

PROVIDER DIRECTORY

2025



SUPPORT BY





COMPEER FINANCIAL









LEADERSHIP BY

Blue Earth County Supportive Housing City of Mankato College of Allied Health and Nursing - Minnesota State University, Mankato **Ethical Solutions Greater Mankato Area United Way** Lloyd Management Lutheran Social Service of Minnesota **MN Valley Action Council** Nystrom & Associates, Mankato **River Valley Continuum of Care Southwest MN Housing Partnership**



10,000 Families Study – University of Minnesota

Dental-Medical Health.

Serving: Minnesota (All counties)

The 10,000 Families Study (10KFS) is exploring what keeps our families healthy. We are interested in understanding how genetics, lifestyle, and environmental factors like radon, pesticides, and PFAS impact our well-being. These substances are widespread in Minnesota, whether you live in the city or the countryside, and they may be linked to certain types of blood cancers. Participation:

- 1. An adult in the family fills out a quick online survey to see if the family qualifies.
- 2. That person can then invite other family members.
- 3. Finally, it's just a matter of completing a health questionnaire and a health-check.

Phone: 612-301-2726

Website: <u>10kfs.umn.edu</u>

180 Degrees VonWald Youth Shelter

Housing

Serving: All over the state of MN, but primarily Southeastern Minnesota

Whether youth are experiencing homelessness, in transition between foster families, or simply out of options without a safe place to stay due to family crisis, we're here to help. Shelter and services are free and available by walk-in or through referral. We accept referrals from parents, schools, social workers, youth-serving agencies, and probation officers. Supportive staff help youth identify strengths, explore resources, set goals, and build new connections so that they can realize their full potential.

Phone: 507-280-0110

The Arc Minnesota

Advocacy Disabilities

<u>Counties Served: Blue Earth, Brown, Cottonwood, Faribault, Jackson, Le Sueur, Lincoln, Lyon,</u> <u>Martin, Murray, Nicollet, Nobles, Pipestone, Redwood, Rock, Waseca, Watonwan, Yellow Medicine</u>

We offer assistance with Housing Access Services (HAS). We can offer help with their deposit or fees to apply for housing or transitional services if they have a waiver. The Southwest Region provides programs and services to people with intellectual and developmental disabilities and their families. We now offer a Crisis Housing Assistance Program to those who are receiving hospital-level psychiatric care or Substance Use Disorder treatment with short-term housing assistance.

Phone: 952-915-3632

Website: arcminnesota.org



A Fresh Start

🛛 Housing

Serving: All of southern Minnesota, but our primary service areas are Blue Earth, Nicollet and Le Sueur counties. Outside a 30 mile radius of Mankato clients are required to pick up their items, rather than AFS delivering.

A Fresh Start serves people emerging from homelessness by providing them with household items and furniture for their new homes. There is no charge to the client and delivery is possible.

Phone: 507-594-8493

Website: afreshstartmankato.com

ASC Psychological Services

☑ Chemical Dependency ☑ Mental Health

Serving: Mankato and Roseville, Minnesota regions

ASC Psychological Services is a holistic mental health treatment provider in the Mankato and Roseville, Minnesota region. Whether you are looking for individualized in-office care or needing teletherapy or small group sessions, we have options to meet your needs. Our driving mission is to be that person in your corner who truly cares. That's because we treat the whole person, not just the condition or behavior.

Phone: 507-345-4679

Website: ascpsychological.com

Beyond Brink / WEcovery

☑ Chemical Dependency ☑ Housing ☑ Mental Health

<u>Serving: South Central MN</u> Harm Reduction Team, transitional housing for substance use disorders.

Phone: 507-779-7091

<u>Counties Served: Blue Earth</u> Peer recovery, support services and recovery support housing

Website: beyondbrink.com



Birthright Mankato

🛛 Children / Youth

Counties Served: Blue Earth, Nicollet and surrounding

We offer resources and emergency needs for families with infants. We focus on children up to about 3 years old with clothing, diapers, wipes etc. We offer counseling services and provide other resources that could help families in need.

Phone: 507-387-7818

Website: birthrightmankato.org

Blue Cross & Blue Shield of MN

* SPONSOR

Healthcare

Serving: Statewide

Committed to providing healthcare to all Minnesotans and advancing racial and health equity throughout the state. We collaborate with community partners to eliminate health inequities and address the state's most pressing public health issues.

Phone: 651-662-5050

Website: bluecrossmn.com

Blue Earth County – Financial Services

Social Service Agency

Counties Served: Blue Earth

We administer cash, food, emergency, and health care programs to all Blue Earth County.

Phone: 507-304-4335

Blue Earth County Library System

Youth / Children

Counties Served: Blue Earth

The Blue Earth County Library System serves its users through a variety of educational materials, programs, activities, and events for adults and youth. These are designed to encourage the use of the library's resources to develop and nurture a life-long habit of reading.

Phone: 507-304-4001



Blue Earth County Supportive Housing

Housing

Counties Served: Blue Earth

We offer housing triage services and supportive housing case management to Blue Earth County community members. Housing triage provides information and referral to various community resources and is not housing case management. Supportive housing programs and services are available to individuals and families in Blue Earth County who are experiencing varying degrees of homelessness to gain access to and maintain housing of their choice in Blue Earth County. Supportive Housing offers case management services paired with rental assistance subsidies to enrolled households. Referrals to the supportive housing programs and services are currently only through the coordinated entry system.

Phone: 507-304-4335 Website: <u>blueearthcountymn.gov/484/Supportive-Housing</u>

Blue Earth County-Yellow Line Project

☑ Chemical Dependency ☑ Mental Health ☑ Social Service Agency

Counties Served: Blue Earth

The Yellow Line Project is designed to provide an early response to individuals with acute or chronic mental or chemical health problems who have become involved with law enforcement and are not a risk to the community. The Yellow Line Project enhances the resources and tools available to law enforcement so that residents of Blue Earth County get the right services at the right time and have strong incentives to participate in those services.

Phone: 507-304-4857

Website: yellowlineproject.com

Committee Against Domestic Abuse (CADA)

Social Service Agency

<u>Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Sibley, Waseca,</u> <u>Watonwan</u>

CADA is a nonprofit organization serving victims and survivors of relationship abuse and sexual violence throughout south-central Minnesota. Our mission is to provide safety and support to victims of domestic and sexual violence through education, advocacy, and shelter. CADA offers free, confidential, and non-judgmental services to victims and survivors. CADA operates three main programs: emergency safety shelter for women and children, community advocacy throughout the region, and supervised parenting time and exchanges. Additionally, we offer community education about topics and issues related to domestic and sexual violence. Each year, CADA serves between 2,000 and 3,000 individuals.

Phone: 800-477-0466



Catholic Charities of Southern MN

Social Service Agency Schildren/Youth

<u>Counties served: Blue Earth, Cottonwood, Dodge, Faribault, Freeborn, Jackson, Martin, Mower, Murray, Nobles, Pipestone, Rock, Steele, Waseca, Watonwan</u>

The pregnancy, parenting, and adoption program works with expecting parents and those who have an infant under 12 months. Services we offer are; financial assistance, baby items, parenting education, decision making support, college assistance, and adoption planning and placements.

Phone: 507-287-2047

Website: https://www.ccsomn.org/

Cedar Hills Health

🛛 Mental Health

Serving: Virtual services statewide to residents of Minnesota via telehealth.

Cedar Hills Health is a mental health therapy service, providing virtual therapy sessions statewide to residents of Minnesota. We value compassion and empathy, trust and honesty, and honoring the dignity and worth of each individual. We know that reaching out for support takes strength and courage. While working together, clients can expect a safe and inclusive space that focuses on a strengths-based, person-centered approach. We will work together to customize a unique therapy treatment plan that will provide support and promote growth towards healing. Cedar Hills Health's mission is to advocate for mental health awareness, and reduce barriers to accessing mental health support and services.

Phone: 507-564-0824

Website: cedarhillshealthandwellness.com

CenterPoint Energy

Energy

<u>Counties Served: Blue Earth, Nicollet, Le Sueur, Watonwan, Faribault,</u> <u>Waseca, Brown</u>

CenterPoint is Minnesota's largest natural gas utility, serving more than 920,000 residential and business customers in over 260 communities. We are here to assist customers with making their homes more energy efficient through programs like Home Energy Squad[®]. Our energy experts can lay out a personalized savings plan for your home and install energy-saving items. Mankato area residents can receive 50% off a Home Energy Squad visit for a limited time.

Phone: 800-245-2377

Website: centerpointenergy.com/en-us/corporate



City of Mankato - Bus

⊠ Transportation

Serving: Mankato

Phone: 507-387-8600 Website: <u>mankatomn.gov/residents/mankato-transit-system</u>

Connections Shelter

Housing

Counties Served: Blue Earth, Brown, Nicollet, Waseca

Connections Shelter provides an overnight emergency shelter October - May for men, women, and families. They also offer a drop-in center that has daily hours from 12-3pm. The drop-in center is located at 800 S Front Street. Guests can access food, basic essentials, a computer, and connect with our outreach team.

Phone: 507-720-6907

Website: connectionsshelter.org

Cooperative Energy Futures

Energy

<u>Counties Served: Include but are not limited to: Blue Earth, Brown, Faribault, Le Sueur, Nicollet,</u> <u>Waseca, Watonwan. Any place where Xcel Energy has customers.</u>

Cooperative Energy Futures (CEF) does things differently. By working with underserved and low-income communities – as well as the general public – we create real community wealth by reducing energy use and producing our own clean, renewable energy. CEF reframes the debate by demonstrating how communities are central to building and implementing solutions. CEF helps everyone get to benefit from low cost solar. We do this through the development of Community Solar Gardens and our Affordable Housing Solar program. These programs reduce barriers preventing everyone getting to be a part of the clean energy transition!

Phone: 612-568-2334

Website: cooperativeenergyfutures.com



Deep Valley Birth Collective

Education

Serving: Southern Minnesota

We are a networking group that supports women and families. Our members include: doulas, midwives, chiropractors, lactation support, and baby-wearing education. We hold free classes.

Phone: 507-995-7526

Website: deepvalleybc.com

ECHO Food Shelf

🛛 Food

Serving: Statewide

We provide free groceries. Eligibility is self-declared. Anyone who is currently within 300% of the Federal Poverty Guidelines is eligible. Those experiencing financial crisis, such as job upheaval or medical emergencies, are also eligible regardless of income level.

Phone: 507-345-7508

Website: echofoodshelf.org

Exodus Lending

Social Services

Serving: All of Minnesota

Exodus Lending works with financially excluded Minnesotans to advance economic justice through consumer lending, community organizing, and advocacy. We provide interest-free, no-fee loans that #StopTheDebtTrap and help Minnesotans break free from predatory debt.

Phone: 612-615-0067

Website: exoduslending.org



Families First of MN

🛛 Children / Youth

<u>Counties Served: Blue Earth, Brown, Dodge, Faribault, Fillmore, Freeborn, Goodhue, Houston, Le Sueur, Martin, Mower, Nicollet, Olmsted, Rice, Sibley, Steele, Wabasha, Waseca, Watonwan, Winona</u>

Families First is a non-profit with a mission of ensuring positive beginnings for all young children and their families. Our programs offer support to parents, caregivers, and childcare professionals- through Early Learning Scholarships, the Family, Friend, and Neighbor program, and support for childcare professionals with professional development and training opportunities to help further their career in childcare. To achieve this work, we partner with community agencies in the area to increase outreach and provide the best support that we can.

Phone: 507-287-2020

Website: familiesfirstmn.org

Feeding Our Communities Partners

⊠ Children / Youth ⊠ Food

Counties Served: Blue Earth, Nicollet

Provide food packs for food insecure students, grades K-12, for consumption on weekends and school breaks. Food packs contain breakfast, lunch and snacks for each day students are not in school. Food packs provided at no cost to students/households and there are NO income requirements.

Phone: 507-385-3627 Website: <u>feedingourcommunitiespartners.org/index.html</u>

Fernbrook Family Center

Mental Health Chemical Dependency Children / Youth

Counties Served: Blue Earth, Dodge, Goodhue, Mower, Olmsted, Rice, Steele, Waseca

At Fernbrook Family Center, we provide mental health services by using innovative strategies to build relationships and transform lives. We provide services to clients of all ages; from birth through adulthood across southern Minnesota. Fernbrook will work with clients and their families in their home, school, community or one of our offices, provide therapy and skill development to improve emotional well-being, build healthy relationships, and foster resiliency

Phone: 507-446-0431

Website: fernbrook.org



Good in the Hood - Shoe Bus

☑ Clothing

Serving: Statewide

Shoe Away Hunger offers affordable quality footwear for those in need. In addition, it helps us to raise the important dollars we need to continue feeding over 7,500 people each month through our Food Programs and services.

Phone: 612-440-7463 Website: <u>goodinthehood.org/our-programs/shoe-away-hunger</u>

Greater Mankato Area United Way

🛛 Non-Profit 🖾 Mental Health 🖾 Children / Youth

Counties Served: Blue Earth, Le Sueur, Nicollet, Waseca

Greater Mankato Area United Way works to ensure the well-being, stability and self-sufficiency of individuals of all ages. By focusing on the area of Basic Needs, Health and Education, we can keep our region strong now and for years to come.

Find info/register for United Way's Books for Kids program: MankatoUnitedWay.org/books-kids

Visit Greater Mankato Mental Health Hub via MNSU Center for Rural Behavioral Health

Phone: 507-345-4551

Website: mankatounitedway.org

Habitat for Humanity South Central MN

Housing

Counties Served: Blue Earth, Nicollet, Le Sueur, Sibley, Watonwan

We partner with families to build safe, decent, and affordable housing in the communities in which we serve.

Phone: 507-388-2081

Website: habitatscmn.org



Harry Meyering Center (HMC)

☑ Employment ☑ Social Service Agency

Serving: Statewide

HMC is a premier employer and service provider in the disability services field. As a Community First Service and Supports provider, the Harry Meyering Center looks to connect community members with disabilities and their families with a workable plan to meet their needs and goals. Mission: We provide individualized support to people that encourage dreams, focus on independence, and foster community connections. Supports are adaptable for each person to ensure a meaningful lifestyle for all.

Phone: 507-387-8281

Website: harrymeyeringcenter.org

Henderson Healing Hub, LLC

🛛 Dental/Medical Health 🛛 Alternative Health Clinic

Counties Served: Blue Earth, Nicollet, Sibley

We are a health clinic with the specialties of Acupuncture, massage, nutrition/supplemental support, movement classes and more. We are located in Henderson and Mankato and serve the surrounding communities. We manage pain, addiction, digestive, and many other concerns. Our focus is getting to the root of the problem.

Phone: 507-868-0053

Website: hendersonhealinghub.com

Horizon Homes, Inc.

🛛 Chemical Dependency 🖾 Mental Health

<u>Counties Served: Blue Earth, Brown, Faribault, Freeborn, Le Sueur, Martin, Nicollet, Rice, Sibley,</u> <u>Watonwan</u>

Horizon Homes, Inc. is dedicated to creating unique, individual mental health treatments. Our philosophy is to support the client's recovery and provide continued growth that promotes independence and self-sufficiency. Horizon Homes strives to offer innovative and flexible services that will allow people to discover and pursue the best options for them in their ongoing recovery process. The primary goal is to help clients identify, and minimize or eliminate personal barriers that could be inhibiting their ability to manage their illness and day to day lives.

Phone: 507-344-3365

Website: horizonhomes.org



House of Hope, Inc.

☑ Chemical Dependency ☑ Mental Health

Counties Served: Blue Earth, Brown, Martin, Nicollet

House of Hope, Inc. is a licensed as co-occurring substance abuse and Mental Health Treatment Program.

Phone: 507-625-4373

Website: houseofhopemn.com

Ivy House

Children/Youth

Serving: All counties - the only thing limiting our service area is that we require an emergency contact within 2 hours of New Ulm, MN. We have served families from the following counties: Anoka, Blue Earth, Brown, Hennepin, Le Sueur, McLeod, Nicollet, Ramsey, Redwood, Renville, Rice, and Sibley.

Our mission is to share God's love with families by providing a safe and caring place for kids to stay. We provide free, confidential care to children whose families are experiencing crisis or stressful situations (all our services are free of cost for families). We can care for children up to 72 hours at a time, 30 days within a calendar year and be available 24/7, 365 days a year. Ivy House not only cares for children, but also provides a family advocacy program and an essential needs program.

Website: ivyhousemn.org

Key City Bike

Non-Profit

Counties Served: Blue Earth, Nicollet, but all are welcome

We provide a free recycling service to our community with the mission to keep bikes out of the landfill. We train our volunteers on how to restore, repair, and reclaim bicycles and bicycle parts. We empower our community members and volunteers through bicycle education of bicycle safety and mechanical skills.

Phone: 507-304-1936

Website: keycitybike.org



League of Women Voters St. Peter Area

Advocacy

Counties Served: Blue Earth, Le Sueur, Nicollet

The League of Women Voters (LWV) is a nonprofit, nonpartisan political organization in the United States. Founded in 1920, its ongoing major activities include registering voters, providing voter information, and advocating for voting rights.

Phone: 915-549-1963

Website: <u>lwvmn.org</u>

Leisure Education for Exceptional People (LEEP)

Recreation / Socialization / Basic needs

Counties Served: Blue Earth, Brown, Le Sueur, Nicollet

LEEP enriches the lives of individuals with developmental and intellectual disabilities through inclusive recreation, sporting, and healthy living opportunities in the Greater Mankato Area.

Phone: 507-387-5122

Website: mankatoleep.org

Life-Work Planning Center

☑ Employment ☑ Women in Transition

<u>Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Sibley, Waseca, Watonwan</u>

Life-Work Planning Center is a provider in the Minnesota Family Resiliency Partnership, a SNAP Employment and Training program, and a pre-employment program for women. Workshops, one-onone self-sufficiency counseling, as well as resources and referrals are provided at no-cost to eligible and enrolled participants.

Phone: 507-345-1577

Website: <u>lwpc.org</u>



Lifeworks Services, Inc.

Social Services Agency

Serving: Statewide

Fiscal Support: As an approved fiscal support entity through the State of Minnesota, Lifeworks helps individuals enrolled in the Consumer Directed Community Supports (CDCS) and Consumer Support Grant (CSG) programs. Lifeworks is also an experienced PCA Choice provider agency and a licensed provider of Individualized Home Supports, Respite, Night Supervision and Homemaking. Employment: At Lifeworks, we know what it takes to help people with disabilities find and keep a job in the community. And not just any job – we're talking about careers with real pay, real responsibilities, and real rewards.

Phone: 651-454-2732

Website: lifeworks.org

Lighthouse on Marshall

Chemical Dependency Mental Health

Counties Served: Nicollet and surrounding county areas

Lighthouse on Marshall Clubhouse is an adult mental health community program serving residents of Nicollet County. The Clubhouse offers a safe, stigma-free environment for adults with mental illness to socialize, learn, and grow.

Services Available at Lighthouse on Marshall:

- Access to mental health information and services
- Education
- Crisis Intervention
- Volunteer Opportunities
- Wellness Activities
- Employment Support
- Social Activities
- Community Support
- Crafts/Games
- Free Internet Access and Training

Phone: 507-934-7200 Website: <u>sccbi.info/clubhouse/lighthouseonmarshall/index.php</u>



Lloyd Management

* SPONSOR

Housing

Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Nicollet, Sibley, Waseca

Lloyd Management is an experienced property management company, located in Mankato, Minnesota, specializing in the leasing and management of rental properties throughout Minnesota and Northern Iowa. Our many years of experience, dedication to service, high level of support, and wide range of inhouse services set us apart from other property management companies. We offer various types of affordable housing options and welcome Section 8 Vouchers at select properties.

Phone: 507-625-5573

Website: <u>lloydmanagement.com</u>

LSS Financial Counseling

Social Service Agency

Serving: Statewide

Under the umbrella of Lutheran Social Services, we believe that everyone can achieve financial wellness. We offer consumer credit counseling services, budget and debt management counseling, student loan debt repayment counseling, debt management plans, housing counseling, and more!

Phone: 888-577-2227

Website: Issmn.org/financialcounseling

LSS Mankato Area Crisis Nursery

Children / Youth

Counties Served: Blue Earth, Le Sueur, Nicollet, Waseca

The Crisis Nursery provides short-term childcare when families are experiencing stress. Care is arranged with licensed providers for children ages 12 and younger. There is no cost for the family, no income guidelines or citizenship requirements. Staff and volunteers are available 24/7 to listen to parent's concerns, provide resource navigation and arrange placements.

Phone: 507-995-9259 Website: <u>lssmn.org/services/families/crisis-nurseries</u>



LSS The REACH Resource Center

☑ Children / Youth ☑ Education

<u>Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Sibley, Waseca, Watonwan</u>

The REACH Resource Center supports youth who are at risk, experiencing homelessness or have run away. Since opening its doors in 2011, The REACH has served nearly 5,000 youth in the Mankato area.

Phone: 507-381-6670 Website: <u>lssmn.org/services/youthhomelessness/mankato/the-reach</u>

Mankato Area Foundation

Education

Serving: Region 9

Match donors with community projects.

Phone: 507-995-9459

Website: mankatoareafoundation.com

Mankato Area Public Schools

Education

Serving: Blue Earth and surrounding counties

Three Mankato Area Public School's programs will be represented: Connecting Kids, Adult Basic Education and Early Learning Connecting Kids provides scholarships for children's activities. Adult Basic Education provides ESL, Citizenship and GED classes. Early Learning provides preschool, voluntary pre-K and parent child classes among other programming.

Phone: 507-387-5501

Website: isd77.org



Mankato Family YMCA

🛛 Children / Youth

Serving: Greater Mankato Area

The Y is focused on impacting everyone in our community. That's why we offer a variety of programs, classes, and services. YMCA programs bring people together to develop strong, positive relationships with others in their neighborhoods and communities. With a shared commitment to nurturing the potential of kids, improving health and well-being, giving back, and supporting our neighbors, we provide members and non-members opportunities to find meaningful change in yourself, but also in your community.

Phone: 507-387-8255

Website: mankatoymca.org

Mayo Clinic Health Systems

* SPONSOR

🛛 Medical Health

Serving: Statewide

Our Mission is to inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education and research.

Phone: 1-877-858-0398

Website: mayoclinichealthsystem.org

Mankato Full Spectrum ABA

Mental Health/Chemical Dependency

Serving: Blue Earth, Nicollet, and Le Sueur

Mankato Full Spectrum ABA provides evidence-based Applied Behavior Analysis (ABA) services to support children's behavioral and communication needs. Our program includes in-depth assessments, personalized hands-on learning, speech therapy, social skill development, and structured play. We also offer parent education to reinforce ABA principles at home and collaborate with schools to ensure consistency in behavioral strategies. Our goal is to help children thrive in various environments by fostering independence, communication, and social inclusion.

Phone: 507-351-1034

Website: mankatofullspectrum.com



Mankato/Blue Earth County EDA

Housing

Serving: Blue Earth County

City of Mankato's goal is to provide adequate and affordable housing, economic opportunity, and a suitable living environment free from discrimination. Housing staff determine housing needs of the community and then work with local, state, and federal resources to help meet those needs.

Phone: 507-387-8600

Website: mankatomn.gov

MEDICA

* SPONSOR

Medical Health

Serving: Statewide

Our mission is to be the trusted health plan of choice for customers, members, partners and our employees.

Phone: 1-800-952-3455

Website: medica.com

Minnesota State University, Mankato

🛛 Dental / Medical Health

Counties Served: Blue Earth

Minnesota State University, Mankato, College of Allied Health and Nursing actively fosters student connections and community engagement. We provide essential healthcare services to meet the needs of the community.

Phone: 800-722-0544

MN Assistance Council for Veterans (MAC-V)

☑ Employment ☑ Housing

Serving: Statewide

Minnesota Assistance Council for Veterans (MAC-V) is a Veteran-focused nonprofit organization providing services and support to end Veteran homelessness in Minnesota. We envision a future where every Veteran and their family has access to sustainable housing.

Phone: 507-345-8258



MN DEED

I Employment

Serving: Statewide

Minnesota RETAIN (Retaining Employment and Talent After Injury/Illness Network) is a collaborative return-to-work program that helps workers stay at or return to their jobs after a non-work-related injury or illness. The program provides individualized case management, medical coordination, and workplace support to promote faster and safer returns to work. MN RETAIN also partners with employers and healthcare providers to reduce job loss and strengthen workforce participation across the state.

Phone: 507-284-4537

Website: mnretain.com

Mental Health Work Group of CUAPB

🛛 Legal

Counties Served: Minnesota Statewide

We are a non-profit organization working to promote Travis' Law and mobile mental health crisis response teams. We will provide information to families about how to access their rights under Travis' Law.

Phone: 612-460-0260

Website: cuapb.org/mental_health

Minnesota River Area Agency on Aging /Senior LinkAge Line

Social Service Agency

<u>Counties Served: Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Faribault, Jackson, Kandiyohi, Lac qui Parle, Le Sueur, Lincoln, Lyon, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Sibley, Swift, Waseca, Watonwan, Yellow Medicine</u>

The Minnesota River Area Agency on Aging is the designated Area Agency on Aging (AAA) for 27 counties in southwest Minnesota. AAAs were established under the Older Americans Act (OAA) to respond to the needs of Americans aged 60 and over and their caregivers. OUR VISION . . . To Assist Older Adults to Thrive OUR MISSION . . . The Minnesota River Area Agency on Aging provides advocacy, information, resources, and assistance so that older adults can maintain the lifestyle of their choice.

Phone: 800-333-2433

Website: mnraaa.org



Minnesota State University, College of Allied Health and Nursing

Dental / Medical

Counties Served: Blue Earth

Nursing Blood Pressure Screenings Dietetics Healthy eating on a budget (handouts w/recipes), Q&A Dental oral hygiene instruction, possibly placing fluoride varnish, likely completing caries risk assessments Audiology & Speech- Language Pathology Hearing screenings, otoscopy, information on speech/language milestones/considerations

Phone: 507-382-7927

Website: ahn.mnsu.edu

MN Valley Action Council (MVAC)

☑ Children / Youth ☑ Housing

<u>Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Sibley, Waseca,</u> <u>Watonwan</u>

MVAC is a private, non-profit organization that uses Federal, state and local resources to provide assistance. It is a local institution working on local problems within the widest possible range of local needs and interests.

Phone: 507-345-6822

Website: mnvac.org

MnPRA

Education

<u>Counties Served: Blue Earth, Brown, Dodge, Freeborn, Goodhue, Le Sueur, Martin, Nicollet,</u> <u>Olmsted, Rice, Sibley, Steele, Watonwan, Winona, we are Statewide.</u>

We provide youth and adult peer support services to all of MN as well as Know The Truth which informs teens on the dangers of drugs and alcohol. We aim to help participants gain back some of the things they've lost in their addiction. Anyone suffering from substance use disorders qualify for our services. We work hand in hand with many local treatment providers bridging the gap from treatment to the community.

Phone: 612-238-6393

Website: mnpra.org



MRCI

☑ Children/Youth ☑ Employment ☑ Leisure Recreation

<u>Counties Served: Blue Earth, Brown, Carver, Dakota, Faribault, Le Sueur, Martin, Nicollet, Scott, Sibley, Steele, Waseca, Watonwan</u>

MRCI offers a variety of person-centered programs to assist individuals in finding and keeping a job in their community. MRCI provides a variety of programming for individuals with disabilities who are looking for enriching activities other than employment.

Phone: 507-386-5600

Website: mymrci.org

National Alliance of Mental Illness (NAMI MN)

🛛 Chemical Dependency 🛛 Mental Health

Counties Served: Blue Earth, Le Sueur, Nicollet

Support, advocacy, education for Mental Health.

Phone: 507-358-7804

Website: namimn.org

New Beginning Board & Lodge

Mental Health/Chemical Dependency

Counties Served: Blue Earth County

New Beginning Board and Lodge offers transitional living for individuals with mental health and substance use disorders.

Phone: 507-381-0139

Website: newbeginningboardandlodge.com

Nicollet County Attorney's Office

🛛 Legal

Counties Served: Nicollet

The Nicollet County Attorney's Office provides services to victims of crime through the criminal justice process and referrals to other agencies as needed. We also provided presentations on scams, fraud, and identity theft, how to avoid them, and what to do if you fall victim to a scam.

Phone: 507-934-7890 Website: <u>co.nicollet.mn.us/142/County-Attorneys-Office</u>



Nicollet County HHS Eligibility Team

Social Services Agency

Counties Served: Nicollet

The Nicollet County Eligibility Team determines eligibility for cash, SNAP and health care programs for Nicollet County residents.

Phone: 507-934-8559 Website: co.nicollet.mn.us/187/Health-and-Human-Services

Nicollet County Public Health

Children / Youth

Counties Served: Nicollet

Public Health offers a range of services and supports for families who are pregnant or have young children including home visiting, WIC, lactation support, and child passenger safety instruction.

Phone: 507-934-8559

Website: co.nicollet.mn.us/268/Public-Health

NUWAY Alliance

🛛 Chemical Dependency 🖾 Mental Health

Serving: Statewide. Our Mankato location serves all the surrounding counties including but not limited to: Blue Earth, Brown, Le Sueur, Nicollet, Steele, Waseca.

NUWAY - Mankato Counseling Center is a co-occurring Intensive Outpatient treatment program that serves adults of all genders, focusing on substance use disorder and mental health. Intensive outpatient clients assessed as housing insecure have the option to live in a recovery residence that NUWAY partners within the community of their choice. Our program is twenty units of licensed co-occurring treatment per week (M - F). We provide a bagged lunch each day, offer individualized lengths of stay and have transportation assistance to intake appointments. Across the state of MN we offer Residential, Intensive Outpatient and Outpatient levels of care.

Phone: 507-295-4940

Website: nuway.org



Nystrom and Associates, Ltd (Mankato)

☑ Chemical Dependency ☑ Mental Health

Serving: We are located in Blue Earth County and can serve any individual living in the state of MN through our telehealth options

Nystrom & Associates-Mankato provides outpatient therapy, DBT, EMDR, psychiatry, and ARMHS to help adults, children, couples, and families to deal with life's challenges and empower them to be the best versions of themselves. We also have outpatient and intensive outpatient substance use disorder services for teens and adults with the option for Peer Support Services. If we don't have a service/specialty available in-house, we can connect you with one of the 42 NAL locations throughout Minnesota. Additional NAL programs that can be accessed include psychiatric testing, group therapies, adult day treatment, mother-baby program and nutrition therapy.

Phone: 507-225-1500

Website: nystromcounseling.com

Open Door Health Center

Dental/Medical Health

<u>Counties Served: Blue Earth, Brown, Carver, Cottonwood, Le Sueur, Martin, Nicollet, Rice, Scott, Sibley, Waseca, Watonwan</u>

Open Door Health Center is a non-profit community health center, providing quality affordable health care to everyone! We do this by providing integrated health care services, regardless of the patient's ability to pay. With our cooperative, team-based approach, Open Door providers offer quality medical, chiropractic, dental, and behavioral health care all in one place. Open Door also offers insurance enrollment, legal assistance, and pharmacy services onsite at the main clinic in Mankato.

Phone: 507-388-2120

Website: <u>odhc.org/overview</u>

Options for Women - Mankato

☑ Children/Youth ☑ Education ☑ Free Pregnancy Testing / Ultrasounds

Serving: All of the Greater Mankato Area

We provide women with free pregnancy testing, limited OB ultrasounds, and discuss their pregnancy options with them in a safe, non-judgmental environment. We provide parenting education to mothers and fathers with children under 4, or expecting. We have provided an individual and community Fatherhood program. We provide free life-coaching services. Clients earn credits and diapers when participating and we have an on-site 'baby store' where they can use credits to "purchase" new items for their children.

Phone: 507-625-2231

Website: optionsmankato.org



Partners for Housing

Housing

Serving: Blue Earth and Nicollet

Emergency Shelter, Transitional Housing and Permanent Supportive Housing

Phone: 507-387-2115

Website: partnersforhousing.org

Partners in Community Supports (PICS)

Social Services Agency

Serving: Statewide

PICS (Partners in Community Supports) has offered self-directed care options to individuals and families for over 20 years. Our customer-service focus means that you spend less time worrying about the financial aspects of self-directed care and more time caring for your loved one. PICS is ready to support you as a Financial Management Services (FMS) provider.

Phone: 651-967-5060

Website: lssmn.org/pics

Planned Parenthood

🛛 Dental/Medical Health

Counties Served: Blue Earth

Planned Parenthood specializes in low cost sexual and reproductive health care, including birth control and STD testing and treatment.

Phone: 800-230-7526 Website: <u>plannedparenthood.org/planned-parenthood-north-central-states</u>



Reitan Law Office, PLLC

🛛 Legal

<u>Counties Served: Blue Earth, Brown, Faribault, Freeborn, Le Sueur, Martin, McLeod, Nicollet,</u> <u>Renville, Rice, Sibley, Steele, Waseca, Watonwan</u>

Reitan Law Office, PLLC advocates for people with injuries and disabilities. At Reitan Law Office, PLLC we believe everyone deserves the dignity of financial security. We assist individuals with applications and appeals of claims for Social Security Disability and Supplemental Security Income disability ("SSI") benefits. Our lawyers help navigate each step of the process by submitting applications, filing necessary appeals, and by vigorously representing clients at hearings. Throughout the process our lawyers help clients build their case and offer advice to make claims stronger.

Phone: 507-388-1800

Website: reitanlawoffice.com

Rural Aids Action Network (RAAN)

☑ Chemical Dependency ☑ Mental Health ☑ Education

Serving: All of Central and Southern MN

We specialize in Harm Reduction and run the Syringe Exchange in Mankato. We also provide Case Management for individuals living with HIV.

Phone: 507-345-1011

Website: raan.org

Rural Behavioral Health Center at MSU

Mental Health/Chemical Dependency

Counties Served: Blue Earth, Brown, Faribault, Le Sueur, Martin, Nicollet, Waseca, Watonwan

We provide therapy services and case management services to Mankato and the surrounding rural communities.

Phone: 507-389-1443

Website: ahn.mnsu.edu/rbhc



Scouting America Twin Valley Council

Children/Youth

<u>Counties Served</u>: Blue Earth, Brown, Cottonwood, Faribault, Freeborn, Jackson, Le Sueur, Martin, Mower, Nicollet, Redwood, Renville, Sibley, Waseca, Watonwan

Scouting America has programs for boys and girls ages 5 and in kindergarten through age 20. The aims of Scouting are citizenship, personal fitness, leadership, and character. Scouting youth learn about the outdoors, STEM, career preparation, how to be a leader, serving their community and so much more. The mission of Scouting America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law. The Scout law is a Scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent.

Phone: 507-387-3123

Website: scoutingtwinvalley.org

Second Harvest Heartland

🛛 Food

Counties Served: Blue Earth, Brown, Le Sueur, Nicollet, Watonwan

Connect individuals to food resources. Can assist anyone in applying for SNAP and CSFP.

Phone: 651-401-1411

Website: <a><u>2harvest.org</u>

SMILES

Disabilities

Counties Served: Blue Earth, Brown, Faribault, Martin, Nicollet

Helping people with disabilities to realize their full potential through services such as living skills training, mentorship, advocacy, transition, assistive technology, and representative payee. In addition, we schedule recreational programs, including an adaptive bicycling program that we are just starting.

Phone: 507-345-7139

Website: smilescil.org



South Central MN Multi-County HRA

Housing

Counties Served: Martin, Nicollet, Sibley, Waseca, Watonwan

Housing Choice Voucher Program and Housing Trust Fund Rental Assistance

Phone: 507-345-1977

Website: scmmchra.org

South Country Health Alliance

🛛 Dental 🛛 Medical Health

Counties Served: Brown, Dodge, Goodhue, Kanabec, Sibley, Steele, Wabasha, Waseca

South Country Health Alliance is a county-based purchasing health plan serving 8 Minnesota counties — in a joint effort to support accessible, quality health care through partnerships with community services and local health care providers for Minnesota Health Care Program enrollees. South Country has over 30,000 members. The health plan offers 7 programs to meet the health care needs our members.

Phone: 1-866-567-7242

Website: mnscha.org

Southern MN Regional Legal Services (SMRLS)

🛛 Legal

<u>Counties Served: Blue Earth; Brown, Carver, Cottonwood, Dakota, Dodge, Faribault, Fillmore,</u> <u>Freeborn, Goodhue, Houston, Jackson, Le Sueur, Martin, McLeod, Mower, Murray, Nicollet,</u> <u>Nobles, Olmsted, Pipestone, Ramsey, Redwood, Rice, Rock, Scott, Sibley, Steele, Wabasha,</u> <u>Waseca, Washington, Watonwan, Winona.</u> *The Agricultural Worker Project covers the entire states of Minnesota and North Dakota.*

SMRLS provides free, high-quality legal help to low-income people in critical civil matters. SMRLS mission is to provide a full range of high quality legal services to low-income persons and eligible client groups in civil matters, in a respectful manner which enables clients to: enforce their legal rights; obtain effective access to the courts, administrative agencies and forums which constitute our system of justice; maintain freedom from hunger, homelessness, sickness and abuse; and empower persons and assure equal opportunity, thus, helping people to help themselves and become economically self-reliant, to the extent their individual abilities and circumstances permit.

Phone: 507-396-6815

Website: <u>smrls.org</u>



Southwest Minnesota Housing Partnership

Housing

<u>Counties Served: Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Faribault, Jackson, Kandiyohi, Lac qui Parle, Le Sueur, Lincoln, Lyon, Martin, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Waseca, Watonwan, Yellow Medicine</u>

Pre-purchase housing counseling and education, foreclosure prevention counseling, rental counseling, USDA Rural Development packaging, Community Building, Down Payment Assistance, Financial Capabilities, Home Maintenance Course, Apartments, single family development, Community Land Trust homes.

Phone: 507-836-8866

Website: swmhp.org

St. Croix Hospice

Hospice

Serving: Statewide, the Midwest

Hospice care for adults. We provide physical, spiritual, and psychosocial care for patients at end of life and their families. Services are provided wherever the person calls home, whether a skilled nursing facility, assisted living facility, or their own home, if it is a safe environment. An individual care plan is set up, with visits from our hospice team. We are also available 24/7 by phone or to visit if needed when the patient experiences a change of condition.

Phone: 855-278-2764

Website: stcroixhospice.com

The Salvation Army

☑ Housing ☑ Social Service Agency

Serving: Blue Earth County, North Mankato

The Salvation Army helps with eviction assistance, utilities, clothing and household supplies through our thrift store, prescriptions, auto repair, gas vouchers through our emergency social services office. We also have a day shelter for those struggling with homelessness. The day shelter is open 7 days a week from 9am-5pm. Through this program, housing assessments are conducted to place individuals/families on the coordinated entry list for housing.

Phone: 507-345-7840 Website: <u>centralusa.salvationarmy.org/northern/Mankato/</u>



Tri-Valley Opportunity Council

Education

Serving: All of Minnesota

The Migrant Education Program at TVOC helps migratory children succeed in school by overcoming challenges like frequent moves, language barriers, and social isolation. We support around 1,500 low-income students across Minnesota, ensuring they get a consistent education and work towards graduation. Our goal is to enrich lives and strengthen communities.

 Phone: 800-980-4853
 Website: tvoc.org

 UCare
 * SPONSOR

 ☑ Healthcare

 Serving: Statewide

 Phone: 612-676-3395
 Website: ucare.org

 University of Minnesota Extension

Education

Counties served: Blue Earth

We will have our SNAP-Ed Health & Wellness Coordinator attending who teaches basic nutrition with low income audiences. We will also have our 4-H Extension Educator who works with and educates youth k-12 on a variety of opportunities.

Website: extension.umn.edu/local/blue-earth



VINE & TRUE Transit

Social Services Agency Stransportation

Counties Served: Blue Earth, Le Sueur, Nicollet

VINE provides services to older adults in the Greater Mankato community to help them safely age independently with services including meal delivery, transportation, help with chores, volunteer visits, support groups, mental healthcare, and more. The VINE Adult Community Center offers a space for older adults to improve their health, socialize with peers, and learn new skills. TRUE Transit is the public transportation service for Blue Earth, Nicollet, and Le Sueur Counties. VINE operates TRUE Transit.

Phone: 507-387-1666

Website: vinevolunteers.org

Wellcome Manor Family Services

🛛 Chemical Dependency 🖾 Mental Health

Serving: Statewide

Women with children residential treatment center for substance use and mental health disorders.

Phone: 507-546-3295

Website: wellcomemanor.org

Wellness in the Woods

Mental Health/Chemical Dependency

Serving: Statewide - All counties

Wellness in the Woods is a 501(c)(3) non-profit that provides programs and activities centered on advocacy, education, and expanding statewide peer networks.

As an organization we are dedicated to improving access to mental health care and substance use recovery for all residents of Minnesota with a focus on reaching underserved communities.

Website: mnwitw.org



WellShare International

Housing

Serving: Region 9 Southern Minnesota, we have a headquarters in Minneapolis, MN

We are a non-profit organization that that is built of Community Health Workers and work with diverse populations. SODH mainly. Vaccination co-19 is another one that we provide for the community.

Website: wellshareinternational.org

YeoDragon Wellness

Dental/Medical

Counties Served: Blue Earth, Nicollet, Le Sueur, Watonwan; remote

Holistic Wellness Mentor, Death & Bereavement Doula, Herbalist

Website: <u>yeodragonwellness.square.site</u>

Youth Mental Health Navigators

☑ Chemical Dependency ☑ Mental Health ☑ Children / Youth

Counties Served: Blue Earth, Le Sueur, Nicollet, Waseca

Youth Mental Health Navigators assist families in accessing services related to their child's mental health. Finding therapists and testing services can be a daunting task, so we help to navigate complex systems to make things easier. As an early intervention program, we seek to help families with what they need now in order to prevent more challenging issues in the future.

Phone: 507-389-1425

Website: mnscsc.org



YWCA Mankato

☑ Children / Youth ☑ Education

Counties Served: Blue Earth, Nicollet

Our New American Families program works provides services dedicated to promoting healthy attachment and positive relationships between parents and their children, school readiness for young children (prenatal-5), improved maternal and child health outcomes, and economic stability.

Our youth programs give girls opportunities to learn new skills, belong to a group, make positive connections to peers and adults, contribute to society, feel competent and believe in their ability to create the best possible future for themselves.

Phone: 507-345-4629

Website: ywcamankato.org