– St. Croix ..... 16  
 Public Health ..... 8  
**Q**  
 Quick Care Clinic Hudson Physicians ..... 13  
**R**  
 Red Cedar Canyon ..... 22  
 Red Cedar Medical Center .... 10  
 Red Oak Rehab. and Fitness ..... 18  
 Register of Deeds ..... 8  
 Register of Probate ..... 8  
 Reliant Rehab ..... 24  
 REM WI, Inc. .... 22  
 River Falls Area Hospital..... 15  
 River Falls Community Food Pantry ..... 26  
 River Falls Housing Authority ..... 21  
 River Falls Medical Clinic ..... 13  
 River Falls Ride Shared Taxi Service ..... 30



River Falls Senior Nutrition Site .....	26, 27
River Glen .....	20
River Valley Audiology .....	9
Riverview Manor .....	20
Roberts Medical Clinic.....	13
Roberts Senior Nutrition Site .....	26, 28
Ruby's Pantry .....	26
Rural Health Dental Clinic .....	8
Rural Housing, Inc. ....	8
<b>S</b>	
Salvation Army–Grace Place ...	8
Senior Dining Services .....	25
Senior LinkAge Line® .....	7
Serenity Home.....	8
Serving Hands, Inc. ....	23
Shopko Pharmacy .....	17
Sign Language Interpreter .....	7
Sister Kenney Rehabilitation Institute–River Falls .....	18
Social Security Administration .....	7, 23, 33
Somerset Clinic .....	13
Somerset Community Food Pantry .....	26
Somerset Drug .....	17
Somerset Senior Nutrition Site .....	26, 28
SOURCE/Operation H.E.L.P. ....	7, 9
Specialized Van Transportation	31
State Representative Dean Knudson .....	11
State Representative John Murtha .....	11
State Representative Erik Severson .....	11

## BEHAVIORAL HEALTH CENTER

*Helping older adults live their lives to the fullest*



**3** Services that help with anxiety, grief, depression, stress & other mental health issues

- 1 **Inpatient short-stay (7-10 days)** - Around the clock treatment for those adults 55 and over experiencing a mental health crisis
- 2 **Structured outpatient clinic** - Group therapy with individualized treatment from 1 to 5 days a week for adults 45 and over
- 3 **Counseling services** for individuals (ages 5 and up) and families

*We can help. Call (715) 268-0060.*



**Amery Hospital & Clinic**  
West Campus

HealthPartners

\*\*\* Both Centers are located at AHC West Campus \*\*\*  
230 Deronda Street | Amery, WI 54001 | amerymedicalcenter.org

---

## WOUNDS...

That's what we heal.

We are the experts; all we do is heal wounds. Our combination of nationally accredited care, expertise and technology means we can heal almost any wound - even those that won't respond to conventional treatment.

For wounds that won't heal in 30 days, you need the Wound Healing Center in Amery. We'll get you back on your feet in no time.



**Types of Wounds Healed**

*Diabetic foot ulcers.  
Non-healing surgical wounds. Pressure ulcers.  
Burns. Radiation therapy.  
Inflammatory disease ulcerations*

**WOUND HEALING CENTER**

For more information, call (715) 268-0175.  
No physician referral necessary. Covered by most insurances.

State Senator Sheila Harsdorf .....	11
St. Bridget's Catholic Church .....	25
St. Croix County Health Center .....	8, 25
St. Croix County Health and Human Services– Behavioral Health .....	14
St. Croix County Sheriff's Department .....	8
St. Croix Electric Coop .....	15
St. Croix Hospice .....	15
St. Croix Manor LTD .....	19
St. Croix Therapy .....	18
St. Croix Valley Job Center ...	10
St. Croix Village .....	19
Sunlight Terrace .....	19
Sunshine Courts .....	19
Supplemental Security Income .....	33
<b>T</b>	
Target Pharmacy .....	17
The Homestead of Glenwood City .....	18
The Homestead of Roberts ...	19
The Senior Reporter® .....	1
Tiffany Creek Apartments .....	19
Timber Ridge Apartments .....	20
Touching Hearts at Home .....	14
Treasurer .....	8
Tribute Commons.....	19
Turningpoint.....	9
Turtle Lake Dental .....	14
<b>U</b>	
Union Gospel Mission .....	14
United Church of Christ .....	26
United Methodist Church .....	25

United States Representative Sean Duffy .....	11
United States Senator Tammy Baldwin .....	11
United Way 2-1-1 .....	7
United Way St. Croix Valley ...	7
USDA Rural Development .....	21
UW Extension .....	9
UWRF Speech, Language and Hearing Center .....	18
<b>V</b>	
Valley Hearing Concepts .....	18
Veterans Administration Medical Center .....	31
Veterans Information (Federal benefits) .....	33
Veterans' Services .....	8, 31
Victim Witness .....	8
Village Pharmacy .....	117, 24
Volunteer Medical Transportation Program .....	30, 31
<b>W</b>	
Walk on Therapeutic Riding .....	9, 18
Walgreens Pharmacy.....	17, 24, 25
Walmart Pharmacy.....	17, 25
Wellhaven .....	20, 22, 23
West CAP.....	9, 21, 26
Western WI Autism Advocacy and Consulting Center .....	7
Westfields Community Pharmacy .....	17
Westfields Healthstation .....	13
Westfields Hospital .....	13, 15, 18, 30
Westview Apartments .....	19
WI Front Door Housing .....	23
William Johnson Manor .....	19

Willow River Apartments .....	19
Windmill Place Apartments ...	20
WinterGreen Apartments .....	19, 23
WI Bar Association .....	33
WI Board for People with Developmental Disabilities .....	7
WI Council of the Blind and Visually Impaired .....	7, 33
WI Department of Revenue .....	10, 33
WI Family Ties .....	7, 16
WI Guardianship Services, Inc. ....	12
WI Guardianship Support Center .....	12
WI Judicare, Inc. ....	24
WI Legislative Hotline for Hearing Impaired .....	33
WI Medicaid Transportation.....	31
WI Senior Care .....	23
WI State Bar Association Lawyer Referral and Information Services .....	24, 33
WI PACT, Inc. ....	24
WITC .....	10
Woodville Housing Authority .....	21
Woodville Senior Nutrition Site .....	26, 28
Wound Clinic ARMC West Campus .....	13
<b>Y</b>	
<b>Z</b>	
Zion Lutheran Church Food Pantry .....	26



Notes

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

### What are your interests, goals and favorite things to do?



An active Hudson based program that teaches daily living skills, explores the community and coaches individuals to reach their goals and follow their interests.

Job development ... job coaching ... ongoing support for community employment.  
 Arrangements made for daily transportation.  
 Contact us for more information.



715-410-4216    info@proactinc.org

ProAct's other locations include Eagan, Red Wing and Zumbrota.

LIFE OPPORTUNITIES



### Aging & Disability Resource Center

#### Our Mission Statement:

*The purpose of the Aging & Disability Resource Center is to empower & support older adults, people who have a disability and their families by serving as a central source of information, assistance, support and access to community resources.*



Serving Older Adults and Adults with Disabilities, as well as their families.



#### ADRC Key Services:

- ✓ Elder & Disability Benefit Specialist Programs
- ✓ Information & Assistance & Option Counseling
- ✓ Senior Nutrition Services
- ✓ Home-Delivered Meals
- ✓ Volunteer Medical Transportation
- ✓ Specialized Van Transportation
- ✓ Family Caregiver Support
- ✓ Adult Day Respite
- ✓ Healthy Aging Classes
- ✓ Dementia Care Specialist Program

**Toll Free: 800-372-2333**

For current information go to: [www.sccwi.us/ADRC](http://www.sccwi.us/ADRC)

Office Location: 1752 Dorset Lane  
 New Richmond, WI 54017

## **Food Share**

Information, including program guidelines and income limits can be found at: <http://www.dhs.wisconsin.gov/FoodShare/index.htm>. You may apply online at: [www.access.wisconsin.gov](http://www.access.wisconsin.gov), call Great Rivers Call Center at 1-888-283-0012 or apply in person at the Economic Support Office. An interview is required after an application is submitted.

## **Other Food Resources**

### **Lakeside Canning**

660 North Second Street  
New Richmond, WI 54017  
715-243-7367  
\$6.50 per case/vegetables; **cash only**  
1st Wednesday only, 1-3:00 pm

### **Fare for All Express**

Sells packages of fruits, vegetables, and frozen meats  
Cash, check or EBT cards are accepted  
For more information, visit [www.fareforall.org](http://www.fareforall.org)  
or call 763-450-3880 or 1-800-582-4291  
Closest sites to St. Croix County are Lakeland and Stillwater, MN

### **Food Harvest Ministry**

St. Croix Valley Church  
16600 7th Street South  
Lakeland, MN 55043  
(651) 436-8691  
4th Saturday of the month; Doors open at 7 am. Food distribution, begins about 8 am. Bring large boxes, clothes baskets, or a cooler and a donation of \$15. You will receive a number, indicating when you will go through the distribution line, starting with the lowest number.

### **Ruby's Pantry**—[www.rubyspantry.org](http://www.rubyspantry.org)

National Guard Armory  
1245 Wall Street  
New Richmond, WI 54017  
715-246-4357 Mona Flanum  
715-248-3675 Kathy Wettig  
Every 3rd Thursday, 5:30—7 pm food distribution; doors open at 5 pm. Bring 2 large boxes, clothes baskets, or a cooler and a donation of \$20, you will receive a number, indicating when you will go through the distribution line.

### **Ruby's Pantry**

Congregational Church  
201 Harriman Ave North, Amery  
2nd Saturday, \$20  
Must purchase between 7:30-8:45 am; Distribution begins at 9 am; Bring 2 large boxes, clothes baskets, or a cooler. For more information: [heaven@amerytel.net](mailto:heaven@amerytel.net)  
715-268-7390



Sponsored by the  
**Food Resource Collaborative  
of St. Croix County**



May 2015

**“Our mission is to promote access to nutritious food, resources, & education for all St. Croix County residents.”**

### **Free Produce & Bakery Distribution**

#### **St. Patrick's Catholic Church**

1500 Vine St, Hudson, WI 54016  
Monday, 9:15 715-381-5120

#### **United Methodist Church**

1401 Laurel Ave, Hudson, WI 54016  
Wednesday, 9-9:30 715-386-3921

#### **The Crossing Point**

220 Vine St, Hudson, WI 54016  
Every other Friday, 9 am 715-386-9589

#### **Mt. Zion Lutheran Church**

505 South 13th St, Hudson, WI 54016  
The opposite Fridays from The Crossing Point,  
distribution begins at 9 am 715-386-5409

### **Food Pantries**

Please access the food pantry in the school district where you live.

#### **Baldwin/Woodville/Hammond Food Pantry**

920 6th Ave, Baldwin, WI 54002  
Hours: 1st & 3rd Wed., 11am-4pm 715-688-3844

#### **Five Loaves Food Shelf**

421 South Green Ave, New Richmond, WI 54017  
"The Community Commons"  
(enter off of Arch St. parking lot, door #9)  
Hours: Monday 6-7:30 pm; Tuesday 10 am—noon  
Wednesday 2-4 pm; Thursday 6-7:30 pm  
No appointments needed, walk-in 715-243-7491

[www.5loavesfoodandclothing.org](http://www.5loavesfoodandclothing.org)

#### **Hudson Christian Food Cupboard**

St. Patrick's Church 1500 Vine St, Hudson WI 54016  
Appointments: Monday-Thursday, 9-noon  
715-338-0332

#### **River Falls Community Food Pantry**

222 N Main St, Ste C, River Falls, WI 54022  
No appointments needed.  
Hours: Monday 10-noon, & 6:30-8 pm  
Wednesday 1-5pm; Thursday 6:30-8 pm;  
Friday 10-noon; Saturday 10-noon  
Entrance located behind BoJon's Flowers  
715-425-6880

#### **Somerset Community Food Pantry**

203 Church Hill Rd, Somerset, WI 54025  
Call for an appointment: 715-247-2945  
Monday: 9-11 am and 4-6 pm; Thursday: 4-6 pm

#### **United Church of Christ Food Pantry**

1001 Birch Dr, Roberts, WI 54023  
Hours: Tuesday & Thursday, 9-11:30 am  
Wednesday, 6:30-8 pm

Or by appointment, if needed 715-749-3478

#### **West CAP/Food Access & Resource Center**

Serving Glenwood City and Boyceville  
823 Main St, Boyceville, WI 54013  
Thursday: 3 pm—7 pm; Friday 9 am—1 pm  
715-977-1191

#### **Zion Lutheran Church Food Pantry**

221 N Lockwood St, Woodville WI 54028  
By appointments only: 715-698-2707

### **Free Community Meals**

#### **United Methodist Church**

209 E 2nd St, New Richmond, WI 54017  
3rd Tuesday, 5-6:30 pm

#### **Gethsemane Lutheran Church**

1350 Florence St, Baldwin, WI 54002  
1st Tuesday, 5-6:30 pm 715-684-2984

#### **St. Bridget's Catholic Church**

211 E Division St, River Falls, WI 54022  
2nd & 4th Tuesday, 5-6 pm 715-425-1870  
Contact Brenda Gaulke for more information:  
715-425-6698; Soup & Bread 3rd Tuesday, 5-6 pm

#### **Bethel Lutheran Church**

920 3rd St, Hudson, WI 54016 715-386-8821  
1st & 3rd Thursday, 5-6:30 pm

#### **St. Mary's Catholic Church—Big River**

Hwy 10 & E between Ellsworth-Prescott  
W10137 570th Ave, River Falls, WI 54022  
1st Tuesday: 6:00-7:00 pm 715-425-5806

### **WIC Program**

Special Supplemental Food Program for  
**Women, Infants, & Children**

Phone 715-246-8359 to apply.  
[wic@co.saint-croix.wi.us](mailto:wic@co.saint-croix.wi.us)

The WIC program serves pregnant and breastfeeding women, women who have just had a baby in the past 6 months, and babies and children up to 5 years of age. To qualify, you must meet income guidelines and have a nutrition or health need. Food benefits are provided to buy specific healthy foods and starting July 2015 these benefits will be available by using an EBT card (electronic billing transfer).

#### **WIC Farmers Market Nutrition Program**

Checks are provided for locally grown produce in the summer and fall.

### **Senior Farmers Market**

#### **Nutrition Program**

Free checks for produce, May-October, serving ages 60+; \$1,679 mo/income for one person, \$2,268 for two persons. Contact: West CAP for further information & registration. Phone: 715-977-1191

#### **Commodity Supplement Food Program for Seniors**

For seniors age 60+; at or below \$1,180 for one person, \$1,593 for two persons. Contact West CAP for further information & registration.  
1-800-606-9227, ext 1329

### **Ageing & Disability Resource Center (ADRC)**

Senior Dining Services & Home Delivered Meals  
1-800-372-2333  
St. Croix County Services Center  
Health & Human Services Center  
1752 Dorset Ln, New Richmond, WI 54017  
[www.sccwi.us/ADRC](http://www.sccwi.us/ADRC)

# **MEDICAL**

## ***The Free Clinic of Pierce & St. Croix County***

River Falls Medical Clinic, Unit 2  
1687 E. Division St., River Falls  
Open Tuesday 5 pm–9 pm  
Doors open 4:15 pm-  
They are able to see 25 patients  
Walk-in patients who are uninsured or  
within income guidelines.  
Bring proof of income  
715-307-3948

## ***Red Cedar Free Clinic***

2321 Stout Road, Level A  
South West Entrance  
Menomonie, WI  
Open Tuesday evening  
5:00 -7:00 pm  
Walk-in only. Do not come early.  
Call for information:  
715-308-3808

<http://mayoclinichealthsystem.org/locations/menomonie/about-us/free-clinic>

## ***Chippewa Valley Free Clinic***

836 Richard Drive  
Eau Claire, WI  
Services provided Tuesdays 5-8 pm  
Registration begins at  
4 pm & ends at 6 pm  
Public Health related services  
at low or no cost.  
No appointments necessary,  
Services are provided according to  
need, without discrimination.  
Call: 715-839-8477  
<http://www.cvfreeclinic.org>

## ***Open Cities Health Center***

409 North Dunlap St.  
St. Paul, MN  
All ages- Full medical, dental,  
surgery, ophthalmology internal  
medicine & behavioral health.  
Will see Western WI clients on  
sliding fee scale Basis.  
Proof of income REQUIRED.  
Languages: Hmong, Laotian,  
& others on request.  
651-290-9200  
<http://www.ochealthcenter.com>

## ***Wisconsin Well Woman Program***

St. Croix Co. Public Health  
1752 Dorset Lane  
New Richmond, WI  
For women ages 45-64  
Must meet economic guidelines.  
Breast & cervical cancer screening.  
Call to enroll 715-246-8365  
\*If you are not a St. Croix County resident call  
your local health dept.  
<http://www.co.saint-croix.wi.us>

## ***St. Croix Co. Reproductive Health Services***

St. Croix Co. Public Health  
1752 Dorset Lane  
New Richmond, WI  
Low cost services:  
Pregnancy testing, pelvic exams, pap  
tests, STI testing & birth control.  
Income guidelines or sliding fee,  
Call for an appointment  
715-246-8365  
<http://www.co.saint-croix.wi.us>



# **DENTAL**

## **Century College**

3300 Century Ave. N.  
White Bear Lake, MN 55110

PHONE: 651-779-5787

(Appointments Necessary)

Monday – Thursday

(No summer hours)

Fee \$50/visit (\$25 if 62 or older)

Appointments may take 3 hours.

No insurance-cash or check only.

### **Services:**

Exam, Cleaning (Deep Cleaning),

Sealants, X-ray, Fluoride

Oral Hygiene Instructions

## **Menomonie Dental Center**

(formerly Rural Health Dental Clinic)

3375 Kothlow Ave, Suite 40

Menomonie, WI 54751

PHONE: (715) 235-1573

Call for an Appointment

We accept all patients and all payer types

i.e. ForwardHealth, Medicare, Commercial,

Self-Pay and Uninsured.

**Monday through Friday 7am-4pm**

(open August 3, 2015)

## **Open Cities Health Center**

409 North Dunlap St.

St. Paul, MN 55104

PHONE: (651) 290-9200

Services: For all ages; Medical, eye,  
dental care & behavioral health. Will  
see Western Wisconsin clients on  
sliding fee scale basis.

Proof of income **REQUIRED**.

Languages: Hmong, Laotian,  
and others on request.

## ***MEDICAL & DENTAL SERVICES***

These services are available to  
low-income St. Croix County  
residents. Proof of income may  
be required.



***\*\*Call or see website for  
up to date  
Information\*\****

*Jfi 7/15*

# DENTAL

## **Century College**

**3300 Century Ave. N.  
White Bear Lake, MN 55110**  
TELÉFONO: 651-779-5787  
(Se necesita tener cita)

### Horas:

Lunes – jueves  
(Cerrado durante el verano)

Limpiezas Dentales para  
adultos y niños – Bajo Costo  
\$34.00

Las citas pueden durar 3 horas.  
A los clientes menores de 16  
años y a las personas mayores  
de 62 se les cobra \$17.00

### Incluye:

Examen

Limpieza (Limpieza Profunda)

Sellados

Rayos-X

Fluoruro

Instrucciones para higiene oral

## **Clínica Rural De Salud Dental**

**3375 Kothlow Ave, Suite 40  
Menomonie, WI 54751**  
TELÉFONO: (715) 235-1573

Se da prioridad a niños y a  
mujeres embarazadas en el  
Condado de St. Croix.

Aceptan MA/Badgercare y  
atienden a otros clientes en un  
una escala de cobro a base de  
ingresos.

## **Clínica Dental de Marshfield**

**850 Lakeland Drive  
Chippewa Falls, WI 54729**  
TELÉFONO: (715)738-2000

Dispuestos a aceptar clientes de  
todos los condados por el  
momento. Aceptan  
MA/Badgercare y atienden a otros  
clientes en un una escala de  
cobro a base de ingresos.

Clientes que necesiten ver a un  
dentista pediatra serán atendidos  
por un dentista general primero –  
después serán referidos a un  
dentista pediatra. Esto tomará  
más de una cita.

## **SERVICIOS MÉDICOS Y DENTALES**

Estos servicios están  
disponibles para residentes  
de bajos ingresos del  
Condado de St. Croix.  
Prueba de ingresos puede  
ser requerida.  
(Un talón de cheque de pago)



# MÉDICO

## **Clínica Gratis para los Condados de Pierce y St. Croix**

**Unit 2, River Falls Medical Clinic  
1887 E. Division Street  
River Falls, WI 54022**

Abierto los martes en la noche  
Registro de 5:00 – 6:00 pm  
Se atiende pacientes de 6-9:00 pm  
Pacientes sin cita, que no tienen  
seguro médico o están en el 185%  
nivel de pobreza. (Una familia de 1,  
con un ingreso anual menor de  
\$18,888 o una familia de 4, con un  
ingreso anual menor de \$38,202).

Traer prueba de ingresos.  
Llame para información al:  
715-307-3948

## **Clínica Gratis de Red Cedar**

**2211 Stout Road  
Level A (Nivel A)**

**South West Entrance (Entrada al sur oeste))  
Menomonie, WI**

Abierto los martes en la noche  
5:15-8:00 pm  
Se atenderá a las primeras 30  
personas, sin cita.

Llame para información al:

715-308-3808

## **La Clínica Gratis del Valle de Chippewa Falls**

**421 Graham Avenue  
Eau Claire, WI**

Abierto los martes en la noche de  
5:00-8:00 pm

Proveen servicios relacionados a la  
salud a bajo o no costo.

No se necesitan citas, no se requiere  
tener residencia. Los servicios son  
proveídos de acuerdo a la  
necesidad, sin discriminación.

Llame para información al:  
715-839-8477

## **Model Cities Health Center**

(Centro de Salud Modelo de las Ciudades)  
**409 North Dunlap Street  
St. Paul, MN**

Servicios: Para: todas las edades,  
cuidado médico y dental  
completo, cirugía, oftalmología,  
medicina interna. Atienden a  
pacientes del oeste de Wisconsin en  
una escala de cobro a base de  
ingresos. Prueba de ingresos  
REQUERIDA.

Lenguajes: Hmong, Laotian y otros  
si son requeridos.

651-290-9200

## **Common Health Clinic**

(Clínica Común de Salud)

**5640 Memorial Avenue North  
Suite B (enfrente del High School)  
Stillwater, MN**

Escala de cobro a base de ingresos  
(traer prueba de ingreso)

Llame para hacer una cita, abierto 5  
días a la semana. 651-430-1880

## **Programa de Wisconsin del Bien de la Mujer**

**St. Croix Co. Public Health**

(Salud Pública del Condado de St. Croix)

**1445 N. 4th Street**

**New Richmond, WI 54017**

Para mujeres entre las edades de 45-60  
años. Debe llenar los requisitos  
económicos. Evaluaciones para cáncer  
en los senos y cerviz

Llame para inscribirse al 715-246-8365

Si usted no es residente del Condado de  
St. Croix llame a su departamento de salud local

## **Servicios de Salud Reproductiva del Condado de St. Croix**

**St. Croix Co. Public Health**

(Salud Pública del Condado de St. Croix)

**1445 N. 4th Street**

**New Richmond, WI 54017**

Métodos anticonceptivos/planificación  
familiar a bajo o no costo, pruebas de  
STD (infecciones sexualmente transmitidas) y de  
embarazo. Escala de costo a base de  
ingresos, llame para hacer cita

715-246-8365

## **Food Assistance:**

**WIC:** 715-246-8359

[wic@co.saint-croix.wi.us](mailto:wic@co.saint-croix.wi.us)

Pregnant women, children under age 5

**Food Share:** [www.access.wi.gov](http://www.access.wi.gov)

## **Food Pantries:**

### **Baldwin/Woodville/Hammond Food Pantry**

715-688-3844 (by appointment)

920 6th Ave, Baldwin

### **Glenwood City/Boyceville Food Access and Resource Center**

715-977-1191

823 Main Street, Boyceville

Thursday: 3 pm-7 pm; Friday: 9 am-1 pm

### **Hudson-Christian Food Cupboard**

715-338-0332

St. Patrick's Church

1500 Vine St, Hudson

Appointments: Monday-Thursday 9-noon

### **New Richmond Area Food Pantry**

715-243-7491 (call for hours)

Five Loaves Food Shelf

421 South Green Ave

### **River Falls Community Food Pantry**

715-425-6880 (call for hours)

222 North Main Street, Suite C

### **Roberts Food Pantry**

715-749-3478 (call for hours)

United Church of Christ

1001 Birch Drive

### **Somerset Community Food Pantry**

715-247-2945 (call for hours)

203 Church Hill Road

### **Woodville Food Pantry**

715-698-2707 (by appointment)

Zion Lutheran Church

221 North Lockwood Street

### **Lakeside Foods**

715-243-7367

660 North Second Street, New Richmond

\$6.50/case of canned vegetables, **cash only**

1<sup>st</sup> Wednesday only, 1-3 PM

### **Ruby's Pantry**

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

National Guard Armory

1245 Wall Street, New Richmond

3<sup>rd</sup> Thursday of each month

5-7 PM, \$20 each visit

## **Clothing/Furniture:**

### **Five Loaves Clothing Center**

715-243-7491 (call for hours)

421 South Green Ave, New Richmond

[www.5loavesfoodandclothing.org](http://www.5loavesfoodandclothing.org)

### **We Do Feet**

715-781-0622 (furniture)

Trinity Lutheran Church, Hudson

### **Heritage Center**

715-246-3276

1100 Heritage Drive, New Richmond

Barn Flea Market (May – Oct)

Saturday 7:30 AM-2 PM

Sunday 12 PM-4 PM

**Operation Help** 715-386-0881

### **ARC Inc.**

715-338-0755

Assistance & Resource Center, Inc

River Falls Area

## **Shelters:**

### **Grace Place**

715-246-1222

Emergency Family Shelter, New Richmond

Salvation Army

### **Our Neighbors' Place**

715-426-9000

Emergency Family Shelter, River Falls

## **Domestic/Sexual Abuse:**

### **Turningpoint Shelter**

800-345-5104

715-425-6751

[www.turningpoint-wi.org](http://www.turningpoint-wi.org)

### **St. Croix Valley SART**

(Sexual Assault Response Team)

715-425-6443

888-334-4677

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

### **St. Croix Victim-Witness Assistance Program**

715-386-4666

## **Housing:**

### **Cardinal Capital Management**

1-877-495-3008

New Richmond, Hudson,

Hammond

[www.cardinalcapital.us](http://www.cardinalcapital.us)

### **River Falls Housing Authority**

715-425-7640

For River Falls only

### **Horizon Management Group**

800-944-4866

### **Landmark Company**

800-924-3256

Baldwin (Elderly and Family)

### **USDA Rural Development**

715-232-2614

Home repairs/grants & low-income home loans

### **Tenant Resource Center**

877-238-7368

Know your rights

### **WestCAP**

800-606-9227

715-265-4271

Section 8, rental assistance, weatherization

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

## **Parental Support:**

### **Family Resource Center St. Croix Valley**

715-684-4440

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

### **Children & Youth with Special Health Care Needs**

800-400-3678

715-726-7907 WI Western Region

### **Head Start and Early Head Start**

800-352-6283

### **Child Support Agency-St. Croix County**

715-386-4691

## **Pregnancy Assistance:**

### **St. Croix County Reproductive Health**

715-246-8365

Pregnancy Testing, STD testing and treatment

Birth control, exams

### **Adoption Resources of Wisconsin**

800-762-8063

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

## **Breastfeeding Support:**

### **St. Croix County Public Health**

715-246-8263

### **Baby Café**

United Methodist Church, River Falls

Every Tuesday, 10 am to 12 noon



## **Transportation:**

**Center for Independent Living for Western WI**  
800-228-3287

Transportation Service for People with  
Disabilities

## **Medical Assistance**

866-907-1493  
Non-emergency Medical transportation  
(Need to call at least 48 hours prior to appt.)

## **Medical/Dental Services:**

**Free Clinic-Pierce & St. Croix Counties**  
715-307-3948

1687 East Division Street  
River Falls WI 54022  
(Must meet income guidelines)  
Tuesdays-5-8 PM

## **Rural Health Dental Clinic**

715-235-1573  
3375 Kothlow Ave, Suite 40  
Menomonie WI 54751  
(Accepts MA and uninsured)

## **Forward Health (Badger Care)/Medical Assistance**

800-362-3002  
[www.access.wi.gov](http://www.access.wi.gov)

## **Health Insurance Coverage/Marketplace**

[www.healthcare.gov](http://www.healthcare.gov)

## **Medical Assistance changes call:**

Great Rivers Change Reporting Center  
Phone: 888-283-0012  
Fax: 855-293-1822

## **Wisconsin Tobacco Quit Line**

800-784-8669  
[www.quitline.com](http://www.quitline.com)

## **Other:**

**AIDS Resource Center of Wisconsin**  
800-750-2437

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

## **Attorney Information & Referral**

800-362-9082

## **Family Means**

800-327-3203  
[www.familymeans.org](http://www.familymeans.org)

Credit/Budget/Counseling

## **Free Legal Clinic**

2nd Monday 6-7:30 PM, Hudson  
St. Croix County Government Center  
County Board Room

## **Judicare**

800-472-1638

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

## **Operation HELP/The Source**

715-386-0881

## **Salvation Army 715-246-1222**

## **United Way St Croix Valley**

715-377-0203

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

## **UW Extension/4-H**

715-684-3301

[www.uwex.edu/ces/cty/stcroix/index.html](http://www.uwex.edu/ces/cty/stcroix/index.html)

## **St. Croix Valley Job Center**

715-426-0388

<https://jobcenterofwisconsin.com>

## **Social Security Administration**

800-772-1213

[www.socialsecurity.gov](http://www.socialsecurity.gov)

## **Helpful Websites:**

[www.cdc.gov](http://www.cdc.gov) Disease information

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

Immunization information

[www.sccwi.us](http://www.sccwi.us) St. Croix County

[www.text4baby.org](http://www.text4baby.org) Pregnant women and new  
parents

# Public Health Resource Guide

## **St. Croix County Services Center**

Public Health	715-246-8263
Reproductive Health	715-246-8365
WIC	715-246-8359
Environmental Health	715-246-8370
Birth to 3	715-246-8255
Economic Support	715-246-8257
Medical Assistance, Food Share, Daycare Assistance	
Great Rivers Change Reporting Center	888-283-0012

Children's Services	715-246-8285
---------------------	--------------

Behavioral Health Services	715-246-8255
Behavioral health, Drug and alcohol Counseling, Psychiatry, Psychology	

Aging and Disability Resource Center	715-381-4360
	800-372-2333

St. Croix County Services  
Center-Public Health  
1752 Dorset Lane  
New Richmond WI 54017  
[www.sccwi.us/publichealth](http://www.sccwi.us/publichealth)



Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>HEALTH CARE</b>								
<b>Hudson Clinic</b>	405 Stageline Rd	Hudson	WI	54016	Monday through Thursday 8:00 am till 8:00 pm, Friday 8:00 am till 5:00 pm, Saturday 8:00 am till noon.	715-531-6000	<a href="http://www.hudsonhospital.com">www.hudsonhospital.com</a>	Allergy & asthma, cancer care, ear/nose/throat, endocrinology, eye care, heart care, infusion therapy, internal medicine, nephrology, neurology, plastic surgery & cosmetic treatment, podiatry, pulmonary medicine & sleep health, rheumatology, urology, vascular surgery
<b>Hudson Hospital</b>	405 Stageline Rd	Hudson	WI	54016	ER 24/7; Specialty Clinic 8:00 am till 6:00 pm	715-531-6000	<a href="http://www.hudsonhospital.com">www.hudsonhospital.com</a>	Acute care for the elderly, birth center, emergency center, heart care, home & hospice care, imaging center, medical laboratory, nutrition care, orthopaedics, pharmacy, rehab center, sleep health center, substance abuse recovery, surgery & procedure center
<b>Hudson Physicians -- WWMA</b>	403 Stageline Road Hudson	Hudson	WI	54016	Mon. - Thurs. 7:30am - 8pm; Fri. 7:30am - 5pm; Sat. 8am-12pm	715-531-6800	<a href="http://www.hudsonphysicians.com">www.hudsonphysicians.com</a>	Family medicine, internal medicine, pediatrics, geriatrics, women's health care, general surgery, occupational medicine, sports and spine medicine, allergy & immunization clinic, cosmetic services, nutrition and diabetes education, same day appointments, personal lab services, imaging services, and specialty consulting services.
<b>Hudson Hospital &amp; Clinics</b>	405 Stageline Road	Hudson	WI	54016	ER: 24/7; Hospital: 7am - 8pm; Specialty Clinic; Mon. - Fri. 8am-6pm	715-531-6000	<a href="http://www.hudsonhospital.org">www.hudsonhospital.org</a>	Hospital Care: alcohol and substance abuse recovery, birth center, emergency center, heart care, home & hospice care, imaging center, medical laboratory, nutrition care, orthopaedics, pharmacy, rehabilitation center, sleep health center, and surgery & procedure center; Specialty Care: allergy & asthma, cancer care, ear, nose & throat, endocrinology, eye care, heart care, infusion therapy, internal medicine, nephrology, neurology, plastic surgery & cosmetic treatment, podiatry, pulmonary medicine & sleep health, rheumatology, urology, and vascular surgery.
Free Clinic of Pierce and St. Croix Counties	1629 East Division Street	River Falls	WI	54022	Tuesday 4:15 PM in-person registration begins, no appointments. Once a week clinic.	715-307-3948	<a href="http://www.freeclinicpiercestcroix.org">www.freeclinicpiercestcroix.org</a>	Free medical help, preventative education, and help in locating other community services. Uninsured, income requirements.
<b>Osceola Medical Center</b>	2600 65th Ave	Osceola	WI	54020	Mon Tues 8am - 7pm Wed 8am - 5pm Thurs 8am - 7pm Fri 8am - 5pm	715-294-2111	<a href="http://www.osceolamedicalcenter.com">www.osceolamedicalcenter.com</a>	Complete family medical clinic
<b>St. Croix County Public Health</b>	1445 N 4th St	New Richmond	WI	54017	Mon - Fri 8am - 4:30	715-246-8263		Offers medical and dental services to qualifying individuals needing assistance. Offers immunizations, birth control information, STD testing, pregnancy testing, HIV testing, breast and cervical cancer screening, and WIC. Helps determine whether qualify for state or county health programs. Resident of St. Croix County.
<b>St. Croix Family Medical Clinic</b>	5640 Memorial Ave N. Suite B	Stillwater	MN	55082	Mon Wed Fri 8am - 5pm	651-430-1880	<a href="http://www.southsidechs.org">www.southsidechs.org</a>	Federally Qualified Community Health Clinic. Accepts insurance or sliding fee/free care. General medicine, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing
<b>Stillwater Medical Group</b>	700 Rivard St	Somerset	WI	54025	Mon - Fri 7:30am - 5pm	715-247-2060	<a href="http://www.lakeviewhealth.org/somersetclinic">www.lakeviewhealth.org/somersetclinic</a>	Family medicine, internal medicine, pediatrics and adolescent medicine, OB/GYN, foot/ankle surgery, same day appointments, on-site laboratory, X-ray services, anticoagulation clinic, surgery

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>Westfields Hospital &amp; Specialty Clinics</b>	535 Hospital Rd	New Richmond	WI	54017	Monday through Friday 8:00 AM till 4:30 PM	715-243-2600	<a href="http://www.westfieldshospital.com">www.westfieldshospital.com</a>	Hospital: ambulatory care, cardiopulmonary care, hospice home health, palliative care, imaging services, lab services, medical surgical care, nutrition services, obstetrics, physical medicine, rehab, support groups, surgical services, wound care. Specialty clinics: audiology, cardiology, endocrinology, gastroenterology, lung and sleep health, nephrology, neurology, OB/GYN, oncology, orthopaedics, ENT, pain management, plastic/cosmetic surgery, podiatry, sleep study, spine diseases, urology
<b>Westfields Hospital &amp; Clinic</b>	535 Hospital Rd	New Richmond	WI	54017	ER: 24/7; Hospital: 9am-8:30pm; Specialty Clinics: Mon. Fri. 9am-6pm	715-243-2600	<a href="http://www.westfieldshospital.com">www.westfieldshospital.com</a>	Hospital: Ambulatory care, cardiopulmonary care, emergency medicine, home and hospice care, imaging services, infusion therapy, medical surgical care, nutrition services, obstetrics, physical rehabilitation, support groups, surgical services, wound care. Specialty Clinics: Audiology, cardiology, endocrinology, gastroenterology, gynecology, lung and sleep health, nephrology, neurology, OB/GYN, oncology/hematology, orthopaedics, ENT, pain management, plastic/cosmetic surgery, podiatry, sleep study, spine diseases, urology, orthotics/prothetics.
<b>DENTAL CARE</b>								
<b>Crestview Dental Care</b>	1810 Crestview Dr, Suite 5A	Hudson	WI	54016	Mon Tues 9am - 5pm Wed 10am - 6pm Thurs 9am - 5pm	715-386-3727	<a href="http://www.crestviewdentalcare.com">www.crestviewdentalcare.com</a>	Complete family dentistry
<b>Grandview Dental</b>	900 Crestview Dr, Suite 240	Hudson	WI	54016	Monday through Thursday 8:00 am till 5:00 pm	715-381-5556	<a href="http://www.grandviewdentalhudson.com">www.grandviewdentalhudson.com</a>	Complete comprehensive dental care
<b>La Petite Dentistry</b>	131 Carmichael Rd, Suite 20	Hudson	WI	54016	Mon Tues 7:30am - 6:30pm Wed Thurs 7:30am - 5:30pm Fri 7:30am - 4:30 Sat 8am - 1pm	855-527-3848	<a href="http://www.lapetitedentistry.com">www.lapetitedentistry.com</a>	Specializes in children's dentistry
<b>Oakwood Dental</b>	744 Ryan Drive, Suite 203	Hudson	WI	54016	Mon 7am - 4pm Wed 9am - 7pm 7am - 5pm Tues Thurs Fri 7am - 2pm	715-386-5400	<a href="http://www.hudsonoakwooddental.com">www.hudsonoakwooddental.com</a>	Full service family dental clinic
<b>Rural Health Dental Clinic</b>	3375 Kothlow Ave	Menomonie	WI	54751	Call for appointment - Thurs 9am - 4pm Tues	715-235-1573		Dental care on a sliding fee scale with income eligibility.
<b>St. Croix Valley Dentistry</b>	213 Locust St	Hudson	WI	54016	Monday through Thursday 8:00 am till 5:00 pm; Friday 8:00 am till 1:00 pm	715-386-3553	<a href="http://www.stcroixvalleydentistry.com">www.stcroixvalleydentistry.com</a>	Full service dental clinic
<b>HOME HEALTH</b>								
<b>ADORAY</b>	2231 Highway 12, Suite 201	Baldwin	WI	54002	Monday through Friday 8:00 AM till 4:30 PM	715-684-5020	<a href="http://www.adoray.org">www.adoray.org</a>	Medical care for recovering, disabled, or chronically ill persons. Hospice care; home care for terminally ill patients.
<b>ADRC (Aging Disability Resource Center)</b>	1101 Carmichael Road	Hudson	WI	54016	Monday through Friday 8:00 AM till 5:00 PM	715-381-4360	<a href="http://www.co.saintcroix.wi.us/Departments/ADRC/default.htm">http://www.co.saintcroix.wi.us/Departments/ADRC/default.htm</a>	Home delivered meals, benefits counseling, congregate meals, adult day care, in-home respite care, adult education, volunteer opportunities. Local specialized transportation and long-distance medical trips. Age 60+ or disabled.
<b>Have a Heart Farm</b>	W10356 Hwy 29	River Falls	WI	54022	Mon - Fri 9am - 5pm	715-425-7754		Dedicated to providing services to individuals with disabilities and their families from birth throughout their lifespans. Offers Respite Care (Friday-Sunday for kids age 2-17 with special needs), in-home Personal Care services, Summer Activity Groups, Vocational Skill Building, Therapeutic Services, and Group Home services.

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>Day Away Clubs</b> St. Croix County Dept on Aging	1101 Carmichael Road	Hudson	WI	54016	Monday through Friday 8:00 AM till 5:00 PM	715-381-4360	<a href="http://www.co.saint-croix.wi.us">www.co.saint-croix.wi.us</a>	For people in need of supervision and assistance during the day. Provides socialization, meals, and activities.
<b>MENTAL HEALTH</b>								
<b>Hudson Hospital</b>	405 Stageline Rd	Hudson	WI	54016	Mon - Thurs 9:30am - 5pm; Fri 9:30am - 12pm	715-531-6755		Offers various support groups, as well as adolescent and adult treatment for alcohol and drug abuse. This is a 7 week program, 3 days per week with after care.
<b>Family Learning Center</b>	1901 Vine St	Hudson	WI	54016	By appointment	715-386-2851		Provides family and individual coaching, workshops and short-term counseling. "Relationship Matters" covers dispute management, anger management and assertiveness training. "Emotions Anonymous" provides support and short-term counseling for those coping with emotional concerns.
<b>Pierce County Mental Health</b>	412 West Kinne	Ellsworth	WI	54011	Mon - Fri 8am - 5pm			Outpatient services provided for individuals and families dealing with emotional problems. Provides assessment, evaluation and treatment. Crisis intervention assistance, emergency services and a variety of psychological testing services. Counseling includes marital, grief, parent-child, and family issues. Programs to promote emotional health, and prevent social and family problems. Resident of Pierce County of City of River Falls.
<b>St. Croix County Behavioral Mental Health</b> 1445 North 4th Street New Richmond, WI 54017 715-246-8287 <a href="http://www.co.saint-croix.wi.us">www.co.saint-croix.wi.us</a>					Mon - Fri 8am - 4:30pm Evening appointments also available	715-273-6770 or 715-273-5051 after hours		Offers outpatient mental health services and crisis intervention. Atlas House - inpatient home for mentally ill. County makes referral to this program (adults only). Resident of St. Croix County.
<b>INSURANCE &amp; LEGAL ACCESS</b>								
<b>Access. Wisconsin</b>					24/7		<a href="https://access.wisconsin.gov/access/">https://access.wisconsin.gov/access/</a>	Website that provides information on food, nutrition, health insurance programs; and assists people in determining if they are eligible. Online application.
<b>Badger Care +</b>					Monday through Friday 8:00 am till 6:00 pm	1-800-362-3002	<a href="http://www.badgercareplus.org">www.badgercareplus.org</a>	Health insurance for families and children
<b>Lakeview Prescription Assistance Program</b>					Monday through Friday 8:00 am till 5:00 pm or leave message	(651) 430-8582		The Prescription Assistance Program helps qualifying individuals receive free and/or low-cost prescription medications from pharmaceutical companies and/or other sources. Eligibility: •Your primary healthcare provider must be with the Stillwater Medical Group. •You do not have insurance OR your insurance does not include prescription drug coverage. •Eligibility guidelines vary depending upon the medication needed.
<b>Polk County Human Services</b>	100 Polk County Plaza Suite #50	Balsam Lake	WI	54810	Mon - Fri 8:30am - 4:30pm	715-485-8400	<a href="http://www.co.polk.wi.us/">http://www.co.polk.wi.us/</a>	Offers a wide range of social service support programs through the Department of Human Services. Helps process applications for food share, Badger Care Plus, Medicaid and Energy Assistance. Provides child care assistance, emergency assistance, W2 assistance. Resident of Polk County.
<b>St. Croix County Economic Support</b>	1445 North 4th Street	New Richmond	WI	54017	Mon - Fri 8am - 4:30pm	715-246-8257	<a href="http://www.co.saint-croix.wi.us/">www.co.saint-croix.wi.us/</a>	Utilities assistance, transportation, Food Share, Medical Assistance, etc. Administers Badgercare health insurance program. Low income families. Resident of St. Croix County.

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>St. Croix Valley Bar Association Free Legal Clinic</b> St. Croix County Government Center	1101 Carmichael Road	Hudson	WI	54016	2nd Monday of each month 6pm - 7:30pm No appointment necessary	715-386-4630	<a href="http://www.stcroixvalleybar.org">www.stcroixvalleybar.org</a>	Provides general legal information to members of the community in areas of: employment law, family law, landlord/tenant and small claims, criminal/traffic, estate planning/elder law/probate, real estate, business law, and debtor/creditor. Resident of St. Croix, Pierce, Polk, and Dunn Counties.
<b>NUTRITION, SHELTER, &amp; BASIC NEEDS</b>								
<b>ADRC Meals on Wheels</b>	1101 Carmichael Road	Hudson	WI	54016	By appointment	715-381-4360	<a href="http://www.co.saintcroix.wi.us/Departments/ADRC/default.htm">http://www.co.saintcroix.wi.us/Departments/ADRC/default.htm</a>	Offers home-delivered meals and congregate meals, age 60+ or disabled.
<b>Baldwin/Hammond Food Pantry</b>	920 6th Avenue	Baldwin	WI	54002	By appointment	715-688-3844		Food pantry, Baldwin, Woodville and Hammond School District
<b>C.O.M.E.</b>	258 N 3rd St	New Richmond	WI	54017	3rd Tues/month 5pm - 6:30pm	715-246-2133		Meals to families in need every third Tuesday of the month
<b>Five Loaves Food &amp; Clothing Center</b>	150 W 1st Street	New Richmond	WI	54017	Mon 12pm - 3pm Wed 9am - 12pm 5pm - 7pm	Fri 715-246-5759 (clothing); 715-247-2944 (food)		Free food, clothing, bedding, toys and kitchen items.
<b>Hudson Christian Food Cupboard</b> St. Patrick's Church	1500 Vine St	Hudson	WI	54016	By appointment - Thurs 9am - 12pm	Mon 715-338-0332		Food pantry
<b>Operation HELP</b>	502 County Rd UU	Hudson	WI	54016	Mon - Wed 10am - 12pm Thurs 7am - 9pm 10am - 12pm	Fri 715-386-0881	<a href="http://www.operationhelpestcroix.org">http://www.operationhelpestcroix.org</a>	Rent and utility assistance if threatened with eviction or disconnection. Christmas baskets, free clothing distribution in the fall, winter clothing. Must be resident of St. Croix County or City of River Falls through January. Assists with car repair.
<b>Salvation Army of St. Croix County</b> Grace Place - Faith House	203 Churchill Rd	Somerset	WI	54025	24/7	715-247-2944	<a href="http://www.usc.salvationarmy.org/usc/www_usc_grace_place.nsf/">www.usc.salvationarmy.org/usc/www_usc_grace_place.nsf/</a>	Offers short term emergency help for food, shelter, transportation, rent and utilities, auto repair, gas, bedding, Christmas baskets. Provides assistance for medical/dental and mental health needs. Grace Place and Faith House provide transitional housing for 30-90 days. Counseling, job placement and budget counseling are also available. Residents of St. Croix County.
<b>St. Croix Valley American Red Cross</b>	342 5th Ave N	Bayport	MN	55003	Mon - Fri 8am - 4pm	651-439-0031		Provides food, shelter, and clothing for families who are victims of disaster. Serves St. Croix, Polk, and Burnett counties, as well as eastern Washington county
<b>Sharing and Caring Hands</b>	425 N 7th St	Minneapolis	MN	55405	Office: Mon - Thurs 8:30am - 4:30pm	612-338-4640	<a href="http://www.sharingandcaringhands.org">www.sharingandcaringhands.org</a>	Must show personal identification; Offers hot meals, clothing, food shelf, household items, dental, legal aide, showers and haircuts.
<b>West CAP/Glenwood City Area Food Pantry</b>	525 2nd St	Glenwood City	WI	54013	Mon - Fri 8am - 4:30pm No appointment needed	715-265-4271	<a href="http://www.westcap.org">www.westcap.org</a>	Food pantry
<b>TRANSPORTATION</b>								
<b>ADRC (Aging Disability Resource Center)</b>	1101 Carmichael Road	Hudson	WI	54016	By appointment	715-381-4360	<a href="http://www.co.saintcroix.wi.us/Departments/ADRC/default.htm">http://www.co.saintcroix.wi.us/Departments/ADRC/default.htm</a>	Local specialized transportation of people 60+ or the disabled of any age, and long-distance medical trips provided by volunteers. Age 60+ or disabled.
<b>New Richmond Transport</b>	950 N. Knowles Ave PO Box 209	New Richmond	WI	54017	Available from 6am to 7pm everyday by appointment Office: Mon - Fri 9am - 3pm	715-246-2933		Transportation for disabled persons all over the state of Wisconsin
<b>OTHER</b>								

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>Family Resource Center St. Croix Valley, Inc.</b>	857 Main St. PO Box 2087	Baldwin	WI	54002	Mon - Thurs 9am - 2pm	715-684-4440	<a href="http://www.frscv.org">www.frscv.org</a>	Parents as Teachers programming provides information, support and encouragement. Parents attending programs help their children develop optimally during the crucial early years of life. Promotes "Success by Six" philosophy. Programs include group meetings, personal home visits, screenings and a resource and referral network. Families with children ages 0-6. Polk, Pierce, and St. Croix counties.
<b>United Way St. Croix Valley</b>	516 Second St, Suite 214B	Hudson	WI	54016	24 hour phone/internet Office: Mon - Fri 8:30am - 4:30pm	715-377-0203	<a href="http://www.unitedwaystcroix.org">www.unitedwaystcroix.org</a>	Works to strengthen communities by supporting agencies that help families, people with disabilities, low income families, and community agencies. Maintains website with links to local organizations that it supports and provides other local information.
<b>United Way 2-1-1</b>					651-291-0211. 24/7, 365			Free, confidential referral to community agencies/assistance throughout the metro area.

# Washington County Community Resources

---

A collection of community resources for  
Washington County



# Family Resources

**Emergency – Police – Ambulance - Call 911**

**APRIL 2014**

This resource directory was prepared by  
Washington County Department of Public Health & Environment

*EQUAL EMPLOYMENT OPPORTUNITY / AFFIRMATIVE ACTION*

## Adult Basic Education

**Adult Basic Education Learning Centers** (Call your school district listed in this brochure under Education.)

**Adult Literacy Hotline** [www.mnliteracy.org](http://www.mnliteracy.org) ..... 1-800-222-1990

Referrals to Adult Basic Education, Literacy, GED, and ESL programs throughout Minnesota, and citizenship classes.

**Century College** [www.century.edu](http://www.century.edu) ..... 651-779-3341 or 651-779-5787

The consolidation of Lakewood Community College and Northeast Metro Technical College, offers liberal arts and science programs, and technical and occupational programs.

### Family Learning Program

A program for parents and their young children including Adult Basic Education, GED, English as a Second Language, parenting discussions and activities for children.

Forest Lake.....	651-982-8300
North St. Paul, Maplewood, Oakdale.....	651-748-6225
South Washington County.....	651-458-6600
Stillwater.....	651-351-8476

## Car Seats

Car seats for U-Care Members ..... 651-430-6655

Car seats for Medica PMAP & Blue Plus PMAP Members .....  
Please call the information number on the back of your card.

**Safe Kids (Minnesota Safety Council)** [www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org).....651-291-9150 or 800-444-9150

Child passenger safety information.

## Child Care

**Adults and Children Alliance** [www.acainc.org](http://www.acainc.org)..... 1-800-433-8108

or..... 651-481-9320

A free referral service for child and adult care, food programs, and support services.

**FamilyMeans (Child Respite Care Program)** [www.familymeans.org](http://www.familymeans.org)..... 651-439-4840

Breaks for Caregiver provides informal care for children with disabilities on a limited basis.

**Lakes Area Discovery Center** [www.ladcfamilies.org](http://www.ladcfamilies.org)..... 651-762-7884

Provides full and part day preschool/childcare schedules. Locations in White Bear Lake, Stillwater, Mahtomedi, Maplewood, Forest Lake, and Waconia.

### Mom's Day Away

**New Life, Woodbury** [www.newlife4u.org](http://www.newlife4u.org).....651-757-4337

**Think Small** [www.thinksmall.org](http://www.thinksmall.org) ..... 651-641-0305

Provides individualized referrals to family child care providers, centers, preschool programs, and school-age programs. Assists parents in evaluating and choosing quality child care.

**School-Age Child Care** The following programs provide child care for children in grades kindergarten through sixth grade, before and after school, all day care during the summer, and most non-school days. Full- and part-time care available. For more information, call the school district your child attends:

Forest Lake.....	651-982-8365	South Washington County.....	651-458-6602
Mahtomedi.....	651-407-2036	Maplewood, Oakdale, North St. Paul.....	651-748-7432
Stillwater.....	651-351-8458	White Bear Lake.....	651-407-7510

**Washington County Community Services (Child Care Assistance)**..... 651-430-6459

Helps families that meet guidelines pay for child care so they can work.

## Clothing/Furniture/Equipment

**Community Helping Hands** [www.communityhelpinghand.org](http://www.communityhelpinghand.org)..... 651-464-0061

Serving families in the Forest Lake area with clothing. Call for store hours.

**Goodwill Industries** [www.goodwilleasterseals.org](http://www.goodwilleasterseals.org)..... 651-439-4207

Low cost furniture, clothes, household goods, and other items. 5899 Nova Scotia Ave N, Oak Park Heights.

**Stone Thrift -** [www.stonesouththriftshop.org](http://www.stonesouththriftshop.org) ..... 651-458-9786

Hours: Monday-Friday 9am-6pm, Saturday 9am-4pm. Open to public for shopping, additional help is available with appointment.

Continued on Next Page





## Clothing/Furniture/Equipment (Cont'd)

Page 3 of 15

**Twin Cities Free Market**..... [www.twincitiesfreemarket.org](http://www.twincitiesfreemarket.org)  
**Valley Outreach - The Clothing Closet** - [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org) ..... 651-430-2739  
Provides clothing and accessories free of charge to women, men and children of all ages. 1911 Curve Crest Blvd  
West, Stillwater. Open Mon-Wed-Fri 10am-Noon, Tues 5pm-7pm, and Thu 5pm-7pm.  
**Check Yellow Pages in phone book under "Consignment Service" for used clothing stores.**

## Counseling and Support Groups

**ADD/ADHD Parent Support Groups**..... 651-748-7585  
District 622 Education Center, North St. Paul; Carver Elementary School, Maplewood.  
**Anthony Louis Center** [www.anthonylouiscenter.com](http://www.anthonylouiscenter.com)..... 651-731-0031  
Adolescent chemical dependency treatment services; drug testing, chemical use evaluations and out-patient services.  
**ARC - Greater Twin Cities** [www.arcgreaterwincities.org](http://www.arcgreaterwincities.org) ..... 952-920-0855  
Individual advocacy and support for developmentally disabled and their families. Offers support groups and workshops on key topics and family events.  
**Aris Clinic-Woodbury** [www.aris-clinic.com](http://www.aris-clinic.com)..... 651-259-9750  
Child and adolescent psychiatric intensive outpatient clinic.  
**Attention Deficit Disorder (ADD)** [www.add.org](http://www.add.org) ..... 1-800-233-9273  
**Canvas Health** [www.canvashealth.org](http://www.canvashealth.org) Comprehensive psychological and psychiatric assessment and treatment of emotional disturbance, mental illness, chemical dependency, physical and sexual abuse, services for seniors, individual and group therapy for children, parents and families ..... 651-777-5222  
**Catholic Charities** [www.cctwincities.org](http://www.cctwincities.org) ..... 651-222-3001  
Crisis counseling, educational and support groups, information and referral, family, individual, and group therapy.  
**Children's Home Society** [www.chsfs.org](http://www.chsfs.org) ..... 651-646-6393  
Adoption related support groups and classes.  
**Chrysalis** [www.tubman.org](http://www.tubman.org)..... 612-824-2780 or 612-871-0118  
Programs include chemical dependency treatment, mental health clinic, peer support groups, and legal services.  
**Counseling Care** [www.counselingcare.us](http://www.counselingcare.us)..... 651-379-0444  
Comprehensive psychological and psychiatric assessment and treatment of mental health issues, medication management, and counseling for individuals, families, and children. Chemical addiction program. Rule 29.  
Licensed by the State of Minnesota.  
**Domestic Abuse Project** [www.domesticabuseproject.com](http://www.domesticabuseproject.com) ..... 612-874-7063  
Treatment for abusive men, therapy for women and children.  
**East Suburban Resources** [www.esrworks.org](http://www.esrworks.org)..... 651-351-0190  
Provides support for people with disabilities or other special needs in employment and community.  
**Emily Program, The** [www.emilyprogram.com](http://www.emilyprogram.com)..... 651-645-5323  
Personalized treatment for eating disorders.  
**Fairview Lakes Medical Center (Wyoming)** [www.fairview.org](http://www.fairview.org)..... 651-982-7000 or 651-252-8439  
Many support groups and community service programs (stop smoking, prenatal classes, diabetes management, grief and loss, cancer support, and autism).  
**FamilyMeans (Throughout Twin Cities and Western Wisconsin)** [www.familymeans.org](http://www.familymeans.org)..... 651-439-4840  
A wide variety of services for families including mental health counseling, financial counseling, debt repayment program, support for seniors, caregiver support, respite care, and prevention programs with the schools.  
**Haven Chemical Health Systems, L.L.C. - Woodbury** [www.havenchemicalhealth.com](http://www.havenchemicalhealth.com)..... 651-734-9633  
Provides evaluation and treatment for adult men and women who have chemical abuse or chemical dependency issues.  
**Jewish Family Services** [www.jfssp.org](http://www.jfssp.org)..... 651-698-0767  
Vocational services, family life education, individual and family counseling.  
**Lakeview Hospital (Stillwater)** [www.lakeviewhealth.org](http://www.lakeviewhealth.org)..... 651-439-5330  
Programs include health education, childbirth education, support groups, and Community Health Library.  
**Employee and Family Education Services** [www.workingfam.org](http://www.workingfam.org)..... 651-293-5330  
Seminars on work/life topics throughout lifespan.  
**PrairieCare** [www.prairie-care.com](http://www.prairie-care.com) ..... 888-9-PRAIRIE  
Comprehensive psychological and psychiatric assessment and treatment for those who are suffering from psychiatric conditions. Services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.

Continued on Next Page

RETURN TO TOP OF DOCUMENT

## Counseling and Support Groups (Cont'd)

Page 4 of 15

**Rebecca Residence - Scandia** [www.havenchemicalhealth.com](http://www.havenchemicalhealth.com) ..... 651-433-5839  
Treatment for chemical dependency. Ten-bed women's program.  
**State Services for the Blind (SSB)** [www.mnssb.org](http://www.mnssb.org) ..... 651-642-0500  
Provides advocacy counseling and education to families with blind or visually handicapped children.  
**White Bear Lake area & Mahtomedi Community Counseling Center** [www.whitebearlake.org](http://www.whitebearlake.org)..... 651-429-8544  
Counseling, referral, support for youth and families in the White Bear Lake & Mahtomedi School Districts.  
**Lakes Area Youth Service Bureau** [www.ysblakesarea.org](http://www.ysblakesarea.org) ..... 651-464-3685  
**Youth Service Bureau** [www.ysb.net](http://www.ysb.net) Prevention, intervention, and counseling services provided to elementary through high school aged youth and their families. Services include individual and family counseling and diversion/restorative justice programs.  
**Stillwater**..... 651-439-8800  
**Cottage Grove** ..... 651-458-5224  
**Woodbury** ..... 651-735-9534

## Crisis Numbers - Most Answered 24 Hours a Day

**American Red Cross** [www.redcrossct.org](http://www.redcrossct.org) ..... 651-439-0031  
Providing food, clothing and shelter for families who are victims of disaster.  
**Crisis Connection** [www.crisis.org](http://www.crisis.org)..... 1-888-379-6363 or 612-379-6363  
Confidential phone counseling and referral.  
**Domestic Violence Crisis Line (24 hour number)** ..... (East Metro) 651-770-0777  
or ..... (West Metro) 612-825-0000  
Support, referral, and shelter.  
**United Way 2-1-1** [www.unitedwaywincities.org](http://www.unitedwaywincities.org) ..... 2-1-1  
or ..... 800-543-7709 or 651-291-0211  
**Canvas Health Crisis Counseling** [www.canvashealth.org](http://www.canvashealth.org) ..... 651-777-5222  
Crisis clinic offering weekend in office appointments. Sliding fee is offered to uninsured residents of Washington County.  
This is a service under Mobile Crisis Response.  
**Minnesota Relay Service** ..... 1-800-627-3529 or 711  
Voice & TDD. Provides 24 hour-a-day telephone linkage between people who are speech or hearing impaired and those who can hear. Callers must prepare all necessary information before calling (name and TDD number of person to be called).  
**Missing Children Minnesota** [www.missingchildrenmn.org](http://www.missingchildrenmn.org) ..... 612-334-9449 or 888-RUN-YELL  
Assistance in searching for missing children and information on search procedures and resources and prevention education. Hours 9am - 5pm. (Phones answered 24 hours.)  
**National Runaway Switchboard** [www.1800runaway.org](http://www.1800runaway.org)..... 1-800-786-2929 or 800-RUN-AWAY  
**National Suicide Prevention Lifeline**..... 1-800-273-TALK (8255)  
**Poison Control**..... 1-800-222-1222  
Emergency and general information concerning poisoning.  
**PrairieCare** [www.prairie-care.com](http://www.prairie-care.com) ..... 888-9-PRAIRIE  
24/7 ability to schedule a free needs assessment.  
**Sexual Assault Answering Service** ..... 651-777-1117  
Phone counseling, information, & referral, advocacy & accompaniment to hospital, police, and courtroom. A 24-hour crisis line provided by Canvas Health's Abuse Response Services.  
**Tubman Family Alliance ( 24 hour number)** ..... (East Metro) 651-789-6770  
or [www.tubman.org](http://www.tubman.org) ..... (West Metro) 612-825-3333  
Crisis intervention and safe homes for women in suburban Washington County and Ramsey County.  
**Washington County Adult Intake**..... 651-430-6484  
Call to report adult abuse and neglect.  
**Washington County Child Protection** ..... 651-430-6457  
Call to report child abuse and neglect.  
**Washington County Community Services - Economic Support**..... 651-430-6459  
Provides services to families in crisis, including counseling referral to other agencies, and coordination of services to assist families in meeting their goals.  
**Washington County Emergency Social Services**..... 651-291-6795  
Evenings 5pm to 8am, weekends and holidays.

RETURN TO TOP OF DOCUMENT

## Development

Page 5 of 15

**Early Childhood Screening** Required by state law before children start kindergarten. Children are generally screened at 3 ½ - 4 years old. Children are screened for vision, speech, hearing, and development. There is no charge for this service. Parents may also call if they are concerned about their child's development.

Forest Lake.....	651-982-8301
Mahtomedi.....	651-407-2451
Maplewood, Oakdale, North St. Paul.....	651-748-7289
South Washington County.....	651-458-6175
Stillwater.....	651-351-4022
White Bear Lake.....	651-773-6186
Help Me Grow Washington County.....	1-866-693-4769

Free service available to families having concerns about their child from birth to three years of age.

Follow-Along Program.....	651-430-6750
---------------------------	--------------

Mailed developmental screening questionnaires for children up to 3 years of age.

Minnesota State Council on Disability <a href="http://www.disability.state.mn.us">www.disability.state.mn.us</a> .....	1-800-945-8913 or 651-361-7800
--	--------------------------------

Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.

Washington County Community Services – Developmental Disabilities Unit (DD).....	651-430-6484
--	--------------

The Developmental Disabilities (DD) Unit provides services for eligible children with developmental disabilities.

Services include case management, assessment of the child, and the development of a service plan to address the child's needs. Call for further information on other services.

## Education

### Alternative K-12 School

Lakes International Language Academy (K-5).....	651-464-0771
New Heights Charter School.....	651-439-1962
North Lakes Academy Charter School.....	651-982-2773

### Community Education

Forest Lake.....	651-982-8110
Mahtomedi.....	651-407-2037
North St. Paul, Maplewood, Oakdale.....	651-748-7630
South Washington County.....	651-458-6600
Stillwater.....	651-351-8300
White Bear Lake.....	651-407-7501

**Early Childhood Special Education (ECSE)** Coordination of all appropriate special education services and related services for special needs children ages birth through school entry.

Forest Lake.....	651-982-8369
Mahtomedi.....	651-407-2017
North St. Paul, Maplewood, Oakdale.....	651-702-8450
South Washington County.....	651-458-6658

### Early Childhood Special Education (ECSE) Cont'd

Stillwater.....	651-351-4020
White Bear Lake.....	651-653-3100

Help Me Grow Washington County.....	1-866-693-4769
-------------------------------------	----------------

Free service available to families having concerns about their child from birth to three years of age.

Head Start.....	763-783-4300
-----------------	--------------

A comprehensive child development program primarily for children ages 3-5 serving families with low incomes.

There is no cost. Head Start focuses on the child's physical, intellectual, emotional, and social development while providing advocacy and assistance to parents.

Parent Advocacy Coalition for Educational Rights (PACER Center Inc).....	1-800-53-PACER
--	----------------

Or.....	952-838-9000
---------	--------------

TTY.....	952-838-0190
----------	--------------

PACER is a coalition of 28 organizations founded on the concept of parents helping parents. This organization works to improve and expand opportunities that enhance the quality of life for children and young adults with disabilities and their families. Workshops, publications, computer resource center, and one-on-one counseling and training for families and professionals are available. Website: [www.pacer.org](http://www.pacer.org).

Continued on Next Page

RETURN TO TOP OF DOCUMENT

## Education (Cont'd)

Page 6 of 15

St. Croix Family Medical Clinic.....	651-430-1880
--------------------------------------	--------------

Peer education programs including Abstinence Education, Dads Make A Difference, Fighting AIDS Through Education, tobacco cessation & prevention.

St. Croix Valley American Red Cross.....	651-439-0031
--	--------------

Classes in CPR, First Aid, lifeguarding, swimming, and HIV – AIDS.

**School Readiness** A program for children ages 3 ½ to 5 which helps children prepare for kindergarten.

Forest Lake.....	651-982-8300
Mahtomedi.....	651-407-2035
South Washington County Schools.....	651-458-6631
Stillwater.....	651-351-4020
White Bear Lake.....	651-653-3100

University of Minnesota Extension – Washington County.....	651-430-6800
--	--------------

Programs and publications available on a variety of home and family topics.

### Washington County Alternative Learning Programs

Forest Lake Central Learning Center.....	651-982-3171
Mahtomedi (916).....	651-415-5680
North St. Paul, Maplewood, Oakdale.....	651-748-6200
South Washington County.....	651-458-7000
Stillwater - St. Croix Valley ALC.....	651-351-8464

White Bear Lake Area.....	651-773-6400
---------------------------	--------------

### Washington County School Districts

Chisago Lakes School District #2144.....	651-213-2000
Forest Lake School District #831.....	651-982-8100
Hastings School District #200.....	651-480-7000
Mahtomedi School District #832.....	651-407-2000
North St. Paul, Maplewood, Oakdale School District #622.....	651-748-7622
South Washington County School District #833.....	651-458-6300
Stillwater School District #834.....	651-351-8340
White Bear Lake School District #624.....	651-407-7500

Young Life <a href="http://www.younglife.org">www.younglife.org</a> .....	651-430-1873
---	--------------

A nondenominational youth group committed to helping adolescents understand themselves, their relationships to others, and their relationship to the world from faith perspectives.

## Emergency and Transitional Housing/Housing Referrals

Canvas Health <a href="http://www.canvashealth.org">www.canvashealth.org</a> .....	651-777-5222
--	--------------

Transitional housing for persons with mental illness, rental subsidy and permanent supportive housing.

Housing Link <a href="http://www.housinglink.org">www.housinglink.org</a> .....	612-522-2500
---	--------------

Affordable rental housing information.

Solid Groud <a href="http://www.solidgroundmn.org">www.solidgroundmn.org</a> .....	651-773-8401
--	--------------

Transitional housing for low income families. Adults must be in school or working.

St. Croix Valley American Red Cross <a href="http://www.redcross.org/mn/bayport">www.redcross.org/mn/bayport</a> .....	651-439-0031
--	--------------

Providing food, clothing, and shelter for families who are victims of disaster.

Tubman Family Alliance (several support groups).....	(East Metro) 651-789-6770
--	---------------------------

or <a href="http://www.tubman.org">www.tubman.org</a> .....	(West Metro) 612-825-3333
---	---------------------------

Emergency shelter and safe homes for women and their children in Hennepin, Ramsey, and Washington County.

Support groups and counseling offered.

United Way <a href="http://www.unitedwaytwincities.org">www.unitedwaytwincities.org</a> .....	211 or 651-291-0211
---	---------------------

Washington County Housing and Redevelopment Authority <a href="http://www.wchra.com">www.wchra.com</a> .....	651-458-0936
--	--------------

Providing administration of public housing and Section 8 vouchers. Public notification when accepting new applications. Waiting list closed.

RETURN TO TOP OF DOCUMENT

## Employment Assistance/Family Mentoring

Page 7 of 15

- Career Solutions** [www.careersolutionsinc.org](http://www.careersolutionsinc.org) ..... 651-647-9961  
Career exploration and development, displaced homemakers program. Classes in Washington County.
- Episcopal Community Services Family Resource Center Stillwater** ..... 651-439-2641  
Providing families in transition from welfare to work with the tools necessary to achieve economic self-sufficiency and the skills to use them, including peer support and empowerment activities for the youth.
- Minnesota Workforce Center Washington County** [www.mnworkforcecenter.org](http://www.mnworkforcecenter.org) ..... 651-275-8650  
Single point access to employment- and unemployment-related services. No fee, some program eligibility based on resident requirements.
- Women Venture** [www.womenventure.org](http://www.womenventure.org) ..... 612-224-9540  
Supports women-owned businesses by providing microloans, working capital, education, and ongoing consultation through all stages of business.

## Financial

- Child Care Basic Sliding Fee – Washington County** ..... 651-430-6459  
Funds for students or employed parents who are not on MFIP (formerly AFDC).
- Cradle of Hope** [www.cradleofhope.org](http://www.cradleofhope.org) ..... 651-636-0637  
A statewide program offering financial assistance to women in crisis due to pregnancy or birth. Available to all women who are pregnant or have a child under three months old. No eligibility requirements other than you are in crisis due to the pregnancy.
- Community Action Partnership for Washington and Ramsey Counties** [www.caprw.org](http://www.caprw.org) ..... 651-645-6470  
Limited financial assistance to pay utility and fuel bills October to May.
- Life Care Centers**
- Women's Life Care Center (Little Canada)** [www.womenslifecarecenter.org](http://www.womenslifecarecenter.org) ..... 651-777-0350  
Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.
  - Life Care Center East (E. St. Paul)** [www.icce.org](http://www.icce.org) ..... 651-776-2328  
Free pregnancy test, financial help and other support such as car seats, diapers, layettes, highchairs, cribs, and clothing for up to two years old. A \$10.00 refundable deposit can be waived. Available to anyone in need.
  - St. Croix Valley Life Care Center (Stillwater)** [www.scvlcc.org](http://www.scvlcc.org) ..... 651-439-5964  
Fax ..... 651-439-4064  
Free, confidential pregnancy testing and counseling, ultra sounds, baby layettes and furniture, and financial help.
  - The Lakes Life Care Center (Forest Lake)** [www.lakeslifecarecenter.org](http://www.lakeslifecarecenter.org) ..... 651-464-4340  
Free pregnancy testing, resource, and referral. Infant clothing, furniture, and food when available.
- Wakota Life Care Center (South)** [www.wakotalifecarecenter.org](http://www.wakotalifecarecenter.org) ..... 651-457-1195  
Free pregnancy testing, medical, and financial assistance. 24 hour crisis pregnancy phone line.
- Woodbury Options for Women** [www.woodburypregnancy.org](http://www.woodburypregnancy.org) ..... 651-340-9062
- Salvation Army (Washington County Office)** [www.thesalv.army.com](http://www.thesalv.army.com) ..... 651-746-3400  
Heatshare for those facing utility crisis/shutoff, emergency assistance including financial, rental, employment, transportation, and medical assistance for emergency situations.
- Social Security Administration** [www.ssa.gov](http://www.ssa.gov) ..... 1-800-772-1213  
Call to file claim, general questions and set up appointments. Children may be eligible for SSI if they have a disability or are blind. Eligibility for this assistance may be based on parental income and resources.
- TEFRA – Children's Home Care Option** ..... 651-430-6459  
Provides Medical Assistance eligibility to children with disabilities who live with their family. Services include: supplies and health services ordered by a physician and provided in the home by a nurse, therapist, or personal care attendant. Also included are prescription drugs, medical transportation, and insurance premiums. A monthly parental fee may be required.
- Valley Outreach Emergency Fund** [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org) ..... 651-430-2739  
Funding available to help with emergency heating, housing issues, medical, dental and transportation issues. Stillwater only.
- Washington County Community Services – Economic Assistance Intake** ..... 651-430-6459  
Medical Assistance, Food Stamps, MFIP (formerly AFDC), Emergency Assistance, Child Support Enforcement.
- Ways to Work (Community Action) Partnership of Ramsey and Washington Counties** [www.caprw.org](http://www.caprw.org) ..... 651-645-6445  
Interest-free loans for single parents who are working.

RETURN TO TOP OF DOCUMENT

## Financial Counseling

Page 8 of 15

- Consumer Credit Counseling Service of FamilyMeans** [www.familymeans.org](http://www.familymeans.org) ..... 651-439-4840  
Budget and credit counseling, debt repayment program for a fee.
- Lutheran Social Services of Minnesota** [www.lssmn.org](http://www.lssmn.org) ..... 1-888-577-2227  
Face-to-face debt management counseling; debt repayment options and educational workshops for first-time homebuyers; credit repair.

## Food Shelves

- Christian Cupboard (7380 Afton Road, Woodbury)** [www.christiancupboard.org](http://www.christiancupboard.org) ..... 651-233-1296  
Hours: Monday 12-4pm, Thursday 4-7pm, Friday 9am-1:30pm. Serving Woodbury, Landfall, and Oakdale.
- Community Helping Hand (Forest Lake)** [www.communityhelpinghand.org](http://www.communityhelpinghand.org) ..... 651-464-6831  
Monday, Wednesday, and Friday 12-4pm by appointment only. Serving the Forest Lake School District.
- Family Pathways (935 South Lake St, Forest Lake)** [www.familypathways.org](http://www.familypathways.org) ..... 651-464-2098  
Hours: Monday, Tuesday & Thursday 9am-6pm and Saturday 9am-3pm. Serving the Forest Lake School District.
- Friends in Need (255 Third Street, St. Paul Park)** ..... 651-458-0730  
Hours: Tuesday 8am-6pm and Wednesday 5:30-7pm. Serving Cottage Grove, Newport, St. Paul Park, and Grey Cloud.
- Hugo Good Neighbors Food Shelf (5524 Upper 146th St, Hugo)** [www.hugogoodneighborsfoodshelf.com](http://www.hugogoodneighborsfoodshelf.com) ..... 651-528-6224  
Hours: Monday, Tuesday & Thursday, 4-7pm. Serving the Hugo Community.
- Mahtomedi Area Food Shelf (St. Jude of the Lake Parish, 700 Mahtomedi Ave, Mahtomedi)** ..... 651-395-5350  
Hours: Tuesday & Thursday 1-3pm. First and third Wednesday of the month 5-7pm by appointment only. Serving the Mahtomedi School District.
- New Life Church (6758 Bailey Road, Woodbury)** [www.newlife4u.org](http://www.newlife4u.org) ..... 651-757-4177  
Hours: Tuesday 8:30-9:30am no appointment needed. Serving Woodbury, Cottage Grove, and Oakdale.
- North St. Paul Area Food Shelf (2538 E. Seppala BLVD, N St. Paul)** ..... 651-770-1309  
Hours: Monday-Friday 10am-1pm. Call a day ahead to schedule an appointment. Serving the Oakdale Community.  
[www.northstpaulareamergehomestead.com](http://www.northstpaulareamergehomestead.com)
- St. Michael's Food Shelf (611 S. Third Street, Stillwater)** [www.stmichaelstillwater.org](http://www.stmichaelstillwater.org) ..... 651-439-3241  
Please all Monday through Thursday 9-11am to schedule an appointment. Serving the Stillwater School District.
- Elim Food Shelf (20971 Olinda Trail, Scandia)** [www.welmscandia.com](http://www.welmscandia.com) ..... 651-433-2723  
Hours by appointment only.
- Valley Outreach (1911 Curve Crest Blvd, Stillwater)** [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org) ..... 651-430-2739  
Hours: Monday, Wednesday, Friday 10am-12pm, Tuesday and Thursday 5pm-7pm. Serving School District 834.
- White Bear Foodshelf** [www.whitebearfoodshelf.org](http://www.whitebearfoodshelf.org) ..... 651-407-5310  
Call Monday through Friday 10am-12pm to schedule a same day appointment. Serving White Bear Lake School District.

## Health Care

- Century Community and Technical College - Dental** ..... 651-779-3341 or 651-779-5787  
Dental services provided by students: cleaning, sealants, fluoride treatment, x-rays (small fee charged)
- Child and Teen Check-Ups (C&TC) Program** ..... 651-430-6750  
Provides outreach, resources, health care information, for those covered by MN Health Care Programs (MA/MN CARE).
- Children's Hospitals and Clinics - St. Paul** [www.childrensmn.org](http://www.childrensmn.org) ..... 651-220-6000
- St. Paul District Dental Society** [www.saintpaul.mndental.org](http://www.saintpaul.mndental.org) ..... 651-697-0831
- Fairview Lakes Regional Medical Center** [www.fairview.org](http://www.fairview.org) ..... 651-982-7000
- Follow-Along Program (FAP)** ..... 651-430-6750  
Mailed developmental screening questionnaires for children up to 3 years of age.
- Lakeview Hospital (Stillwater)** [www.lakeviewhealth.org](http://www.lakeviewhealth.org) ..... 651-439-5330
- MinnesotaHelp** [www.minnesotahelp.info](http://www.minnesotahelp.info) ..... 1-800-333-2466  
Provides resources for accessing health coverage, providers, and other information on managing health care coverage.
- Neighborhood Health Care Network** [www.nhcn.org](http://www.nhcn.org) ..... 651-489-CARE (2273) or 866-489-4899  
Information and referral to Twin Cities area community clinics, also low cost clinics.
- PrairieCare** [www.prairie-stjohns.com](http://www.prairie-stjohns.com) or [www.prairie-care.com](http://www.prairie-care.com) ..... 888-9-PRAIRIE  
Comprehensive psychological and psychiatric assessment and treatment for those who are suffering from psychiatric conditions. Services include Partial Hospital Program, Intensive Outpatient Program and Clinical Services.
- Regions Hospital** [www.regionshospital.com](http://www.regionshospital.com) ..... 651-254-3456

Continued on Next Page

RETURN TO TOP OF DOCUMENT

## Health Care (Cont'd)

Page 9 of 15

<b>St. Croix Family Medical Clinic</b> <a href="http://www.southsidechs.org">www.southsidechs.org</a> .....	651-430-1880
Services include general medical, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing. Stillwater office.	
<b>St. Mary's Health Clinic</b> <a href="http://www.stmaryshealthclinics.org">www.stmaryshealthclinics.org</a> .....	651-287-7777
Provides health care services at no cost to low income uninsured individuals and families in our communities.	
<b>Washington County Public Health and Environment</b> .....	651-430-6655
Prenatal and breast feeding education, parenting support, immunization clinic, WIC, and long-term care programs. Family Health Nursing provides supportive home visits and health education to pregnant women and families with children in Washington County. Services for health promotion, adolescent health, and disease prevention and control.	
<b>Woodwinds Health Campus</b> <a href="http://www.healtheast.org/woodwinds">www.healtheast.org/woodwinds</a> .....	651-232-0228

## Health Care Coverage

<b>American Diabetes Association Minnesota</b> <a href="http://www.diabetes.org">www.diabetes.org</a> .....	763-593-5333
Offer list of resources to assist with diabetes care.	
<b>HealthEast Diabetes Care</b> <a href="http://www.healtheast.org">www.healtheast.org</a> .....	651-232-5757
Diabetic supplies at reduced or no cost. Also offers education and training.	
<b>MinnesotaCare</b> <a href="http://www.dhs.state.mn.us">www.dhs.state.mn.us</a> .....	651-297-3862 or 1-800-657-3672
A health insurance program for low-income individuals and families with children who are uninsured. Pays for most prescription drugs, doctors, clinics, dentists, shots, eye-glasses, and other kinds of medical care.	
<b>Portico Healthnet</b> <a href="http://www.porticohealthnet.org">www.porticohealthnet.org</a> .....	651-489-CARE (2273) or 1-866-489-4899
Information and assistance connecting with health care program that best meets individual needs.	
<b>St. Croix Family Medical Clinic</b> .....	651-430-1880
Services include general medical services. Provides sliding fee-based services.	
<b>St. Mary's Health Clinic</b> <a href="http://www.stmaryshealthclinics.org">www.stmaryshealthclinics.org</a> .....	651-690-7029
Provides health care services at no cost to low income uninsured individuals and families in our communities. Diabetic supplies at reduced or no cost.	
<b>Washington County Community Services – Economic Support</b> .....	651-430-6459
Economic Support Services help eligible residents with health care coverage information and access services including: <b>General Assistance Medical Care:</b> Assists persons who cannot meet the costs of necessary medical care. Must be between the ages of 21-64 and not disabled nor eligible for a federal program. <b>Medical Assistance:</b> Assists those who cannot meet the cost of necessary medical care, and who meet eligibility criteria. <b>TEFRA:</b> Medical Assistance for children with disabilities. Eligibility requirements.	

## Health Care Phone Lines

<b>Lactation/Breast Feeding Resource Center</b> <a href="http://www.allinahealth.org">www.allinahealth.org</a> .....	651-241-6250
Registered Nurse lactation consultants provide over the phone consultation.	
<b>Minnesota Family Planning/Sexually Transmitted Disease Hotline</b> <a href="http://www.healthstate.mn.us">www.healthstate.mn.us</a> .....	1-800-783-2287
Referral and education information. Monday-Friday, 9am-8pm; Saturday, 9am-2pm.	
<b>MN AIDS Line</b> <a href="http://www.mnaidsproject.org">www.mnaidsproject.org</a> .....	612-341-2060
Education information for the general public as well as resources for people living with HIV. Monday – Friday, 9am-5pm.	

## Home Page Internet Addresses for Families

<b>Children, Youth and Family Consortium (U of M)</b> .....	<a href="http://www.cyfc.umn.edu">www.cyfc.umn.edu</a>
<b>Family Means</b> .....	<a href="http://www.familymeans.org">www.familymeans.org</a>
<b>The Waisman Center</b> .....	<a href="http://www.familyvillage.wisc.edu">www.familyvillage.wisc.edu</a>
<b>Forest Lake Area Schools</b> .....	<a href="http://www.forestlake.k12.mn.us">www.forestlake.k12.mn.us</a>
<b>Future of Children, The</b> .....	<a href="http://www.futureofchildren.org">www.futureofchildren.org</a>
<b>Canvas Health</b> .....	<a href="http://www.hsicares.org">www.hsicares.org</a>
<b>Lakeview Hospital</b> .....	<a href="http://www.lakeview.org">www.lakeview.org</a>
<b>Mahtomedi Schools</b> .....	<a href="http://www.mahtomedi.k12.mn.us">www.mahtomedi.k12.mn.us</a>
<b>Minnesota Department of Education</b> .....	<a href="http://www.education.state.mn.us">www.education.state.mn.us</a>
<b>North St. Paul, Maplewood, Oakdale Schools</b> .....	<a href="http://www.isd622.org">www.isd622.org</a>

Continued on Next Page

RETURN TO TOP OF DOCUMENT

## Home Page Internet Addresses for Families (Cont'd)

Page 10 of 15

<b>PrairieCare/Prairie St John's</b> .....	<a href="http://www.prairie-care.com">www.prairie-care.com</a> or <a href="http://www.prairie-stjohns.com">www.prairie-stjohns.com</a>
<b>South Washington Schools</b> .....	<a href="http://www.sowashco.k12.mn.us">www.sowashco.k12.mn.us</a>
<b>Stillwater Area School Community Education</b> .....	<a href="http://ce.stillwater.k12.mn.us">http://ce.stillwater.k12.mn.us</a>
<b>U of M Extension Service – Washington County</b> .....	<a href="http://www.extension.umn.edu/county/washington">www.extension.umn.edu/county/washington</a>
<b>Washington County Community Services &amp; Public Health</b> .....	<a href="http://www.co.washington.mn.us">www.co.washington.mn.us</a>
<b>Washington County Library</b> .....	<a href="http://www.co.washington.mn.us/library">www.co.washington.mn.us/library</a>
<b>White Bear Lake School District #624</b> .....	<a href="http://www.whitebear.k12.mn.us">www.whitebear.k12.mn.us</a>
<b>Youth Service Bureau (Forest Lake)</b> .....	<a href="http://www.ysblakesarea.org">www.ysblakesarea.org</a>
<b>Youth Service Bureau (Stillwater, Woodbury, Cottage Grove)</b> .....	<a href="http://www.ysb.net">www.ysb.net</a>
<i>Your local library carries Internet Directories which are helpful in finding resources for you and your family.</i>	

## Legal Services

<b>Child Support Collection Information and Assistance</b> .....	651-430-6455
<b>Chrysalis Center For Women</b> <a href="http://www.tubman.org">www.tubman.org</a> .....	612-871-0118 or 612-824-2780
Legal assistance for women. Services offered include L.A.W. Clinics, divorce information sessions, and referrals to private attorneys.	
<b>Dial Lawyers</b> <a href="http://www.diallawyers.com">www.diallawyers.com</a> .....	612-529-9377
<b>HomeLine (rental advocacy)</b> <a href="http://www.homelinemn.org">www.homelinemn.org</a> .....	612-728-5767
Tenant hotline regarding rights and responsibilities.	
<b>Legal Advocacy for Persons with Developmental Disabilities</b> .....	612-332-1441
Free legal services are provided for persons with developmental disabilities. Services are limited to legal issues directly involving developmental disabilities.	
<b>Southern Minnesota Regional Legal Services, Inc</b> <a href="http://www.smrls.org">www.smrls.org</a> .....	651-222-4731
Free legal assistance available based on income guidelines and type of assistance needed. Does not handle criminal cases. Interpreters for Hmong, Laotian, and Spanish speaking clients.TDD– call 651-297-6456.	
<b>Tubman Family Alliance (several support groups)</b> .....	(East Metro) 651-789-6770 or..... (West Metro) 612-825-3333
<a href="http://www.tubmanfamilyalliance.org">www.tubmanfamilyalliance.org</a>	
Civil and Criminal orders of protection. Free counseling. Legal assistance from law clerks, assistance with Orders for Protection.	
<b>Victim Witness Program</b> .....	651-430-6115
Support for victims of crime through the County Attorney's Office.	

## Libraries

Services include free loan of print and audio visual materials, including paperbacks, newspapers, large print books, videos, CD's, and books on tape. All libraries offer free access to the Internet. Special programs for children such as "Story Times" and Summer Reading Program. Services to the homebound. Community resources available. Call for hours and services. More information can also be obtained on the County website at [www.co.washington.mn.us/library](http://www.co.washington.mn.us/library), except for Stillwater, Bayport and Lake Elmo, and their websites are listed below.

<b>Bayport</b> ( <a href="http://www.bayportlibrary.org">www.bayportlibrary.org</a> ).....	651-275-4416	<b>Oakdale</b> .....	651-730-0504
<b>Forest Lake</b> .....	651-275-7300	<b>Park Grove</b> .....	651-459-2040
<b>Lake Elmo</b> .....	651-775-7415	<b>Stillwater</b> .....	651-275-4338
<a href="http://www.lakeelmopubliclibrary.org">www.lakeelmopubliclibrary.org</a>		<a href="http://www.stillwaterlibrary.org">www.stillwaterlibrary.org</a>	
<b>Lakeland</b> .....	651-436-5882	<b>Wildwood</b> .....	651-426-2042
<b>Marine on St. Croix</b> .....	651-433-2820	<b>Woodbury</b> .....	651-731-1320
<b>Newport</b> .....	651-459-9631		

<b>Lakeview Hospital Community Health Library</b> <a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a> .....	651-430-4510
<b>Minnesota Workforce Center Library - Washington County</b> .....	651-275-8650
<b>Washington County Law Library</b> .....	651-430-6330

RETURN TO TOP OF DOCUMENT



## Mental Health Resources

Page 11 of 15

- Canvas Health** [www.canvashealth.org](http://www.canvashealth.org) ..... 651-275-4300  
Adult day treatments, housing programs, transportation, and other services. Also offer a NAMI support group for parents of children with Mental Health issues held on the second and fourth Thursday of each month in Oakdale.
- Consumer Survivor Network of MN** [www.mhcsn.org](http://www.mhcsn.org) ..... 651-637-2800
- Disability Linkage Line** ..... 866-333-2466  
An information and referral service for people with disabilities.
- Minnesota Mental Health Association** ..... 651-493-6634  
475 Cleveland Ave North, Suite #222, St Paul MN 55104
- Minnesota Office of The Ombudsman Office for Mental Health** ..... 651-757-1800  
121 7th Place East, Suite 420, St Paul MN 55101
- NAMI MN (National Association for Mentally Ill)** [www.namihelps.org](http://www.namihelps.org) ..... 651-645-2948  
800 Transfer Road, Suite #31, St Paul MN 55114

## Nutrition and Food Programs

- FARE For All** [www.fareforall.org](http://www.fareforall.org) ..... 763-450-3880 or 800-582-4291  
Packages of fresh produce and frozen meat at up to 40% savings.
- Food Stamps** ..... 651-430-6459  
Food stamps are available to individuals who meet eligibility requirements.
- Mothers and Children Program (MAC)** [www.health.state.mn.us](http://www.health.state.mn.us) ..... 651-484-8241  
A supplemental food program for mothers and children 5-6 years old. Must meet income eligibility requirements.
- School Lunch Program for Students**  
Call your child's school district for more information on free or reduced meals. Phone numbers for each school district are listed in this book under Education.
- Women, Infants and Children (WIC)** ..... 651-430-6658  
A supplemental food program for pregnant women, breastfeeding women, and children up to age five. Income eligibility required. Health screening and nutrition counseling also available. Call for nearest WIC location.

## Parenting/Family Classes

- Baby Blanket, The** ..... 651-257-8346  
Resource center for mothers and infants. Help with clothing, cribs and carseats available. Thursday 9:30am - 12:30pm and Saturday 10am - 2pm.
- Early Childhood Family Education (ECFE)** Classes for parents and their children ages birth to kindergarten. Family events, home visits, toy lending and resource libraries. Call for more information.
- |                                       |   |
|---------------------------------------|---|
| <b>Forest Lake</b> ..... 651-982-8300 | <b>N. St. Paul, Maplewood, Oakdale</b> ..... 651-748-7280 |
| <b>Mahtomedi</b> ..... 651-407-2441   | <b>South Washington County</b> ..... 651-768-5330         |
| <b>Stillwater</b> ..... 651-351-4000  | <b>White Bear Lake</b> ..... 651-653-3100                 |
- LaLeche League** [www.llofmdas.org](http://www.llofmdas.org) ..... 612-922-4996  
A peer support and education group for breastfeeding women.

## Pregnancy

- Abbott-Northwestern Hospital** [www.allinahealth.org](http://www.allinahealth.org) ..... 612-863-4000  
Pregnancy and Infant Loss Support Group. Parents who experienced the loss of an INFANT through miscarriage, stillbirth, or early neonatal loss. Pre-Registration required.
- Children's Home Society & Family Services** [www.chsfs.org](http://www.chsfs.org) ..... 651-646-7771  
Counselors assist women and men who are experiencing an unplanned pregnancy. Services are free.
- Children's Hospitals and Clinics - St. Paul** [www.childrensmn.org](http://www.childrensmn.org) ..... 651-220-6000  
Pregnancy and Infant Loss Support Group. Parents who have experienced a perinatal loss.
- Compassionate Friends** [www.tcfstpaul.org](http://www.tcfstpaul.org) ..... 651-459-9341  
St. Paul Chapter meets 2nd Thursday of the month at 7pm. Supporting family after a child dies.
- Life Care Centers - see Financial Section.**
- Mercy Hospital** [www.allinahealth.org](http://www.allinahealth.org) ..... 763-236-6000  
Click on Classes and Support Groups for more information.

Continued on Next Page

RETURN TO TOP OF DOCUMENT

## Pregnancy (Cont'd)

Page 12 of 15

- St. Croix Family Medical Clinic** [www.southsidechs.org](http://www.southsidechs.org) ..... 651-430-1880  
Services include general medical services, pregnancy-testing, prenatal care, reproductive health care, physical exams, well child check-ups, and confidential HIV testing. All exams on sliding fee/ability-to-pay basis.
- Sudden Infant Death (SID) Center** [www.childrensmn.org](http://www.childrensmn.org) ..... 1-800-732-3812 or 612-813-6282  
Monthly support group meets on first Wednesday evening of each month at Children's Hospitals & Clinics of Minnesota.
- Washington County Department of Public Health and Environment - Family Health** ..... 651-430-6655
- Public health nurses provide supportive home visits and health education to pregnant women and families.
  - WIC (Women, Infants and Children). Supplemental food program for pregnant and breastfeeding women, infants, and children up to age five. Income guidelines.

## Recreation

- |  |  |
|--|--|
| <b>Cottage Grove Parks and Recreation</b> .. 651-458-3400  | <b>North St. Paul Parks and Recreation</b> 651-747-2411      |
| <b>Forest Lake Community Education</b> ... 651-982-8110  | <b>Oakdale Recreation</b> ..... 651-747-3860                 |
| <b>Lake Elmo Park Reserve</b> ..... 651-430-8370   | <b>St. Croix Valley Recreation Center</b> ..... 651-430-2601 |
| <b>Mahtomedi Community Education</b> ..... 651-407-2037  | <b>Stillwater Community Education</b> ..... 651-351-8300     |
| <b>Maplewood Parks and Recreation</b> ..... 651-249-2100   | <b>White Bear Lake Recreation</b> ..... 651-407-7501         |
| <b>Newport Summer Recreation</b> ..... 651-459-5677  |  |
| <b>Maplewood Community Center</b> ..... 651-249-2100<br>Recreational and educational programs for children, teens, and adults. Swim programs.  |  |
| <b>Maplewood Nature Center</b> ..... 651-249-2170<br>Wildlife Preserve, interpretive center, and educational programs. No entrance fees, some program fees. Some trails are wheelchair accessible.                           |  |
| <b>North St. Paul Community Center</b> ..... 651-747-2411<br>Recreational and educational programs for children, teens, and adults.  |  |
| <b>St. Croix Bluffs Regional Park</b> ..... 651-430-8240   |  |
| <b>Woodbury Recreation</b> ..... 651-714-3583  |  |
| <b>YMCA (SouthEastern)</b> ..... 651-731-9507<br>Programs include fitness classes for all ages, parent-child programs, day camp, summer daytime baseball, and youth programs such as Youth in Government and Junior Leaders. |  |

## Senior Services

- Community Thread** [www.communitythreadmn.org](http://www.communitythreadmn.org) ..... 651-439-7434  
Opportunities for seniors to socialize and volunteer. Educational, recreational, inter-generational activities. Free AARP tax assistance and smart driving classes.
- Family Means** [www.familymeans.org](http://www.familymeans.org) ..... 651-439-4840  
Respite care, caregiver support groups, caregiver coaching/counseling, educational programs.
- Minnesota State Council on Disability** [www.disability.state.mn.us](http://www.disability.state.mn.us) ..... 1-800-945-8913 or 651-361-7800  
Voice & TTY. Provides information & referrals regarding resources for equipment, legislation, development of programs, and information on handicapped-accessible buildings.
- Senior Centers**  
Fitness education, leisure programs, mini health clinics, resource information, tax assistance, defensive driving courses, volunteer opportunities.
- |  |  |
|--|--|
| <b>Cottage Grove</b> ..... 651-458-6650  |  |
| <b>Forest Lake</b> ..... 651-464-5833  |  |
| <b>Stillwater</b> <a href="http://www.communitythreadmn.org">www.communitythreadmn.org</a> ..... 651-439-7434  |  |
| <b>Senior Linkage Line</b> Information & Referral ..... 1-800-333-2433   |  |
| <b>Washington County Adult Protection</b> ..... 651-430-6484   |  |
| <b>Washington County Adult Intake</b> ..... 651-430-6484   |  |
| <b>Washington County Housing and Redevelopment Authority</b> <a href="http://www.wchra.com">www.wchra.com</a> ..... 651-458-0936   |  |
| <b>For a more detailed guide to Washington County resources for seniors and persons with disabilities,</b><br>call Washington County Department of Community Services ..... 651-430-6455 |  |

RETURN TO TOP OF DOCUMENT

## Support Groups

Page 13 of 15

The following groups meet at a variety of locations and times throughout Washington County.

- Alanon/Alateen** [www.al-anon-alateen-msp.org](http://www.al-anon-alateen-msp.org)..... 952-920-3961(MPLS) or 651-771-2208 (St. Paul)  
Support for anyone affected by another person's drinking.
- Alcoholics Anonymous** [www.aa.org](http://www.aa.org) .....651-227-5502  
Support for people dealing with alcohol problems.
- CareGiver Support (FamilyMeans)** [www.familymeans.org](http://www.familymeans.org) .....651-439-4840  
For caregivers of frail adults or children with disabilities or chronic illness.

The following groups support parents with children who have special needs or chronic illness:

- ARC** .....952-920-0855  
Promotes and protects The Human Rights of people with intellectual and developmental disabilities, actively supporting .. them and their families.
- Autism Society of Minnesota - Group Autism Support** [www.ausm.org](http://www.ausm.org) .....651-647-1083
- Emotions Anonymous**.....651-647-9712

This group follows a 12-step approach for persons needing emotional support.

- Courage Kenny Rehabilitation Institute**.....651-351-2362  
Provides education and support to individuals with disabilities, complex health issues or other rehabilitation needs.
- Fathers FIRST!** .....612-384-7078  
Offers a variety of services to fathers/expectant fathers on free or sliding fee basis. Parenting classes, relationship classes, anger management, couples' counseling, family violence counseling, father support group, and parenting time supervision. Weekly family law clinics.

The following Support Groups are available at Lakeview Hospital.

- Alzheimer's Disease & Dementia Support** .....651-210-7866  
Provides information, education, and support to family members and caregivers.
- Fibromyalgia Support** .....651-351-2364  
Provides education and support for individuals with fibromyalgia, and their families.
- Kids in Grief**.....651-430-4586  
Support and education for children kindergarten – junior high that have experienced the death of a loved one.
- Diabetes Support** .....651-430-8715  
Group support, along with informational sessions, for those with Type 2 diabetes.
- Weathering Life's Losses** .....651-430-4586  
Support group for anyone who has experienced the death of a loved one.

- Gamblers Anonymous** .....855-222-5542  
Support group - call for date and time of meeting.

- Prevent Child Abuse Minnesota (formerly Family Support Network)** ..... 1-800-CHILDREN or 651-523-0099  
Information Only ..... 651-244-5373  
A peer support group for parents who want to improve their relationship with their children. Circle of Parents Program.
- Chrysalis Center (several support groups)** [www.tubmanfamilyalliance.org](http://www.tubmanfamilyalliance.org).....612-871-0118

## Support Groups for Children and Teens

- Alanon/Alateen Information Center** [www.al-anon-alateen-msp.org](http://www.al-anon-alateen-msp.org) .....651-771-2208  
For anyone affected by another person's drinking.
- Anthony Louis Center** [www.anthonylouiscenter.com](http://www.anthonylouiscenter.com).....651-731-0031  
Adolescent chemical dependency treatment services.
- FamilyMeans** [www.familymeans.org](http://www.familymeans.org) .....651-439-4840  
"Children in Transition" support groups for children whose families are experiencing separation or divorce. Groups conducted in area elementary schools during school year.
- Headway** [www.headway.org](http://www.headway.org) .....612-861-1675  
Offers many out-patient and other comprehensive options for youth experiencing difficulty in their family life and at school.
- Teens/Kids in Grief (Lakeview Hospital)** [www.lakeviewhealth.org](http://www.lakeviewhealth.org) .....651-430-4586  
Provides support and education for children, kindergarten - junior high, who have experienced the death of a loved one.
- Young Life: Young Lives for Teen Moms** [www.younglife.org](http://www.younglife.org).....651-430-1873  
Christian-based mentoring program for pregnant teens and teen moms and dads.

RETURN TO TOP OF DOCUMENT

## Telephone Help Lines for Emotional & Psychological Concerns

Page 14 of 15

- Crisis Connection Crisis Line** [www.crisis.org](http://www.crisis.org) .....612-379-6363 or 1-888-379-6363  
**Love Lines** .....612-379-1199  
Crisis phone calls 24 hours a day. Referrals made to Christian therapists and community churches.
- Men's Line** .....612-379-6367 or 1-866-379-6367
- Minnesota Compulsive Gambling Hotline (answered 24 hours a day)**..... 1-800-333-4673
- Narcotics Anonymous** [www.naminnnesota.org](http://www.naminnnesota.org) ..... 952-939-3939  
A 24 hour help line for drug addicts with the desire to stop using.
- National Suicide Prevention Lifeline**..... 1-800-273-TALK
- PrairieCare/Prairie St. John's** [www.prairie-care.com](http://www.prairie-care.com) ..... 888-9-PRAIRIE  
24/7 ability to schedule a free needs assessment.

## Therapeutic Health Services

- Courage Kenny Rehabilitation Institute** [www.couragecenter.org](http://www.couragecenter.org) ..... 651-439-8283  
Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with physical disabilities and sensory impairments to achieve their full potential.
- Children and Youth with Special Health Needs (CYSHN)**.....651-201-3650 or 1-800-728-5420  
Resource information for providers and families of children with special health needs.
- Early Childhood Special Education (ECSE)**  
For the center nearest you, call your school district listed in this brochure under Education.
- Family Achievement Center** [www.familyachievement.com](http://www.familyachievement.com) ..... 651-738-9888  
Provides physical therapy, occupational therapy, speech & language pathology, specialized therapy programs, and occupational therapy life skills groups.
- Functional Kids Clinic** [www.functionalkids.com](http://www.functionalkids.com) ..... 651-770-8884  
Provides physical, occupational, sensory, and feeding therapy services.
- Lifetrack** [www.lifetrack-mn.org](http://www.lifetrack-mn.org) ..... 651-227-8471  
Provides physical therapy, occupational therapy, speech therapy, audiology services, and social services on a sliding fee scale. In-center therapy is provided. Homebound therapy is provided when medically necessary.
- Shriners Hospital** [www.shrinershq.org/hospitals](http://www.shrinershq.org/hospitals)..... 612-596-6100  
Orthopedic services including surgery, therapy, and equipment are available free to children who meet medical and financial eligibility.
- Specialty Clinics**  
Specialty clinics provide comprehensive diagnostic, treatment, and consultative teams in specific diagnostic areas, such as Down Syndrome Clinic, Cleft Lip & Palate Clinic, Epilepsy Clinic, Feeding & Swallowing Clinic, and Communication and Interactive Disorders Clinic. Call the major Metro Area hospitals to receive a list of specialty clinics they offer (i.e., Minneapolis Children's, St. Paul Children's, Gillette Specialty Health Care, U of M.)
- The Therapy Center** [www.mntherapycenter.com](http://www.mntherapycenter.com) ..... 651-342-0572  
Offering high quality speech and language therapy to children.

## Transportation

- Blue Ride - Medical/Dental Appointments** ..... 651-662-8648  
**Or Rides for Blue Plus Medical Assistance**..... 1-866-340-8648
- Canvas Health Group Transportation** [www.canvashealth.org](http://www.canvashealth.org) ..... 651-275-4300  
Provides group transportation.
- Community Thread** [www.communitythread.org](http://www.communitythread.org)..... 651-439-7434  
Volunteers transports clients to medical appointments in Washington County. Clients must be ambulatory and not receiving medical assistance. Must register at least 3 business days prior. Call for details.
- Forest Hill United Methodist Church (Car Care)**..... 651-464-2561  
Forest Hill Community Service Hotline. Car repairs for those in need of assistance in the Forest Lake area.
- HealthPartners - medical/dental appointments PMAP Only**..... 952-883-7400
- Medica - Provide-A-Ride**..... 952-992-2292  
Medical or dental appointments with this insurance.

Continued on Next Page

RETURN TO TOP OF DOCUMENT

## Transportation (Cont'd)

Page 15 of 15

<b>Metro Mobility</b> <a href="http://www.metrocouncil.org">www.metrocouncil.org</a> .....	651-602-1111
Serving people with disabilities in South Washington County, Oakdale, Maplewood, and parts of Woodbury.	
<b>Metro Transit Bus Schedules</b> <a href="http://www.metrotransit.org">www.metrotransit.org</a> .....	612-373-3333
Includes service within Stillwater, Bayport, and Oak Park Heights.	
<b>St. Croix Valley Christians In Action</b> <a href="http://www.carcasaturday.org">www.carcasaturday.org</a> .....	651-773-3083
Call to see if you can qualify to receive a car by attending a 6 week Bible Finance Class. Stillwater district.	
<b>Transit Link</b> .....	651-602-5465
Shared ride service. Call to reserve.	
<b>U-Care</b> .....	612-676-6830
Free transportation to medical appointments for families with these insurances.	
<b>Washington County Vehicle Registration</b> .....	651-296-6911
Information on how to obtain a sticker for handicapped parking.	

## Volunteer Opportunities

<b>Child Abuse Prevention Council in Washington County</b> .....	651-430-6643
Parents & community agencies involved in advocacy & community awareness working to prevent child abuse & neglect.	
<b>Community Thread</b> <a href="http://www.communitythread.org">www.communitythread.org</a> .....	651-439-7434
Provides volunteer opportunities throughout Washington County for adults and youth.	
<b>FamilyMeans</b> .....	651-439-4840
A variety of volunteer opportunities for youth.	
<b>Canvas Health</b> <a href="http://www.canvashealth.org">www.canvashealth.org</a> .....	651-275-4306
<b>Lakeview Hospital (Stillwater)</b> <a href="http://www.lakeviewhealth.org/volunteer">www.lakeviewhealth.org/volunteer</a> .....	651-430-8522
Student Volunteer Program provides senior high students with meaningful volunteer experiences. Requirement: To have completed tenth grade.	
<b>Stone Soup Thrift Shop</b> <a href="http://www.stonesoupthriftshop.org">www.stonesoupthriftshop.org</a> .....	651-458-9786
<b>Youth Service Bureau (Forest Lake)</b> <a href="http://www.ysblakesarea.org">www.ysblakesarea.org</a> .....	651-464-3685

## Youth Activities

<b>4-H, University of Minnesota Extension – Washington County</b> .....	651-430-6800
For children grades K-12. Clubs meet monthly throughout Washington County in urban, suburban, and rural areas. Teaches life skills and stresses positive youth development.	
<b>Big Brothers/Big Sisters</b> <a href="http://www.bigstvincities.org">www.bigstvincities.org</a> .....	651-789-2400
1-to-1 volunteer services to children ages 8-18	
<b>Boy Scouts Northern Star Council BSA</b> .....	763-231-7201
For boys ages 6 and up. Programs for both girls and boys after age 14.	
<b>Camp Fire MN</b> .....	612-235-7284
Providing youth development activities through informal education experiences stressing critical life skills and self-esteem development. Small group activities as well as camping experiences. For girls and boys ages 5-17 years.	
<b>Explorers (Medical Careers)</b> <a href="http://www.lakeviewhealth.org/volunteer">www.lakeviewhealth.org/volunteer</a> .....	651-430-8599
<b>Girl Scout Council of St. Croix Valley, Inc.</b> <a href="http://www.girlscoutsrv.org">www.girlscoutsrv.org</a> .....	651-227-8835
A program for girls ages 5-17. Promotes citizenship and healthy young development. Call for location nearest you.	
<b>Portico Healthnet</b> .....	651-275-8270 or 651-603-5100
Peer education program looking for youth from ISD#834 to plan health and wellness awareness events, displays and activities for their peers at school and in the community.	
<b>RealLife Young Life</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	651-430-1873
<b>Stillwater Young Life</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	651-430-1873
<b>Woodbury Young Life</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	651-295-0511
<b>WydLife/YoungLife</b> <a href="http://www.younglife.org">www.younglife.org</a> .....	651-430-1873
A Christian-based tutoring/mentoring program for junior high students. Fun-time stuff. September – May, 2-3 hours per week.	
<b>Youth Advantage</b> <a href="http://www.youthadvantage.org">www.youthadvantage.org</a> .....	651-342-1266
Provides eligible young people access to activities through financial need-based scholarships & loan of new or gently used sports equipment, musical instruments or other necessary items.	

RETURN TO TOP OF DOCUMENT

**If you are  
homeless and in  
need of shelter  
or housing...**

In Washington County, a new system called Coordinated Access is available to help homeless individuals and families find temporary shelter and/or permanent housing.

Homeless **YOUTH** (under age 22 and without any family members), call Canvas Health at 651-251-5214

Homeless **FAMILIES** with children, call St. Andrews Community Resource Center at 651-762-9124

Homeless **ADULTS** (over age 22) without children, call Washington County at 651-430-6488



For more information, go to:  
**[www.co.washington.mn.us](http://www.co.washington.mn.us)**  
and search "Homeless Services"

12/22/14



Connecting  
People  
Experiencing  
Homelessness  
to Shelter &  
Housing

**IF YOU NEED HELP,  
CALL US:**  
**Youth: 651-251-5214**  
**Families: 651-762-9124**  
**Single Adults: 651-430-6488**



# Coordinated Access: Connecting Homeless Individuals and Families in Washington County to Shelter & Housing

## What is Coordinated Access?

Individuals and families seeking emergency shelter and housing in Washington County can access those resources through a process called Coordinated Access. This process helps ensure that people experiencing homelessness are connected to the right services and housing options as quickly as possible.

Before entering emergency shelter, a Coordinated Access specialist will assist you in finding other options. Shelter beds are limited and often not available, so we will first try to help you find another way to resolve your housing crisis. People who do not have any other options may be referred to shelter or placed on a waiting list.



## Assessment

If you receive shelter assistance or are placed on a waiting list, a Coordinated Access specialist will conduct an assessment with you to determine the most appropriate referral for housing services, based upon your needs and housing barriers.

## Housing Referral

Referrals to housing programs are prioritized based on any health issues, previous homelessness and other factors. Supportive housing opportunities are limited, and you may wait some time for an opening.

## What if I'm *not* homeless right now, but I'm worried I will be?

Coordinated Access is only for those who are already homeless. If you are in housing and are facing eviction or otherwise need help to avoid losing your housing, there are other resources to call:

**Washington County Emergency Assistance: 651-430-6455**

**The Salvation Army: 651-739-6288**

**Canvas Health (Youth): 651-251-5214**

## WASHINGTON COUNTY COORDINATED ACCESS

**Youth: 651-251-5214**

**Families: 651-762-9124**

**Single Adults: 651-430-6488**

# 2015 Guide to Mental Health Services & Resources

## Advocacy and Support –

### Groups and Classes Re: Mental Illness

- NAMI - National Alliance for Mental Illness – St. Croix Affiliate (Contact: Denise Hackel) (Free) 715-639-2078
- Pierce County Human Services (Ellsworth) (IS, MA, MC, SF) 715-273-6766
- St. Croix County Human Services (New Richmond) (IS, MA, MC, SF) 715-246-8445

### Alcohol, Drug & Other Addictions (AODA)

- Alano Society of New Richmond (New Richmond) (Free) 715-246-4912
- Burkwood, Inc. (Burkhardt) (IS, MA) 715-386-6125
- Hudson Alano Club (Hudson) (Free) 715-386-2932
- Hudson Hospital & Clinic Programs for Change (Hudson/New Richmond) (IS, MA, MC, FA) 715-531-6755
- Kinnic Falls Alcohol & Drug Abuse Services (River Falls) (IS, MA) 715-426-5950
- Midwest Psychological Services (Hudson) (IS, MA, MC, SF, FA) 715-381-1980
- Pierce County Human Services (Ellsworth) (IS, MA, MC, SF) 715-273-6766
- St. Croix County Human Services (New Richmond) (IS, MA, MC, SF) 715-246-8445

### Child & Adolescent Services

- See “Mental Health Counseling”

### Mental Health Counseling Services

(Child, Adolescent, Adult & Geriatric)

- Adulteen Counseling (River Falls) (IS, SF) 715-410-5822
- Boorman Counseling (Baldwin) (IS) 715-977-2441
- Catherine C. Olson Counseling (Hammond) (IS, MA, SF) 651-269-0924
- Couples and Family Therapy Clinic (Hudson) (IS, SF) 715-441-1828
- Croix Counseling & Psychology (Hudson) (IS, MA, SF) 715-377-0000
- Family Innovations (Balsm Lake/Hudson) (Most Insurances, MA, SF) 715-808-0607
- Family Means (Hudson) (IS, MA, MC, SF) 715-386-2066
- Family Therapy Associates (New Richmond) (IS, MA, SF) 715-246-4840
- Hudson Counseling Services (Hudson) (Most Insurances, IS, MA, C) 715-531-6760
- Loretta Henson (River Falls) (IS, MA, MC) 715-426-4967
- Living Hope Christian Counseling (Baldwin) (FA) 715-688-3333
- Marriage & Family Health Services (Hudson) (IS) 715-381-5437
- Michael J. Moller (Hudson) (IS) 715-386-0856
- Midwest Psychological Services (Hudson) (IS, MA, MC, SF, FA) 715-381-1980
- Northwest Counseling Services – Baldwin Area Medical Center (Baldwin) (IS, MA, MC, SF, FA) 715-684-6777
- Pierce County Human Services (Ellsworth) (IS, MA, MC, SF) 715-273-6766
- Riverside Clinic & Consulting Psychology (Prescott) (IS, MN MA, MC) 715-262-5559
- St. Croix County Human Services (New Richmond) (IS, MA, MC, SF) 715-246-8445
- Valley Counseling & Clinical Psychology (Hudson) (IS, MA, SF) 715-386-0320
- Youth Service Bureau (Hudson) (IS, MA, SF) 715-781-0409

## Psychiatric Services

- Hudson Hospital Specialty Clinics (Hudson) (IS, MA, MC, FA) 715-531-6700  
(Referrals from Hudson Physicians, Programs for Change and Hudson Hospital Specialty Clinics Only)
- Midwest Psychological Services (Hudson) (IS, MA, MC, SF, FA) 715-381-1980
- Northwest Counseling Services – Baldwin Area Medical Center (Baldwin) (IS, MA, MC, SF, FA) 715-684-6777
- Pierce County Human Services (Ellsworth) (IS, MA, MC, SF) 715-273-6766
- River Falls Medical Clinic (River Falls) (IS, MA, MC) 715-425-6701
- St. Croix County Human Services (New Richmond) (IS, MA, MC, SF) 715-246-8445

## Psychological Testing

- Croix Counseling & Psychology (Hudson) (IS, MA, SF) C, P 715-377-0000
- Family Therapy Associates (New Richmond) (IS, MA, SF) C, P 715-246-4840
- Michael J. Moller (Hudson) (IS) P 715-386-0856
- Midwest Psychological Services (Hudson) (IS, MA, MC, SF) N, C, P 715-381-1980
- Northwest Counseling Services – Baldwin Area Medical Center (Baldwin) (IS, MA, MC, SF, FA) N, C, P 715-684-6777
- Riverside Clinic & Consulting Psychology (Prescott) (IS, MA, MC, SF) P 715-262-5559
- St. Croix County Human Services (New Richmond) (IS, MA, MC, SF) C, P 715-246-8445

**Assessment Key:** N Neuropsychological C Court ordered P Psychological

## Sex Offender Treatment

- Integra Counseling Services (Private Pay Only) 715-386-9011

## Veterans Mental Health Services

- Call your Veterans’ Service Officer for referral

### Payment Source Key:

<b>IS</b>	Private insurance and/or self pay
<b>MA</b>	Medical Assistance (Badger Care, Medicaid, Benchmark)
<b>MC</b>	Medicare
<b>SF</b>	Sliding fee
<b>FA</b>	Financial Assistance

## Crisis Services

- For those that are not connected to a Mental Health provider dial 911, ask to speak with a Behavioral Health on-call worker and dispatch will connect you with a telephone crisis worker.
- For those connected with a Mental Health provider, each provider is responsible for providing their own crisis services to the clients they serve. Please contact your provider.
- National Suicide Lifeline 800-273-8255
- St. Croix Valley Sexual Assault Response Team (SART) (River Falls) 715-425-6443  
(SART Toll Free) 877-572-6313

# 2015 Guide to Mental Health Services Pierce and St. Croix Counties

Guide materials and printing provided by  
Hudson Hospital & Clinic Programs for Change,  
Alcohol & Other Substance Abuse Treatment &  
Recovery Care | (715) 531-6755



HealthPartners®

Lakeview Hospital Community Health Needs Assessment  
Community Hospital Consulting  
PFC5031 Marketing & Communications 5031/2015

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>HEALTHCARE</b>								
<b>HealthEast Stillwater Clinic</b>	2900 Curve Crest Blvd	Stillwater	MN	55082	Mon. - Fri. 7:30am-5pm	651-471-5600	<a href="http://www.healtheast.org">www.healtheast.org</a>	Family medicine, allergy care, diabetes education, heart care, midwifery (certified nurse-midwives), physical therapy
<b>Lakeview Hospital</b>	927 Churchill Street West	Stillwater	MN	55082	Emergency Dept: 24/7; OB/GYN Clinic: Mon. - Fri. 7:30am -	651-439-5330	<a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a>	Full-service hospital; emergency medicine, intensive care unit, anesthesiology, general surgery, same day surgery, orthopaedic surgery, physical medicine, women's health clinic, OB/GYN, birth center, cardiology and heart center, cardiac and pulmonary rehabilitation, hospice and palliative care, colonoscopy, oncology and infusion, diabetes and nutrition, integrative medicine, massage therapy, pharmacy urgent care, and pharmacy.
<b>Stillwater Medical Group</b>	1500 Curve Crest Blvd	Stillwater	MN	55082	Mon. - Fri. 7:30am-5pm; Urgent Care: Mon. - Fri. 5pm -; Sat. & Sun. 8am - 11:30am	651-439-1234	<a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a>	Primary Care Clinic: family medicine, pediatrics, adult medicine, geriatric medicine, internal medicine, as well as 35 specialists, urgent care, and pharmacy.
<b>Stillwater Medical Group Walmart Clinic</b>	5815 Norell Ave	Oak Park Heights	MN	55082	Mon. - Fri. 9am - 7pm; Sat. 9am-5pm; Sun. 11am-5pm	651-439-1234		Convenient care clinic; preventative and routine health care for ages 18 months and above.
<b>St. Croix Family Medical Clinic</b>	5640 Memorial Ave N Suite B	Stillwater	MN	55082	Mon., Wed., Fri. 8am - 5pm	651-430-1880	<a href="http://www.southsidechs.org">www.southsidechs.org</a>	Federally Qualified Community Health Clinic. Accepts insurance or sliding fee/free care. General medicine, physical exams, well child check-ups, prenatal care, reproductive health care, family planning, STD testing, and HIV testing.
<b>OTHER HEALTHCARE</b>								
<b>Courage St. Croix</b>	1460 Curve Crest Blvd	Stillwater	MN	55082		651-439-8293	<a href="http://www.couragecenter.org">www.couragecenter.org</a>	Provides rehabilitation, enrichment, vocational, independent living, and education services to empower people with disabilities and sensory impairments to achieve their full potential
<b>Project Life</b>	713 County Road 5	Stillwater	MN	55082	Mon. - Thurs. 9am-; Fri. 9am-3pm	651-439-5964	<a href="http://www.scvlcc.org">www.scvlcc.org</a>	Free and confidential pregnancy testing and family resource center. Counseling, ultra sounds, prenatal care, STD testing, baby layettes/furniture, housing and financial assistance
<b>Scandia Clinic Osceola Medical Center</b>	21150 Ozark Court North	Scandia	MN	55073	Mon. 9am-7pm; Tues. 9am-5pm; Wed. 9am-6pm; Thurs. 9am-5pm; Fri. 9am-5pm	888-565-4662		Complete family medical clinic
<b>St. Croix Orthopaedics, P.A.</b>	1701 Curve Crest Blvd Suite 104	Stillwater	MN	55082	Mon. - Thurs. 7:30am-5pm; Fri. 7:30am - 4pm	651-439-8807	<a href="http://www.stcroixortho.com">www.stcroixortho.com</a>	Surgical and non-surgical orthopaedic services, arthroscopy, hand and foot surgery, limb lengthening, orthotics, sports medicine and sports injuries, spine and lower back surgery, total joint replacements
<b>Washington County Public Health &amp; Environment</b>						651-430-6655	<a href="http://www.co.washington.mn.us/publichealth/">www.co.washington.mn.us/publichealth/</a>	Prenatal and breastfeeding education, parenting support, immunization clinic, WIC, and long-term care programs. Family Health Nursing provides supportive home visits and health education to pregnant women and families with children in Washington County. Services for health promotion, adolescent health, and disease prevention and control.

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>DENTAL CARE</b>								
<b>St. Croix Family Dental</b>	5640 Memorial Ave N Suite B	Stillwater	MN	55082	Mon., Wed., Fri. 8am - 5pm	651-430-1880	<a href="http://www.southsidechs.org">www.southsidechs.org</a>	Dental van and dental clinic on a sliding fee basis. Helps patients determine eligibility for government-funded dental care.
<b>Reardon Dentistry</b>	333 Main St. N #111	Stillwater	MN	55082	Mon. - Wed. 8am-5pm; Thurs. 7am-4pm; Fri. 9am-2pm	651-439-6125	<a href="http://www.reardon dentistry.com">www.reardon dentistry.com</a>	Full service dental clinic
<b>River Valley Dental</b>	1395 Curve Crest Blvd W	Stillwater	MN	55082	Mon. 8am-5pm; Tues. 7:30am-5pm; Wed. 8am-5pm; Thurs. 7am-4pm; Fri. 7am-1:30pm	651-430-0036	<a href="http://www.rivervalleydental.com">www.rivervalleydental.com</a>	Full service dental clinic
<b>Southill Dental</b>	2850 Curve Crest Blvd W #200	Stillwater	MN	55082	Mon. - Thurs. 8am -; Fri. 8am-1pm	651-439-9400	<a href="http://www.southilldental.com">www.southilldental.com</a>	Full service dental clinic
<b>St. Croix Valley Dental</b>	13961 60th St. N	Stillwater	MN	55082	Mon., Thu. 7am-7pm; Tues. - Wed. 7am-5pm; Fri. 7am-4pm; Sat. 8am-12pm	651-439-2600	<a href="http://www.stcroixvalleydental.com">www.stcroixvalleydental.com</a>	Full service dental clinic
<b>Stillwater Family Dental</b>	13481 60th St. N #100	Oak Park Heights	MN		Mon., Tues., Thurs. 8am-5pm; Wed. 7:30am-5pm; Fri. 8am-1pm	651-351-0890	<a href="http://www.stillwaterfamilydental.com">www.stillwaterfamilydental.com</a>	High quality preventative, restorative, andn cosmetic dental care
<b>Windmiller Distinctive Dentistry</b>	1701 Curve Crest Blvd W	Stillwater	MN	55082		651-439-8840	<a href="http://www.drwindmiller.com">www.drwindmiller.com</a>	Specializes in restorative and cosmetic dental care, including smile design, bonding, bridges ,conscious sedation, crowns, dental implants, hygiene, dentures, inlays and overlays, laser dentistry, non-metal fillins, veneers, and teeth whitening
<b>Valley Ridge Dental</b>	12425 55th St N	Lake Elmo	MN	55042	Mon. 9am-1pm; Tues. - Thurs. 9am -; Fri. 9am-12pm	651-300-7353	<a href="http://www.stillwaterdentalclinic.com">www.stillwaterdentalclinic.com</a>	Full service dental clinic
<b>HOME &amp; COMMUNITY HEALTH</b>								
<b>Community Thread Senior Center</b>	2300 West Orleans St	Stillwater	MN	55082	Mon. - Fri. 9am-4pm	651-439-9159	<a href="http://www.communitythreadmn.org">www.communitythreadmn.org</a>	A place for older adults to meet, socialize and stay involved in the community through comprehensive, high-quality programs and leisure activities. Provides fitness education, leisure programs, mini health clinics, resource information, tax assistance, defensive driving courses, volunteer opportunities
<b>Home Care Organizations Washington County Department of Public Health &amp; Environment</b>						651-430-6655		A list of agencies that provide nurses, home health aides, and personal care attendants

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
Lakeview Parish Nursing Program					Hours vary, call parish for information			Parish nursing combines healthcare and ministry to enhance the health and well-being of parishioners and the community. Parish nurses are licensed registered nurses who also have completed parish nurse education. They bring holistic healthcare and a variety of wellness resources to parishioners and the community — in their homes, healthcare settings and at the churches. The role of the parish nurse varies from congregation to congregation based upon the needs of the church, and may include serving as a health educator, health counselor, coordinator of volunteers, integrator of faith/health relationship, referral source and health advocate.
Lakeview Homecare & Hospice	1715 Tower Dr Wsuite 330	Stillwater	MN	55082	24/7	651-430-3320	<a href="http://www.lakeviewhealth.org">www.lakeviewhealth.org</a>	Convenient, cost-effective homecare, palliative care, and hospice services. Acute and chronic illness/injury care, Companion Care (an alternative to adult daycare), a wide range of services/educational support based upon individual medical, emotional, spiritual and psychological needs.
Community Thread: Neighborhood Service Exchange	2300 West Orleans St	Stillwater	MN	55082		651-439-7434	<a href="http://www.volunteercvs.org">www.volunteercvs.org</a>	A neighbor-helping-neighbor program based on exchanging services such as cooking a meal, fixing a computer, providing a ride to the grocery store or making a friendly visit.
Senior Linkage Line						1-800-333-2433		A free statewide consultation, information and assistance service, helping connect seniors to useful services within the community to simplify everyday issues and decisions. Specializes in Medicare, prescription drug expense assistance, health insurance counseling, forms assistance, long-term care planning and insurance options, caregiver planning and support, home care, and transportation services
<b>MENTAL &amp; CHEMICAL HEALTH</b>								
Alcoholics Anonymous St. Paul & Suburban Area					24/7	651-227-5502	<a href="http://www.aastpaul.org">www.aastpaul.org</a>	Support for people dealing with alcohol problems
Canvas Health	Locations in Oakdale, Forest Lake, Stillwater				Mon. - Wed. 8am-9pm; Thurs. 8am-6pm; Fri. 8am-5pm	651-777-5222	<a href="http://www.canvashealth.org">www.canvashealth.org</a>	Comprehensive psychological and psychiatric assessment and treatment of emotional disturbance, mental illness, chemical dependency, physical and sexual abuse, services for seniors (adult day care, nutrition, transportation), individual and group therapy for children, parents and families
Children's Home Society & Family Services	1605 Eustis Street	St. Paul	MN	55108	Mon. - Fri. 9am-4:30pm	651-646-7771	<a href="http://www.chsfs.org">www.chsfs.org</a>	Variety of services including youth programs, individual and family counseling, and educational programs
FamilyMeans	1875 Northwestern Avenue S	Stillwater	MN	55082	By appointment	651-439-4840	<a href="http://www.familymeans.org">www.familymeans.org</a>	A wide variety of services for families including mental health counseling, financial counseling, debt repayment program, support for seniors, caregiver support, respite care, and prevention programs in schools

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>Mental Health Emergencies</b>					24/7	651-777-5222		A mental health professional is available for anyone experiencing a crisis such as suicidal feeling, depression, anxiety, panic, hopelessness, hallucinations, and rapid mood swings.
<b>Youth Service Bureau</b>	101 Pine Street W	Stillwater	MN	55082	Monday through Friday, 8am - 4:30pm	651-439-8800	<a href="http://www.ysb.net">www.ysb.net</a>	Programs use a variety of evidence-based prevention, intervention and education strategies to help youth take responsibility for their actions, deal more effectively with challenging situations, achieve greater success in school and give back to their community.
<b>INSURANCE &amp; LEGAL ACCESS</b>								
<b>Lakeview Prescription Assistance Program</b>					Mon. - Fri. 8am - 5pm or leave message	651-430-8582		The Prescription Assistance Program helps qualifying individuals receive free and/or low-cost prescription medications from pharmaceutical companies and/or other sources. Eligibility: Your primary healthcare provider must be with the Stillwater Medical Group. You do not have insurance OR your insurance does not include prescription drug coverage. Eligibility guidelines vary depending upon the medication needed.
<b>Legal Assistance of Washington County</b>	275 S Third St Suite 103	Stillwater	MN	55082	Intake hours: Mon., Wed., Fri. 9am-12pm	651-351-7172	<a href="http://www.lawcinc.org">www.lawcinc.org</a>	Provides legal representation or advice in civil matters for those who cannot afford private counsel. Civil matters include divorce, child support, visitation, paternity post decree, wills, spousal maintenance, consumer issues, and landlord-tenant.
<b>Portico Healthnet</b>	2610 University Ave W Suite 550	St. Paul	MN	55114	Mon. - Fri., 8am - 4:30pm	651-603-5100	<a href="http://www.porticohealthnet.org">www.porticohealthnet.org</a>	Provides information and assistance on choosing the most appropriate health care program to meet individual needs
<b>Washington County Community Services Economic Assistance Intake</b>					Mon. - Fri. 8am-5pm	651-430-6459		Economic Support Services to help with health care coverage information and access services including: Medical Assistance Program and General Assistance Medical Care - assist persons who cannot meet the costs of necessary medical care and meet certain eligibility requirements; TEFRA - medical assistance for children with disabilities
<b>NUTRITION, SHELTER, &amp; BASIC NEEDS</b>								
<b>Christian Cupboard</b>	7830 Afton Rd	Woodbury	MN		Fri. 9am-12pm	651-738-2338	<a href="http://www.woodburylutheran.org">www.woodburylutheran.org</a>	Provides food and other basic need items to those that live in Woodbury, Landfall, Maplewood south of I-94, Oakdale, and Lake Elmo
<b>Family Nutrition Program U of M Extension - Washington County</b>					Mon. - Fri. 8am-4pm	651-430-6800		A nutrition, food buying, and food safety education program for low-income families
<b>Family Pathways Food Pantry</b>	935 Lake St S P.O. Box 187	Forest Lake	MN	55025	Mon. - Thurs. 9am - 6pm; Sat. 9am-3pm	651-464-2098	<a href="http://www.familypathways.org">www.familypathways.org</a>	Food shelf, community advocacy program, youth programs, and non-medical senior services. Serves areas surrounding Forest Lake, Scandia, and Wyoming
<b>FARE For All Washington County</b>					Mon. - Fri. 8am-5pm	651-439-3838 or 763-450-3880	<a href="http://www.emergencyfoodshelf.org">www.emergencyfoodshelf.org</a>	Provides produce, meat products and other healthy food at discounted prices. No income limitations. Several sites in Washington County (Emergency Foodshelf Network in partnership with United Way of Washington County-East)

Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
Mahtomedi Area Food Shelf St. Jude of the Lake Parish	700 Mahtomedi Ave	Mahtomedi	MN	55115	Tues., Thurs. 1pm-3pm	651-426-3245		Provides nutritional assistance to individuals and families in need living within the Mahtomedi School District 832
Meals on Wheels Presbyterian Homes					Online scheduling	651-746-8200	<a href="http://www.preshomes.org">www.preshomes.org</a>	Volunteers deliver nutritionally balanced meals to seniors who are chronically disabled or homebound, and provide an opportunity for daily contact and interaction
Mothers and Children Program (MAC) and Nutrition Assistance Program for Seniors (NAPS)						651-484-8241	<a href="http://www.health.state.mn.us/divs/fh/csfp/index.html">http://www.health.state.mn.us/divs/fh/csfp/index.html</a>	A supplemental food program for mothers and children up to age six, and seniors age 60 or over, that meet income requirements
Scandia-Marine Food Shelf	14781 Oakhill Rd N	Scandia	MN		By appointment	651-433-2723		Food shelf for those that live in the Scandia-Marine area only
School Lunch Program for Stillwater School District 834		Stillwater	MN	55082		651-351-8340	<a href="http://www.stillwater.k12.mn.us/departments/food-services/free-reduced-price-meals">http://www.stillwater.k12.mn.us/departments/food-services/free-reduced-price-meals</a>	Free or reduced meals for those who qualify.
St. Andrews Lutheran Church, Community Resource Center	900 Stillwater Road	Mahtomedi	MN	55115	Mon. - Thurs. 8am-4pm or by appointment	651-762-9124 or Fax: 651-332-8881	email: <a href="mailto:center@saintandrews.org">center@saintandrews.org</a>	Assisting families and individuals in Mahtomedi and surrounding areas with food, shelter, housing, clothing and support.
St. Croix Valley American Red	342 Ave N	Bayport	MN	55003	Mon. - Fri. 8am-4pm	651-439-0031		Provides food, shelter, and clothing for families who are victims of disaster. Serves residents of St. Croix, Polk, and Burnett counties, as well as eastern Washington county
St. Michael's Food Shelf	611 S Third St	Stillwater	MN	55082	Mon. - Thurs. 9am-11am	651-439-4400	<a href="http://www.stmichaelstillwater.org">www.stmichaelstillwater.org</a>	Serves residents of Stillwater School District 834
Women, Infants and Children						651-430-6658	<a href="http://www.co.washington.mn.us/publichealth/">www.co.washington.mn.us/publichealth/</a>	A supplemental food program for pregnant women, breastfeeding women, and children up to the age of five. Health screening and nutrition counseling also available.
Valley Outreach	1911 Curve Crest Blvd W	Stillwater	MN	55082	Mon., Wed., Fri. 10am-12pm; Mon., Thurs. 6pm-8pm	651-430-2739	<a href="http://www.valleyoutreachmn.org">www.valleyoutreachmn.org</a>	Food shelf and emergency fund for emergency heating and housing issues. Serves residents of Stillwater School District 834.
Washington County Community Services Financial Intake Line					Mon. - Fri., 8am - 5pm	651-430-6459		Applications are available in any of our four offices during business hours
<b>TRANSPORTATION</b>								
Community Thread Transportation Program	2300 West Orleans St	Stillwater	MN	55082	Mon. - Fri. 9am-4pm	651-439-7434	<a href="http://www.volunteercvs.org">www.volunteercvs.org</a>	This program recruits, trains, and maintains a team of volunteer drivers that provides door-to-door, transportation service for Washington County seniors and others who are unable to drive themselves to medical appointments
Canvas Health Transporter					Mon. - Fri. 6am-5pm	651-275-4300		Rides available for those who are ADA certified. Buses available for group transport for a fee.
TransitLink					7am - 3:30pm	651-602-5465	<a href="http://www.metromobility.org">www.metromobility.org</a>	Link to transit within and between counties in the metro area. Call to establish a new ride, or riding scheduling on local bus services.



Facility	Address	City	State	Zip	Hours	Phone Number	Website	Services Offered
<b>OTHER</b>								
Tubman (Domestic Violence)					24/7, 365	24 hr crisis line: 651-770-0777 (East Metro)	<a href="http://www.tubman.org">www.tubman.org</a>	Provides free counseling, assistance, shelter, legal assistance, assistance with Civil and Criminal Orders for Protection
United Way of Washington					Mon. - Fri. 8am-5pm			Free, confidential referral to local community agencies/assistance.
United Way 2-1-1					24/7	651-291-0211		Free, confidential referral to community agencies/assistance throughout the metro area.
<b>General Information</b>						651-430-6000		
Washington County Crisis						651-77-4455		
Case Management Referrals						651-430-6454		
Pre-Petition Intake						651-430-6484		
Washington County Rule 25						651-430-2720		
IRTS-Willow Haven, Dani (admissions)						651-770-2224		
<b>WASHINGTON COUNTY CHEMICAL DEPENDENCY PROGRAMS</b>								
ADAP, St. Paul						651-254-9238; Fax: 651-254-9238		
Bell Hill, Wadena						218-631-3610, fax 218-631-3917		
Margaret's House, Mendota Heights						651-686-0518; fax: 651-686-0526		
Park Ave, Minneapolis						612-871-7443, fax 612-871-0194		
Pathways - Outpatient, St. Paul						651-641-1555; fax: 651-641-0340		
Pride, LGBT Population						952-934-7754; Fax: 952-934-8764		
River Place, Anoka						763-421-5590		
Rebecca Residence, Scandia						651-433-5839, Fax: 651-433-5921		
RRC - Minneapolis						612-752-8050		
St. Joe's MI/CD Program, St. Paul						651-232-3302, Fax: 651-326-8071		
TEEN Challenge						612-373-7740		
Twin Town, St. Paul						612-326-7629, fax: 612-454-2173		
Tapestry, St. Paul						651-489-7740 or Sandy 612-454-2185		
Women's Recovery Program, Shoreview, Vicki						Intake: 612-721-6327; Main: 651-484-7840		

# Additional Multi-County Community Resources

---

A collection of community resources across  
county lines

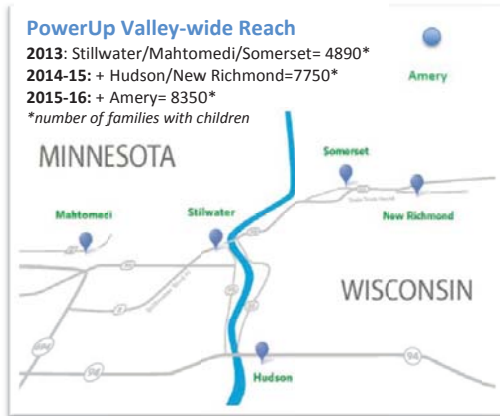


Lakeview Health Foundation  
 Lakeview Hospital  
 Stillwater Medical Group  
 Hudson Hospital and Clinic  
 Westfields Hospital and Clinic

**What is PowerUp?** PowerUp is a community-wide youth health initiative to make better eating and active living easy, fun, and popular, so that our youth can reach their full potential. PowerUp focuses on children age 3-11 and adults who influence their food and physical activity choices, including parents, teachers and organizations that serve youth. PowerUp is a long-term commitment to create change in the St. Croix Valley over 10 years in partnership with schools, businesses, health care, civic groups, families, kids, and the entire community. PowerUp is supported by Lakeview Health Foundation and HealthPartners in partnership Hudson Hospital & Clinic, Westfields Hospital & Clinic and Amery Hospital & Clinic.

PowerUp builds on what is already working on a national and local level and finds innovative approaches that work locally, measuring results along the way.

**Why is PowerUp important?** Health trends predict that today's kids won't have as long or healthy lives as adults do unless something changes. PowerUp works with partners to make it easier to eat better and move more so kids grow up healthy and strong.



**PowerUp works at multiple levels in a comprehensive approach to create community change:**

**Environment:** Changing the food and physical activity environment to make healthy choices easy

**Engagement:** Inviting the entire community to join the shared effort to achieve common goals through outreach, positive and compelling messages and local partnerships

**Programs:** Creating classes, information and program to help kids and families eat better and be active

**Clinical Interventions:** Providing resources and referrals through clinics and care providers

For more information, resources, recipes or to get involved visit [PowerUp4kids.org](http://PowerUp4kids.org)



Lakeview Health Foundation  
 Lakeview Hospital  
 Stillwater Medical Group  
 Hudson Hospital and Clinic  
 Westfields Hospital and Clinic

**PowerUp Key Accomplishments:**

Working with more than 100 community advisors and partners, PowerUp outreach efforts touch more than 30,000 people annually. More than 13,000 kids participate in school programs, community classes and open gyms. Three local communities and three school districts have issued proclamations supporting PowerUp and practices and policies are changing. PowerUp has been recognized nationally through peer-reviewed publications and numerous presentations including at the Institute of Medicine.

- **Programs and Environment Change**
  - School Challenge (10,000 kids; 26 schools)
  - Targeted events, classes and open gyms
  - Food environment at school events, after school care, concessions etc.
  - Policy recommendations in process for Stillwater Schools
  - Better Shelf for Better Health, a model for dissemination regionally.
- **Engagement and Outreach**
  - Diverse partners and advisors including schools, athletics, local government, National Park Service and others
  - Expanded web, recipes and social media
  - PowerUp 4 Kids Week
- **Evaluation-** Family Community Survey, PowerUp Dashboard, local data
- **Presentations and Recognition-** Local, regional and national
- **Funding:**
  - Support from all Valley hospitals and Foundations
  - Amery funded for 3 years effective July 1 (Foundation funding)
  - Leveraging local funds to PowerUp and to Partners
  - Exploring fundrasing paln for 2015/16 for grant opportunities

For more information, resources, recipes or to get involved visit [PowerUp4kids.org](http://PowerUp4kids.org)

### **Additional Resources by Topic:**

#### Family Violence

**Tubman Family Alliance Center:** 651-770-0777 (Crisis Line)

#### **Child Abuse Report Line:**

Anoka County: 763-422-7125; After Hours: 911  
Carver County: 952-361-1600; After Hours: 651-291-4680  
Dakota County: 952-891-7459; After Hours: 952-891-7171  
Hennepin County (24 hours): 612-348-3552  
Ramsey County: 651-266-4500; After Hours: 651-291-6795  
Scott County: 952-445-7751; After Hours: 952-445-CARE  
Washington County: 651-430-6457; After Hours: 651-291-6795

#### **Battered Women's Hotline** (24 hours)

Minnesota Coalition for Battered Women 651-646-0994  
(7-County Metro Area)

#### **Day One Center** (24 hours) 1-866-223-1111

Statewide referrals to battered women's shelters.

**Women's Advocates:** 651-227-8284

**St. Paul Intervention Project:** 651-645-2824

#### Rape

#### **Rape Crisis Lines:**

**Carver County Sexual Violence Center:** 952-448-5425

**24 Hour Crisis Line** 612-871-5111

**Dakota County Sexual Assault:** 651-405-1500

**Ramsey County Sexual Offense Services:** 651-643-3006

**24 Hour Crisis Line** 651-643-3022

**Washington County Sexual Assault Service:** 651-458-4116

**24 Hour Crisis Line** 651-777-1117

#### Runaways

**Runaway Hotline** (24 hours): 1-800-231-6946

**National Runaway Switchboard** (24 hours): 1-800-621-4000

**Project Offstreets** 612-252-1200

**Bridge for Runaway Youth** (24 hours): 651-771-0076

**Safe Zone** 651-224-9644

#### Sexually Transmitted Diseases (STDs)

**National STD Hotline** 1-800-227-8922

**MN Family Planning/STD Hotline** 1-800-783-2287

**Red Door Clinic (MPLS)** 612-348-6363

**Minnesota AIDS Line** 1-800-248-AIDS

**National HIV/AIDS Line** 1-800-342-2437

**St. Paul Public Health** 651-266-1200

#### Drug or Alcohol Emergencies

**Crisis Connection** (24 hours/7 days a week) 612-379-6363

#### Referral to Treatment

**Treatment Hotline** 1-800-662-HELP

**Anoka County** 763-442-7125 (kids) 763-442-7070 (adults)

**Carver County** 952-361-1600

**Dakota County** 952-554-6446

**Hennepin County** 612-879-3503

**Ramsey County** 651-266-4008

**Scott County** 952-496-8495

**Washington County** 651-430-2720

#### Support Groups

**Alcoholics Anonymous** (West Metro) 952-922-0880

#### **Alanon/Alateen**

West Metro: 952-920-3961

East Metro: 651-771-2208 or 651-771-2640

**Narcotics Anonymous** 952-939-3939

**Cocaine Anonymous** 763-323-3350

#### Food and Nutrition Programs

**Caroline Family Services** 651-772-1344

*Emergency food. Call for hours.*

**Center for Asians and Pacific Islanders** 651-721-0122

**Department of Indian Work** 651-644-2768

*Emergency food shelf; will serve non-native Americans on referral; no fee.*

**Mothers and Children** (MAC) 651-484-8241

*A supplemental food program for mothers and children. Mothers are eligible when pregnant and up to one year after birth. Children are eligible from birth until the month the child turns six. Financial eligibility guidelines are similar to WIC. Participants may not be on WIC. Some of the food provided include fruits, vegetables, milk, cereal, and formula.*

**Ramsey County Food Shelf Location** 651-484-5117

*Call for nearest food shelf.*

**Salvation Army** 651-224-6946

*Emergency food shelf assistance. Several locations.*

**WIC** (Women, Infant, and Children Nutritional Program)

**Anoka County** 763-422-7055

**Dakota County** 952-891-7525

**Hennepin County** 612-673-3500

**Ramsey County** 651-292-7000

**Scott-Carver-Dakota CAP Agency** 952-496-2125

**Washington County** 763-430-6658

#### HIV/AIDS

**Minnesota AIDS Project (MAP) AIDS Line** 1-800-248-AIDS

**National HIV/AIDS Line** 1-800-342-2437

**Aliveness Project** 612-822-7946

**American Red Cross**

Minneapolis 612-871-7676  
St. Paul 651-291-6789

**Minnesota AIDS Project (MAP)** 612-341-2060

**St. Paul Public Health** 651-266-2400

**Central Avenue Clinic** 612-781-6816

**Common Health Clinic** 651-430-1880

**Family Tree, Inc.** 651-645-0478

**Fremont Clinic** 612-588-9411

**Red Door Clinic** 612-348-6363

**Southside Community Clinic** 612-822-3186

**St. Paul Public Health** (appointment necessary for HIV testing) 651-266-2400

**Wakota Life Care Center** 651-457-1195

**West Suburban Teen Clinic** 952-474-3251

**Youth and AIDS Project** 612-627-6820

Immigrant and Culturally Specific Resources

**Association for the Advancement of Hmong Women in Minnesota** 612-724-3066

*Provides Child Development Training, Family Education, and Family Supportive Services such as translation, advocacy, assistance in completing forms and making appointments, training with housing and drivers' education, problem-solving skills, finding and keeping jobs, and referrals for family violence*

**Center for Asians and Pacific Islanders** 612-721-0122

*Provides referrals to ESL classes, food shelf for Asian refugees, supportive services and cultural education, employment services, an elderly program, and caregiver program*

**Ethiopians in Minnesota** 651-645-4633

*Provides assistance to help welfare recipients find employment in order to get off welfare. One-on-one case management and advocacy, assists Ethiopians in regard to legal, immigration questions and translations*

**Chicanos Latinos Unidos en Servicios (CLUES)** 651-292-0117

*Provides counseling for families, individuals, couples, children and adolescents as well as chemical dependency counseling, case management for persons with HIV/AIDS, English classes, employment advocacy, women's program, seniors program, and employment and other health related programs.*

**Confederation of Somali Community in Minnesota** 612-338-5282

*Refugee assistance programs including: employment assistance for adults; supportive services; youth soccer program; health care access by helping with filling out medical forms, calling doctors for appointments and providing advocacy; child protection education about the rules in this country regarding child protection services; presentations to community on Somalian culture and community; cultural and community festivals; tobacco prevention program for youth ages 12-22; and Somali girls program offering recreation, academic service, cultural programming and performances*

**Korean Service Center** 612-342-1344

*Provides advocacy and support for Korean families, individuals and seniors. Translation services and advocacy in dealing with government, police, doctors, and public assistance agencies; housing assistance; meals for senior citizens; and domestic abuse services for victims of abuse.*

**Lao Family Community** 651-221-0069

*Provides family counseling and crisis intervention, chemical awareness program, employment services, and educational programs to Hmong and Lao persons*

**PEACE Africans Center** 612-339-7418

*PEACE is an umbrella African community since 1994 which provides support to all African refugees. Their mission is to assist and support immigrants and refugees by providing culturally appropriate services which enable them to fully participate in healthy western society while preserving and maintaining the many African cultures.*

**Somali Community of Minnesota** 612-871-6786

*Assistance to Somali refugees in Minnesota including employment, housing, food shelf, clothing and furniture, youth programs, and general advocacy. Legal advocates and social services also available.*

**Somalian Women's Association** 612-870-7001

*Basic Skills Classes, Domestic and Sexual Violence Advocacy Center, employment services, health education, referrals to child care, women's health care, schools for women and their children, employment, welfare, emergency food and housing, women's shelters and more. Information and advocacy related to housing, immigration and legal issues. Staff and volunteers will accompany women to meetings, help write letters and help resolve problems. Volunteer lawyers work with clients. Translation services also available.*

**Vietnamese Social Services** 651-644-1317

*Services for Vietnamese refugees and immigrants. Assistance for elders, employment, youth outreach, and health education*

Public Health Clinics

**Anoka County Public Health Nursing Service** 763-422-7030

**Bloomington Community Services** 952-948-8900

*Bloomington, Richfield, Edina*

**Carver County Community Health Services** 952-442-4493

**Dakota County Public Health Department** 651-552-3115

**Hennepin County Community Health** 612-348-3925

**Ramsey County Public Health** 651-266-2400

**Scott County Public Health Department** 952-496-8373

**Lead Poisoning Prevention Program** 651-266-1292

Medical Clinics

**Commonhealth Clinic** 651-430-1880

**Community Action Council**

*Free acute care services to unemployed or low income Dakota county residents. Parents must call for their children.*

**Neighborhood Health Care Network** 651-489-CARE

*Provides referrals to local clinics.*

**Open Cities Health Center** 651-290-9200

*Dental Care also*

**North End Health Center** 651-489-8021

**St. Mary's Health Clinic** 651-690-7029

*Metro-wide clinics, services to the uninsured.*

**Teenage Medical Service** 612-813-6125

**United Family Health Center** 651-293-9199

**West Side Community Health Center** 651-222-1816

**West Suburban Teen Clinic** 952-474-3251

**Women's Health** 651-266-1272

#### Health Care for the Homeless

**Dorothy Day Center** 651-293-1919

#### Health and Disability Associations

**American Cancer Society, MN Division** 612-925-2772

**American Diabetes Association, MN Affiliate** 763-593-5333

**American Heart Association, MN Affiliate** 952-835-3300

**American Lung Association** 651-227-8014

**Epilepsy Foundation of MN** 651-646-8675

**MN Relay Service (MRS)** (24 hour service to use TTY) 1-800-627-3529

**Muscular Dystrophy Association, Greater Twin Cities Chapter** 952-832-5517

**Spina Bifida Association of MN** 651-222-6395

**State Services for the Blind** 651-642-0500

**United Cerebral Palsy of MN** 651-646-7588

#### Pregnancy Testing and Counseling

**Annex-North Suburban Teen Clinic** 763-533-1316

**Face to Face Health and Counseling Service** 651-772-5555

**Family Tree, Inc.** 651-645-0478

**Health Start** 651-221-3429

**Life Care Centers**

**Apple Valley and West St. Paul** 952-431-5011

**East (Ramsey and Washington counties)** 651-776-2328

**North suburbs** 651-777-0350

**University** 651-603-1920

**Nucleus Clinic** 763-755-5300

**Planned Parenthood of MN/South Dakota**

**Brooklyn Center** 763-560-3050

**Burnsville** 952-890-0940

**Highland** 651-698-2406

**Minneapolis** 612-823-6300

**St. Paul** 651-489-1328

**Pregnancy Counseling Center** (24 hour counseling) 651-644-3937

**Ramsey County Public Health** 651-266-2400

**Teenage Medical Service** 612-813-6125

**Uptown Community Clinic** 612-374-4089

**Alpha Women's Center** 952-447-5683

**Birthright, Inc.** (St. Paul) 651-646-7033

**Catholic Charities** 651-641-1180

**Early Childhood Family Education** call Kids Can't Wait 1-800-KIDS-709

**Lutheran Social Services** (Minneapolis) 612-871-0221

**Parents Anonymous of MN** 1-800-621-6322

**WIC** (Women, Infant, and Children Nutritional Program)

**Anoka County** 763-422-7055

**Dakota County** 952-891-7525

**Hennepin County** 612-673-3500

**Ramsey County** 651-292-7000

**Scott-Carver-Dakota CAP Agency** 952-496-2125

**Washington County** 763-430-6658

**Mothers and Children Program (MAC)** 651-484-8241 - *Food program for low-income women who are pregnant or recently had a baby. Call to find a location near you and to find out if you are eligible.*

# Information Gaps

---

A description of any information gaps in the demographic or health data collected for this study

# Information Gaps

- While the following information gaps exist in the health data section of this report, please note that every effort was made to compensate for these gaps in the community conversations and review of current research.
- This assessment seeks to address the community's health needs by evaluating the most current data available. However, published data inevitably lags behind due to publication and analysis logistics. For example, 2009-2013 averages were used for mortality rates to give the most recent and accurate data.
- A variety of data sources were used to collect and analyze health behavior data. Due to these differences, direct comparisons between counties and across states should be made with caution. For example:
  - The most recent local overweight and obesity data by county is provided within the 2010 Metro Adult Health Survey for Dakota, Ramsey, Scott, and Washington Counties and within the 2010 SHAPE Survey for Hennepin County. The recently conducted Metro Shape 2014 Survey results will provide overweight and obesity data for all counties mentioned above in October 2015.
  - Senior Food Insecurity is a growing topic and is currently available at the state and national levels through the National Foundation to End Senior Hunger (NFESH) Annual Reports.
  - The 2010 SHAPE Survey for Hennepin County does not contain information on sugar-sweetened beverage consumption, and therefore could not be used to compare to the counties within the 2010 Metro Adult Health Survey.
- Timeframes for select data elements for the United States do not align with the timeframes for the study area but are reflective of the most recent year due to the fact that many data elements for the study area required a multi-year average due to low response volume. These occasions are noted in the “source” section of each data element.



# About Community Hospital Consulting

---

A description of Community Hospital Consulting, which is the organization that collaborated with the hospital to conduct this assessment



# About Community Hospital Consulting

- Based in Plano, Texas, CHC provides the resources and experience community hospitals need to improve quality outcomes, patient satisfaction and financial performance.
- For more information about CHC, please visit the website at [www.communityhospitalcorp.com](http://www.communityhospitalcorp.com).



# Appendix

---

- Additional Hospital Information and Findings
  - Summary of data sources
  - Demographic data findings
    - Health data findings

# Additional Hospital Biographies

---

A brief description of the other hospitals within the HealthPartners system



# About Regions Hospital

- Established in 1872, joined HealthPartners in 1993
- Teaching and research hospital
- Level I trauma center for adults and children
- Specialty care in trauma, burn, emergency, heart, orthopedics, neurosciences, oncology and mental health
- 454 bed hospital in St. Paul, MN
- 967 physicians and resident physicians
- More than 25,000 annual admissions
- More than 2,500 babies born each year at the Birth Center
- Second largest provider of charity care in Minnesota



# About Hudson Hospital & Clinic

- Opened in 1953, joined HealthPartners in 2009
- In 2013, celebrated 60 years in the community
- 1,500 annual inpatient admissions
- More than 10,000 Emergency Center and 10,000 Specialty Clinics patients annually
- Internationally recognized, award-winning Healing Arts Program
- Nationally and locally recognized, award-winning sustainability efforts
- In 2012, contributed nearly \$3 million in community benefits
- About 60 medical staff (many more credentialed and active)
- New medical office building opened in April 2014



# About Westfields Hospital & Clinic

- Opened in 1950, joined HealthPartners in 2005
- 25 bed critical access hospital in New Richmond, WI
- 1,100 annual inpatient admissions in 2012
- About 40 medical staff (many more credentialed and active)
- More than 15 medical specialists provide care close to home at the Westfields Specialty Clinic
- In 2013, Westfields Hospital & Clinic expanded to offer primary care when the New Richmond Clinic joined HealthPartners organization
- Westfields Community Pharmacy opened in July 2013
- Westfields Hospital & Clinic is also home to the Cancer Center of Western Wisconsin



# About Amery Hospital & Clinic

- Opened in 1956, joined HealthPartners in 2014
- 25 bed critical access hospital in Amery, WI
- 4 clinic locations, 2 fitness centers, dialysis center, wound healing center, 10-bed geriatric mental health center and assisted living facility
- About 1,150 annual inpatient admissions
- About 40 medical staff (many more credentialed and active)
- New onsite MRI, nuclear medicine scanner, CT scanner and mammography unit
- Environmentally friendly facility built in 2007 with rain gardens, green roof, and community walking trail along the Apple River





# About Park Nicollet Methodist Hospital

- Established in 1892 and joined HealthPartners in 2013
- Specialty care includes oncology, cardiology, maternity and neuro-rehabilitation medicine, critical care and bariatrics
- 426 bed hospital located in St. Louis Park, MN, connected to Fraumshuh Cancer Center and Heart and Vascular Center
- Average daily census of 254 patients
- 960 physicians and resident physicians
- More than 25,000 annual admissions, 3,100 births and 50,000 Emergency Center patients treated each year






# Study Area

---

Additional hospital study areas

# Regions Hospital Study Area

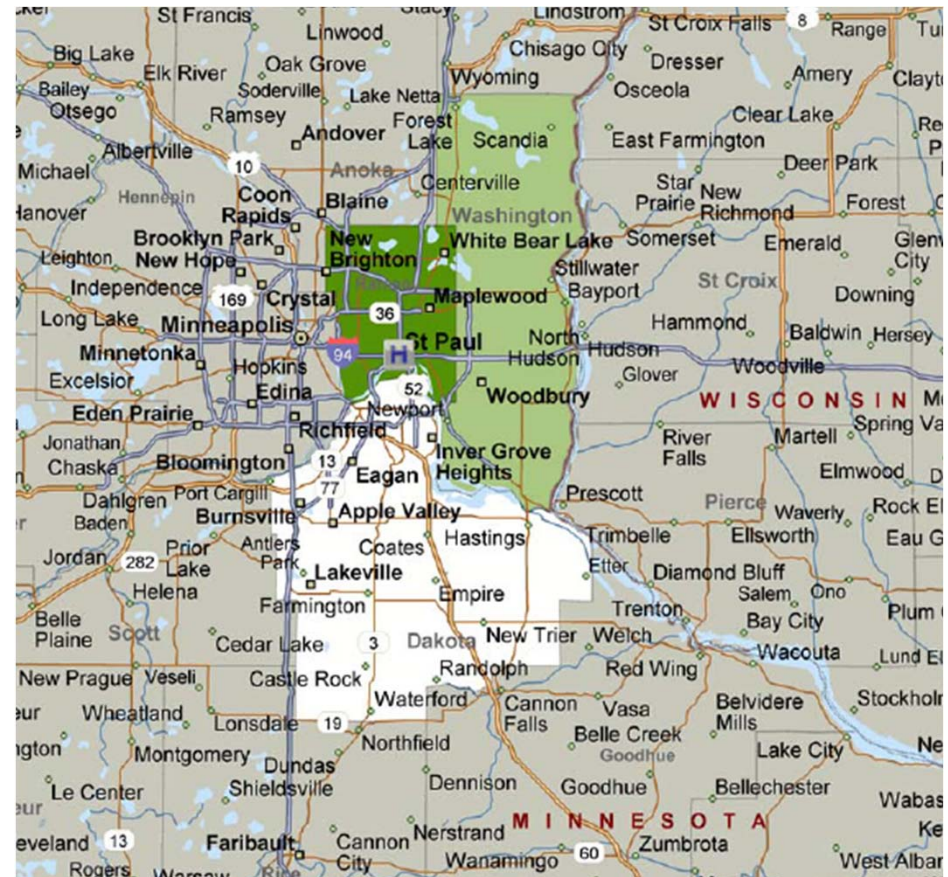
-  Ramsey County makes up 50.2% of inpatient discharges
-  Washington County makes up 11.9% of inpatient discharges
-  Dakota County makes up 11.9% of inpatient discharges

\*The "H" indicates the hospital

Regions Patient Origin by County CY 2014

County	State	CY 2014 Discharges	% of Total	Cumulative % of Total
Ramsey	MN	12,904	50.2%	50.2%
Washington	MN	3,056	11.9%	62.0%
Dakota	MN	3,051	11.9%	73.9%
Other		6,717	26.1%	100.0%
<b>Total</b>		<b>25,728</b>	<b>100.0%</b>	

Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded

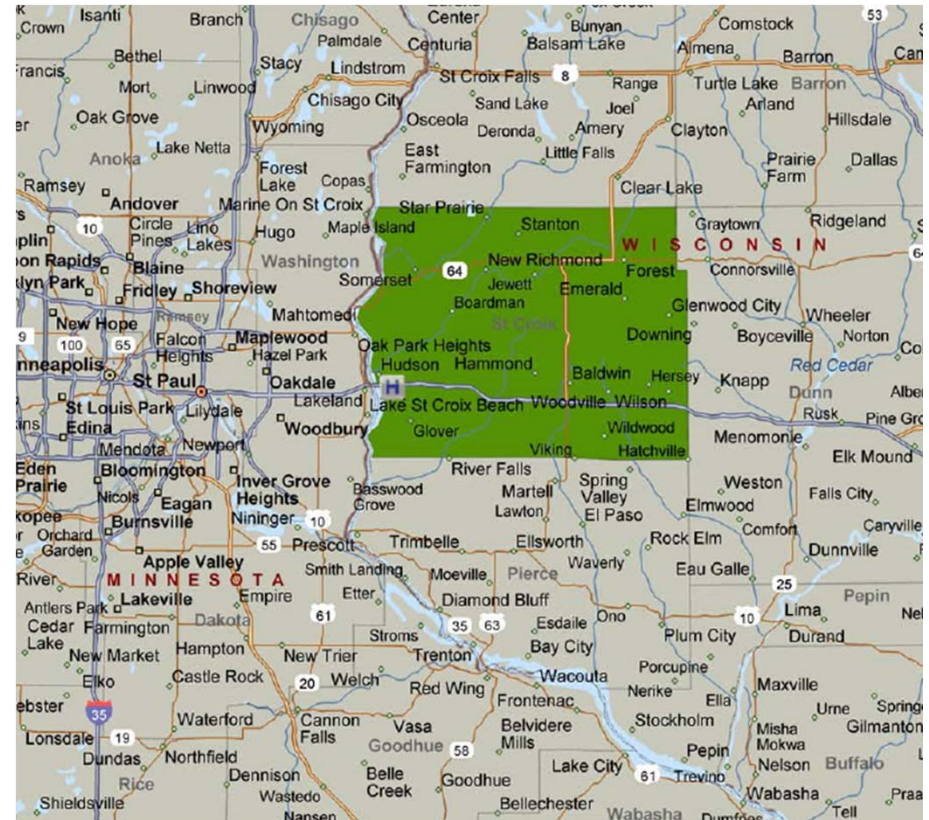


# Hudson Hospital & Clinic Study Area



St. Croix County makes up 69.2% of inpatient discharges

\*The "H" indicates the hospital



**Hudson Hospital & Clinic Patient Origin by County CY 2014**

County	State	CY 2014 Discharges	% of Total	Cumulative % of Total
St. Croix	WI	1,176	69.2%	69.2%
Other		523	30.8%	100.0%
<b>Total</b>		<b>1,699</b>	<b>100.0%</b>	

Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded



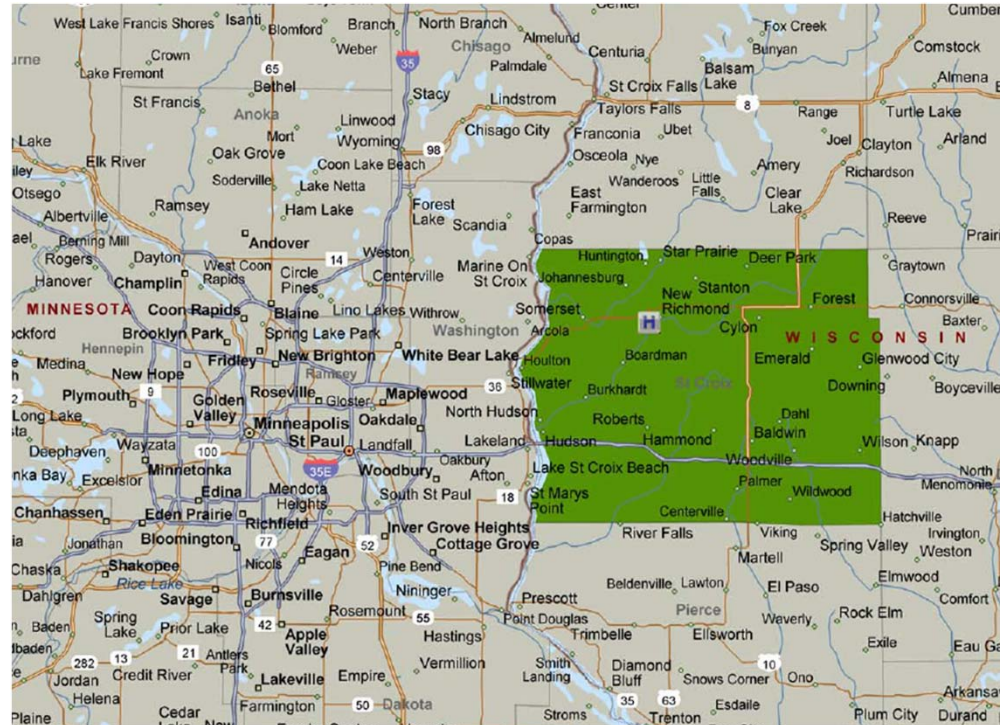


# Westfields Hospital & Clinic Study Area



St. Croix County makes up 83.9% of inpatient discharges

\*The "H" indicates the hospital



Westfields Hospital & Clinic Patient Origin by County CY 2014

County	State	CY 2014 Discharges	% of Total	Cumulative % of Total
St. Croix	WI	798	83.9%	83.9%
Other		153	16.1%	100.0%
<b>Total</b>		<b>951</b>	<b>100.0%</b>	

Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded

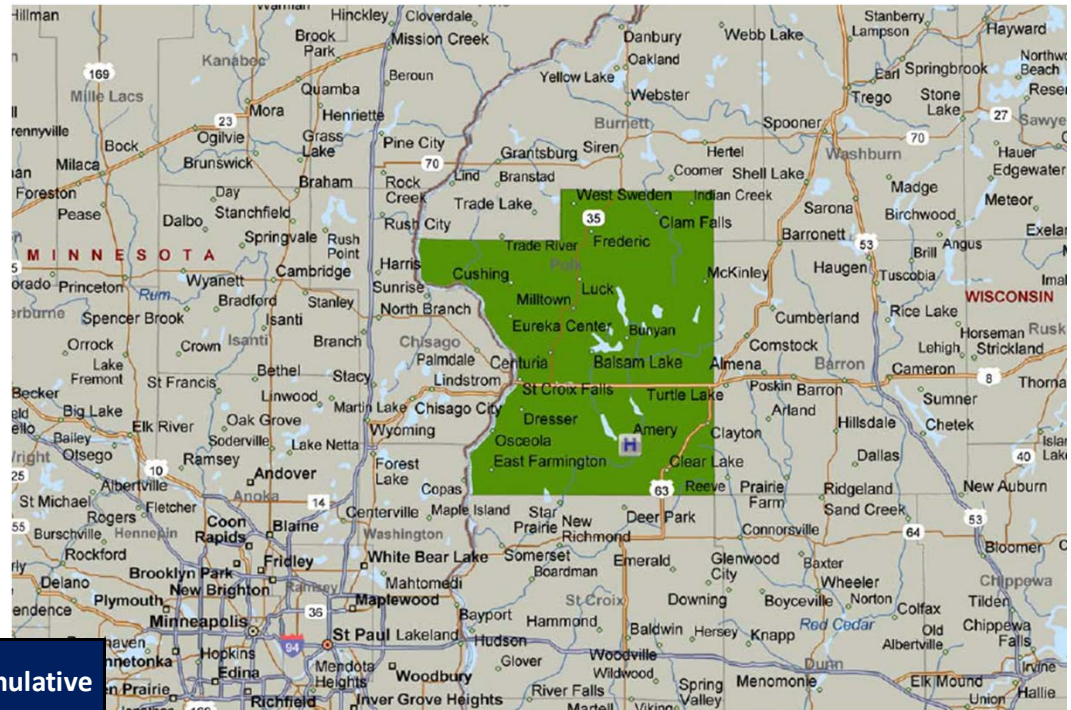


# Amery Hospital & Clinic Study Area



Polk County makes up 69% of inpatient discharges

\*The "H" indicates the hospital






Amery Patient Origin by County CY 2014

County	State	CY 2014 Discharges	% of Total	Cumulative % of Total
Polk	WI	776	69.0%	69.0%
Other		349	31.0%	100.0%
<b>Total</b>		<b>1,125</b>	<b>100.0%</b>	

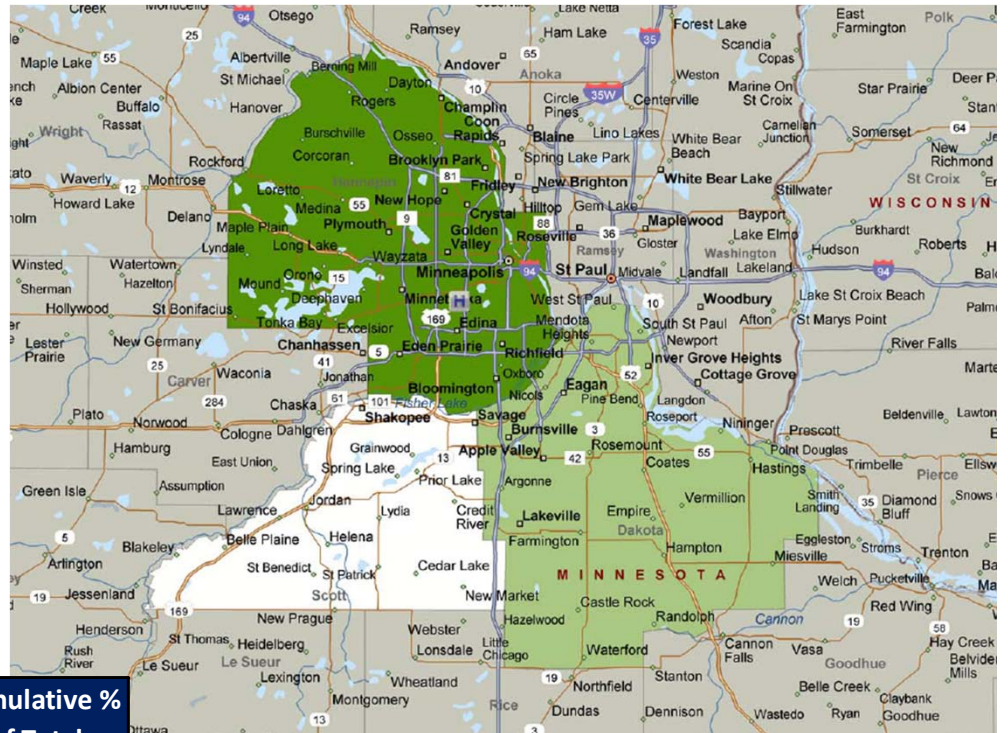
Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded



# Park Nicollet Methodist Hospital Study Area

-  Hennepin County makes up 78.1% of inpatient discharges
-  Dakota County makes up 5.9% of inpatient discharges
-  Scott County makes up 3% of inpatient discharges

\*The "H" indicates the hospital



**Park Nicollet Methodist Hospital  
Patient Origin by County CY 2014**

County	State	CY 2014 Discharges	% of Total	Cumulative % of Total
Hennepin County	MN	17,199	78.1%	78.1%
Dakota County	MN	1,310	5.9%	84.0%
Scott County	MN	664	3.0%	87.1%
Other		2,851	12.9%	100.0%
<b>Total</b>		<b>22,024</b>	<b>100.0%</b>	

Source: Hospital inpatient discharge data by DRG; Normal Newborns MS-DRG 795 excluded





# Findings from Current Research for Additional Hospitals

---

A review of recently conducted Community Health Needs Assessments, including community input collected from persons with expert knowledge of public health in the community served by the hospital





# Dakota County

## Healthy People / Healthy Communities:

## 2013 Dakota County Community Health Assessment

### Methodology Summary:

The Healthy Dakota Initiative utilized an adapted version of the Mobilizing for Action through Partnerships and Planning (MAPP) model. The Healthy Dakota Initiative Steering Committee completed the following three assessments: Community Themes and Strengths Assessment, Forces of Change Assessment, and Community Health Status Assessment. This process included an extensive review of available data indicators, as well as the systematic collection of community input.

### Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community

- The Dakota County CHA was conducted and produced by the Dakota County Public Health Department, spearheaded by Bonnie Brueshoff (Public Health Director, Dakota County Public Health Department).

2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations

- Two members of the Steering Committee were from the Dakota County Human Services Advisory Committee
- The Community Health Opinion Survey
- Follow-up version of the Community Health Opinion Survey

### Hospital Involvement:

Connie Marsolek, representative from Park Nicollet Clinic - Burnsville, served as one of the 11 members of the Healthy Dakota Initiative Steering Committee.

Elizabeth Lincoln, Program Officer from the Park Nicollet Foundation, served on the Mental Health Action Team for the Healthy Dakota Initiative.

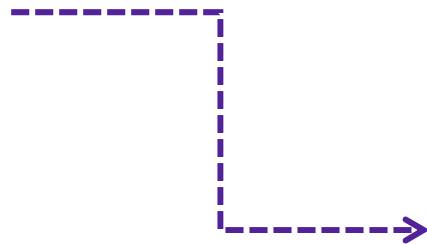


# Dakota County

## Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment

### Community Input Findings:

- Safety
- Tobacco, alcohol, and other drug use
- Chronic disease and conditions
- Physical activity
- Mental health



### Overall Health Needs Identified:

- Mental Illness
- Physical activity / eating habits / obesity
- Use of alcohol, tobacco, and other drugs
- Promoting mental health
- Public health funding
- Preventing / managing chronic conditions
- Income / poverty / employment
- Healthy start for children and adolescents
- Access to health care
- Affordable housing



# Hennepin County

## 2012-2015 County Community Health Improvement Plan for Hennepin County Residents

### Methodology Summary:

The Community Health Improvement Plan for Hennepin County was a collaboration of five local community health boards and multiple community partners. Together, this diverse partnership conducted a survey, an analysis of available health data, and three community health forums to identify top priorities and develop strategies to address important health goals.

### Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community	<ul style="list-style-type: none"><li>• The Hennepin County Human Services and Public Health, Minneapolis Department of Health and Family Support, and Bloomington Division of Public Health for the Community Health Boards of Bloomington, Edina and Richfield served as the convening partners for the project.</li></ul>
2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations	<ul style="list-style-type: none"><li>• CHIP Survey</li><li>• Three CHIP Forums</li></ul>

### Hospital Involvement:

Deanna Varner and Donna Zimmerman, both representatives from HealthPartners, were members of the CHIP Leadership Group for the Hennepin County Community Health Needs Assessment.



Source: 2012-2015 Community Health Improvement Plan for Hennepin County Residents; [http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process\\_20131217.pdf](http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process_20131217.pdf); data accessed July 11, 2015

# Hennepin County

## 2012-2015 Community Health Improvement Plan for Hennepin County Residents

### CHIP Survey Findings:

#### Characteristics of a Healthy Community:

- Access to affordable quality health care
- Access to affordable opportunities to be physically active
- Safe places / reduced crime
- Access to affordable healthy foods
- Social and community connectedness
- Engaged, committed, motivated, and informed residents

#### Changes to Make:

- Improve local access to affordable health care
- Improve local opportunities for affordable physical activities
- Improve local access to affordable health foods

### CHIP Forum Findings:

#### Characteristics of a Healthy Communities:

- Safety
- Environments that foster health
- Community connectedness & engagement
- Economic vitality
- Equitably accessible high quality infrastructure
- Basic needs are met
- Quality educational opportunities
- Good physical and mental health
- Multi-sector leaders promote the common good
- Active participation in creating health

### Strategic Health Issues and Goals:

- **Maternal and Child Health:** Increase childhood readiness for school.
- **Nutrition, Obesity and Physical Activity:** Increase regular physical activity and proper nutrition through improvements to the physical environment.
- **Social and Emotional Wellbeing:** Increase community and social connectedness.
- **Health Care Access:** Develop health care access strategies that will help achieve the targeted goals above.
- **Social Conditions that Impact Health:** Develop health care access strategies that will help achieve the targeted goals above.



Source: 2012-2015 Community Health Improvement Plan for Hennepin County Residents; [http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process\\_20131217.pdf](http://www.hennepin.us/~media/hennepinus/your-government/projects-initiatives/documents/Appendix%20%20MAPP%20Process_20131217.pdf); data accessed July 11, 2015

# Scott County

## Scott County Community Health Improvement Plan 2015-2019

### Methodology Summary:

The Scott County Public Health Department facilitated in, conducted, and participated in the Scott County Community Health Improvement Plan 2015-2019. The process included an analysis of publicly available data and the systematic collection of community input from key community stakeholders and representatives of underserved populations. The Community Health Steering Committee went through a multi-step process to identify priorities. Six priority health issues were identified, and three final health priorities were selected.

### Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community	<ul style="list-style-type: none"><li>• The Scott County Community Health Improvement Plan was conducted and produced by the Scott County Public Health Department.</li></ul>
2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations	<ul style="list-style-type: none"><li>• Public Forums</li><li>• Discussions within the Scott County Health Care Systems Collaborative</li><li>• Survey on Mental Health Issues</li></ul>

### Hospital Involvement:

Libby Lincoln, a representative from the Park Nicollet Foundation, served on the Scott County Health Matters: Statewide Health Improvement Program Community Leadership Team and the Scott County Health Care System Collaborative Team.



# Scott County

## Scott County Community Health Improvement Plan 2015-2019

### Initial Health Priorities:

- Strengthen Early Identification of Infants and Toddlers: Health Development
- Mental Health
- Chronic Disease Prevention: Through Healthy Eating and Physical Activity
- Sexually Transmitted Infections
- Teen Alcohol Use
- Exposure to Second Hand Smoke



### Three Final Health Priorities:

- **Chronic Disease Prevention:** Healthy Eating & Physical Activity
- **Identifying at Risk Infants and Toddlers:** Healthy Development
- **Mental Health:** Healthy Communities



# Polk County

## Polk County 2020 Community Health Improvement Plan Version 2014-2016

### Methodology Summary:

The Polk County Community Health Improvement Plan 2014-2016 was conducted in collaboration with:

- Polk County Health Department
- Amery Hospital & Clinic
- Osceola Medical Center
- St. Croix Regional Medical Center

The assessment was initiated in mid-2012 and included a review of comprehensive health data, an analysis of body mass index information from local clinic records and health and lifestyle data from community surveys.

### Community Input – Required Groups:

1. State, local, tribal, or regional governmental public health department (or equivalent department or agency) with knowledge, information, or expertise relevant to the health needs of the community	• The Polk County 2020 Community Health Improvement Plan was conducted in collaboration with the Polk County Health Department.
2. Members of medically underserved, low-income, and minority populations in the community, or individuals or organizations serving or representing the interests of such populations	• Community Surveys

### Hospital Involvement:

Amery Hospital & Clinic was one of four collaborating organizations that conducted and produced the Polk County Community Health Improvement Plan.



# Polk County

## Polk County 2020 Community Health Improvement Plan Version 2014-2016

The County Health Rankings compare the health status of the county to other counties across the state. Of the 72 ranked counties in Wisconsin, Polk County ranks:

Category	Polk County
<b>Health Outcomes</b>	<b>33</b>
<b>Health Factors</b>	<b>36</b>
Health Behaviors	19
Clinical Care	64
Social and Economic Factors	33
Physical Environment	53





# Polk County (Finding #1 - Mental Health)

## Polk County 2020 Community Health Improvement Plan Version 2014-2016

### Health Data:

- Self-harm is the second leading cause of hospitalization in Polk County
- The suicide rate in Polk County is nearly twice the state's rate (23 vs. 13 per 100,000)
- Approximately 15% of Polk County youth reported that they seriously considered committing suicide in the past year.
- Between 2007 and 2009, 17 children were hospitalized in Polk County for self-harm.

### Community Input:

- On the Community Health Survey, 16% of respondents said they have been diagnosed with depression or a mental health disorder
- The 4% of respondents on the Community Health Survey who reported they have considered suicide, 22% reported that they are doing “nothing” to address these concerns.



Source: Healthy Polk County 2020 Community Health Improvement Plan Version 2014-2016; <http://healthypolkcounty.com/healthy-polk-county-2020/>; data accessed July 11, 2015

# Polk County (Finding #2 – Obesity)

## Polk County 2020 Community Health Improvement Plan Version 2014-2016

### Health Data:

- Polk County and Wisconsin (28%) exceed the national goal of 25%.
- The increase in annual health care costs for every obese adult exceeds \$1,400.
- Obese youth are more likely to become obese adults, putting them at risk of having lifelong health consequences.

### Community Input:

- On the Community Health Survey, just over one-third of respondents described their weight as “healthy”, nearly half reported they were “slightly overweight”, and 14% said they were “very overweight”.
- In the first six months of 2012, approximately 65% of patients were screened for height and weight in medical centers in Polk County. More than 40% of screened patients were obese and nearly 30% were overweight.



# Polk County (Finding #3 – Unhealthy Alcohol Use)

## Polk County 2020 Community Health Improvement Plan Version 2014-2016

### Health Data:

- An estimated 38 million people per year in the United States drink too much.
- The prevalence of excessive drinking in Polk County (23%) and Wisconsin (24%) far exceeds the national goal of 8%.
- Approximately 24% of boys and 16% of girls in Polk County report having had their first drink of alcohol before age 13.
- Motor vehicle crashes are the leading cause of death in Polk County, with a rate more than twice the state's rate. Alcohol is involved in three times as many fatal car crashes than in the state overall.

### Community Input:

- On the Community Health Survey, approximately 30% of respondents reported binge drinking in the past month.



# Polk County Priority Comparison

## 2009 vs. 2014-2016 Priorities

### 2009 CHNA Health Priorities

- Physical Activity
- Adequate, Appropriate and Safe Nutrition
- Tobacco Use and Exposure
- Mental Health
- Unhealthy Alcohol and Drug Use

### 2014-2016 CHIP Health Priorities

- Mental Health
- Obesity
- Unhealthy Alcohol Use



Source: Community Health Needs Assessment Report -2009 Polk County Wisconsin

Source: Healthy Polk County 2020 Community Health Improvement Plan Version 2014-2016; <http://healthypolkcounty.com/healthy-polk-county-2020/>; data accessed July 11, 2015

# Polk County Healthy Wisconsin

## Healthy Wisconsin Health Plan 2020 Overview

- ***Healthiest Wisconsin 2020: Everyone Living Better, Longer*** represents the third decade of statewide community health improvement planning designed to benefit the health of everyone in Wisconsin and the communities in which they live, play, work, and learn. The vision reflects the plan's twin goals:
  - Improve health across the life span
  - Eliminate health disparities and achieve health equity

### Infrastructure Focus Areas

- Access to quality health services
- Collaborative partnerships for community health improvement
- Diverse, sufficient, competent workforce that promotes and protects health
- Emergency preparedness, response and recovery
- Equitable, adequate, stable public health funding
- Health literacy and health education
- Public health capacity and quality
- Public health research and evaluation
- Systems to manage and share health information and knowledge

### Health Focus Areas

- Adequate, appropriate, and safe food and nutrition
- Chronic disease prevention and management
- Communicable disease prevention and control
- Environmental and occupational health
- Healthy growth and development
- Mental health
- Oral health
- Physical activity
- Reproductive and sexual health
- Tobacco use and exposure
- Unhealthy alcohol and drug use
- Violence and injury prevention



Source: Community Health Needs Assessment Report -2009 Polk County Wisconsin

Source: Healthy Polk County 2020 Community Health Improvement Plan Version 2014-2016; <http://healthypolkcounty.com/healthy-polk-county-2020/>; data accessed July 11, 2015

# Summary of Community Conversations Conducted by Regions Hospital

---

A review of findings from the community  
conversations conducted by Regions Hospital



# Background

## Regions Hospital Community Conversations

- Regions Hospital conducted 2 community conversations during the summer of 2015 to gather input from under-represented groups in the community, including linguistically diverse populations.

### **Community Conversation #1**

Interpreters from various Organizations, 10 Attendees  
Conducted: June 16, 2015

Organization & Language Represented
<u>Park Nicollet</u> : Somali, Spanish
<u>Language Banc</u> : Oromo/Amharic, Somali
<u>Itasca Interpretation Services</u> : Karen
<u>Kim Tong</u> : Vietnamese, Spanish
<u>Regions</u> : Oromo/Amharic, Vietnamese

### **Community Conversation #2**

Community Organizations, 11 Attendees  
Conducted: July 14, 2015

Organization Represented
African American Breast Cancer Alliance
Impetus - Let's Get Started LLC
Neighborhood House
Open Cities Health Center
Union Gospel Mission
Vital Aging Network



# Summary of Findings

## Regions Hospital Community Conversations

- Access to Mental Health Services
- Access to Dental Services
- Healthcare System Barriers
- Focus on Prevention and Education
- Access to Healthy Lifestyle Resources
  - Contributing to obesity and diabetes
- Barriers to Care for Diverse Populations
- Community Connectedness





# Survey Summary

## Regions Hospital Community Conversations

- A brief survey was conducted to rank the top health care initiatives. The top five issues were:
  1. Improving access to health care for populations with limited services
  2. Promoting positive health habits
  3. Promoting change in negative habits
  4. Improving access to preventive care
  5. Increasing the proportion of residents who have access to medical insurance coverage

If you were in charge of improving the health of the communities that you serve, what is the one thing you would do?



# Access to Mental Health Services

## Regions Hospital Community Conversations

- **Cultural Stigma Towards Mental Health**
  - Many Vietnamese community members remain in denial about their mental health.
    - Mental health diagnoses/medication are sometimes viewed as ‘offensive.’
  - Spanish and Somali populations have difficulty navigating the system due to lack of education or lack of access to a computer.
  - Somali participants believe parental awareness of the system is crucial. If a parent doesn’t understand the system, they can’t be an advocate for their child.
  - Isolated older adults may develop depression and anxiety, but many deny it or do not want to discuss it.
  - Strengthen mental health through peer and community support. These are as important as the traditional medical model of service delivery.
- **Culturally Sensitive Education About Available Services**
  - Many populations are afraid to ask questions.
- **Lack of Timely Healthcare Access**
  - Appointments are weeks out, which is too long to wait for someone in crisis.
  - Many insurance policies don’t cover mental health services.



# Access to Dental Services

## Regions Hospital Community Conversations

- **Limited Dental Care Affordability**
  - Misunderstandings and cost barriers are prevalent in certain communities.
  - Somali participants described copays as too expensive.
  - Spanish interpreters described dental check-ups as accessible.
    - It is more difficult to access specialty dental care (geographic gap between specialists and clinics), and it is worse for pediatric specialty care.
- **Limited Dental Care Access**
  - Access to affordable dental care is severely limited for Medicare patients.
  - Oromo representatives reported a fear regarding dental care. Many are afraid the dentist may take out their teeth or damage their teeth with deep cleaning.
  - Many insurance companies don't provide dental insurance, or providers don't accept the insurance people do have.



# Healthcare System Barriers

## Regions Hospital Community Conversations

- **Lack of Access to Appropriate Level of Care**
  - There is confusion regarding appropriate access of different levels of care (Primary Care vs. Urgent Care vs. Emergency Room).
  - The primary care system does not seem to be accommodating. Patients will choose the Emergency Room because it is open and no appointment is needed.
  - Many feel that access to the Emergency Room is less complicated.
- **Higher Expectation of Emergency Rooms**
  - Many representatives (Oromo, Vietnamese, Spanish, Hmong) believe that there is more equipment and more thorough testing in the Emergency Room.
  - Somali representatives believe that there aren't enough doctors in the urgent care setting. They will end up sending you to the Emergency Room, so going to the hospital is better.



# Healthcare System Barriers Cont.

## Regions Hospital Community Conversations

- **Cultural Sensitivity and Humility**
  - There can be stereotypes from healthcare providers about age/people of color/etc.
  - Providers need to learn to communicate more effectively with patients, and provide immigrants with access to culturally competent care in their own language.
  - Providers should practice cultural humility with patients and the community in order to connect the medical and community models.
  - Encourage providers to approach patients and communities with cultural humility.
- **Lack of a Holistic Approach**
  - Especially with diabetes and food choice that are culturally appropriate.
- **“Advocating for Yourself” is Difficult**
  - Some patients feel there is a power differential between doctors and patients.



# Prevention and Education

## Regions Hospital Community Conversations

- **Need for Increased Focus on Prevention and Education**
  - There seems to be a lack of belief, or focus, on preventive care.
  - For example, people tend to only go to the dentist or doctor when something hurts, but do not usually go as a preventative measure.
- **Community Education on Healthcare Access is Necessary**
  - Many people do not know which healthcare resources are available to them, and navigating the healthcare system can be overwhelming.
  - There can be a lack of follow-up with patients who need it.
- **Encouragement to Seek Care**
  - Fear of a diagnosis and/or stigma surrounding a diagnosis can prevent people from seeking treatment.
  - There is a need to stress importance of early diagnosis.



# Access to Healthy Lifestyle Resources

## Regions Hospital Community Conversations

- Limited Access to Healthy, Affordable Foods
  - Obesity and diabetes are of particular concern.
- Lack of Adequate Education/Understanding Regarding Nutrition
  - There is a lack of understanding about how to control diabetes.
  - Regarding childhood diabetes, full family involvement is crucial, particularly in the Spanish-speaking community.
- Culturally-tailored Nutrition Education
  - Food education needs to be in primary language if possible, with photos of portion sizes.
- Community Support
  - Role models and community support are critical: “If others you know attend programs, you will too.”
  - The community must own it and feel responsible for it to flourish.



# Access to Healthy Lifestyle Resources Cont.

## Regions Hospital Community Conversations

- **Healthy Lifestyle Promotion**
  - Need for advertising where people go for information (i.e., church, bus stops, etc.)
  - Vietnamese representatives suggested family-based programs as a motivation for people to attend healthy lifestyle programs.
  - Hmong representatives believe that people will not go to healthy lifestyle programs unless they are introduced at special events.
- **Monetary and Programming Support (noted specifically by community organizations)**
  - Grant funding is an asset to the community, but cycles may need to be extended past 12 months
  - There was mention about the medical community investing in the community and grand providers meeting with the community to set goals



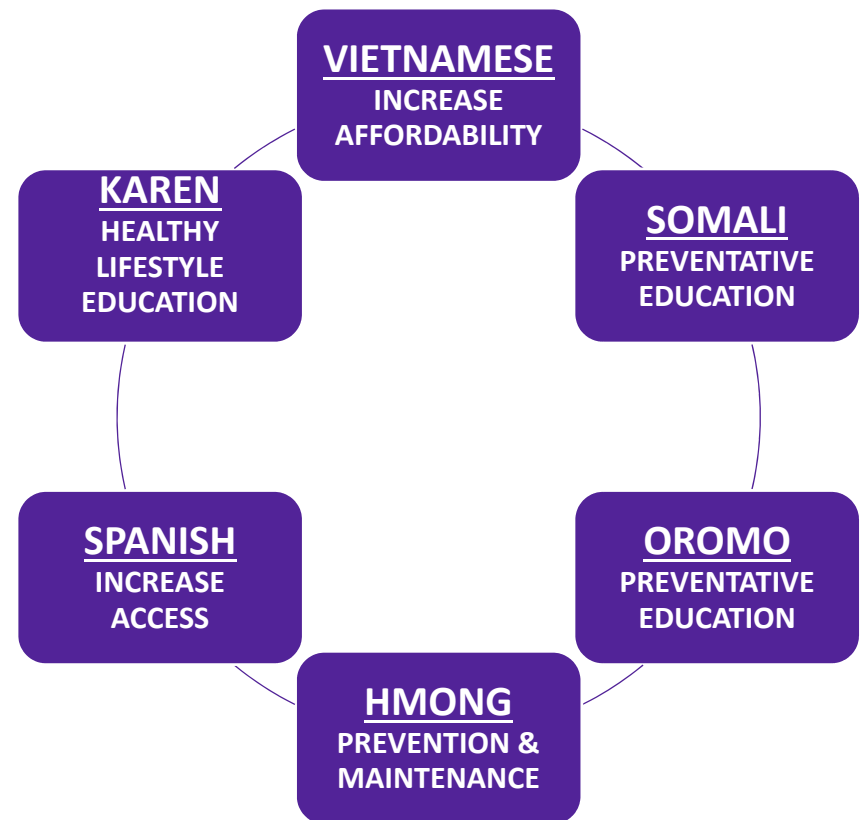


# Barriers to Care for Diverse Populations

## Regions Hospital Community Conversations

- Linguistically diverse populations are at an increased risk of facing access barriers and receiving inadequate care.
- Additional populations that are at an increased risk are:
  - Low-income
  - Immigrants
  - Elderly who are fragile and isolated
  - LGBTQ population
  - Homeless youth
  - Unemployed
  - People who did not complete school
- Concerns include:
  - Transportation
  - Medication management
  - Limited medical coverage
  - Cost barriers
  - Culturally appropriate care

If you were in charge of improving the health of the communities that you serve, what is the one thing you would do?



Source: Community Conversations conducted by Regions Hospital; June 16, 2015 & July 14, 2015

# Community Connectedness

## Regions Hospital Community Conversations

- **Integration of Medical and Community Models**
  - Build partnerships across the medical and local communities by capitalizing upon existing assets and engaging residents.
- **Community Members as Resources**
  - Residents have time, desire, connections, and creative ideas, but not always enough resources to see those ideas through.
  - Train community members to provide information to others, so medical providers do not necessarily need to be present (EX: Latino community churches).
  - Somali representatives suggested a need for community health workers who follow up with patients and explain the benefits of a prescribed medication.
- **Linguistically Diverse Community Assets**
  - There are many Hmong (Hmong American Partnership – joined with Karen groups), Oromo, Vietnamese (Vietnamese Family Services), and Somali programs within the community.
  - Wellness programs for people aged 50+.



# Summary of Community Conversation Conducted by Amery Hospital & Clinic

---

A review of findings from the community  
conversation conducted by Amery Hospital &  
Clinic



# Background

## Amery Hospital & Clinic Community Conversation

- Amery Hospital & Clinic conducted 1 community conversation during the summer of 2015 to gather input from various community members, including those with insight from under-served populations.

### **Community Conversation #1**

Diverse Community Members

Conducted: August 20, 2015

<b>Community Conversation Attendee Organization / Role</b>
Amery EMS
Amery Community Member
AHC Employee
Amery Fire Chief
City of Amery
Amery Community Festival Committee Lead



# Summary of Findings

## Amery Hospital & Clinic Community Conversation

- Access to Mental Health Services
- Alcohol and Other Chemical Abuse Issues
- Nutrition and Physical Activity
- Healthcare System Barriers / Misuse
- Community Strengths and Leadership

# Access to Mental Health Services

## Amery Hospital & Clinic Community Conversation

- **Lack of Access to Mental Health Services**
  - Participants noted lack of access to mental health services as one of the biggest health needs in the community.
  - There is “no place to bring [these patients] within Polk County.”
- **Limited Services**
  - Inpatient services are provided at Amery, but they are limited to ages 45+.
  - Outpatient services are provided at Amery Behavioral Health, but it can be difficult to get appointments.
  - There are not any services available for patients in crisis.
- **Many do not want to seek treatment because there is a stigma associated with having a mental health condition.**



# Alcohol and Chemical Abuse

## Amery Hospital & Clinic Community Conversation

- **Substance Use and Mental Health**
  - Drug and alcohol usage was also noted as one of the biggest health concerns in the community.
  - It was noted that drug and alcohol use can be connected to mental health issues.
- **Limited Services**
  - The closest facility for drug and alcohol treatment is located in Duluth.
- **Children are at Risk**
  - It was mentioned that there is a feeling among youth that drugs are okay if they are “natural.”
  - The internet can provide inaccurate and misleading information.
  - There is a significant familial influence regarding growing up with drugs / alcohol in the home.



# Nutrition and Physical Activity

## Amery Hospital & Clinic Community Conversation

- **Access to Healthy Lifestyle Resources**
  - There are adequate programs that promote healthy lifestyles, but physical activity was still noted as a significant concern.
  - One person mentioned that a swimming pool might increase access to physical activity resources.
- **Sugar Intake**
  - Community members may need additional information on the risks associated with high sugar consumption.
- **Vulnerable Populations**
  - Low income community members are most at risk for unhealthy lifestyles.





# Healthcare System Barriers / Misuse

## Amery Hospital & Clinic Community Conversation

- **Barriers**

- Transportation

- Lack of understanding or knowledge of services may be an issue. For example, the Amery Hospital & Clinic Van service could be advertised as alternative to ambulance after ER visit.

- Medication management may be a concern for the elderly.

- Home visits were suggested to assist with this issue.

- **Misuse**

- Healthcare System

- It was mentioned that community members may “know the system too well.” For example, a patient may wait until the Urgent Care is closed so they don’t have a copay.

- Fire Department

- It was noted that over half of calls are routine calls rather than emergency.

- **Community education** may be helpful.



# Community Strengths and Leadership

## Amery Hospital & Clinic Community Conversation

- **Strengths**

- Personal touch
- Safe
- Community collaboration
- Support for community projects and fund raisers
- Healthy lifestyle resources
  - Gyms, expert help, nutrition, diabetes and pregnancy counseling

- **Leadership**

- The community needs someone to spearhead issues and support will follow.
- It is important to take on leadership roles and let the community know that there are several people / organizations willing to help or connect you with those that can help.



# Summary of Data Sources

---

# Summary of Data Sources

## Demographics

- This study utilizes demographic data from the United States Census Bureau, as well as the American Community Survey. This data can be accessed at <http://www.census.gov/popest/>.
- Feeding America, Map the Meal Gap is used to evaluate overall and child food insecurity. Data can be accessed at <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/2013>.
- The National Foundation to End Senior Hunger (NFESH) commissions research from national authorities in fields of aging, healthcare, and senior hunger, and additionally conducts their own in-house research and analysis that have or will have an impact on the aging population and prevalence of senior hunger. Data can be accessed at <http://www.nfesh.org/research/>.
- Graduation data was collected from the Minnesota Department of Education, Data Reports and Analytics and the Wisconsin Department of Public Instruction, Wisconsin Information System for Education, Data Dashboard.
  - Minnesota: [w20.education.state.mn.us/MDEAnalytics/Data.jsp](http://w20.education.state.mn.us/MDEAnalytics/Data.jsp)
  - Wisconsin: [wisedash.dpi.wi.gov/Dashboard/portalHome.jsp](http://wisedash.dpi.wi.gov/Dashboard/portalHome.jsp)
- The United States Bureau of Labor Statistics, Local Area Unemployment Statistics provides unemployment statistics by county and state. This data can be accessed at <http://www.bls.gov/lau/#tables>.
- This study also used demographic data collected by Community Commons, a site which is managed by the Institute for People Place and Possibility, the Center for Applied Research and Environmental Systems, and Community Initiatives. Data can be accessed at <http://www.communitycommons.org/>.



# Summary of Data Sources

## Health Data

### **Health Data**

- The County Health Rankings are made available by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The Rankings measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights. This data can be accessed at <http://www.countyhealthrankings.org/>.
- The Minnesota Department of Health, Minnesota Public Health Data Access was used to collect various statistics, including asthma, childhood immunizations, etc. Data can be found at <https://apps.health.state.mn.us/mndata/>.
- The Minnesota Student Survey was used to provide information on student health behaviors and student perceptions on a variety of indicators. Information about the survey and data can be found at <http://www.health.state.mn.us/divs/chs/mss/>.
- The 2010 Metro Adult Health Survey data was used to collect and analyze adult health behaviors such as physical activity, fruit and vegetable consumption, sugar-sweetened beverage intake, binge drinking, and tobacco use in Dakota, Ramsey, Scott, and Washington Counties in Minnesota. Information about the survey and data can be found at <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>.
- The 2010 Survey of the Health of All the Population and the Environment (SHAPE) data was used to provide information on adult health behaviors such as physical activity, fruit and vegetable consumption, sugar-sweetened beverage intake, binge drinking, and tobacco use in Hennepin County in Minnesota. Information about the survey and data can be found at <http://www.hennepin.us/your-government/research-data/shape-surveys>.
- The Wisconsin Department of Health Services, WISH Query was used to collect and analyze a variety of health data statistics for St. Croix County and Wisconsin, including mortality data, birth data, cancer incidence, etc. Data can be accessed at <https://www.dhs.wisconsin.gov/wish/index.htm>.



# Summary of Data Sources

## Health Behaviors Detailed Sourcing

### Exercise and Physical Activity

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, aerobics, golf, gardening, or walking for exercise?

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>; data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed June 10, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: Centers for Disease Control and Prevention, Data, Maps and Trends, <http://www.cdc.gov/obesity/data/databases.html/>; data accessed September 8, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016; <http://www.healthiertogetherstcroix.org/resources/>; data accessed August 31, 2015

### Nutrition

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Definition: Total servings of fruit and vegetables eaten yesterday

Definition: How many glasses of each of the following did you drink yesterday? Think of a "glass" as a 12-oz serving. (Pop or soda [regular])

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>; data accessed August 28, 2015

Definition: Total servings of fruits and vegetables consumed yesterday

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed August 28, 2015

Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Definition: Proportion of the population who currently smokes everyday

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan, <http://www.healthiertogetherstcroix.org/resources/attachment/complete-ht-chna-chip-2014-2016/#>; data accessed September 2, 2015



# Summary of Data Sources

## Health Behaviors Detailed Sourcing

### Binge Drinking and Smoking

Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Metro Adult Health 2010 Survey: Among those who have smoked at least 100 cigarettes in their entire lives: do you now smoke cigarettes everyday, some days, or not at all?

SHAPE Survey: Current Smoking Status

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>; data accessed August 28, 2015

Source: Minnesota Adult Tobacco Survey, 2010 Update, <http://www.health.state.mn.us/divs/chs/tobacco/mats2010finalfeport.pdf>; data accessed September 2, 2015

Source: Minnesota Student Survey 2013, <http://www.health.state.mn.us/divs/chs/mss/statewidetables/statetablesbygrade13.pdf>; data accessed September 3, 2015

Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Definition: Proportion of the population who currently smokes everyday

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan, <http://www.healthiertogetherstcroix.org/resources/attachment/complete-ht-chna-chip-2014-2016/#>; data accessed September 2, 2015

### Mental Health

Source: Minnesota Student Survey 2013, <http://www.health.state.mn.us/divs/chs/mss/statewidetables/statetablesbygrade13.pdf>; data accessed September 3, 2015

Source: St. Croix County Community Health Needs Assessment and Improvement Plan, <http://www.healthiertogetherstcroix.org/resources/attachment/complete-ht-chna-chip-2014-2016/#>; data accessed September 2, 2015

Source: MN Compass, Minnesota Hospital Association, Center for Disease Control National Center for Health Statistics, [www.mncompass.org/health/mental-health-admissions#7-4471-d](http://www.mncompass.org/health/mental-health-admissions#7-4471-d); data accessed June 12, 2015

Source: County Health Rankings, Minnesota and Wisconsin 2015, [http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2015\\_MN\\_0.pdf](http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2015_MN_0.pdf); data accessed September 3, 2015

Notes: Psychiatric hospital admissions includes all instances in which the primary diagnosis/reason for treatment is mental illness. Admissions refers to the number of admittances and not individual patients. It is possible that some individuals were admitted for psychiatric illness more than once within a given year. Counties refer to the home address of the patient, not the location of the hospital where the patient was admitted. Chemical dependency, which can also affect a person's mental state, is tracked separately. The Twin Cities includes the following counties: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington

Note: Mental health providers is the ratio of the county population to the number of mental health providers including psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists and advanced practice nurses specializing in mental health care.



# Summary of Data Sources

## Previous and Current Research

- The following reports were summarized and incorporated into this report.
  - Healthy People / Healthy Communities: 2013 Dakota County Community Health Assessment
  - 2012 - 2015 Community Health Improvement Plan for Hennepin County Residents
  - Ramsey County Community Health Improvement Plan 2014-2018
  - Scott County Community Health Improvement Plan 2015-2019
  - 2014 Washington County Community Health Improvement Plan
  - Polk County 2020 Community Health Improvement Plan Version 2014-2016
  - St. Croix County Community Health Needs Assessment and Improvement Plan 2014-2016
  - PowerUp Family Community Survey (St. Croix and Washington Counties)





# Summary of Data Sources

## Community Conversations

- Community Hospital Consulting provided community conversation agendas, conversation guides, and other materials for community conversations that were conducted by the following facilities:
  - Regions Hospital: June 16, 2015 & July 14, 2015
  - Lakeview Hospital: May 15, 2015 & July 15, 2015
  - Amery Hospital & Clinic: August 20, 2015

# Demographic Data Findings

---

### Total Population

Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2014

Location	2010	2014	2010-2014 Change	2010-2014 % Change
Dakota	399,146	412,529	13,383	3.4%
Hennepin	1,154,184	1,212,064	57,880	5.0%
Ramsey	509,372	532,655	23,283	4.6%
Scott	130,480	139,672	9,192	7.0%
Washington	238,897	249,283	10,386	4.3%
<b>Minnesota</b>	<b>5,310,418</b>	<b>5,457,173</b>	<b>146,755</b>	<b>2.8%</b>
Polk	44,154	43,437	-717	-1.6%
St. Croix	84,398	86,759	2,361	2.8%
<b>Wisconsin</b>	<b>5,689,268</b>	<b>5,757,564</b>	<b>68,296</b>	<b>1.2%</b>

Source: U.S. Census Bureau, Population Division; factfinder.census.gov; data accessed May 15, 2015

### Total Population

Community Commons

Total Population	Total Land Area (Square Miles)	Population Density (Per Square Mile)
Report Area	3,644	711
Dakota	562	716
Hennepin	553	2,115
Ramsey	152	3,389
Scott	356	373
Washington	384	628
Polk	914	48
St. Croix	722	118
<b>Minnesota</b>	<b>79,605</b>	<b>67</b>
<b>Wisconsin</b>	<b>54,143</b>	<b>105</b>
<b>United States</b>	<b>3,530,998</b>	<b>88</b>

Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report>; data accessed August 28, 2015

### Population Change by Race

Annual Population Estimates

Race	2010									
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
White	349,371	891,799	370,074	115,035	211,394	4,623,461	43,032	81,448	5,036,923	
Black or African American	19,301	139,229	57,465	3,507	8,728	280,949	96	562	367,021	
American Indian and Alaska Native	2,032	13,898	4,960	1,232	1,201	67,325	463	368	60,100	
Asian	17,857	73,213	59,888	7,535	12,190	217,792	162	916	131,828	
Native Hawaiian and Other Pacific Islander	257	812	376	120	98	2,958	7	25	2,505	
Two or More Races	9,734	33,474	15,877	2,499	4,525	111,440	445	1,026	88,609	
<b>Total</b>	<b>398,552</b>	<b>1,152,425</b>	<b>508,640</b>	<b>129,928</b>	<b>238,136</b>	<b>5,303,925</b>	<b>44,205</b>	<b>84,345</b>	<b>5,686,986</b>	

Race	2014									
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
White	355,488	919,703	373,242	121,458	217,966	4,677,716	42,044	83,623	5,057,797	
Black or African American	23,403	153,314	62,566	4,985	10,790	320,423	162	614	378,526	
American Indian and Alaska Native	2,200	14,129	5,079	1,484	1,286	71,960	479	401	64,192	
Asian	20,046	86,888	73,400	8,667	13,827	256,896	219	884	152,512	
Native Hawaiian and Other Pacific Islander	312	696	436	137	130	3,391	9	38	2,858	
Two or More Races	11,080	37,334	17,932	2,941	5,284	126,787	524	1,199	101,679	
<b>Total</b>	<b>412,529</b>	<b>1,212,064</b>	<b>532,655</b>	<b>139,672</b>	<b>249,283</b>	<b>5,457,173</b>	<b>43,437</b>	<b>86,759</b>	<b>5,757,564</b>	

Source: U.S. Census Bureau, Population Division; [www.census.gov/popest/data/index.html](http://www.census.gov/popest/data/index.html); data accessed August 29, 2015

### Population by Ethnicity

#### 2009-2013 American Community Survey 5-Year Estimates

Ethnicity	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
Hispanic or Latino (of any race)	24,825	78,843	37,150	5,987	8,527	257,144	688	1,745	345,866
Not Hispanic or Latino	377,481	1,091,780	478,582	126,787	232,788	5,090,596	43,217	83,167	5,361,005
Total	402,306	1,170,623	515,732	132,774	241,315	5,347,740	43,905	84,912	5,706,871

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

### Population by Ethnicity (%)

#### 2009-2013 American Community Survey 5-Year Estimates

Ethnicity	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
Hispanic or Latino (of any race)	6.2%	6.7%	7.2%	4.5%	3.5%	4.8%	1.6%	2.1%	6.1%
Not Hispanic or Latino	93.8%	93.3%	92.8%	95.5%	96.5%	95.2%	98.4%	97.9%	93.9%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; factfinder.census.gov; data accessed May 15, 2015

### Population Change by Age

#### Annual Population Estimates

Age	2010								
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
0-19	113,912	290,665	135,728	41,768	68,825	1,431,211	11,438	24,628	1,502,196
20-34	76,118	271,754	121,313	23,704	40,684	1,071,237	6,607	15,466	1,108,246
35-54	123,246	325,434	131,503	42,718	74,655	1,488,992	12,888	26,256	1,599,419
55-64	45,460	133,758	58,915	11,722	28,988	629,364	6,208	9,527	699,811
65 and older	39,816	130,814	61,181	10,016	24,984	683,121	7,064	8,468	777,314
Total	398,552	1,152,425	508,640	129,928	238,136	5,303,925	44,205	84,345	5,686,986

Age	2014								
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin
0-19	112,502	298,816	140,183	43,476	68,650	1,424,995	10,416	24,341	1,457,969
20-34	79,078	286,545	128,987	24,834	43,740	1,067,065	6,442	15,008	1,104,272
35-54	117,970	323,145	128,748	43,672	71,675	1,473,135	11,762	25,626	1,539,084
55-64	53,013	152,082	65,763	14,738	33,290	711,836	6,787	11,204	780,371
65 and older	49,966	151,476	68,974	12,952	31,928	780,142	8,030	10,580	875,868
Total	412,529	1,212,064	532,655	139,672	249,283	5,457,173	43,437	86,759	5,757,564

Source: U.S. Census Bureau, Population Division; www.census.gov/popest/data/index.html; data accessed August 29, 2015

### Median Age

#### Annual Estimates

Location	2010	2011	2012	2013	2014
Dakota	36.8	37.1	37.3	37.5	37.7
Hennepin	35.9	36.0	36.0	36.1	36.2
Ramsey	34.6	34.5	34.6	34.5	34.6
Scott	34.8	35.1	35.2	35.5	35.7
Washington	38.3	38.5	38.8	38.9	39.0
Minnesota	37.4	37.5	37.6	37.7	37.8
Polk	42.5	43.1	43.8	44.3	44.7
St. Croix	36.7	37.1	37.6	38.0	38.3
Wisconsin	38.5	38.7	38.9	39.0	39.2

Source: U.S. Census Bureau, Population Division; www.census.gov/popest/data/index.html; data accessed August 29, 2015

### Median Household Income

#### 2011-2013 Annual Estimates

Location	2011	2012	2013
Dakota	\$70,064	\$71,574	\$73,833
Hennepin	\$60,811	\$62,500	\$64,331
Ramsey	\$51,719	\$53,707	\$56,293
Scott	\$81,586	\$86,324	\$85,481
Washington	\$77,069	\$80,647	\$81,052
<b>Minnesota</b>	<b>\$56,944</b>	<b>\$58,828</b>	<b>\$60,664</b>
Polk	\$46,872	\$50,026	\$49,138
St. Croix	\$64,490	\$69,436	\$69,641
<b>Wisconsin</b>	<b>\$50,401</b>	<b>\$51,063</b>	<b>\$51,474</b>

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saipe/data/statecounty/data/2013.html](http://www.census.gov/did/www/saipe/data/statecounty/data/2013.html); data accessed August 29, 2015

### Educational Attainment

#### 2009-2013 American Community Survey 5-Year Estimates

Location	H.S Graduate or Higher	Bachelor's Degree or Higher
Dakota	94.7%	38.7%
Hennepin	92.3%	45.8%
Ramsey	89.9%	39.4%
Scott	94.6%	38.0%
Washington	95.9%	40.5%
<b>Minnesota</b>	<b>92.1%</b>	<b>32.6%</b>
Polk	91.7%	19.3%
St. Croix	94.9%	33.0%
<b>Wisconsin</b>	<b>90.4%</b>	<b>26.8%</b>

Source: U.S. Census Bureau, 2009-2013 5-Year American Community Survey; [factfinder.census.gov](http://factfinder.census.gov); data accessed May 20, 2015

### Unemployment Rates

#### 2012-2014 Rates

Location	2012	2013	2014
Dakota	5.2%	4.5%	3.7%
Hennepin	5.2%	4.6%	3.7%
Ramsey	5.7%	4.9%	3.9%
Scott	5.0%	4.4%	3.5%
Washington	8.0%	7.5%	6.5%
<b>Minnesota</b>	<b>5.6%</b>	<b>4.9%</b>	<b>4.1%</b>
Polk	8.1%	7.2%	5.9%
St. Croix	5.7%	5.4%	4.5%
<b>Wisconsin</b>	<b>7.0%</b>	<b>6.8%</b>	<b>5.5%</b>

Source: Bureau of Labor Statistics, Local Area Unemployment Statistics; [www.bls.gov/lau/#tables](http://www.bls.gov/lau/#tables); data accessed May 20, 2015

### Overall Food Insecurity

#### Feeding America and Community Commons, 2013

Overall Food Insecurity	Food Insecurity Rate	Est. # Food Insecure Individuals (Rounded)
Report Area	10.8%	276290
Dakota	8.6%	34400
Hennepin	11.5%	135020
Ramsey	13.0%	66950
Scott	6.9%	9170
Washington	7.6%	18390
Polk	11.5%	5030
St. Croix	9.0%	7640
<b>Minnesota</b>	<b>10.6%</b>	<b>572760</b>
<b>Wisconsin</b>	<b>12.4%</b>	<b>714000</b>

Source: Feeding America, Data by County in Each State, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report?page=2&id=282>; data accessed August 28, 2015.

### Child Food Insecurity

#### Child Food Insecurity Rate in 2013

Location	2013
Dakota	14.0%
Hennepin	15.2%
Ramsey	18.6%
Scott	12.5%
Washington	13.2%
<b>Minnesota</b>	<b>16.0%</b>
Polk	21.8%
St. Croix	17.2%
<b>Wisconsin</b>	<b>20.4%</b>

Source: Feeding America, Map the Meal Gap: 2015, Child Food Insecurity by County; <http://map.feedingamerica.org/county/2013/child>; data accessed May 21, 2015

### Senior Food Insecurity

#### National Foundation to End Senior Hunger, 2010 - 2013

	Minnesota	Wisconsin	U.S.
2010	7.4%	10.6%	14.9%
2011	8.6%	11.0%	15.2%
2012	8.1%	9.7%	15.3%
2013	8.3%	11.0%	15.5%

Source National Foundation to End Senior Hunger, 2010, 2011, 2012, 2013 Annual Reports, <http://www.nfesh.org/>; data accessed August 31, 2015

Note: Seniors are defined as individuals aged 60 years or older.

Note: Threat of hunger is the broadest category of food insecurity because it encompasses all three of the characterizations of food insecurity. NFESH and the researchers believe that threat of hunger is the most appropriate measurement to use with regard to the 60+ age cohort.

### Hunger Trends Data

CHILD FOOD INSECURITY										
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
2009	15.2%	17.1%	20.3%	15.0%	15.2%	18.3%	23.3%	20.3%	22.6%	
2010	12.8%	14.8%	18.3%	12.6%	12.7%	16.7%	20.8%	16.9%	21.4%	
2011	12.1%	14.4%	18.7%	11.2%	12.0%	16.6%	19.5%	15.3%	20.8%	
2012	13.2%	15.0%	19.0%	12.1%	12.6%	16.1%	21.0%	16.8%	20.7%	
2013	14.0%	15.2%	18.6%	12.5%	13.2%	16.0%	21.8%	17.2%	20.4%	
OVERALL FOOD INSECURITY										
	Dakota	Hennepin	Ramsey	Scott	Washington	Minnesota	Polk	St. Croix	Wisconsin	
2009	8.9%	11.3%	12.6%	8.3%	8.7%	11.2%	13.2%	10.6%	13.1%	
2010	8.7%	11.2%	12.4%	8.2%	8.4%	11.5%	12.4%	9.8%	13.3%	
2011	8.2%	11.8%	13.4%	6.9%	7.6%	11.4%	10.5%	8.5%	13.0%	
2012	8.4%	11.7%	13.3%	6.8%	7.6%	10.7%	11.0%	8.7%	12.6%	
2013	8.6%	11.5%	13.0%	6.9%	7.6%	10.6%	11.5%	9.0%	12.4%	

Source: Feeding America, Data by County in Each State, <http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/data-by-county-in-each-state.html>; data accessed August 28, 2015

**Overall Poverty  
Poverty Rates, 2011-2013**

Location	2011	2012	2013
Dakota	7.0%	7.5%	8.4%
Hennepin	13.6%	13.1%	12.2%
Ramsey	17.7%	16.9%	16.2%
Scott	5.8%	5.3%	5.9%
Washington	5.9%	5.5%	5.8%
<b>Minnesota</b>	<b>11.8%</b>	<b>11.4%</b>	<b>11.2%</b>
Polk	11.1%	10.4%	10.5%
St. Croix	7.6%	6.7%	6.3%
<b>Wisconsin</b>	<b>13.1%</b>	<b>13.2%</b>	<b>13.5%</b>

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saipe/data/statecounty/data/2013.html](http://www.census.gov/did/www/saipe/data/statecounty/data/2013.html); data accessed August 29, 2015

**Child Poverty (Under Age 18)  
Poverty Rates, 2011-2013**

Location	2011	2012	2013
Dakota	9.2%	9.9%	10.0%
Hennepin	17.7%	17.3%	15.3%
Ramsey	25.6%	24.0%	22.5%
Scott	7.1%	6.5%	6.7%
Washington	7.1%	6.2%	6.9%
<b>Minnesota</b>	<b>15.3%</b>	<b>14.6%</b>	<b>14.0%</b>
Polk	16.3%	16.1%	15.0%
St. Croix	9.1%	8.0%	7.2%
<b>Wisconsin</b>	<b>18.4%</b>	<b>18.3%</b>	<b>18.4%</b>

Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program, [www.census.gov/did/www/saipe/data/statecounty/data/2013.html](http://www.census.gov/did/www/saipe/data/statecounty/data/2013.html); data accessed August 29, 2015

# Health Data Findings

---



# County Health Rankings & Roadmaps

Building a Culture of Health, County by County

	Minnesota	Dakota (DA)	Hennepin (HE)	Ramsey (RM)	Scott (SC)	Washington (WA)
<b>Health Outcomes</b>		19	46	63	8	7
<b>Length of Life</b>		8	32	52	3	4
Premature death	5,038	4,319	4,946	5,621	3,769	3,915
<b>Quality of Life</b>		47	65	78	44	27
Poor or fair health	11%	10%	9%	11%	9%	9%
Poor physical health days	2.8	2.7	2.7	2.8	2.6	2.9
Poor mental health days	2.6	2.5	2.5	2.6	2.5	2.2
Low birthweight	6.5%	6.3%	7.3%	7.2%	6.3%	5.9%
<b>Health Factors</b>		6	28	58	5	3
<b>Health Behaviors</b>		6	9	20	4	5
Adult smoking	16%	15%	14%	15%	13%	15%
Adult obesity	26%	25%	22%	25%	25%	25%
Food environment index	8.3	8.9	8.1	7.7	9.3	9.0
Physical inactivity	19%	16%	17%	18%	18%	18%
Access to exercise opportunities	85%	97%	99%	99%	93%	93%
Excessive drinking	19%	20%	19%	16%	22%	21%
Alcohol-impaired driving deaths	31%	25%	29%	23%	28%	26%
Sexually transmitted infections	336	248	492	518	182	161
Teen births	24	17	26	34	16	12
<b>Clinical Care</b>		13	9	22	23	2
Uninsured	9%	8%	10%	11%	7%	6%
Primary care physicians	1,113:1	1,489:1	871:1	953:1	1,669:1	884:1
Dentists	1,529:1	1,559:1	1,144:1	1,272:1	2,287:1	1,451:1
Mental health providers	529:1	807:1	332:1	298:1	1,345:1	544:1
Preventable hospital stays	45	44	39	39	52	39
Diabetic monitoring	88%	92%	90%	89%	91%	92%
Mammography screening	66.7%	65.3%	61.8%	62.2%	71.0%	65.9%
<b>Social &amp; Economic Factors</b>		14	65	76	1	2
High school graduation	78%	81%	66%	71%	88%	89%
Some college	73.3%	77.7%	78.6%	71.4%	79.3%	79.8%
Unemployment	5.1%	4.7%	4.7%	5.0%	4.7%	4.6%
Children in poverty	14%	10%	15%	23%	7%	7%
Income inequality	4.3	3.7	4.8	4.7	3.3	3.5
Children in single-parent households	28%	25%	32%	35%	16%	23%
Social associations	13.2	8.4	10.7	11.7	7.4	8.3
Violent crime	229	120	431	461	126	74
Injury deaths	56	48	58	52	41	38
<b>Physical Environment</b>		63	55	58	82	64
Air pollution - particulate matter	12.0	12.3	12.4	12.3	12.5	12.1
Drinking water violations	1%	0%	0%	0%	4%	0%
Severe housing problems	15%	13%	17%	19%	12%	13%
Driving alone to work	78%	82%	74%	75%	83%	83%
Long commute - driving alone	29%	34%	26%	26%	41%	38%

## St. Croix (SC)

	St. Croix County	Error Margin	Top U.S. Performers*	Wisconsin	Rank (of 72)
<b>Health Outcomes</b>					<b>9</b>
<b>Length of Life</b>					<b>11</b>
Premature death	4,899	4,349-5,449	5,200	5,881	
<b>Quality of Life</b>					<b>10</b>
Poor or fair health	9%	6-13%	10%	12%	
Poor physical health days	3.0	2.1-3.9	2.5	3.2	
Poor mental health days	2.2	1.6-2.7	2.3	3.0	
Low birthweight	5.8%	5.3-6.3%	5.9%	7.0%	
<b>Health Factors</b>					<b>6</b>
<b>Health Behaviors</b>					<b>8</b>
Adult smoking	15%	11-20%	14%	18%	
Adult obesity	29%	23-35%	25%	29%	
Food environment index	9.1		8.4	8.0	
Physical inactivity	19%	15-24%	20%	21%	
Access to exercise opportunities	82%		92%	83%	
Excessive drinking	30%	24-37%	10%	24%	
Alcohol-impaired driving deaths	24%		14%	39%	
Sexually transmitted infections	143		138	414	
Teen births	13	12-15	20	27	
<b>Clinical Care</b>					<b>31</b>
Uninsured	8%	7-9%	11%	10%	
Primary care physicians	1,982:1		1,045:1	1,215:1	
Dentists	2,096:1		1,377:1	1,631:1	
Mental health providers	1,011:1		386:1	623:1	
Preventable hospital stays	62	55-68	41	51	
Diabetic monitoring	91%	82-99%	90%	90%	
Mammography screening	65.3%	57.3-73.3%	70.7%	70.2%	
<b>Social &amp; Economic Factors</b>					<b>2</b>
High school graduation	95%			88%	
Some college	77.1%	73.3-80.8%	71.0%	65.9%	
Unemployment	4.8%		4.0%	6.7%	
Children in poverty	7%	5-9%	13%	18%	
Income inequality	3.6	3.3-3.9	3.7	4.3	
Children in single-parent households	24%	21-27%	20%	31%	
Social associations	11.7		22.0	11.8	
Violent crime	60		59	255	
Injury deaths	50	43-56	50	63	
<b>Physical Environment</b>					<b>57</b>
Air pollution - particulate matter	11.9		9.5	11.5	
Drinking water violations	3%		0%	5%	
Severe housing problems	13%	11-15%	9%	15%	
Driving alone to work	82%	81-83%	71%	80%	
Long commute - driving alone	43%	41-46%	15%	26%	

\* 90th percentile, i.e., only 10% are better.

Note: Blank values reflect unreliable or missing data

2015

### Asthma Emergency Department Visits (Minnesota)

Age-adjusted, 2011-2013				
Location	Count	Total Population (person-years)	Age-Adjusted Rate (per 10000)	95% Confidence Interval
Dakota	3,629	1,215,603	30.6	(29.6 - 31.6)
Hennepin	19,128	3,551,785	56.1	(55.3 - 56.9)
Ramsey	9,283	1,561,562	61.3	(60.0 - 62.5)
Scott	1,365	404,940	33.7	(31.9 - 35.6)
Washington	1,768	731,971	25.2	(24.0 - 26.4)
<b>Minnesota</b>	<b>62,411</b>	<b>16,144,380</b>	<b>40.1</b>	<b>(39.7 - 40.4)</b>

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/asthma>; data accessed June 10, 2015  
 Notes: Emergency department data do not include data from federal and sovereign hospitals (e.g. Veteran's Administration; Indian Health Service) or data on Minnesota residents seen in facilities outside of Minnesota and North Dakota.

### Asthma Emergency Department Visits (Wisconsin)

Age-adjusted, 2011-2013			
Location	Number of Visits (2011-2013)	ED Visit Rate per 10,000 (2011-2013)	95% Confidence Interval
St. Croix County	486	20	(17.9 - 21.4)
<b>Wisconsin</b>	-	36	(35.6 - 36.4)

Source: 2011-2013 Wisconsin Emergency Department Visit Files, Office of Health Informatics, <https://www.dhs.wisconsin.gov/asthma/asthmaedvisits.pdf>; data accessed September 2, 2015

### Oral Health

#### Oral Health: Visited the dentist or dental clinic within the past year for any reason

Location	% Yes	CI	n
Minneapolis - St. Paul - Bloomington MSA	75.7%	74.3-77.2	6,168
Minnesota	74.8%	73.7-75.9	9,403
Wisconsin	72.0%	70.1-73.8	3,871

Source: Centers for Disease Control and Prevention, SMART Behavioral Risk Factor Surveillance System Survey Data, [apps.nccd.cdc.gov/BRFSS-SMART/](https://apps.nccd.cdc.gov/BRFSS-SMART/); data accessed June 10, 2015

Note: % = Percentage, CI = Confidence Interval, n = Cell Size; Percentages are weighted to population characteristics.

Note: The following counties are represented in the Minneapolis - St. Paul - Bloomington, MN - WI Metropolitan Statistical Area: Anoka County, MN; Carver County, MN; Chisago County, MN; Dakota County, MN; Hennepin County, MN; Isanti County, MN; Le Sueur County, MN; Mille Lacs County, MN; Pierce County, WI; Ramsey County, MN; Scott County, MN; Sherburne County, MN; Sibley County, MN; Saint Croix County, WI; Washington County, MN; Wright County, MN

### Breast Cancer Incidence (Minnesota)

#### Breast Cancer (Female only) 2007-2011, All Ages

Location	Number of new cancers	Incidence rate (per 100000)	Lower 95% confidence bound	Upper 95% confidence bound
<b>Minnesota</b>	<b>19,485</b>	<b>130.7</b>	<b>128.9</b>	<b>132.6</b>
Dakota County	1,516	144.1	136.8	151.8
Hennepin County	4,306	138.2	134	142.4
Ramsey County	1,861	132.2	126.1	138.5
Scott County	374	130.3	117	144.8
Washington County	968	152	142.3	162.1

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015

Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

### Colorectal Cancer Incidence (Minnesota)

#### Colorectal Cancer 2007-2011, All Ages

Location	Number of new cancers	Incidence rate (per 100000)	Lower 95% confidence bound	Upper 95% confidence bound
<b>Minnesota</b>	<b>12,096</b>	<b>42.8</b>	<b>42.1</b>	<b>43.6</b>
Dakota County	733	40.8	37.8	43.9
Hennepin County	2,272	39.6	38	41.3
Ramsey County	1,012	38.7	36.3	41.2
Scott County	201	42.4	36.5	49.1
Washington County	486	43.7	39.8	47.9

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015

Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

### Lung and Bronchus Cancer Incidence (Minnesota)

#### Lung and Bronchus Cancer 2007-2011, All Ages

Location	Number of new cancers	Incidence rate (per 100000)	Lower 95% confidence bound	Upper 95% confidence bound
<b>Minnesota</b>	<b>15,698</b>	<b>56.5</b>	<b>55.6</b>	<b>57.4</b>
Dakota County	951	54.9	51.3	58.6
Hennepin County	2,971	54.3	52.4	56.4
Ramsey County	1,465	58.3	55.3	61.4
Scott County	265	61.2	53.7	69.3
Washington County	587	55.7	51.1	60.5

Source: Minnesota Public Health Data Access, Minnesota Environmental Public Health Tracking Program, Minnesota Department of Health, <https://apps.health.state.mn.us/mndata/cancer>; data accessed May 31, 2015

Notes: Rates for "All Ages" are age-adjusted to the standard 2000 U.S. population. Cancer incidence data is collected by the Minnesota Cancer Surveillance System (MCSS). MCSS is an ongoing program at the Minnesota Department of Health and Minnesota's central cancer registry.

### Breast Cancer Incidence (Wisconsin)

Breast Cancer (Female only) 2008-2012, All Ages

Location	Cancer Incidence	Population	Cancer Incidence Rate (Age-Adjusted per 100,000)	95% Confidence Interval
Wisconsin	21,047	14,322,728	125.6	123.9 - 127.4
St. Croix County	212	210,508	99	85.8 - 113.5

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

### Colorectal Cancer Incidence (Wisconsin)

Colorectal Cancer 2008-2012, All Ages

Location	Cancer Incidence	Population	Cancer Incidence Rate (Age-Adjusted per 100,000)	95% Confidence Interval
Wisconsin	13,077	28,436,092	40.5	39.8 - 41.2
St. Croix County	115	421,815	31.4	25.8 - 37.8

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

### Lung and Bronchus Cancer Incidence (Wisconsin)

Lung and Bronchus Cancer 2008-2012, All Ages

Location	Cancer Incidence	Population	Cancer Incidence Rate (Age-Adjusted per 100,000)	95% Confidence Interval
Wisconsin	19,886	28,436,092	61.7	60.8 - 62.6
St. Croix County	155	421,815	40.9	34.5 - 48.0

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>. Cancer Module, accessed 9/1/2015.

### Mortality Data (Minnesota)

All Deaths by Number and Age Adjusted Death Rates, 2009-2013

Cause of Death	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)	
	Number	Rate	Number	Rate	Number	Rate	Number	Rate	Number	Rate
Cancer	2,853	157.8	9,258	160.6	4,502	168.8	742	153.8	1,747	157.7
Cirrhosis	129	6.3	510	8.1	238	8.7	29	4.8	70	5.4
Chronic Lower Respiratory Disease	548	34	1,931	34.8	1,032	39.3	135	32.7	358	36.3
Diabetes	326	18.9	1,056	18.4	550	20.7	84	20.1	188	18.6
Heart Disease	1,777	108.1	6,064	107.7	3,209	120.6	476	116.7	1,109	110
Nephritis	201	12.6	774	14	410	15.5	48	12.3	110	11.2
Pneumonia and Influenza	129	8.1	529	9.6	303	11.4	35	9.3	68	7
Stroke	568	35.4	2,001	36	1,070	40.4	126	31.8	309	31.5
Suicide	235	11.4	616	10	261	9.8	61	9.5	128	10.4
Unintentional Injury	732	42	2,507	43.4	943	35.5	193	39.1	331	30.1

Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/dhs/countytalbes/](http://www.health.state.mn.us/divs/dhs/countytalbes/); data accessed May 21, 2015

### Mortality Data (St. Croix County)

Age-adjusted Rate (deaths per 100,000 population)

Ranked Broad Causes of Death	2011		2012		2013		2009-2013	
	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate
Malignant neoplasms	130	163.79	111	138.41	128	160.87	612	157.4
Diseases of heart	108	137.54	92	107.24	95	115.86	549	140.0
Cerebrovascular diseases	35	41.2	29	33.58	20	24.59	148	38.0
Chronic lower respiratory diseases	27	36.06	27	35.41	37	51.17	134	37.4
Accidents (unintentional injuries)	27	31.73	26	31.07	26	30.32	134	32.7
Diabetes mellitus	20	24.8	22	25.75	22	25.91	91	23.0
Alzheimer's disease	17	22.65	17	19.35	10	12.89	66	17.2
Intentional self-harm (suicide)	16	19.02	12	14.46	11	12.38	57	13.5
Nephritis, nephrotic syndrome and nephrosis	8	10.2	11	12.6	9	11.8	47	12.5
Other causes	80	101.05	121	145.5	108	136.17	500	128.4
All Causes	525	657.4	530	640.3	520	652.1	2,635	676.3

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015

**Mortality Data (Wisconsin)**

Age-adjusted Rate (deaths per 100,000 population)

Ranked Broad Causes of Death	2011		2012		2013		2009-2013	
	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate	Number of Deaths	Age-adjusted Death Rate
Malignant neoplasms	11516	174.3	11185	165.6	11396	165	56,210	169.7
Diseases of heart	11233	163.4	11249	160.6	11310	158.9	55,672	162.1
Accidents (unintentional injuries)	2615	41.8	2789	44.3	2927	46.2	13,259	42.5
Chronic lower respiratory diseases	2628	39.7	2505	36.9	2785	40.3	12,847	38.7
Cerebrovascular diseases	2546	37.1	2506	35.9	2523	35.8	12,672	37.0
Alzheimer's disease	1806	25.3	1642	22.6	1663	22.7	8,483	23.9
Diabetes mellitus	1179	17.6	1275	18.8	1278	18.5	5,993	18.0
Influenza and pneumonia	981	14.2	1000	14.2	1112	15.4	4,942	14.3
Intentional self-harm (suicide)	737	12.6	734	12.6	853	14.4	3,840	13.1
Other causes	7825	114.2	8235	118.3	8686	122.8	39,551	115.7
<b>All Causes</b>	<b>48,101</b>	<b>717.2</b>	<b>48,225</b>	<b>706.5</b>	<b>49,917</b>	<b>719.7</b>	<b>239,053</b>	<b>712.9</b>

Source: Wisconsin Department of Health Services, WISH Query: Mortality Module, [www.dhs.wisconsin.gov/wish/mortality/broad-form.htm](http://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm); data accessed August 29, 2015

**Minnesota Mortality Trends**

Minnesota Department of Health

Mortality Trends	Cancer	Chronic Lower Respiratory Disease	Cirrhosis	Diabetes	Heart Disease	Nephritis	Pneumonia & Influenza	Stroke	Suicide	Unintentional Injury
<b>DAKOTA COUNTY</b>										
2009	167.6	35.3	6.8	22	119.7	17.2	7.3	37	10.4	34.9
2010	162.8	35.6	5.9	19.7	93.9	15.7	*	33.9	10.1	39.4
2011	162.9	30.7	7.2	17.2	96.9	9.6	6.9	32	15.5	41.2
2012	143.6	33.9	5.5	18.8	99.3	8.1	8.5	29.1	11.2	39.3
2013	147.4	31.9	6.4	15.3	103.4	11.2	9.3	34.1	9.8	44.7
<b>HENNEPIN COUNTY</b>										
2009	166.1	33.2	7.4	16.5	94.4	13.9	6.2	30.4	9.8	37
2010	169.5	34.9	8.5	17.6	93.1	16	7.7	36.2	10	39
2011	150.7	30.7	7.7	17.9	97.4	13.3	8.7	33.2	9.5	41.1
2012	148.6	33.2	8.7	20.1	97.5	11.1	8.8	30.9	10.5	40.2
2013	150.2	32.4	8.3	16.2	102.7	8.9	9.7	30.4	10.5	45.4
<b>RAMSEY COUNTY</b>										
2009	158.8	33.2	6.9	19.3	104.2	16.6	6.2	34	9.9	30.9
2010	173.4	36.7	7.6	15.5	107.1	18	11.5	38.3	9.8	31.1
2011	169.3	39.3	7.9	24.7	108.6	12.4	10.6	37.3	11	35.9
2012	162.3	36.7	9.9	19.4	115.2	12.5	10.9	35	10.3	36.1
2013	158	43.6	11.4	20.5	109.6	12	11.3	39.6	9.2	35.9
<b>SCOTT COUNTY</b>										
2009	175	29.3	*	*	100.1	*	*	40.7	*	37.5
2010	152.4	*	*	*	115.3	*	*	27.2	*	32.9
2011	171.4	35.4	*	*	119.7	*	*	29	*	48.6
2012	150.9	32.9	*	*	100.8	*	*	26.3	*	36.3
2013	123.9	35.7	*	*	111.2	*	*	29.6	*	32.7
<b>WASHINGTON COUNTY</b>										
2009	187.1	34.6	*	21.7	114.3	16.5	*	37.2	10.2	31.5
2010	160.7	27.2	*	15.7	100.5	15.5	*	29.7	8.9	21.3
2011	147.5	40.6	*	20.5	99.8	*	*	30.3	11.7	29.8
2012	139.6	37.5	*	12.3	105.7	10.6	*	21.8	10.1	32.7
2013	149.3	37	*	21.2	101.5	*	*	29.3	10.8	31
<b>MINNESOTA</b>										
2009	169.1	34.9	7	17.7	121.8	13.6	9.7	34.1	10.9	36
2010	166.9	35.1	7	17.7	118.7	15	9.7	35.8	11.1	36.4
2011	160.4	37.2	7.3	20	116.9	11.6	10.6	34.8	12.5	39.7
2012	156.1	35.2	8.1	19.1	118.8	10.8	10.6	32.7	12	40
2013	155.4	37.1	8.3	18.7	118.9	10.1	11.6	31.7	12.2	41.3

\*Rates based on 20 or less deaths are not produced.

Source: Minnesota Department of Health, Center for Health Statistics, <https://pqc.health.state.mn.us/mhsq/index.jsp/>; data accessed August 19, 2015

**St. Croix and Wisconsin Mortality Trends**

Wisconsin Department of Health Services, 2009 - 2013

Mortality Trends	Accidents (Unintentional Injuries)	Cerebrovascular Diseases	Chronic Lower Respiratory Diseases	Cirrhosis	Diabetes Mellitus	Diseases of Heart	Influenza	Intentional Self-Harm (Suicide)	Malignant Neoplasms	Nephritis
<b>ST. CROIX COUNTY</b>										
2009	31.7	40.3	30.5	6.5	17.7	174.8	18.6	6.7	164.1	13.6
2010	38.8	51.1	33.8	5.4	20	171.2	11.5	15.5	160.8	13.3
2011	31.7	41.2	36.1	3.7	24.8	137.5	14.8	19	163.8	10.2
2012	31.1	33.6	35.4	1.9	25.8	107.2	12.1	14.5	138.4	13.6
2013	30.3	24.6	51.2	9.7	25.9	115.9	5.3	12.4	160.9	11.8
<b>WISCONSIN</b>										
2009	39.7	14.2	37.8	38.7	17.2	163.3	12.4	169.9	7.8	15.1
2010	40.3	13.2	38.6	37.9	17.6	164.7	13.4	174.3	8.1	17.4
2011	41.8	14.2	37.1	39.7	17.6	163.4	12.6	174.3	7.9	14.4
2012	44.3	14.2	35.9	36.9	18.8	160.6	12.6	165.6	8.5	14.8
2013	46.2	15.4	35.8	40.3	18.5	158.9	14.4	165	9.1	14

Source: Wisconsin Department of Health Services, Wisconsin Interactive Statistics on Health Data Query System, <http://dhs.wisconsin.gov/wish/>; data accessed August 31, 2015

**Adult Overweight**

Community Commons, 2011 - 2012

% Overweight Adults	Dakota (MN)	Hennepin (MN)	Ramsey (MN)	Scott (MN)	Washington (MN)	Minnesota	St. Croix (WI)	Wisconsin	United States
2011-2012	37.5%	35.0%	38.0%	30.9%	36.3%	37.0%	30.7%	36.5%	35.8%

Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed August 31, 2015

**Adult Obesity**

% Obese Adults	Dakota (MN)	Hennepin (MN)	Ramsey (MN)	Scott (MN)	Washington (MN)	Minnesota	St. Croix (WI)	Wisconsin	United States
2012	25.9%	22.7%	25.1%	24.6%	25.7%	25.7%	28.4%	29.7%	27.8%

Source: Trust for America's Health and Robert Wood Johnson Foundation, <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: United Health Foundation, America's Health Rankings, <http://www.americashealthrankings.org/ALL/Obesity>; data accessed September 3, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, [http://www.cdc.gov/diabetes/atlas/countydata/County\\_ListofIndicators.html](http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html); data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

**Adult Obesity Trends**

% Obese Adults	Dakota (MN)	Hennepin (MN)	Ramsey (MN)	Scott (MN)	Washington (MN)	Minnesota	St. Croix (WI)	Wisconsin
2008	26.9%	22.5%	25.6%	28.2%	25.8%	25.3%	27.6%	26.0%
2009	26.4%	21.2%	24.2%	24.7%	25.8%	25.5%	28.2%	26.9%
2010	25.4%	21.9%	24.6%	24.0%	24.3%	25.3%	30.5%	27.4%
2011	24.7%	22.2%	24.9%	25.1%	24.8%	25.7%	28.6%	27.7%
2012	25.9%	22.7%	25.1%	24.6%	25.7%	25.7%	28.4%	29.7%

Source: Trust for America's Health and Robert Wood Johnson Foundation, <http://stateofobesity.org/files/stateofobesity2014.pdf>; data accessed August 31, 2015

Source: United Health Foundation, America's Health Rankings, <http://www.americashealthrankings.org/ALL/Obesity>; data accessed September 3, 2015

Source: Centers for Disease Control and Prevention, County Data Indicators, [http://www.cdc.gov/diabetes/atlas/countydata/County\\_ListofIndicators.html](http://www.cdc.gov/diabetes/atlas/countydata/County_ListofIndicators.html); data accessed August 31, 2015

Source: Community Commons, BRFSS 2011-2012 Adult Obesity Data, <http://assessment.communitycommons.org/CHNA/report?page=6&id=604>; data accessed September 1, 2015

Source: Definition: Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Calculated by height and weight variables.

**Minnesota Weight Status According to Body Mass Index (BMI)**

2013 Minnesota Student Survey, 9th Grade, 2013

Location	Not Overweight		Overweight		Obese	
	Male	Female	Male	Female	Male	Female
Dakota County	77.0%	84.0%	13.0%	10.0%	10.0%	6.0%
Hennepin County	75.0%	85.0%	15.0%	10.0%	10.0%	6.0%
Ramsey County	70.0%	78.0%	15.0%	14.0%	14.0%	7.0%
Scott County	75.0%	83.0%	15.0%	12.0%	10.0%	5.0%
Washington County	77.0%	84.0%	14.0%	12.0%	10.0%	5.0%
<b>Minnesota</b>	<b>73.0%</b>	<b>81.0%</b>	<b>15.0%</b>	<b>12.0%</b>	<b>12.0%</b>	<b>6.0%</b>

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed June 10, 2015

Source Definition: Overweight is defined as body mass index (BMI)-for-age and sex  $\geq$  85th percentile but < 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m<sup>2</sup>]).

Source Definition: Obese is defined as body mass index (BMI)-for-age and sex  $\geq$  95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m<sup>2</sup>]).

**Percent of Students in Grades 9 - 12 who are Overweight or Obese**

Centers for Disease Control and Prevention, 2009, 2011, 2013

Year	Wisconsin		United States	
	Overweight	Obese	Overweight	Obese
2009	13.9%	9.3%	15.6%	11.8%
2011	15.0%	10.4%	15.2%	13.0%
2013	13.0%	11.6%	16.6%	13.7%

Source: Centers for Disease Control and Prevention, Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>; data accessed September 8, 2015

Source Definition: Overweight is defined as body mass index (BMI)-for-age and sex  $\geq$  85th percentile but < 95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m<sup>2</sup>]).

Source Definition: Obese is defined as body mass index (BMI)-for-age and sex  $\geq$  95th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m<sup>2</sup>]).

**Minnesota Adult Physical Activity (Metro Adult Health Survey 2010 & SHAPE Survey)**

**% Participated in Physical Activity Outside of Work within the past 30 days, 2010**

% Participated in Physical Activity	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
2010	90.9%	85.7%	89.2%	87.2%	88.7%	87.0%	88.3%	87.3%	90.0%	89.0%

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, aerobics, golf, gardening, or walking for exercise?

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>, data accessed August 28, 2015

Definition: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

**During the past month, did you participate in any physical activities?**

BRFSS, 2013

% Participated in Physical Activity	Minnesota	Wisconsin	United States
2013	76.5%	76.2%	74.7%

Source: Centers for Disease Control and Prevention, Chronic Disease and Health Promotion Data & Indicators, <https://chronicdata.cdc.gov/Behavioral-Risk-Factors/BRFSS-Table-of-Physical-Activity/urh8-82n7>, data accessed August 28, 2015

**During the last 7 days, on how many days were you physically active for a total of at least 60 minutes per day?**

2013 Minnesota Student Survey, 11th Grade, 2013

Location	0 Days		1 Day		2 Days		3 Days		4 Days		5 Days		6 Days		7 Days	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Dakota County	9.0%	14.0%	6.0%	12.0%	9.0%	14.0%	12.0%	15.0%	10.0%	10.0%	16.0%	13.0%	11.0%	25.0%	11.0%	11.0%
Hennepin County	11.0%	17.0%	7.0%	12.0%	10.0%	14.0%	12.0%	15.0%	11.0%	11.0%	15.0%	13.0%	12.0%	9.0%	20.0%	9.0%
Ramsey County	13.0%	19.0%	8.0%	13.0%	10.0%	15.0%	13.0%	15.0%	11.0%	9.0%	15.0%	13.0%	10.0%	7.0%	21.0%	9.0%
Scott County	9.0%	13.0%	9.0%	13.0%	11.0%	15.0%	12.0%	17.0%	9.0%	12.0%	16.0%	12.0%	12.0%	10.0%	21.0%	9.0%
Washington County	10.0%	13.0%	8.0%	13.0%	11.0%	15.0%	11.0%	16.0%	10.0%	13.0%	18.0%	12.0%	11.0%	9.0%	21.0%	10.0%
<b>Minnesota</b>	<b>10.0%</b>	<b>14.0%</b>	<b>7.0%</b>	<b>12.0%</b>	<b>9.0%</b>	<b>15.0%</b>	<b>11.0%</b>	<b>15.0%</b>	<b>10.0%</b>	<b>11.0%</b>	<b>16.0%</b>	<b>14.0%</b>	<b>12.0%</b>	<b>9.0%</b>	<b>24.0%</b>	<b>9.0%</b>

**GROUPED DATA**

Location	0-3 days		4-7 days	
	Male	Female	Male	Female
Dakota County	36.0%	55.0%	64.0%	46.0%
Hennepin County	40.0%	58.0%	58.0%	42.0%
Ramsey County	44.0%	62.0%	57.0%	38.0%
Scott County	41.0%	58.0%	58.0%	43.0%
Washington County	40.0%	57.0%	60.0%	44.0%
<b>Minnesota</b>	<b>37.0%</b>	<b>56.0%</b>	<b>62.0%</b>	<b>43.0%</b>

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/), data accessed June 10, 2015

**% of Wisconsin Adults who usually Biked or Walked to Work in the last week**

Centers for Disease Control and Prevention, 2009 - 2011

% Biked / Walked to Work in past 7 days	Minnesota	Wisconsin	United States
2009 - 2011	3.5%	4.0%	3.4%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>, data accessed September 8th, 2015

**% of 9 - 12th Grade Students Who Watched 3+ Hours of Television Each School Day**

Centers for Disease Control and Prevention, 2013

% Watched 3+ Hours of T.V. Each School Day	Wisconsin	United States
2013	22.5%	32.5%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>, data accessed September 8th, 2015

**% of 9 - 12th Grade Students Who Achieved 1 Hour or More of Moderate-and/or Vigorous-Intensity Physical Activity Daily**

Centers for Disease Control and Prevention, 2013

% Physically Active at least 1 hr. Daily	Wisconsin	United States
2009 - 2011	24.0%	27.1%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>, data accessed September 8th, 2015

**Total Servings of Fruits and Vegetables Eaten Yesterday**

2010 Metro Adult Health Survey and 2010 SHAPE Survey

	Dakota County (MN)	Ramsey County (MN)	Scott County (MN)	Washington County (MN)
0 Servings	4.2%	4.5%	4.5%	3.4%
1-2 Servings	21.2%	20.5%	17.7%	26.4%
3-4 Servings	33.8%	36.5%	40.2%	33.1%
5 or More Servings	40.8%	38.5%	37.6%	37.0%

Source Definition: Total servings of fruit and vegetables eaten yesterday.

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

Source Definition: Total servings of fruit and vegetables consumed yesterday.

Source: Hennepin County, SHAPE Survey, <http://www.hennepin.us/SHAPE>, data accessed August 28, 2015

**Sugar Sweetened Beverage Consumption**

**2010 Metro Adult Health Survey**

	Dakota County (MN)	Ramsey County (MN)	Scott County (MN)	Washington County (MN)
0 Glasses	78.0%	74.0%	72.0%	75.0%
1-2 Glasses	17.0%	23.0%	23.0%	21.0%
3-4 Glasses	3.0%	2.0%	3.0%	4.0%
5-6 Glasses	2.0%	1.0%	1.0%	0.0%
7+ Glasses	1.0%	0.0%	2.0%	0.0%

Source Definition: How many glasses of each of the following did you drink yesterday? Think of a "glass" as a 12-oz serving. (Pop or Soda [regular])

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

**% Adults with Inadequate Fruit / Vegetable Consumption**

**Community Commons, 2005 - 2009**

Report Area	Total Population (Age 18+)	Total Adults with Inadequate Fruit / Vegetable Consumption	Percent Adults with Inadequate Fruit / Vegetable Consumption
Report Area	1856357	1419224	76.5%
Dakota	286043	227690	79.6%
Hennepin	875378	660910	75.5%
Ramsey	382558	288831	75.5%
Scott	88647	69765	78.7%
Washington	164308	125203	76.2%
St. Croix	59423	46825	78.8%
Minnesota	3926248	3066400	78.1%
Wisconsin	4279113	3290638	76.9%
United States	227279010	171972118	75.7%

Source: Community Commons, HealthPartners Health Indicators Report, <http://assessment.communitycommons.org/CHNA/report>, data accessed September 3, 2015

**During the last 7 days, how many times did you eat fruit?**

**2013 Minnesota Student Survey, 9th Grade, 2013**

Location	None		1 to 3		4 to 6	
	Male	Female	Male	Female	Male	Female
Dakota County	7.0%	6.0%	25.0%	26.0%	20.0%	19.0%
Hennepin County	8.0%	5.0%	23.0%	23.0%	21.0%	18.0%
Ramsey County	9.0%	7.0%	30.0%	29.0%	19.0%	19.0%
Scott County	9.0%	6.0%	27.0%	28.0%	20.0%	23.0%
Washington County	10.0%	7.0%	26.0%	27.0%	20.0%	22.0%
Minnesota	9.0%	6.0%	28.0%	28.0%	20.0%	21.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/), data accessed June 10, 2015

**How many cans, bottles or glasses of each of the following did you drink yesterday? - Soda**

**2013 Minnesota Student Survey, 11th Grade, 2013**

Location	0		1 to 2		3 to 4		5 to 6		7 or more	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Dakota County	49.0%	65.0%	39.0%	30.0%	7.0%	4.0%	2.0%	1.0%	2.0%	0.0%
Hennepin County	55.0%	70.0%	36.0%	25.0%	6.0%	3.0%	2.0%	1.0%	1.0%	1.0%
Ramsey County	51.0%	60.0%	37.0%	32.0%	8.0%	5.0%	2.0%	1.0%	3.0%	1.0%
Scott County	55.0%	66.0%	34.0%	28.0%	7.0%	4.0%	3.0%	1.0%	1.0%	1.0%
Washington County	53.0%	69.0%	36.0%	27.0%	7.0%	3.0%	3.0%	1.0%	2.0%	0.0%
Minnesota	47.0%	63.0%	38.0%	31.0%	9.0%	5.0%	3.0%	1.0%	2.0%	1.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/), data accessed June 10, 2015

GROUPED DATA: at least 1 soda/pop during the day		
	Male	Female
Dakota	50.0%	35.0%
Hennepin	45.0%	30.0%
Ramsey	50.0%	39.0%
Scott	45.0%	34.0%
Washington	48.0%	31.0%
Minnesota	52.0%	38.0%

**Estimated Expenditures for Carbonated Beverages as a % of Total Household Expenditures**

**Community Commons, 2014**

Report Area	State Rank	Z-Score (US)	Z-Score (State)	Average Expenditures (USD)	Percentage of Food-At-Home Expenditures
Report Area	no data	0.41	-0.75	\$255.19	4.3%
Dakota	80	0.39	-0.33	suppressed	suppressed
Hennepin	79	0.39	-0.33	suppressed	suppressed
Ramsey	53	0.52	-0.09	suppressed	suppressed
Scott	85	0.29	-0.52	suppressed	suppressed
Washington	86	0.29	-0.52	suppressed	suppressed
St. Croix	59	0.64	-0.34	suppressed	suppressed
Minnesota	no data	0.55	0	\$259.72	4.4%
Wisconsin	no data	0.8	0	\$256.84	4.5%
United States	no data	no data	no data	\$236.04	4.0%

Source: Community Commons, HealthPartners Health Indicator Report, <http://assessment.communitycommons.org/CHNA/report?page=5&id=301>, data accessed September 3, 2015



**Median Intake of Fruits and Vegetables (times per day) for Wisconsin Youth**

Centers for Disease Control and Prevention, 2013

Median Intake per Day	(Times)	Wisconsin		United States	
		Fruits	Vegetables	Fruits	Vegetables
2013		1	1.3	1	1.3

Source: Centers for Disease Control and Prevention, State Indicator Report 2013, <http://www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf>; data accessed September 8, 2015

**% of 9 - 12th Grade Students Who Drank Regular Soda/Pop at least 1 time per day**

Centers for Disease Control and Prevention, 2013

% Drank Regular Soda/Pop at least 1x per day	Wisconsin	United States
2007	25.0%	33.8%
2009	23.1%	29.2%
2011	23.1%	27.8%
2013	19.6%	27.0%

Centers for Disease Control and Prevention, Nutrition, Physical Activity and Obesity: Data, Trends and Maps, <http://www.cdc.gov/obesity/data/databases.html>; data accessed September 8th, 2015

**Prevalence of Binge Drinking by County**

2010 Metro Adult Health Survey & SHAPE Survey

	Dakota County (MN)		Hennepin County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)		Minnesota	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
2012	30.0%	18.0%	29.0%	17.0%	28.0%	16.0%	32.0%	18.0%	30.0%	17.0%	29.0%	16.0%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

**Minnesota Prevalence of Binge Drinking**

Centers for Disease Control and Prevention, 2012

	Minnesota
2012	29.0%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

**National Prevalence of Binge Drinking**

Institute for Health Metrics and Evaluation, 2012

	United States	
	Male	Female
2012	24.5%	12.4%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

**Do you live with anyone who drinks too much alcohol?**

2013 Minnesota Student Survey, 9th Grade, 2013

Location	Yes		No	
	Male	Female	Male	Female
Dakota County	9.0%	11.0%	91.0%	89.0%
Hennepin County	8.0%	10.0%	92.0%	90.0%
Ramsey County	11.0%	12.0%	89.0%	88.0%
Scott County	9.0%	14.0%	91.0%	86.0%
Washington County	9.0%	11.0%	91.0%	89.0%
<b>Minnesota</b>	<b>10.0%</b>	<b>12.0%</b>	<b>90.0%</b>	<b>88.0%</b>

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed June 10, 2015

**% of Current Smokers**

Minnesota Adult Tobacco Survey, 2010

	Minnesota	
	Male	Female
2010	17.7%	14.5%

Source Definition: Proportion of the population who currently smokes everyday.

Source: Minnesota Adult Tobacco Survey, 2010 Update, <http://www.health.state.mn.us/divs/chs/tobacco/mats2010finalreport.pdf>; data accessed September 2, 2015

**Current Smoker Rates**

**2010 Metro Adult Health Survey**

	Dakota County (MN)		Ramsey County (MN)		Scott County (MN)		Washington County (MN)	
	Male	Female	Male	Female	Male	Female	Male	Female
2012	18.7%	27.0%	17.8%	26.1%	12.4%	24.1%	21.4%	24.5%

Source Definition: Among those who have smoked at least 100 cigarettes in their entire lives: do you now smoke cigarettes everyday, some days, or not at all?

Source Definition: Current Smoking Status

Source: Minnesota Department of Health, Metro Adult Health Survey Data Book 2010, <https://sites.google.com/site/publichealthdata/Home/metro-adult-health-survey>, data accessed August 28, 2015

**Use of Any Tobacco Products During the Past 30 Days**

**2013 Minnesota Student Survey, 11th Grade, 2013**

Location	Yes		No	
	Male	Female	Male	Female
Dakota County	21.0%	11.0%	79.0%	89.0%
Hennepin County	21.0%	9.0%	79.0%	91.0%
Ramsey County	18.0%	11.0%	82.0%	89.0%
Scott County	25.0%	11.0%	75.0%	89.0%
Washington County	29.0%	14.0%	71.0%	86.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed August 28, 2015

**% of 11th Grade Students Who Believe that Most Students in their School Use Tobacco (cigarettes, chew) Daily**

**2013 Minnesota Student Survey, 11th Grade, 2013**

Location	Daily	
	Male	Female
Dakota County	25.0%	29.0%
Hennepin County	20.0%	23.0%
Ramsey County	30.0%	32.0%
Scott County	26.0%	33.0%
Washington County	33.0%	32.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed August 28, 2015

**During the last 30 days, how often have other students harassed or bullied you for any of the following reasons? - Your weight or physical appearance**

**2013 Minnesota Student Survey, 9th Grade, 2013**

Location	Never		Once or Twice		About Once a Week		Several Times a Week		Every Day	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Dakota County	82.0%	76.0%	11.0%	16.0%	3.0%	4.0%	2.0%	2.0%	2.0%	2.0%
Hennepin County	83.0%	77.0%	11.0%	15.0%	3.0%	3.0%	2.0%	2.0%	2.0%	2.0%
Ramsey County	82.0%	76.0%	12.0%	16.0%	3.0%	3.0%	2.0%	2.0%	2.0%	2.0%
Scott County	82.0%	76.0%	10.0%	17.0%	3.0%	4.0%	3.0%	2.0%	2.0%	1.0%
Washington County	83.0%	75.0%	11.0%	17.0%	3.0%	4.0%	2.0%	2.0%	1.0%	2.0%
Minnesota	81.0%	74.0%	12.0%	18.0%	3.0%	4.0%	2.0%	2.0%	2.0%	2.0%

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed June 10, 2015

**Current Smokers in St. Croix County (WI)**

**Institute for Health Metrics and Evaluation, 2010**

	St. Croix County	Wisconsin
2010	21.0%	21.0%

Source Definition: Proportion of the population who currently smokes everyday

Source: Institute for Health Metrics and Evaluation, US County Profiles, <http://www.healthdata.org/us-county-profiles>; data accessed September 2, 2015

**National Average of Smoking Prevalence**

**Centers for Disease Control and Prevention, 2012**

	United States		
	Male	Female	Both
2012	22.2%	17.9%	20.0%

Source Definition: Males having five or more drinks on one occasion, females having four or more drinks on one occasion

Source: Centers for Disease Control and Prevention, BRFSS Chronic Health Indicators, <https://chronicdata.cdc.gov/browse?q=county&sortBy=relevance&utf8=%E2%9C%93>; data accessed September 2, 2015

**Health Insurance Access: Uninsured Trends (<65 years of age)**

**University of Minnesota State Health Access Data Assistance Center, 2009 - 2013**

% of Population Under Age 65 Without Health Insurance	Minnesota	Wisconsin	United States
2009	10.2%	10.5%	17.2%
2010	10.1%	10.9%	17.6%
2011	9.9%	10.6%	17.2%
2012	9.4%	10.6%	16.8%
2013	9.5%	10.4%	16.6%

Source: University of Minnesota, State Health Access Data Assistance Center, <http://datacenter.shadac.org/map/236/coverage-type-total#1/3/458>; data accessed September 1, 2015

### Selected Minnesota Natality Statistics (Minnesota)

2013

State/County	Number of Births	Fertility Rate	Birth Rate	Number of Deaths	Death Rate	Natural Rate of Increase
Dakota County	5,148	64.4	12.6	2,320	5.7	6.9
Hennepin County	16,584	65.2	13.8	8,130	6.8	7.1
Ramsey County	7,833	69.3	14.9	3,981	7.6	7.3
Scott County	1,880	67.1	13.7	566	4.1	9.6
Washington County	2,857	62.1	11.6	1,471	6.0	5.6
<b>Minnesota</b>	<b>69,183</b>	<b>65.9</b>	<b>12.8</b>	<b>40,981</b>	<b>7.6</b>	<b>5.2</b>

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Fertility Rate: The number of live births per 1,000 women in the population of age 15 - 44 years.

Birth Rate: The number of live births per 1,000 population.

Death Rate: The number of deaths per 1,000 population.

Natural Rate of Increase: The difference in the birth rate and death rate.

### Prematurity and Low Birth Weight of Singleton Births in Minnesota

By State and County, 2013

State/County	Number Preterm Births	Percent Preterm Births	Number Low Birth Weight	Percent Low Birth Weight	Percent Very Low Birth Weight 2011-2013	Percent Small for Gestational Age
Dakota County	428	8.9%	219	4.4%	1.3	4.0
Hennepin County	1,269	8.2%	864	5.5%	1.2	4.7
Ramsey County	607	8.6%	417	5.5%	1.3	5.2
Scott County	138	7.9%	64	3.6%	1.0	2.8
Washington County	204	7.8%	135	4.9%	0.6	3.6
<b>Minnesota</b>	<b>5,156</b>	<b>8.1%</b>	<b>3147</b>	<b>4.7%</b>	<b>1.1</b>	<b>4.0</b>

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Preterm Births: Live births of babies who are less than 37 weeks gestation at birth.

Low Birth Weight Births: Live births who are less than 2500 grams at birth.

Very Low Birth Weight Births: Live births who are born weighing less than 1500 grams.

### Prenatal Care (Minnesota)

By State and County, 2013

State/County	Percent of Prenatal Care Received in 1st Trimester	Percent Adequacy of Prenatal Care, GINDEX		
		Adequate or Better	Intermediate	Inadequate or None
Dakota County	84.2%	81.4%	15.4%	3.2%
Hennepin County	81.2%	77.1%	18.3%	4.6%
Ramsey County	74.8%	68.9%	24.8%	6.3%
Scott County	84.0%	80.3%	16.8%	2.9%
Washington County	87.9%	82.1%	15.5%	2.4%
<b>Minnesota</b>	<b>83.0%</b>	<b>77.8%</b>	<b>18.2%</b>	<b>4.0%</b>

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

GINDEX: A prenatal care index determined by combining measures of the month or trimester prenatal care began, the number of prenatal visits, and the gestational age of the infant/fetus at the time of birth. The GINDEX includes gestational age over 36 weeks, and number of prenatal visits greater than nine to impute adequacy of prenatal care.

Adequate or Better: Prenatal care started in the 1st trimester and the woman had an adequate number of visits.

Intermediate: Prenatal care started in the 1st or 2nd trimester and the woman had an intermediate range of visits.

Inadequate or None: No prenatal care or the prenatal care started in the 3rd trimester or the woman had an inadequate range of visits, regardless of when prenatal care began.

### Teen Birth and Pregnancy Rates (Minnesota)

By State and County, 2011-2013

State/County	Teen Birth Rates (TBR)			Teen Pregnancy Rates (TPR)		
	TBR 15-17 Years	TBR 18-19 Years	TBR 15-19 Years	TPR 15-17 Years	TPR 18-19 Years	TPR 15-19 Years
Dakota County	4.8	27.7	12.5	7.8	40.0	18.7
Hennepin County	9.3	32.7	18.9	14.4	50.6	29.2
Ramsey County	14.5	42.0	27.3	19.9	59.1	38.1
Scott County	4.5	23.2	10.6	6.6	35.9	16.1
Washington County	4.1	17.7	8.6	6.7	27.3	13.6
<b>Minnesota</b>	<b>8.2</b>	<b>32.6</b>	<b>18.2</b>	<b>11.3</b>	<b>43.3</b>	<b>24.4</b>

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, www.health.state.mn.us/divs/chs/countytables/; data accessed June 1, 2015

Teen Birth Rate: The number of live births to a specific age group per 1,000 female population of the specific age group.

Teen Pregnancy Rate: The number of pregnancies to a specific age group per 1,000 female population of the specific age group.

**Socio-Demographic Factors Related to Birth Outcomes (Minnesota)  
By State and County, 2013**

State/County	Percent - Births to Unmarried Mothers	Percent - No Father on Birth Certificate	Percent - Mothers Smoked during Pregnancy
Dakota County	27.7	12.0	6.9
Hennepin County	32.2	13.8	5.3
Ramsey County	43.4	15.5	7.6
Scott County	19.1	7.2	5.9
Washington County	24.1	7.9	6.8
<b>Minnesota</b>	<b>32.9</b>	<b>12.2</b>	<b>10.6</b>

Source: Minnesota Department of Health, Center for Health Statistics and the US Census, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed June 1, 2015

**Minnesota Natality Trend Data  
Minnesota Department of Health Services, 2008 - 2012**

Location	DAKOTA COUNTY				
	Birth Rates	% Low Birth Weight Births	% Preterm Births	% Received Adequate or Better Prenatal Care	% Smoked During Pregnancy
2009	14.2	4.3%	7.5%	79.3%	6.1%
2010	13.8	4.8%	7.2%	81.2%	6.7%
2011	13	4.4%	7.0%	80.7%	6.4%
2012	12.7	3.7%	7.6%	80.4%	8.7%
2013	13	4.8%	7.8%	80.2%	7.6%
<b>HENNEPIN COUNTY</b>					
2009	14.5	5.5%	8.0%	78.4%	4.9%
2010	14.1	5.3%	7.9%	79.8%	4.9%
2011	13.8	5.4%	8.2%	81.4%	5.1%
2012	13.6	4.5%	8.3%	79.5%	8.6%
2013	13.8	5.4%	8.6%	78.7%	7.3%
<b>RAMSEY COUNTY</b>					
2009	15.5	5.7%	8.3%	78.8%	9.3%
2010	15	5.4%	8.0%	71.2%	9.1%
2011	14.3	5.8%	8.9%	69.2%	9.6%
2012	14.7	4.7%	8.6%	69.1%	11.8%
2013	14.9	5.8%	8.7%	68.3%	10.0%
<b>SCOTT COUNTY</b>					
2009	16	4.3%	7.5%	77.1%	5.6%
2010	14.9	4.2%	7.5%	74.3%	5.2%
2011	14.8	3.7%	7.0%	74.6%	4.1%
2012	14.3	3.8%	6.7%	73.4%	7.5%
2013	14.8	4.1%	6.8%	83.7%	7.2%
<b>WASHINGTON COUNTY</b>					
2009	12.6	4.2%	7.9%	89.6%	6.2%
2010	12	4.4%	7.2%	85.1%	7.8%
2011	12	4.6%	8.0%	86.7%	7.4%
2012	11.7	2.9%	6.9%	84.3%	10.4%
2013	11.4	3.7%	6.9%	82.9%	8.3%
<b>MINNESOTA</b>					
2009	13.9	4.7%	7.9%	80.4%	10.0%
2010	13.4	4.8%	7.8%	79.4%	9.9%
2011	12.9	4.8%	8.1%	80.0%	10.0%
2012	12.8	4.7%	7.9%	78.3%	14.2%
2013	12.8	5.0%	8.4%	78.2%	12.0%

Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed August 20, 2015

**Minnesota Teen Natality Trend Data**

Minnesota Department of Health Services, 2005 - 2007; 2008 - 2010; 2011- 2013

Location	DAKOTA COUNTY	
	Teen Pregnancy Rates	Teen Birth Rates
2005 - 2007	30.7	20.2
2008 - 2010	26.1	17.5
2011 - 2013	18.7	12.5
HENNEPIN COUNTY		
2005 - 2007	49.2	31.3
2008 - 2010	41.5	26.9
2011 - 2013	32.4	18.9
RAMSEY COUNTY		
2005 - 2007	55.2	38.8
2008 - 2010	49	35.5
2011 - 2013	38.1	27.3
SCOTT COUNTY		
2005 - 2007	29.2	18.8
2008 - 2010	22.8	15.8
2011 - 2013	16.1	10.6
WASHINGTON COUNTY		
2005 - 2007	26.1	15.9
2008 - 2010	20.4	12.8
2011 - 2013	13.6	8.6
MINNESOTA		
2005 - 2007	37.9	27.5
2008 - 2010	33.2	24.6
2011 - 2013	24.4	18.2

Source: Minnesota Department of Health, Center for Health Statistics, [www.health.state.mn.us/divs/chs/countytables/](http://www.health.state.mn.us/divs/chs/countytables/); data accessed August 20, 2015

**Births to Mothers Who Received First-Trimester Prenatal Care - 2013 (Wisconsin)**

Location	Number of Births With First-Trimester Prenatal Care	Total Number of Births	Percent of Births With First-Trimester Prenatal Care	95% Confidence Interval
St. Croix County	824	1,031	79.9%	77.3 - 82.3
Wisconsin	50,309	66,566	75.6%	75.2 - 75.9

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

**Low Birthweight (less than 2,500 grams) - 2013 (Wisconsin)**

Location	Number of Low Birthweight Births	Total Number of Births	Percent Low Birthweight	95% Confidence Interval
St. Croix County	57	1,031	5.5%	4.3 - 7.2
Wisconsin	4,665	66,566	7.0%	6.8 - 7.2

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015

**Very Low Birthweight (less than 1,500 grams) - 2013 (Wisconsin)**

Location	Number of Very Low Birthweight Births	Total Number of Births	Percent Very Low Birthweight	95% Confidence Interval
St. Croix County	16	1,031	1.6%	0.9 - 2.6
Wisconsin	854	66,566	1.3%	1.2 - 1.4

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015

**Birth Rate (Births per 1,000 Population) - 2013 (Wisconsin)**

Location	Number of Births	Total Population	Birth Rate	95% Confidence Interval
St. Croix County	1,031	85,645	12.0	11.3 - 12.8
Wisconsin	66,566	5,730,937	11.6	11.5 - 11.7

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

**Teen Birth Rate (Births per 1,000 Females Ages 15-19) - 2011-2013 (Wisconsin)**

Location	Number of Births to Females Age <20	Number of Females Ages 15-19	Teen Birth Rate	95% Confidence Interval
St. Croix County	88	8,095	10.9	8.6 - 13.1
Wisconsin	12,483	571,352	21.8	21.5 - 22.2

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015

## Wisconsin Natality Trend Data

Wisconsin Department of Health Services, 2008 - 2013

Location	St. Croix County				Wisconsin			
	Birth Rates	Teen Birth Rate	% Births Prenatal Care	% Low Birthweight	Birth Rates	Teen Birth Rate	% Births Prenatal Care	% Low Birthweight
2009	14	10	86.7%	5.4%	13	30	83.4%	7.1%
2010	13	16	86.8%	6.1%	12	27	84.2%	7.0%
2011	13	11	81.9%	6.9%	12	24	75.6%	7.2%
2012	12	13	81.3%	5.2%	12	22	76.5%	7.2%
2013	12	9	79.9%	5.5%	12	20	75.6%	7.0%

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Prenatal Care Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Low Birthweight Module, accessed 9/2/2015 (note: defined as less than 2,500 grams)

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Fertility Module, accessed 9/2/2015

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <http://dhs.wisconsin.gov/wish/>, Teen Births - Teen Birth Rates Module, accessed 9/2/2015

## Percent of 2 Year Olds (24 Months) Who were Immunized by State

National KIDS COUNT, 2009 - 2013

% 24 Month Olds Immunized	Minnesota	Wisconsin	United States
2009	45.5%	43.4%	48.3%
2010	53.9%	70.4%	59.2%
2011	73.4%	72.8%	71.0%
2012	67.2%	77.2%	71.9%
2013	76.7%	75.9%	74.0%

Source: Kids Count Data Center, 2 Year Olds Who Were Immunized 2009 - 2013, <http://datacenter.kidscount.org/data/Tables/8001-2-year-olds-who-were-immunized?loc=1&loc=2#detailed/2/2-52/false/36,868,867,133,38/any/15387>; data accessed September 3, 2015

Definitions: 4:3:1:3:3:1 immunization coverage. Depending on the brand of vaccine used, a child would either get 3 doses of Hib plus a booster, or 2 doses of Hib plus a booster; at the state-level, the CDC no longer reports Hib simply as 3 or more doses but instead specifies that the "full series" was received. Between December 2007 and September 2009 there was a shortage of the Hib vaccination which led to a temporary suspension of the booster shot for most children in the U.S. This explains the dip in full-coverage in 2009 and 2010, which rebounded by 2011.

## Chlamydia, Number of Cases and Rates (per 100,000 persons) (Minnesota)

Data by County of Residence, 2014

Location	Cases	Rate
Dakota County	1,138	286
Hennepin County	6,426	558
Ramsey County	2,847	560
Scott County	298	229
Washington County	574	241
<b>Minnesota</b>	<b>19,897</b>	<b>375</b>

## Gonorrhea, Number of Cases and Rates (per 100,000 persons) (Minnesota)

Data by County of Residence, 2014

Location	Cases	Rate
Dakota County	168	42
Hennepin County	1,997	173
Ramsey County	777	153
Scott County	42	32
Washington County	66	26
<b>Minnesota</b>	<b>4,073</b>	<b>77</b>

Source: Minnesota Department of Health, STD Surveillance Statistics, Minnesota, Annual Summary of Reportable STDs in Minnesota - 2014, [www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html](http://www.health.state.mn.us/divs/idepc/dtopics/stds/stats/index.html); data accessed June 10, 2015

Notes: Data exclude cases diagnosed in federal or private correctional facilities. U.S. Census 2010 data is used to calculate rates. County data missing for 988 chlamydia cases and 151 gonorrhea cases.

## Wisconsin Communicable Disease Trends

Wisconsin Department of Health Services, 2008 - 2013

Location	St. Croix County		Wisconsin	
	Chlamydia	Gonorrhea	Chlamydia	Gonorrhea
2008	98	9	368	107
2009	88	5	370	92
2010	119	10	407	90
2011	104	11	426	84
2012	121	7	411	83
2013	167	12	412	81

Source: Wisconsin Department of Health Services, Sexually Transmitted Diseases (STDs) - Wisconsin County 2012 Profiles, <https://www.dhs.wisconsin.gov/std/2012datamap.htm>; data accessed September 2, 2015

Source: Wisconsin Department of Health Services, Wisconsin County 2013 Profiles - Summary Data, <https://www.dhs.wisconsin.gov/std/2013datamap.htm>; data accessed September 1, 2015

## Do you have any long-term mental health, behavioral or emotional problems? Long-term means lasting 6 months or more.

2013 Minnesota Student Survey, 9th Grade, 2013

Location	Yes		No	
	Male	Female	Male	Female
Dakota County	9%	17%	91%	83%
Hennepin County	11%	15%	89%	85%
Ramsey County	10%	15%	90%	85%
Scott County	13%	15%	87%	85%
Washington County	15%	17%	85%	83%
<b>Minnesota</b>	<b>14%</b>	<b>17%</b>	<b>86%</b>	<b>83%</b>

Source: Minnesota Center for Health Statistics, Minnesota Student Survey 2013, [www.health.state.mn.us/divs/chs/mss/](http://www.health.state.mn.us/divs/chs/mss/); data accessed June 10, 2015

**Rate of psychiatric hospital admissions per 1,000 residents age 14+**  
Twin Cities 7-county region and Minnesota, 2000-2012

Category	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
<b>Twin Cities</b>													
Rate of psy	7.3	7.8	8	8	8.3	8.1	8	7.8	8.3	8.5	8.6	8.4	8.6
Number of	15,345	16,532	17,109	17,410	18,129	17,813	17,819	17,588	18,767	19,580	19,950	19,703	20,482
Total popu	2,104,897	2,132,878	2,150,435	2,166,568	2,183,662	2,200,362	2,223,234	2,247,210	2,270,245	2,293,709	2,312,877	2,341,808	2,370,893
<b>Minnesota</b>													
Rate of psy	6.1	6.7	7	7.1	7.4	7.4	7.5	7.3	7.7	8	7.9	7.7	7.9
Number of	24,254	26,948	28,241	29,009	30,477	30,700	31,206	30,794	32,703	34,132	33,947	33,464	34,598
Total popu	3,947,736	3,996,151	4,036,775	4,075,348	4,112,822	4,147,030	4,188,549	4,226,608	4,261,567	4,291,289	4,318,605	4,355,333	4,387,465

Source: MN Compass, Minnesota Hospital Association, Center for Disease Control National Center for Health Statistics, www.mncompass.org/health/mental-health-admissions#7-4471-d; data accessed June 12, 2015

Notes: Psychiatric hospital admissions includes all instances in which the primary diagnosis/reason for treatment is mental illness.

Admissions refers to the number of admittances and not individual patients. It is possible that some individuals were admitted for psychiatric illness more than once within a given year.

Counties refer to the home address of the patient, not the location of the hospital where the patient was admitted.

Chemical dependency, which can also affect a person's mental state, is tracked separately.

The Twin Cities includes the following counties: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington

**Rate of Psychiatric Hospital Admissions per 1,000 Residents Age 14+**

Rank of counties, Minnesota, 2012

Rank	Counties (1=best)	2012
1	Hubbard	2.2
2	Houston	2.3
3	Lake of the Woods	2.9
4	Becker	3.1
5	Morrison	3.2
6	Clearwater	3.3
7	Norman	3.3
8	Benton	3.4
9	Pope	3.4
10	Todd	3.4
11	Kittson	3.7
12	Le Sueur	3.7
13	Clay	3.8
14	Douglas	3.8
15	Otter Tail	3.8
16	Sibley	3.8
17	Swift	4.0
18	Jackson	4.1
19	Watonwan	4.2
20	Cook	4.4
21	Polk	4.5
22	Carver	4.7
23	Chippewa	4.7

Rank	Counties (1=best)	2012
24	Stevens	4.7
25	Big Stone	4.8
26	Cass	4.9
27	Marshall	4.9
28	Yellow Medicine	4.9
29	Wilkin	5.0
30	Beltrami	5.2
31	Fillmore	5.2
32	Nicollet	5.2
33	Murray	5.3
34	Stearns	5.4
35	Aitkin	5.5
36	Scott	5.5
37	Martin	5.6
38	Freeborn	5.7
39	Itasca	5.7
40	Lac qui Parle	5.7
41	Meeker	5.7
42	Wright	5.7
43	Wadena	5.8
44	Crow Wing	5.9
45	Roseau	6.0
46	Goodhue	6.1

Rank	Counties (1=best)	2012
47	Waseca	6.1
48	Blue Earth	6.3
49	Grant	6.3
50	Washington	6.3
51	Cottonwood	6.6
52	Kandiyohi	6.7
53	Mahnomen	6.7
54	Rice	6.8
55	Wabasha	7.0
56	Faribault	7.1
57	Pipestone	7.1
58	Renville	7.1
59	Koochiching	7.2
60	Winona	7.3
61	Dakota	7.4
62	Rock	7.4
63	Sherburne	7.4
64	Red Lake	7.6
65	Chisago	7.7
66	Lincoln	7.7
67	Carlton	7.8
68	Nobles	7.8
69	Lake	8.1

Rank	Counties (1=best)	2012
70	Dodge	8.2
71	Traverse	8.2
72	Brown	8.4
73	McLeod	8.8
74	Redwood	8.8
75	Hennepin	8.9
76	Anoka	9.1
77	Pine	9.1
78	Mower	9.3
79	Isanti	9.6
80	Kanabec	9.7
81	Mille Lacs	10.0
82	Olmsted	10.0
83	Steele	10.3
84	Lyon	10.4
85	Ramsey	11.2
86	Pennington	11.5
87	St. Louis	13.9

Source: MN Compass, Minnesota Hospital Association, Center for Disease Control National Center for Health Statistics, www.mncompass.org/health/mental-health-admissions#7-4471-d; data accessed June 12, 2015

Notes: Psychiatric hospital admissions includes all instances in which the primary diagnosis/reason for treatment is mental illness.

Admissions refers to the number of admittances and not individual patients. It is possible that some individuals were admitted for psychiatric illness more than once within a given year.

Counties refer to the home address of the patient, not the location of the hospital where the patient was admitted.

Chemical dependency, which can also affect a person's mental state, is tracked separately.

**Residents under age 65 without health insurance**

Rank of counties, Minnesota, 2013

Rank	Counties (1=lowest)	2013
1	Carver	6.3%
<b>2</b>	<b>Washington</b>	<b>6.3%</b>
3	Sherburne	7.1%
4	Nicollet	7.2%
5	Steele	7.4%
6	Wright	7.4%
7	Dodge	7.6%
<b>8</b>	<b>Dakota</b>	<b>7.7%</b>
<b>9</b>	<b>Scott</b>	<b>7.7%</b>
10	Douglas	7.8%
11	McLeod	7.9%
12	Olmsted	7.9%
13	Pennington	7.9%
14	Chisago	8.0%
15	Brown	8.3%
16	Wilkin	8.4%
17	Jackson	8.5%
18	Wabasha	8.5%
19	Clay	8.7%
20	Houston	8.7%
21	Anoka	8.8%
22	Goodhue	8.8%
23	Isanti	8.8%

Rank	Counties (1=lowest)	2013
24	Kittson	8.8%
25	Swift	8.8%
26	Lake	8.9%
27	Le Sueur	8.9%
28	Waseca	8.9%
29	Lac qui Parle	9.1%
30	Stearns	9.1%
31	Benton	9.3%
32	Martin	9.3%
33	Pope	9.3%
34	Roseau	9.3%
35	Blue Earth	9.4%
36	Stevens	9.4%
37	St. Louis	9.5%
38	Lyon	9.6%
39	Murray	9.6%
40	Rock	9.6%
41	Meeker	9.7%
42	Otter Tail	9.7%
43	Winona	9.8%
44	Cottonwood	9.9%
45	Grant	9.9%
46	Carlton	10.0%

Rank	Counties (1=lowest)	2013
47	Polk	10.0%
48	Yellow Medicine	10.0%
49	Crow Wing	10.1%
50	Rice	10.1%
<b>51</b>	<b>Hennepin</b>	<b>10.2%</b>
52	Renville	10.2%
53	Big Stone	10.3%
54	Faribault	10.3%
55	Kandiyohi	10.3%
56	Lincoln	10.4%
57	Marshall	10.5%
58	Norman	10.5%
59	Chippewa	10.6%
60	Kanabec	10.6%
61	Morrison	10.7%
62	Freeborn	10.9%
63	Redwood	11.0%
64	Sibley	11.1%
65	Wadena	11.1%
66	Itasca	11.3%
67	Fillmore	11.4%
68	Mille Lacs	11.4%
69	Pipestone	11.4%

Rank	Counties (1=lowest)	2013
70	Red Lake	11.5%
71	Becker	11.8%
<b>72</b>	<b>Ramsey</b>	<b>11.8%</b>
73	Koochiching	12.0%
74	Traverse	12.0%
75	Lake of the Woods	12.1%
76	Hubbard	12.3%
77	Pine	12.3%
78	Aitkin	12.6%
79	Mower	12.7%
80	Clearwater	13.0%
81	Cass	13.7%
82	Cook	13.9%
83	Mahnomen	14.2%
84	Todd	14.2%
85	Beltrami	14.3%
86	Watonwan	15.3%
87	Nobles	15.9%

Notes:

The SAHIE program models health insurance coverage by combining survey data with population estimates and administrative records. The estimates are based on data from the following sources: the Annual Social and Economic Supplement (ASEC) of the Current Population Survey (CPS); demographic population estimates; aggregated federal tax returns; participation records for the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp program; County Business Patterns; Medicaid and Children's Health Insurance Program (CHIP) participation records; and Census 2000.

In November 2012, the U.S. Census Bureau revised and re-released the 2009 health insurance figures due to a processing error present in the October 2011 release. The data above reflect those revisions, and so may differ from the 2009 figures previously presented on Compass. For more information see <http://www.census.gov/did/www/sahie/about/faq.html#13>.

Sources:

U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE) program.  
<http://www.census.gov/did/www/sahie/>  
 Data downloaded from <http://www.mncompass.org> on 06/12/2015



# Questions or Comments?

Please visit Lakeview Hospital's website to provide feedback on the CHNA and Implementation Plan or to request a copy of the CHNA.

You can find more information by visiting the website listed below, and navigating to "Community Health Needs Assessment Plan" under the "Health and Wellness" dropdown.

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



# Thank you!

Community Hospital Consulting  
7800 North Dallas Parkway, Suite 200  
Plano, TX 75024  
972-943-6400  
[www.communityhospitalcorp.com](http://www.communityhospitalcorp.com)

Cindy Matthews - [cmatthews@communityhospitalcorp.com](mailto:cmatthews@communityhospitalcorp.com)

Lisette Hudson - [lhudson@communityhospitalcorp.com](mailto:lhudson@communityhospitalcorp.com)

Jessica Noel - [jnoel@communityhospitalcorp.com](mailto:jnoel@communityhospitalcorp.com)

Valerie Hayes - [vhayes@communityhospitalcorp.com](mailto:vhayes@communityhospitalcorp.com)

