



Central Minnesota Mental Health Center

About Us

Central Minnesota Mental Health Center (CMMHC) is a non-profit organization dedicated to providing a wide array of quality mental health and chemical dependency services designed to meet the diversified needs of the communities we serve as well as to assist individuals with chronic and acute emotional disabilities regain an active level of functioning and community involvement.

CMMHC has office sites in St. Cloud, Buffalo, Elk River and Monticello as well as individual services locations throughout the four-county area. Highly qualified and diversified staff has been providing mental health and chemical dependency services to residents of Benton, Sherburne, Stearns and Wright counties for over 55 years.

CMMHC is designated as an Essential Community Provider (ECP) by the Minnesota Department of Health. An ECP serves high-risk, special needs, underserved individuals and must meet statutory regulations requiring provision or coordination of supportive and stabilizing services; services to all patients, regardless of their financial limitations; and a sliding fee schedule if the ECP is a non-profit organization.

CMMHC is governed by a Board of Directors with representatives from each of the four counties. As a non-profit tax exempt corporation, the agency is supported by patient fees and public and private funds.

A variety of payment options are acceptable, including private insurance, Medical Assistance and Medicare. A sliding fee scale for those without insurance, based on ability to pay, may also be available. Central Minnesota Mental Health Center is a licensed Rule 29 mental health clinic and in the preferred provider network for a variety of the managed care/medical insurance companies.

CMMHC does not discriminate in access to services due to race, color, creed, religion, sex, national origin, marital status, age, gender identity, sexual orientation, handicap or public assistance status. All residents of Benton, Sherburne, Stearns and Wright counties are eligible for services.

Trauma Informed Care

Trauma Informed Care (TIC) is a nationwide shift in the delivery of mental and chemical health services. It seeks to create an environment of healing for staff, clients and the community. CMMHC has partnered with the National Council of Behavioral Health to create a lived experience of TIC. After completing the TIC Learning Community in April of 2015, CMMHC received national recognition for their success at implementing TIC.

Our core value is: "A Time to heal, a place to start." Our TIC mission is: "Mindfully fostering a space for healing, safety, and sensitivity for the individuals and families we serve, our colleagues, and our community."

CMMHC believes you will feel the difference being treated at a TIC agency and hopes to prove that to you when you begin your services with us.

SAMSHA Primary and Behavioral Health Care Integration Grant*

HI-C (Healthcare Integration Collaboration) CMMHC in partnership with CentraCare Health is providing primary care medical services at the CentraCare Clinic Midtown location. The services are open to all CMMHC adult clients with or without grant participation. Along with primary care a truly “whole person” approach is being implemented. Our focus is on health and wellness using education as well as individual and group supports. Our providers include a dual diagnosis counselor, peer wellness coach, intake staff, and grant manager. Access to individual therapy is available.

HI-C mission statement *“Hi-C promotes an accessible, client-driven, integrated alliance; while using a whole person approach to promote health, wellness, & recovery.”*

Referred participants will be asked to participate in anonymous data gathering to further substantiate these needed services. Participation is voluntary. Receiving primary care services is not dependent on participation with the grant.

Call to schedule an appointment: **320-257-4222**

*Primary and Behavioral Healthcare Integration is supported by a four year SAMHSA grant.

Adult Mental Health Services

REHABILITATIVE SERVICES

Assertive Community Treatment (ACT) is a multi-disciplinary team approach designed to provide comprehensive, community-based treatment and support to adult individuals with serious and persistent mental illness. Services are customized to individual needs and are available 24 hours a day. The goal is to help people stay out of the hospital and to develop the necessary skills to live successfully in the community. ACT is designed to be long term and provide continuous care. Individuals work with the team members who have the best skill at any given time to provide the appropriate support needed. ACT provides personalized care by working with a relatively small caseload. Services are designed for any community setting and are delivered in places or situations where problems arise rather than in an office or clinic setting. Staff are available to respond to individuals and their needs on a 24/7/365 basis. The team includes psychiatric services and works very closely with each person regarding appropriate medications. Services are based at off campus office locations in St. Cloud for Stearns and Benton counties and Monticello for Sherburne and Wright counties. A team decision with the clinical supervisor and psychiatrist regarding acceptance will be made in a timely manner and depends on waiting list. Please Fax information to:

Catherine LaGow – St. Cloud area contact:	Phone: 320.253.4120	Fax: 320.253.4179
Tracy Hinz – Monticello area contact:	Phone: 763.271.5340	Fax: 763.271.5350

Adult Rehabilitative Mental Health Services (ARMHS) are mental health services available to individuals covered by Medical Assistance from Stearns, Benton, Sherburne and Wright counties. These services enable the recipient to develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills when these abilities are impaired by the symptoms of mental illness. Services may be provided on a face to face basis or in a group and may be provided in a home, community, or campus setting. Adult Rehabilitative Mental Health Services may be provided to retain stability and function if the recipient is, or would be, at risk of significant functional decompensation or more restrictive service settings without these services. In addition services include community intervention and medication education. Individuals must have a recent Diagnostic Assessment (DA) documenting that adult rehabilitative mental health services are medically necessary. Acceptance to the program is dependent upon the waiting list. This service is provided in the St. Cloud and Buffalo office locations. Please Fax Information to:

Jolene Buhs – service contact:	Phone: 320.230.0611	Fax: 320.251.4175
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Adult Mental Health Services continued...

Adult and Children’s Mental Health Targeted Case Management (MH TCM) is based in St. Cloud and serves adults with serious and persistent mental illness and children with severe emotional disturbance. Qualifying recipients must also meet the requirements for Minnesota Rule 79 case management services and be PMAP recipients residing in Benton, Stearns, Sherburne, or Wright County. Case Management Services help adults and children gain access to needed medical, social, educational, vocational, financial and other necessary services. The services also offer assistance and support in navigating various systems to obtain needed mental health services, assess and determine the appropriate level of care and refer to services as needed, and monitor and review services to ensure the most efficient service delivery. Referrals are processed within ten (10) working days with a current approved Diagnostic Assessment. Please fax information to:

Sheri Layne-Laramie– service contact: Phone: 320-257-4222 Fax: 320.240.2053

OUTPATIENT SERVICES

Psychiatric Evaluation and Medication Management is available to adults and children. Tele-psychiatry is available in St. Cloud and Elk River for adults and Monticello for children. If medication is being considered, clients have the convenience of being evaluated for med management at the same location they are receiving psychotherapy. For services available at specific sites, please contact the appropriate office listed under the next section.

Psychotherapy, Counseling, and Psychological Testing is available to adults, families, and children. Marital counseling is also available. A variety of outpatient psychotherapy services is provided at all four locations. Adults, children and adolescents can be seen individually or with family members. CMMHC also offers a variety of therapy groups which address specific disorders or are organized according to gender and age specifications. Regardless of the type of psychotherapy involved, all services are provided by experienced psychologists, licensed clinical social workers or marriage and family therapists within a multidisciplinary team setting. Please contact each applicable site for programming and groups offered. Appointment availability will vary depending on area.

St. Cloud contact:	Phone: 320.252.5010	Fax: 320.252.0908
Buffalo contact:	Phone: 763.682.4400	Fax: 763.682.1353
Monticello contact:	Phone: 763.295.4001	Fax: 763.295.5086
Elk River contact:	Phone: 763.441.3770	Fax: 763.441.9057

Adult Day Treatment is offered at our St. Cloud and Buffalo sites and serves adults with a primary diagnosis of serious or serious and persistent mental illness. Recipients may also have co-occurring chemical use diagnoses and/or co-occurring brain injury. Day Treatment runs Monday through Friday from 9:00 a.m. until noon in St Cloud and Monday through Thursday 9:00 a.m. to noon in Buffalo. Participants are expected to attend at least 2 days and up to 5 days per week dependent on need and space available in the program. The goal of Day Treatment is to reduce or relieve the effects of mental illness and provide training to enable recipients to live in the community with improved functioning at work, school, and/or social relationships. Treatment is provided by a multidisciplinary team of mental health professionals and practitioners under the supervision of a Qualified Clinical Supervisor. Therapeutic interventions include: Mindfulness skills education and practice, Motivational Interviewing, Illness Management and Recovery, Integrated Dual Diagnosis Strategies, Social skills education and practice, and Group Psychotherapy.

Intake and start date are typically within 2-4 weeks of referral dependent on current available Diagnostic Assessment. Day Treatment – St Cloud site also provides Weekend Wind Up, a social recreational program primarily on Fridays from noon to 3:00 pm which focuses on providing qualified recipients fun opportunities to build and practice social skills both on site and in the community. Several social events during the year are Friends and Family events as well.

Adult Mental Health Services continued..

Calendars available for pick up, fax, or mailing.

Tammy Wedde – Buffalo and St. Cloud Referrals:	Phone: 320.202.2056	Fax: 320.203.1855
Theresa Solarz – Clinical Supervisor:	Phone: 320.202.2047	
Kayla levtzow – Clinical Supervisor:	Phone: 763.682.7228	Fax: 763.682.1353

Community Support Program (CSP) is available to adults diagnosed with serious mental illness at our Buffalo location for Wright County residents and Elk River location for Sherburne county residents. CSP aims to assist those who experience serious mental illness to maintain a dignified and meaningful quality of life by providing the opportunity for them to attend events that are social, educational, recreational, and include daily living skills. This includes a variety of peer supported activities which may include: educational seminars, games, movies, dining out, art, fishing, and many others depending upon location.

Sherburne County residents, please contact our Elk River staff at 763-441-3770 regarding more information, a copy of the flier, or other questions.

Wright County residents, please contact our Buffalo CSP staff at 763-682-7242 staff regarding more information, schedule of events, or other questions

CRISIS SERVICES

The Four County Mobile Crisis Response Team (CRT) is a multi-disciplinary group of staff that are based in St. Cloud and Monticello and provide an array of community-based, immediate, mental health crisis services to children and adults experiencing a mental health crisis under the supervision of a mental health professional. Services are provided to residents of Stearns, Benton, Sherburne, and Wright counties.

CRT services include: Crisis Hotline, crisis screening, **Face-to-Face assessment** and intervention, crisis stabilization, crisis prevention planning, and residential adult crisis stabilization. If needed the Crisis Response Team will travel to your home or a community location to de-escalate the situation and help the individual in crisis cope with immediate stressors.

Residential Adult Crisis Stabilization beds provide a short term, safe place to stay while working through a mental health crisis. The unit has 24/7 staff availability. Individual and group counseling is offered, as well as education to enable people to both manage and recover from mental illness. All admissions are voluntary. The unit consists of five beds. Screening is done by CRT staff with the ultimate decision made by the clinical supervisor. Admissions are based also on bed availability.

St. Cloud Area Child Response Initiative (CRI) is a secondary prevention program that addresses the needs of children and families exposed to violence and trauma in the St. Cloud Metro area, which includes the cities of St. Cloud, Waite Park, St. Joseph, Sartell and Sauk Rapids. CRI provides a coordinated community response to children, (0-18 years of age) and their families who have experienced any type of trauma or violence. Through using a trauma-informed framework focused on safety and empowerment, CRI advocates, police officers, community providers, and mental health professionals work together to support your child and family after an experience of violence or trauma.

TXT4Life is a suicide prevention resource promoted in 54 counties across Minnesota as well as all Minnesota tribal Nations. The TXT4Life program uses texting as a way for those in crisis or contemplating suicide to anonymously reach out and ask for free and confidential help. When individuals text the word "**LIFE**" to **61222**, they are connected with a trained

Adult Mental Health Services continued...

counselor who can help them by listening, providing tools and resources, and helping them get to a safe place, both emotionally and physically.

Phone: 320.253.5555

Fax 320.257.6053

Mental Health Crisis Line – 24 hours a day/365 days a year

320.253.5555 or 800.635.8008

RESIDENTIAL SERVICES

Intensive Residential Treatment Services (IRTS) are for individuals who are experiencing significant difficulty with daily life activities as a result of a serious mental illness that is in need of a more restrictive setting to prevent functional deterioration and meets statutory criteria. IRT Services are intended to be short term (30-90 days) and directed toward transition to a more permanent living situation in the community. Services are located in St. Cloud but are not county specific.

IRTS programs offer a range of mental health treatment service components in order to provide comprehensive 24 hour care. Treatment components are designed to promote recovery through the use of established rehabilitative principles and best practices based on contemporary research. These include: Illness Management and Recovery skills education, Integrated Dual Diagnosis Treatment, Family Education, independent living skills instruction, nursing services, individual and group therapy. Additionally needs are addressed through the development of individualized treatment plans.

Typically therapy, nursing care, and rehabilitative services are covered through Medical Assistance (MA) and/or individual health insurance plans. Individuals who have a source of monthly income (i.e. social security, unemployment, employer disability payments) will be responsible for all or part of daily room and board costs. Please fax information:

Carly Reyes – St. Cloud (Northway) contact:

Phone: 320.252.8648

Fax: 320.529.4909

Residential Adult Crisis Stabilization beds provide a short term, safe place to stay while working through a mental health crisis. The unit has 24/7 staff availability. Individual and group counseling is offered, as well as education to enable people to both manage and recover from mental illness. All admissions are voluntary. The unit consists of five beds. Screening is done by CRT staff with the ultimate decision made by the clinical supervisor. Admissions are based also on bed availability.

Phone: 320.253.5555

Fax 320.257.6053

Chemical Dependency Services

OUTPATIENT SERVICES

Outpatient Chemical Dependency (CD) Treatment: Adult and Adolescent Outpatient CD Treatment services for adults is available at the St. Cloud, Buffalo, and Monticello locations. CD Programming specific to the adolescent population is available at our Monticello location. Our Rule 31 Chemical Dependency Programs are licensed chemical health treatment services for adults and adolescents that serve people with chemical and mental health disorders.

Chemical Dependency Services continued...

The services utilize an evidence-based practice model generated by Dartmouth University to improve the quality of life for people with substance use and mental health disorders by strategically integrating substance abuse and mental health services. A multi-disciplinary approach combines a team of treatment providers to address needs of individuals and their family members. This approach promotes individual and family involvement through psycho-education that is provided to families and/or significant others that addresses both substance abuse and mental health. Treatment is individualized to address unique circumstances and culture of each individual. This approach promotes ongoing recovery by providing an integrated, holistic treatment approach through collaboration of treatment plans and consultation. Adult and adolescent substance abuse evaluations are available at all sites.

Call each individual site for specific services, group information or to schedule an appointment.

St. Cloud Office: Phone: 320.252.5010

Buffalo Office: Phone: 763.682.4400

Monticello Office: Phone: 763.295.4001

Wright County Jail Treatment Program is CMMHC's outpatient corrections program in Buffalo that serves incarcerated adult males and females 18 years and older who meet the admissions criteria for substance use disorder and have adequate funding to cover the cost of care. For more information on this program, please contact the Buffalo office at 763.682.4400 and you will be directed accordingly.

Adult Intensive Outpatient CD Programming (IOP) is offered at our St. Cloud, Monticello and Buffalo locations. IOP is a group focused non-residential program for substance abusing adults ages 18 and over. IOP is more intensive than traditional outpatient treatment services, offering 9 hours of treatment per week. Treatment typically lasts ten to twelve weeks, but varies with individual needs and participation. IOP groups meet three hours each day, three days a week for the first 6-7 weeks and two days a week for the remaining 3-5 weeks. Transition to outpatient or aftercare groups is available for continuing care needs.

To register or obtain more information, please call 320.252.5010 for St. Cloud, 763.682.4400 for Buffalo or 763.295.4001 for Monticello location.

Prevention 4 Teens (P4T) is an education based substance use prevention program designed specifically for youth ages 12-18 who are experiencing problems associated with alcohol or other drug use but do not meet diagnostic criteria for a substance use disorder or more formal interventions. The program on prevention of further problematic use in the adolescents and families who attend. P4T provides education, support and guidance for teens and their parents through two sessions with a counselor. The fee for this class is \$100.00 and must be paid in full prior to the class. P4T is available in our Buffalo and Monticello sites.

To register or obtain more information please call 763.682.4400 for Buffalo location or 763.295.4001 for Monticello.

INPATIENT SERVICES

Focus XII (Residential) is located in St. Cloud and serves Stearns, Benton, Wright and Sherburne counties as well as other counties by contract. Focus XII is a Department of Human Services (DHS) licensed Rule 31 facility as well as a licensed Supervised Living Facility by the Department of Health. Focus XII serves males age 18 and older who are chemically dependent and have recently completed a licensed chemical dependency treatment program and is designed to provide a positive, structured living environment that serves as a transition from the highly structured treatment facility to

Chemical Dependency Services continued...

independent community living. Focus XII is based upon cognitive behavioral, rational emotive behavioral therapy and personal resiliency therapy modalities for success. AA/NA and the 12 Step model are encouraged, but not required.

Services are provided in an educational setting through group therapy and on a one to one basis. This is an abstinence based program. Staff provides coverage 24 hours a day. Call for bed availability and waiting list. Fax information to:

Michael O'Neal – service contact: Phone: 320.252.2425 Fax: 320.529.1976

Detox (Inpatient/residential) is based on the main campus in St. Cloud and is licensed by DHS Rule 32 and DOH. Detox offers 24 hour receiving, 24 hour nursing staff, mandatory CD evaluation as well as providing a gateway to treatment resources. The unit is a 14 bed, 24 hour, unlocked sub-acute medical facility established to safely monitor persons admitted under the influence of alcohol and/or drugs or to assist clients in withdrawal. Stays are typically 12-72 hours. Clients may be self-referred or referred by community agencies and are admitted based on bed availability.

Nancy Rossman – service contact: Phone: 320.252.6654 Fax: 320.529.1975

Children and Family Services

Psychiatric Evaluation and Medication Management is available to adults and children at select sites. (Rule 29 Facility). If medication is being considered, clients have the convenience of being evaluated for med management at the same location they are receiving psychotherapy. For services available at specific sites, please contact the appropriate office listed in the middle of the next page.

Psychotherapy, Counseling, and Psychological Testing is available to adults, families, and children. Marital counseling is also available. A variety of outpatient psychotherapy services is provided at all four locations. Adults, children and adolescents can be seen individually or with family members. CMMHC also offers a variety of therapy groups which address specific disorders or are organized according to gender and age specifications. Regardless of the type of psychotherapy involved, all services are provided by experienced psychologists, licensed clinical social workers or marriage and family therapists within a multidisciplinary team setting. Please contact each applicable site for programming and groups offered. Appointment availability will vary depending on area.

0-5 EIFS (Early Intervention Family Services) are outpatient mental health therapy services based out of our Midtown Square location with availability at all locations, including the St. Cloud Main Campus, Buffalo, Elk River and Monticello. CMMHC is a 2014 recipient of the DHS Award of Excellence for our implementation of Integrative 0-5 services. Over the last five years, CMMHC has been awarded two grants to support this important work. Our DHS 0-5 grant and our DHS Integrative 0-5 grant has allowed us to implement truly integrated care for primary caregivers and their 0-5 year olds. Our clinical staff has had the opportunity to participate in DHS approved evidence based trainings and obtain certification to become part of a state registry. Evidence based interventions may include **Child Parent Psychotherapy, Parent Child interactive**

Therapy, and Attachment Bio-behavioral Catch-up Therapy; Circle of Security Groups. Because we know how important the parent child relationship is we also offer Outpatient mental Health services to adults with mental health concerns who parent children under five. Our Mental Health Practitioners have participated in attachment and early developmental trainings so they are capable of identifying the needs of young children when providing adult services. Our team delivers a trauma informed, culturally sensitive, multigenerational approach with a strong focus on relationships. Ninety percent

Children and Family Services continued...

(90%) of brain development occurs by age five with the first three years being vital. Early intervention is the best way to support the healthy parent-child attachment and development of your child.

Jolene Buhs – Service Contact: Phone: 320.230.0611 Fax: 320.251.4175
Mary Linn - Clinical Supervisor: Phone: 320.267.8692 Fax: 320.251.4175

Midtown Square Complex (Entrance by St. Cloud Family Restaurant)
3333 West Division Street; Suite 209 — St. Cloud, MN 56301

School-Linked Mental Health (SLMH) services are provided to students in Kindergarten through 12th Grade in the following districts: Albany, Buffalo, Delano, Kimball, Maple Lake, Monticello, ROCORI, Sartell, and Sauk Rapids.

Available Services provided by SLMH Therapists:

- Diagnostic Assessments
- Individual and Family Therapy
- Individual Skills Training
- Group Skills Training
- Mental Health Crisis Intervention Services
- Suicide assessments and safety planning
- Clinical Care Coordination with teachers, county, parents, and other providers
- Psychoeducation Services
- Parent, Teacher, and Administration Consultations
- School Meetings and Attendance at IEP/Special Education meetings
- Presentations for staff, parents, and students on various mental health topics
- Referrals to other services as needed

Referrals are made directly to the SLMH Therapist, School Social Worker, or Guidance Counselor. For more information:

Steven Loos, Psy.D, LP – Director, Outpatient Services Phone: 763.271.5312 Email: sloos@cmmhc.com

CTSS Children's Therapeutic Foster Care is provided at the Buffalo site and services Wright County. The program helps to support children and families while the child is in foster care. Therapy will focus on the child's needs as well as the family, foster parents, and/or adoptive parents' skills to effectively parent the child. In addition, therapy will focus on the child's transition either back to their biological family's home, to an adoptive, home, or into the community as an adult. Therapy may continue to be available once the child has transitioned into their final placement. Services may be utilized to prevent out of home placements when needed.

Referrals are made through Wright County Social Services. Buffalo Office Phone: 763.682.4400

Community Support Program (CSP) provides weekly support groups and activities in the community to create opportunities for those with mental illness to socialize, recreate, and increase independent skills. Participants must live in Wright County and have a serious mental illness. The program also provides AILS (Assistance in Independent Living Skills) for individuals with Serious and Persistent Mental Illness in Wright County who require support in their home or the community in areas of communication skills, symptom management, healthy lifestyle skills, transportation skills, household management, etc. Preference is given to those without insurance coverage.

Buffalo Office Contacts – Nikki Galvin and Katrina Frost: Phone: 763.682.7242

Contact Information

24-Hour Mental Health Crisis Hotline

320.253.5555 or 800.635.8008

Fax: 320.257.6053

24-Hour Detoxification Services

Phone: 320.252.6654

Fax: 320.529.1975

St. Cloud Campus

1321 13th Street North
St. Cloud, MN 56303

Phone: 320.252.5010

Fax: 320.252.0908

Buffalo Campus

308 12th Avenue South
Buffalo, MN 55313

Phone: 763.682.4400

Fax: 763.682.1353

Monticello Campus

407 Washington Street
Monticello, MN 55362

Phone: 763.295.4001

Fax: 763.295.5086

Elk River Campus

253 8th Street NW; Ste. A
Elk River, MN 55330

Phone: 763.441.3770

Fax: 763-441-9057

Northway IRTS

1509 24th Avenue North
St. Cloud, MN 56303

Phone: 320.252.8648

Fax: 320.529.4909

Accounting & Business Office

3400 1st Street North – Suite 101
St Cloud, MN 56301

Midtown Square Complex

3333 West Division Street
St. Cloud, MN 56301

Services Available:

0 - 5 OPMH Services, Suite 209 – 320.230.0611

Assertive Community Treatment, Suite 217 – 320.253.4120

Adult Rehabilitative Mental Health, Suite 209 – 320.230.0611

Targeted Case Management, Suite 218 – 320.257.4222

Health Care Integration (HI-C), Suite 218 – 320.257.4222