

YOUTH SERVICES

The following resources are intended for youth and their families. For more resources & information, please see other sections of this guide.

Hotlines

Anoka County Domestic Violence and Sexual Abuse Hotline/Alexandra House 24 hour Hotline (763) 780-2330

Boy's Town National Hotline..... 1-800-448-3000

TTY (Hearing Impaired) 1-800-448-1833

www.yourlifeyourvoice.org. Hotline available for children and parents to help with everyday family issues.

Website offers text and live chat options.

Mental Health Crisis Services for Anoka County (763) 755-3801

24-hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services.

National Runaway Switchboards 1-800-RUNAWAY

Offers crisis intervention, transportation to get home, message relay services, referrals, conflict resolution, and mediation

United Way 2-1-1 2-1-1 or (651) 291-0211 or 1-800-543-7709

www.211unitedway.org. 24-hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained staff can direct callers to resources for seniors, families, & children throughout the Twin Cities.

YMCA Youth Intervention Services Youth Resource Line.....(763) 493-3052

First point of contact for a youth in need or someone concerned about a youth to get connected to YMCA Intervention Services and other community resources to meet needs varying from basic needs to longer term housing assistance and other services specifically for youth up to age 24. Open 8:00am – 8:00pm daily.

Shelter / Housing / Transitional Housing

For additional information on housing, please see the Housing section under BASIC NEEDS.

Open Access Connections 1-888-234-1329

www.openaccessconnections.org. Find out about metro area emergency shelters and transitional housing for individuals, families, and youth. Gives locations, eligibility rules, and contact numbers. A collaboration of MESH & TCCVM

The Bridge for Runaway Youth..... (612) 377-8800

www.bridgeforyouth.org. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages

16-20). Offers independent living in scattered site apts for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.

Drop-in Centers

Hope 4 Youth..... (763) 323-2066
www.hope4youthmn.org. A Drop-in Resource Center for young people experiencing homelessness who are under age 23, in Anoka County. Provides a hot meal seven days a week. Programming also includes no cost clothing closet, food pantry, laundry and shower facilities, a computer lab for job and housing search support. Caring adult mentors always available during open hours. Center is open to youth Monday-Friday 2-7 pm and by appointment. (CLOSED to the public during these hours).

Project Offstreets (612) 252-1200
www.youthlinkmn.org. Drop in center for homeless youth 16 to 23 years old. Youth case management services available.

Health & Wellness: Health Care

For additional information on health care, please see the HEALTH & WELLNESS section.

First Care Pregnancy Center and New Life Family Services (612) 866-7643
www.firstcaremn.com. Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Parenting Plus Program offering maternity & infant clothing & equipment.

Fridley Children's & Teenager's Medical Center P.A. (763) 236-2700
www.fctmc.com. Pediatric and teenage practice that deals with the health and well-being of children, teenagers, and their families. Special interest include ADD/ADHD, asthma, and nutrition.

Immediate Sexual Assault and Domestic Violence Nursing Care Mercy & Unity Emergency Departments
Non-urgent health care information (763) 236-4172
www.allina.com/sane. Provides for the immediate health care needs of sexual assault and domestic violence victims within 120 hours of the assault. This includes, but is not limited to, pregnancy & STD risk assessment & prevention, & an evidentiary exam if desired. Program accessed through the emergency department at Mercy & Unity Hospitals.

North Metro Pediatrics (763) 783-3722
www.northmetropeds.org. Non-profit pediatric primary care clinic with sliding fee scale, providing comprehensive medical services to children & young adults from birth to 21 years. Services include but are not limited to: physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breast feeding consultations, sick visits, and marriage and family counselors.

Nucleus Clinic (763) 755-5300
www.nucleusclinic.org. Low cost and no cost birth control and reproductive health care. Annual checkups, pregnancy test, urinary tract infection treatment, etc. Pregnancy confirmations for M.A. and Minnesota Care applications. Charges on sliding scale. Onsite enrollment for Minnesota Family Planning Program (MFPP) for income eligible patients. Office open Monday, Wednesday, and Friday. Call for appointment.

Planned Parenthood of Minnesota Minneapolis (612) 823-6300
www.plannedparenthood.org/planned-parenthood-minnesota-north-dakota-south-dakota. Programs for teens: healthy relationships, peer pressure, body image and self-esteem, reproductive health & sexuality, birth control methods, sexually transmitted infections, communication, & decision making skills.

Public Health Nursing (763) 324-4240
Provides a variety of services to support individuals and families. Services include: Public Health Nurse home visits for pregnant teens, postpartum & newborns, children with special health care needs and parenting.

Mental Health & Counseling

For additional information, please see the Mental Health section under HEALTH & WELLNESS.

Anoka County Children’s Mental Health..... (763) 324-1430
Provides information, community referrals, & assesses requests for children’s mental health services and case management.

Bar-None Residential Treatment Services for Children (763) 753-2500
www.voamn.org. Treatment for males, 12-18, who exhibit emotional and behavioral problems and need stabilization, evaluation or treatment programming.

Family Life Mental Health Center (763) 427-7964
www.flmhc.org. Mon-Fri. 8 am-5 pm. Individual, group, family, & marital therapy. Anger management & DBT groups. Most insurance accepted. Sliding fee.

Families in Safe Hands: Raising Relatives children (612) 879-5307
A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, & free phone consultation.

Family Strengths Counseling Group, LLC..... (651) 214-2575
www.familystrengthscg.com. Serves children ages 0-18 with mental health issues (anxiety, depression, and behavioral). Works with Anoka County Social Work units. Uses play therapy and family play therapy techniques. Serves adults; individual, couples, and family therapy with mental health issues (e.g., anxiety, depression, grief and loss, stress management, trauma, life changes, parenting problems, conflicts in the home, relationship stress, financial stress, infidelity, communication problems and intimacy differences). FSCG works with other professional and mental health entities (e.g., county services or medical professionals) only when needed. Locations include: Coon Rapids, Cambridge, Hinckley, Moose Lake and Cloquet. Also provides couples counseling, adult individual counseling and family therapy. Not all specialties are at each site.

Lee Carlson Center for Mental Health and Well Being (763) 783-4914
www.leecarlsoncenter.org. Sliding fee. Most insurance accepted. Adult, child and adolescent psychiatry. Provides mental health counseling to children, adolescents, families, and adults. Provides marital/couples counseling, play therapy for children, & group therapy for men, women, adolescents, & children. Office hours Mon. –Thurs. 8am-7pm and Fri. 8am – 5pm.

Lee Carlson Center, Domestic Abuse Program (763) 783-4914
www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Mon-Thurs, 8 am-7 pm, Fri

8 am-5 pm. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

Mental Health Crisis Services for Anoka County **(763) 755-3801**
24-hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services.

MWCAC..... www.mwcac.org
We are a non-profit organization whose mission is to promote increased public awareness, understanding, and acceptance of mental health care. Visit our website or Facebook – Mental Wellness Campaign.

Northland Therapy Center.....**(651) 641-1009**
www.northlandtherapycenter.com. Mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with chronic illness & sexual orientation issues.

North Suburban Counseling Center **(763) 784-3008**
www.northsuburbancounselingcenter.org. Sliding fee. Individual, family, & adolescents age 16 & up. Psychological & psychiatric medication evaluations. MA accepted. Most insurance accepted.

Minnesota Communities Caring for Children **(651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)**
www.pcamn.org. Mission: To empower parents and communities to build supportive relationships, nurture children, and prevent child abuse and neglect. Home of Circle of Parents.

Psychology Office **(763) 717-4979**
Provides services to children, adolescents, families, adults, and couples.

Stop It Now! Minnesota.....**Helpline 1-888-PREVENT (1-888-773-8368)**
www.stopitnow.org. The helpline phone service has been limited due to financial constraints. Please call for available hours. The new Online Help Center provides much of the guidance and resources learned over the years about keeping children safe from sexual abuse. Open M-F, 12-6 pm eastern time. Website chats available from 12:15-5:30 pm.

The Bridge for Runaway Youth..... **(612) 377-8800**
www.bridgeforyouth.org. Individual, group, & family counseling. Case management, referral to services, crisis intervention, street outreach, short term emergency shelter (ages 10-17), & transitional living (ages 16-20). Offer independent living in scattered site apartments for youth ages 17-20. Family reunification is the main goal. Call for more information. Fees may apply to non-Hennepin County residents for shelter stays.

The Family Partnership: School-Linked Mental Health (SLMH)..... **(763) 600-4702**
www.thefamilypartnership.org. Accepts referrals from parents, school staff, and clients themselves who are looking for help in addressing possible mental health concerns in the school setting, such as depression, anxiety, trauma, difficulty adjusting to change, difficulties with motivation and grades, and social difficulties. Our staff work directly in the school to help improve access to students and to make scheduling easier.

Tubman Chrysalis Bridge..... **(612) 871-0118**
www.tubman.org. Provides programming, support, therapy, advocacy, and supports people in obtaining diagnosis. For families of children preschool to high school age who were exposed prenatally to drugs & alcohol.

Lakes Center for Youth and Families (651) 464-3685
www.lc4yf.org. Provides youth and family counseling, truancy prevention, restorative justice and violence prevention, youth leadership opportunities, parent education and support, and job readiness for youth.

Other Resources

Alexandra House Youth Services 24-hour hotline (763) 780-2330

Alliance for a Violence-Free Anoka County (763) 324-4200
<https://www.anokacounty.us/2878/Alliance-for-Violence-Free-Anoka-County> A coalition of individuals & groups working on violence prevention, including child abuse, domestic violence, and sexual violence prevention. Action teams work through community education & public awareness activities, & developing media & communication strategies. New teams per members' interests & ideas.

Andover, Anoka, Coon Rapids, Ramsey Youth First Community of Promise (763) 421-8530
www.youth1st.net. Mobilizes individuals and collaboratives to support experiences that ensure a healthy start, safe places, caring adults, marketable skills, & service opportunities for young people in the greater community of Andover, Anoka, Coon Rapids, and Ramsey.

Anoka County Children & Family Council (763) 324-1289
www.anokacounty.us/616/Children-Family-Council. To nurture collaborative efforts by building bridges and networks between people and agencies who share a vision of a healthier community for children and families.

Anoka County Economic Assistance Department

Adults & Families With Children, Mon-Fri, 8:00 am-4:30 pm..... (763) 422-7200
Services Include SNAP (Food Support), Cash Assistance, & healthcare programs. www.anokacounty.us
Application assistance available. New intakes walk-in only Mon. – Fri- 8am – 11am.

Anoka County Job Training Center (Youth Employment Programs) (763) 324-2284
www.anokacounty.us/1293/Empowers-Though-Program. Anoka County Empowers receives state and federal funds to provide employment and training opportunities to out-of-school residents of Anoka County ages 16 to 24 and in-school residents ages 14 to 24. Anoka County Empowers program emphasize services to out-of-school and disconnect young adults, high school dropout recovery and attainment of recognized postsecondary credentials. It prepares vulnerable young job seekers for successful employment. Contact us for questions or to have application mailed (application available on website).

Big Brothers Big Sisters of the Greater Twin Cities (651) 789-2400
www.bigstwincities.org. Help children realize their full potential through a long term, 1-to-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities & building long term friendship!

Epiphany Caring For Life (612) 803-2225
www.epiphanycaringforlife.org. 24 hour confidential before and after birth support to women and their families. Companion program offers long term support to women and their families, as well as maternal support and resources, miscarriage support, material items, food and supplies.

Everyday Miracles (612) 353-6293
www.everyday-miracles.org. Provides pregnancy support for low income families. Support groups, doula services (labor support), post-partum care.

Kinship (612) 276-1558

www.kinship-mn.org. Faith based mentoring program providing adult friendship to children ages 5-15. Serves children from single parent homes, children from refugee or immigrant families and children with one or both parents incarcerated. Call for more information.

Lee Carlson Center for Domestic Abuse..... (763) 783-4914

www.leecarlsoncenter.org. Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Office hours: Mon-Thurs 8 am-7 pm, Fri 8 am-5 pm. Answering machine, confidential, 24 hours a day. Accepts most medical insurance for payment. Sliding fee.

Mediation Services for Anoka County (763) 422-8878

www.mediationservice.org. Since 1987 Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.

Paladin Career and Technical High School (763) 786-4799

www.paladincareertech.com. Empowers students in their pursuit of social, emotional, and academic growth, creating a foundation for a successful future after high school.

Tough Love..... (763) 391-2630

Recorded message. A self-help program for parents troubled by teen behavior. Parent support groups.

YMCA

Youth/adult health & wellness, aquatics, recreation, youth development, & sports. Day & sleepover camps available. www.ymcatwincities.org.

Andover, 15200 Hanson Blvd, Andover 55304 **(763) 230-9622**

Chain of Lakes, 7690 Village Dr, Lino Lakes 55014..... **(651) 795-9622**

Emma B. Howe, 8950 Springbrook Dr, Coon Rapids 55433 **(763) 785-7882**