

# 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**  
[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org). or [www.boystown.org](http://www.boystown.org). Hotline available for children and parents to help with everyday family issues. Website offers text to #20121.

**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 Safeline .....1-800-RUNAWAY (1-800-786-2929)**  
[www.1800runaway.org](http://www.1800runaway.org). 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](http://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 State of Minnesota. Anoka County residents can text their zip code to 898211 to receive information.

**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](http://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](http://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.

## Drop-in Centers

### **Hope 4 Youth..... (763) 323-2066**

[www.hope4youthmn.org](http://www.hope4youthmn.org). A Drop-in Resource Center for young people experiencing homelessness who are under age 25, in Anoka County. Provides a hot meal five 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 and case managers available during open hours. Center is open to youth Monday-Friday 11:00am-7:00pm.

### **Project Offstreets ..... (612) 252-1200**

[www.youthlinkmn.org](http://www.youthlinkmn.org). Drop in center for homeless (or at risk of being homeless) youth ages 16 to 24. Youth case management services available.

## Health & Wellness: Health Care

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

### **Anoka County Public Health Nursing ..... (763) 324-4240**

[www.co.anoka.mn.us](http://www.co.anoka.mn.us) 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.

### **Child and Teen Medical Center ..... (763) 333-7733**

<https://www.childandteenmedicalcenter.com/>. Pediatric and teenage practice that deals with the health & well-being of children, teenagers, and their families. Special interest includes ADD/ADHD, asthma, nutrition. Two locations: 7225 University Ave NE, Fridley 55432 and 11107 Ulysses St NE, Blaine 55434. Call for more info.

### **First Care Pregnancy Center and New Life Family Services..... (612) 866-7643**

[www.firstcarepregnancycenter.org](http://www.firstcarepregnancycenter.org). Free confidential pregnancy testing, free counseling by licensed social worker, adoption services, decision making counseling, resource referral, post abortion counseling, and Every Family Program offering maternity & infant clothing & equipment.

**Immediate Sexual Assault and Domestic Violence Nursing Care ..... Mercy & Unity Emergency Departments**

**Non-urgent health care information ..... (763) 236-4172**

[www.allina.com/sane](http://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.

**Neighborhood Health Source – North Metro ..... (763) 783-3722**

[www.neighborhoodhealthsource.org](http://www.neighborhoodhealthsource.org). Sliding fee scale provides comprehensive medical services for people of all ages. Services include physical exams, Child & Teen Check-ups, immunizations, health education, case management services, ADHD assessments, breastfeeding consultations, sick visits, OB care, and marriage and family counselors. Accepts most insurance and medical assistance. MNSure navigator onsite.

**Nucleus Clinic ..... (763) 755-5300**

[www.nucleusclinic.org](http://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-north-central-states](http://www.plannedparenthood.org/planned-parenthood-north-central-states). 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.

## **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 ..... (763) 753-2500**

[www.voamnwi.org/bar-none](http://www.voamnwi.org/bar-none). Shelter services for male and female youth between ages 11 and 17 who are in crisis or transition between placements.

**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.

**Fuller Living & Associates, LLC ..... (763) 647-8188**

[www.fullerlivingandassociates.com](http://www.fullerlivingandassociates.com). Fuller Living & Associates, LLC offers counseling for individuals of all ages, couples and families. They journey with clients through: difficulty adjusting to transitions and hardships, marital issues, addictions, anxiety, depression, PTSD, OCD, eating disorders, grief, children’s behavioral issues, parenting support, anger, severe and persistent mental illness, women’s issues, men’s issues and other life struggles. Also provides telehealth services. Located in Anoka and Blaine, they are open 7 days a week, 6 AM – 10 PM.

- Lakes Center for Youth and Families** ..... (651) 464-3685  
[www.lc4yf.org](http://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.
- Lee Carlson Center for Mental Health and Well Being** ..... (763) 783-4914  
[www.leecarlsoncenter.org](http://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-7:30pm.
- Lee Carlson Center, Domestic Abuse Program** ..... (763) 783-4914  
[www.leecarlsoncenter.org](http://www.leecarlsoncenter.org). Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Offers housing stabilization support, foster care therapy, and ARMHS services. 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.
- Minnesota Communities Caring for Children** ..... (651) 523-0099 or 1-800-CHILDREN (1-800-244-5373)  
[www.pcamn.org](http://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.
- MWCAC**..... [www.mwcac.org](http://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](http://www.northlandtherapycenter.com). Mental health clinic serving primarily adult individuals, couples & adolescents with expertise in working with chronic illness, sexual orientation issues, and trauma.
- North Suburban Counseling Center** ..... (763) 784-3008  
[www.northsuburbancounselingcenter.org](http://www.northsuburbancounselingcenter.org). Sliding fee. Individual, family, & adolescents age 16 & up. Psychological & psychiatric medication evaluations. MA accepted. Most insurance accepted.
- People Incorporated Family Life Mental Health Center** ..... (763) 427-7964  
[www.peopleincorporated.org](http://www.peopleincorporated.org). Individual, group, family, & marital therapy. Anger management and domestic abuse groups for perpetrators. Most insurance accepted. Sliding fee. Mon-Thurs, 9 am – 7 pm; Fridays, Telehealth only.
- Stop It Now! Minnesota**.....**Helpline 1-888-PREVENT (1-888-773-8368)**  
[www.stopitnow.org](http://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](http://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.

**The Family Partnership: School-Linked Mental Health (SLMH)..... (763) 600-4702**  
[www.thefamilypartnership.org](http://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. Serves Pre-K, 0-5 year olds. Located in Hennepin County.

**Tubman Chrysalis Center ..... (612) 871-0118**  
[www.tubman.org](http://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.

## Other Resources

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

**Andover, Anoka, Coon Rapids, Ramsey Youth First Community of Promise ..... (763) 421-8530**  
[www.youth1st.net](http://www.youth1st.net). To actively engage youth, their families, and the community to ensure youth have the 5 fundamental promises they need to succeed: Caring adults, Safe places, A healthy start, Effective education, Opportunities to help others.

**Anoka County Children & Family Council ..... (763) 324-1289**  
[www.anokacountychildrenfamilycouncil.org](http://www.anokacountychildrenfamilycouncil.org) 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](http://www.anokacounty.us)  
Application assistance available. All services by appointment only.

**Anoka County Job Training Center (Youth Employment Programs) ..... (763) 324-2284**  
[www.anokacounty.us/1293/Empowers-Though-Program](http://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](http://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!

**Community Partners with Youth (CPY).....(651) 633-6464**

[www.cpymn.org](http://www.cpymn.org) 1900 7<sup>th</sup> Street NW, New Brighton, MN 55112. After school and summer program for youth K – 8<sup>th</sup> grade.

**Epiphany Caring For Life ..... (612) 803-2225**

[www.epiphanycaringforlife.org](http://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, food and supplies. Provides material support such as car seats, clothing, portable cribs, etc. for mothers and their families age birth to 2 years.

**Everyday Miracles ..... (612) 353-6293**

[www.everyday-miracles.org](http://www.everyday-miracles.org). Provides pregnancy support for low income families. Support groups, doula services (labor support), post-partum care.

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

[www.leecarlsoncenter.org](http://www.leecarlsoncenter.org). Domestic abuse therapy for children who witness abuse, women who are victims/survivors, men who are abusive, & anger management for adolescents. Offers housing stabilization support, foster care therapy, and ARMHS services. 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](http://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.

**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](http://www.ymcatwincities.org).

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

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