

HELPFUL ONLINE RESOURCES:

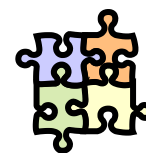
www.acmh-mi.org
www2.albertlea.k12.mn.us
www.alden-conger.org
www.ausm.org (Autism)
www.autismshop.org (Autism)
www.asperger.org (Asperger's)
www.chadd.org (ADHD)
www.co.freeborn.mn.us/135/Human-Services
www.familiesandcommunities.org
www.familiesfirstmn.org
www.fcfsc.org
www.geschools.com
www.loveandlogic.com
www.macmh.org
www.mayoclinic.org
www.mentalhealth.samhsa.gov
www.minnesotavisiontherapy.com
www.nimh.nih.gov (National Institute of Mental Health)
www.pacer.org (PACER) -Education Rights
www.parentsknow.state.mn.us
www.ready4k.org
www.zerotothree.org

NOTES:

Mental Health

RESOURCE DIRECTORY

**For all ages:
Early Childhood through Adults**



Created By:

***Freeborn County Family
Services Collaborative***

Working Together...Serving Families...Improving Lives

FOR ANY EMERGENCY—CALL 911

If you have any questions about how to use this Directory: PLEASE CONTACT US— During the hours of 8:00 am - 5:00 pm, Mon. thru Friday

You can also talk with your local provider - or if you have a child please contact school support services staff: School Social Workers, Counselors, School Psychologists, or School Nurses.

Thank You: To the Freeborn County Family Services Collaborative Children's Mental Health sub-committee for creating and distributing this Directory.

Children's Mental Health Mission: To empower a broad range of stakeholders to find ways to improve local mental health services by reviewing, evaluating, reporting, and planning local programs.

Collaborative Office is located at:
Department of Human Services
203 W. Clark Street
Albert Lea, MN. 56007
Phone: (507) 377-5504
Email: iana.howe@co.freeborn.mn.us
www.fcfsc.org

Visit/Like us on Facebook:
Freeborn County Family Services Collaborative
or
Freeborn County Partners In Prevention

Family Caregivers Support Group
377-7433

Grief Support Group
377-6288

Lupus Support Group
Contact: Judy 373-4735 **OR** Maxine 507-826-3469

NAMI— National Alliance of Mental Illness Recovery Support Group
Contact: Sara 377-5483

Ostomy Support Group
Contact: Stacy 377-6790

Prenatal Loss - RTS Bereavement Services
377-6279

Pulmonary/Cardiac Rehab Support Group
Contact: Jill 377-5900

Single Mom's Support Group
Contact: Sandra 377-7958

Stroke/TIA Support Sessions
Contact: Cindi 379-2046

SUPPORT GROUPS:

Alzheimer’s Support Group

Contact: Cindy 373-5600

The Arc of Freeborn County

Contact: Jo 377-3469

Autism Support Group

377-3029

Breast Cancer Survivors—Mentors for Hope

379-2273

Cancer Support

Contact: Bonnie 379-2050

Chemical Dependency Relapse Support

377-6411

Circle of Parents Support Group

Contact: Barb 377-7665

Diabetes Groups

(for Adults with type 1 AND families with children with type 1)

3rd Thursday of each month—6:30 PM

Mayo Clinic Health System- Albert Lea—Room 20

Contact our VOLUNTEER LEADER for more information:

Taryn Israel Nechanicky (507) 552- 1266 tkisrael@yahoo.com

(Families with children with type 1)

1st Monday of each month 6:30-7:30 PM

Our Savior’s Lutheran Church, 1600 West Oakland Ave., Austin,
MN

Downs Syndrome Support Group

Brookside Educational Center—Room 130

For more information contact:

Kara Paulson 402-0618 **OR** Rachel Schei 391-3700

CONTENTS:

<u>Age Group</u>	<u>Pages</u>
Early Childhood (Ages 0-5).....	3-4
Elementary-High School (Ages 5-18).....	5-6
Adult (18+) and Families.....	7-8
Support Groups.....	9-10
Online Resources/Notes.....	11

FOR ANY EMERGENCY—CALL 911

Local Mental Health Crisis Line for Adults:

507-377-5499 (DHS Front Desk) or 877-402-3743

Local Emergency Child Protection/Children’s
Mental Health:

377-5210

(From 5:00pm to 8:00am-

Rings into Law Enforcement)

National Suicide Hotline: 1-800-SUICIDE

1-800-784-2433

Crisis Response Team of Freeborn County:

507-383-5965

Help is just a phone call away.

Early Childhood (Ages 0-5):

Autism Support Group	377-3029
Catholic Charities	377-3664
Central Referral (Contact for Development concerns ages 0-6)	373-4930
Child Care Resource & Referral (Child Care for Special Needs)	287-2020 or 1-800-462-1660
Crisis Nursery (Freeborn & Mower counties)	877-434-9599
District Mental Health Professional (Albert Lea Area Schools)	379-4821
Early Childhood Screening (FREE health and developmental screening ages 3-6)	
Albert Lea schools	379-4866
Alden/Conger schools	874-3240
Glenville/Emmons schools	448-2889
Early Childhood Special Education	
Albert Lea schools	379-4800
Alden/Conger schools	874-3240
Glenville/Emmons schools	448-3334
Family Ambassador	369-6797
Freeborn County Children's Mental Health Supervisor	377-5453
Healthy Families Home Visiting Program (Serving Freeborn County Families Pre-natal to age 5)	377-5100

Larson, David, MS, LP (Mental Health Therapist)	373-7913
Marin, Jill, MS; NCC, LAMFT	473-0442
Mayo Clinic Health System-Albert Lea (Behavioral Health)	377-6406
Mayo Clinic Rochester Psychiatry & Psychology Dept.	266-5100
Next Step Clubhouse	373-6938
Olchefske, Beth, MA, LP (Mental Health Therapist)	383-6116
PACER (Parent Advocacy Coalition for Educational Rights)	800-537-2237
Parent WarmLine (phone advice)	800-584-2204
Parent WarmLine in Spanish	877-434-9528
Parent 2 Parent Program (parents of a special needs child can have a mentor parent ; a parent who has more experience raising a child with special needs)	800-584-2204
Psychology Services of Southern MN	433-5191
Senior Resources of Freeborn County	377-7433
The Arc of Freeborn County (Advocacy Support for people with developmental disabilities)	377-3469

ADULTS (18 and over) and Families:

Anderson-Krull, Teresa, LICSW (Mental Health Therapist)	377-0107
Autism Support Group	377-3029
Catholic Charities	377-3664
Cedar House Inc. Child & Adult Life Skills Building	377-8506
Cedar River Counseling (Austin)	507-433-6482
Circle of Parents Support Group	377-7665
Crest Services Dev. Disabled Adult Life Skills Building	373-0188
Crime Victims' Crisis Center	373-2223
CRISIS LINE (after hours) Freeborn County	877-402-3743
Crisis Nursery (Freeborn & Mower counties)	877-434-9599
District Mental Health Professional (Albert Lea Schools)	379-4821
Freeborn County DHS Family Based Counseling	377-5458
Freeborn County DHS Children's Mental Health	377-5453
Freeborn County DHS Mental Health Center	377-5440
Horizon Homes South Central Crisis Center	344-0621

Infant Care Class (Mayo Clinic Health System-Albert Lea)	373-2384
Mayo Clinic Health System- Albert Lea (Behavioral Health)	377-6406
Mayo Clinic Health System- Albert Lea (Pediatrics Dept.)	377-6406
Mayo Clinic Health System- Austin (Pediatric & Adolescent Medicine)	433-7351
Mayo Clinic Health System-Owatonna (Pediatric & Adolescent Medicine)	451-1120
Mayo Clinic -Rochester	266-5100
Olchefske, Beth, MA, LP (Mental Health Therapist)	383-6116
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Parent WarmLine (phone advice)	800-584-2204
Parent WarmLine- Spanish	877-434-9528
Parent Coach (FREE to all children in Freeborn County Ages 0-5)	383-9764
The Arc of Freeborn County (Advocacy Support for people with developmental disabilities)	377-3469

ELEMENTARY, MIDDLE SCHOOL, HIGH SCHOOL (Ages 5-18):

Albert Lea Area Schools

Albert Lea High School	379-5346
ALHS/ALC Social Worker	379-5358
Halverson Schools Social Worker	379-4909
Hawthorne School Social Worker	379-4993
Lakeview School Social Worker	379-5020
Sibley School Social Worker	379-5125
Southwest Middle School Social Worker	379-5250

Alden/Conger School- Counselor/Social Worker 874-3240

Anderson-Krull, Teresa, LICSW 377-0107
(Mental Health Therapist)

The Arc of Freeborn County 377-3469
(Advocacy Support for people with developmental disabilities)

Autism Support Group 377-3029

Catholic Charities 377-3664

Cedar House Inc.

Child & Adult Life Skills Building 377-8506

Cedar River Counseling (Austin) 433-6482

Crime Victims' Crisis Center 373-2223

Crisis Nursery (Freeborn & Mower counties) 877-434-9599

District Mental Health Professional 379-4821
(Albert Lea Area Schools)

Freeborn County Children's Mental Health

Supervisor 377-5453

Freeborn County Mental Health Center 377-5440
(Dept. of Human Services)

Glenville/Emmons School Counselor 448-2889

Glenville/Emmons School Social Worker 448-3334

Marin, Jill, MS; NCC, LAMFT 473-0442

Mayo Clinic Health System-Albert Lea
(Behavioral Health) 377-6406

Mayo Clinic Health System-Albert Lea
(Pediatrics Dept.) 379-2110

Mayo Clinic Rochester
Psychiatry & Psychology Dept. 266-5100

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