

# **Mental Health Professionals & Services**

Information provided to you by:

**Mille Lacs County Community and Veterans Services**

525 Second St. SE

Milaca, MN 56353

(320) 983-8208 or (888) 270-8208

\*Check with your insurance company to ensure providers are covered by your network.

Updated 06/23/2021

### **Brunetti Consultants**

Rogers 763-428-4060 or <http://www.brunetticonsulting.com/home.html>

- Neuropsychological Assessments, Psychological Assessments, Individual Therapy, and ADD/ADHD testing

### **Catholic Charities (Formerly Caritas)**

St. Cloud 320-650-1660 or <https://www.ccstcloud.org/services/mental-health/behavioral-health-clinic>

- Medication management, Outpatient Counseling (Individuals, Couples, Families), Diagnostic Assessment, Psychological Evaluation, Parenting Assessments, Support Groups, In-Home Skills Training & Counseling, Women's Anger/Self-Esteem Counseling, Group/Domestic Abuse Counseling, Emergency Services, and Senior Health & Wellness

### **Cedarbrook Counseling**

Baxter 218-822-3736 or <https://www.cedarbrook.us/index.php/about-us>

- ADHD & Focus, Alzheimer's Disease, Counseling/Workshops/Classes, and Parenting & Relationships

### **Central MN Counseling Center – A.D.A.M**

St. Cloud 320-253-4321 or <https://adaminc.org/providers/348/central-minnesota-counseling-center-inc/>

- Outpatient Counseling, Neuropsychological Testing/ADHD Testing

### **Central MN Mental Health Center**

Buffalo 763-682-4400, Elk River 763-441-3770, Monticello 763-295-4001, Waite Park 320-230-0611, St. Cloud 320-252-5010 or <https://cmmhc.org/>

- Outpatient Counseling, (Individual, Family, Marriage, Group), Psychological Testing, Chemical Dependency Treatment, Adult ARHMS services, Targeted Case Management, Adult Day Treatment, Psychiatry services, and Crisis Services

### **Center for Psychological Services**

St. Cloud 320-255-0343 or <https://www.cfpsmn.com/services>

- Outpatient Counseling (Children 6 and up, Adolescents, Adults, Couples, & Families), Diagnostic Assessments

### **Clara's House**

St. Cloud 320-229-4950 or <https://www.centracare.com/locations/centracare-st-cloud-hospital-claras-house/>

- Adolescent Outpatient Mental Health/Chemical Dependency/Addiction Services, Early Adolescent Partial Hospitalization Program, Adolescent Partial Hospitalization Program, and Child Partial Hospitalization Program

### **CORE Professional Services PA**

Sartell (St. Cloud Area – CORE office) 320-202-1400 or <http://www.coreprofessionalservices.com/index.html>

- Serves Northern MN, Central MN, & Southern MN → Call or go online for all locations/contact information
- Outpatient Counseling (Individual, Couples, Family), Diagnostic Assessment, Psychological Evaluation, Healthy Relationships/Sexuality Education Classes, and Sex Offender/Special Needs Sex Offender Group Therapy

### **Developmental Diagnostics**

St. Joseph 320-363-8055 or <https://www.devdxmn.com/index.php>

- Outpatient Counseling (17 and under), Diagnostic Assessment, Neuropsychological Testing, ADHD Testing, Autism Testing, Workshops/Trainings, Parent Training, and Independent Medical Evaluations/Attorney Consultation

### **Trilogy Counseling Services**

Princeton – Primary office 763-220-0501 or <https://trilogycounselingmn.com/>

- Individual Counseling, Couples & Family Counseling, Trauma-Focused Therapy, Play Therapy, Cognitive Behavioral Therapy, and Online Therapy

### **Greater Minnesota Family Services**

Willmar 320-214-9692 or <https://www.greaterminnesota.org/>

- Early Childhood Services, Family Based Services, School and Family Based Services, and Shelter Care

### **Nystrom & Associates**

Big Lake 763-367-6080, Cambridge 763-308-8664, Sartell 320-314-4882 (Plus other locations) or <https://www.nystromcounseling.com/our-services/>

- Outpatient Counseling (Family, Couples, Individuals), Diagnostic Assessment, In Home Therapy, Mediation Management, Drug and Alcohol Treatment, Group Therapy, DBT Therapy, Adult Day Treatment, School Based Mental & Chemical Health, Mother-Baby

Intensive Outpatient Program, Nutrition Counseling, ARMHS, and Children's Therapeutic Services & Supports

### **Fairview Counseling Center**

Princeton 763-389-6353, Elk River 763-241-5870 or <https://mhealthfairview.org/conditions>

- Outpatient Counseling (Individual, Couples, Family, Group for all ages), Diagnostic Assessment, DBT Therapy, Substance Abuse & Chemical Dependency, ADHD in Adults & Children, and Gambling Counseling

### **Family Based Therapy Associates**

Coon Rapids 763-780-1520, Cambridge 763-689-9407, Chisago City 651-257-2733, St. Louis Park 763-780-1520 or <https://fbta.biz/>

- Outpatient Counseling (Individual, Couples, Family), Diagnostic Assessment

### **Health Partners Behavioral Health**

Sartell 320-253-5220 or <https://www.healthpartners.com/hp/healthy-living/health-topics/behavioral-health/index.html>

- Outpatient Counseling (Individual, Family, Group), Diagnostic Assessment, Psychological Evaluation, Cognitive Behavioral Therapy, Classes, Medication Management, Specialty Services, Inpatient Mental Health Treatment (Adults), and Chemical Health Services

### **The Insight Network**

Crow Wing, Cass, Wadena, Todd, Morrison, Aitkin, & Mille Lacs Counties

Laurie Boser, MSW, LICSW 218-838-7770, Lynette Wagner, MSW, LICSW,

218-838-7084 or <https://www.theinsightnetwork.com/>

- Outpatient Counseling (Children & Adults), and In-Home Therapy

### **Essentia Health - Lakeland Psychiatry Clinic**

Brainerd 218-828-7394 or <https://www.essentiahealth.org/find-facility/profile/essentia-health-lakeland-psychiatry-clinic-brainerd/>

- Psychiatry

### **Lighthouse Child and Family Services**

Milaca 320-983-2335 or <https://lighthousecfs.com/>

- Christian Counseling, DC:0-5 Assessment, Child-Parent Psychotherapy, Play Therapy, Outpatient Therapy (Individual, Couples/Marriage, Family), Intensive Outpatient DBT Therapy, Children’s Therapeutic Supports and Services, School Linked Mental Health Program, ARHMS Service, Day Treatment (Preschool, Child, Adolescent), Community Support Programs, Multifamily Adolescent DBT Therapy, and ABC Therapy

**Lutheran Social Services of MN**

Brainerd 218-828-7379, St. Cloud 320-251-7700 or <https://www.lssmn.org/services>

- Outpatient Counseling (Individual, Family, Child, Teen, Adult, Art), and Diagnostic Assessment

**Manes for Change**

Mora 320-364-3256 or <https://www.manesforchange.com/>

- Individual Psychotherapy, Group Psychotherapy, Animal Assisted Therapy, EMDR, Diagnostic Assessment, and Chemical Health Assessment

**Mille Lacs Health System**

Onamia 320-532-3154 or <https://www.mlhealth.org/>

- Diagnostic Assessment, Medication Management, Psychiatric Care for adults and children, In-Patient Geriatric Psychiatric, Counseling (Individual, Marriage, Family), and Tele-Psychiatry Care

**Ne-la-Shing Clinic**

Onamia 320-532-4163

- Diagnostic assessment, Psychiatry, and Outpatient therapy (Individual, Family, Group)
- Must be eligible – call for more details

**Minneapolis Clinic of Neurology**

Coon Rapids 763-427-8320 or <https://minneapolisclinic.com/>

- Neurodiagnostic Testing, Neuropsychology

**Northern Pines Mental Health Center**

Brainerd 1-833-316-0698 or <https://www.npmh.org/>

- Community Based Services, Diagnostic Assessment, Assertive Community Treatment Services, Drop-In Centers, Birth-to-Age 5 Services, Safe Harbor, Certified Peer Specialist Services, Mobile Crisis Outreach and Crisis Stabilization, Chemical Health Services,

Outpatient Psychotherapy, Children and Family Division, Psychiatry (Adult, Children), and Youth ACT

### **North Homes, Inc.**

Grand Rapids 218-327-3000 or <https://www.northhomes.org/>

- Assessment and Counseling Services, Substance Use Disorder Services, Day Treatment Services, School-Based Services, Day Treatment Services, Camp North Homes, Children's Therapeutic Services and Supports, ARMHS, Housing Support Program, Safe Harbor, Family Group Conferencing, Supervised Visitation, Adult/Youth Case Management, Substance Use Disorder Services, Boys Program, Teens in Transition for Boys, and Foster Care/Adoption

### **Psychotherapeutic Resources**

St. Cloud 320-253-3715 or <https://www.yourcaringresource.com/>

- Therapy for Anxiety/Depression Disorders, Addiction Recovery/Relapse Prevention, Early Childhood Trauma/Trauma Recovery, Grief and Loss, Separation/Divorce, Stress Management/Adjustment, Trauma Recovery for First Responders, ADHD/School/Behavioral/ODD Issues, Self-Esteem/Personal Development, and Couple/Family/Blended Family Issues

### **PrairieCare**

Maple Grove 612-274-7516 or <https://www.prairie-care.com/>

- Mental Health Screenings, Inpatient Hospitalization Program, Partial Hospital Program, Intensive Outpatient Programs, Residential Treatment, Dual Diagnosis Clinic, Center for Integrative Mental Health, Center for Neurotherapeutics, and Perinatal Mental Health Clinic, Therapy (Individual, Marriage/Family, Group), Psychiatry, and Individual Psychotherapy

### **Riverwood Healthcare Center**

Aitkin 218-927-2157 or <https://riverwoodhealthcare.org/specialties/behavioral-health-services/>

- Diagnostic Assessment, Therapy, and Medication Management

### **The Village Family Service Center**

St. Cloud 320-253-5930 or <https://www.thevillagefamily.org/content/services-we-offer>

- Alcohol and Drug Addiction THERAPY, Big Brothers Big Sisters, Counseling Services (Individual/Group, Adults, Kids, Families), Debt and Money Management, Family Engagement Services, In-Home Family Therapy, and Pregnancy Options Counseling

### **Therapeutic Services Agency**

Cambridge 320-629-7600 or <https://www.hoperealized.com/programs-services>

- Day Treatment, Mental Health Services in Schools, Child Treatment Foster Care Program, Adolescent Treatment Foster Care Program, Teen Mom and Child Foster Care Program, Fully Family Foster Care, Respite Care, Shelter Care, Infant and Early Childhood Mental Health, Outpatient Services, Diagnostic Assessment, Community Based Skills Groups, In-Home Family Based Services, Deaf and Hard of Hearing Services, Supervised Visitations, and Professional Training/Consultation/Supervision

### **True Balance Counseling**

St. Joseph (320) 632-5524 or <https://truebalancefarm.com/services>

- Individual Therapy, Couples Counseling, Family therapy, Testing/Evaluation Services, Equine Assisted Therapy, Medication Management, and Biofeedback Services

### **St. Cloud Hospital**

#### **Behavioral Health, Child, and Adolescent Services**

St. Cloud 320-229-4945 or <https://www.centracare.com/locations/centracare-st-cloud-hospital-behavioral-health-c/>

- Services offered to children, adolescents, and adults experiencing behavioral/mental health, Inpatient/Outpatient/Partial Hospitalization, Addiction Services, Diagnostic Assessment, Medication Management
- Different locations may provide specified care

### **St. Cloud Neurobehavioral Associates**

St. Cloud 320-258-3833 or <http://www.stcloudneuro.com/about-us/>

- Neuropsychological Evaluations/Services, Psychological Evaluations for specific pre-surgical procedures

**Minnesota Health Care:**

- **UCare 1-800-203-7225**
- **Medica 1-800-373-8335**
- **Minnesota Health Care Program 1-800-657-3739**
- **Minnesota Senior Health Options (Over the age of 65) 1-800-711-9862**

**Crisis Lines:**

- **Canvas Health 1-800-523-3333**
- **Suicide Prevention Lifeline 1-800-273-8255**
- **Txt4Life Text “MN” to 741741**
- **Veteran’s Crisis Line 1-800-273-8255 (Press 1)**

**Mille Lacs County Community and Veterans Services Mental Health Unit**

Mental Health Unit Supervisor: Charlotte Kohlgraf

Adult Mental Health Social Workers providing case management services:

- Jessica Andrich
- Rachel Peterson
- Gaby Nelson
- Josey Duffee

Children’s Mental Health Social Workers providing case management services:

- Sara Funk
- Deanna Shaver
- Gaby Nelson

If you are interested in assistance from MLC CVS in locating the most appropriate mental health provider to meet your individual or family needs, please contact us at:

Mille Lacs County Community and Veterans Services  
525 Second Street Southeast  
Milaca, MN 56353  
(320) 298-8208 or (888) 270-8208



