

**COMMUNITY
MENTAL HEALTH
RESOURCES**



**(Adult Mental Health Initiative)
Ramsey & Washington**

**Information gathered by:
MN. State Advisory Council on Mental Health
17-25 Year Old Committee**



Mental Health Services

Important Phone Numbers

Crisis – 651-266-7900

Information and Referral – 651-266-7890

Case Management & Mental Health Center Intake – 651-266-78

Whom Does Ramsey County Serve?

The individuals served by Ramsey County Community Human Services, Mental Health are amongst those with the most severe forms of mental illness. Many of the individuals experience a host of factors, such as medical conditions, chemical addictions, criminal histories and poverty, which complicates their care. Most individuals served receive publicly funded health care or are uninsured.

What Services Are Available in Ramsey County?

Ramsey County's mental health service delivery system includes both direct and purchased services. Ramsey County uses the mission and the framework prescribed by the Minnesota Comprehensive Mental Health Act to develop and enhance services. Ramsey County Community Human Services' vision is to establish a comprehensive mental health service system that will enable consumers to live as independent as possible in the community.

Outpatient Services

The Ramsey County Mental Health Center is staffed by licensed independent clinical social workers, licensed psychologists, psychiatrists, nurse clinicians, physician assistants, occupational therapists, and mental health workers. The Center offers a variety of services to assist individuals in coping with mental illness. The comprehensive array of outpatient services includes:

- Diagnostic assessments
- Individual and group therapy
- Medication management
- Day treatment (short term services for stabilization of acute illness)
- Partial Hospitalization (short term intensive services for people who would otherwise be hospitalized – intake – 651-266-7900)
- Adult Rehabilitative Mental Health Services
- Consultation and evaluations for the court system

To make an appointment call 651-266-7890

Crisis Services

Ramsey County directly provides emergency services through the Adult Mental Health Crisis Unit. The crisis unit provides phone and outreach services 24 hours a day, 7 days a week. If someone you know is experiencing a mental health crisis call 651-266-7900

Pre-petition Screening

Ramsey County screens all individuals who are being petitioned for civil commitment, a process by which the Court determines that an individual's mental illness or chemical dependence is causing them to be a danger to themselves or others. Individual who are placed under civil commitment may be treated in a community or state hospital or receive intensive community based care during this time of acute need.

Case Management

Case management services are provided for adults with a serious and persistent mental illness. Ramsey County provides direct and contracted case management services. Based on the needs of the consumer, various types of case management services are available, including:

- Assertive Community Treatment (ACT)
- Short-term intensive
- Long-term non-intensive

Case managers assess individuals mental health needs and then arrange, authorize, coordinate, provide and monitor services for the client. Case management services can be requested by calling 651-266-7890.

Ramsey County Day Treatment & Partial Hospitalization Providers

Ramsey County Mental Health Center

1919 University Ave. Second Floor

St. Paul, MN 55104

PH 651-266-7999

FX 651-266-7850

X **Partial Hospitalization**

X **Mental Health and Wellness**

X **Anger Management Focus Group**

X **DBT Skills for Living**

X **Relationship DBT Program**

X **Job Club**

United Hospital (Allina Behavioral Health)

55 East Fifth Street Suite 900

St. Paul, MN 55101

PH 651-222-0233

FX 651-222-0360

X **Partial Hospitalization**

X **Day Treatment**

St. Josephs Hospital (Health East)

69 West Exchange Street, Room 166

St. Paul, MN 55102

PH 651-232-3640

FX 651-232-3632

X **MI / CD**

RAMSEY COUNTY PSYCHIATRY CLINICS

Ramsey County Mental Health Center

1919 University Ave. Second Floor
St. Paul, MN 55104
PH 651-266-7999
FX 651-266-7850

Regions Hospital, Outpatient Mental Health

640 Jackson Street
St. Paul, MN 55101
PH 651-254-4800 INTAKE
FX 651-254-9426

Nystrom and Associates

1900 Silver Lake Road
New Brighton, MN 55112
PH 651-628-9566
FX 651-628-0411

Psychiatric Recovery, Inc

2550 University Ave W. Suite N-229
St. Paul, MN 55114
PH 651-645-3115
FX 651-645-2752

Open Cities

409 Dunlap Street
St Paul, MN 55104
PH 651-251-5921

Allina Behavioral Health Services

Norwest Center
55 East 5th Street #900
St Paul, MN 55101
PH 651-221-0233

St. Josephs Hospital (Health East)

69 West Exchange Street, Room 166
St. Paul, MN 55102
PH 651-232-3640
FX 651-232-3632

Aspen Medical Group

1295 Bandana Blvd North
St Paul, MN 55108
PH 651-641-7062
FX 651-646-7195

North Metro Psychiatry

2475 NW 15th St #D
New Brighton, MN 55112
PH 651-636-0308

Gary Blount PHD, MD

8490 Woodbury Crossing
St Paul, MN 55125
PH 651-501-3617

Chad Breckenridge MD MSW

311 Ramsey Street
St Paul, MN 55102
PH 651-227-3067

Behavioral Health Services

55 5th Street E. #900
St Paul, MN 55101
PH 651-771-1772

Minnesota Institute of Psychiatry

1347 Summit Ave
St Paul, MN 55105
PH 651-649-0847

Northland Therapy Center

2324 University Ave W, #100
St Paul, MN 55114
PH 651-641-1009

David L Stagner MD

1600 University Ave Ste 312
St Paul, MN 55104
PH 651-647-9654



Chemical Dependency Services

Ramsey County's Chemical Dependency Services are part of a division of the Ramsey County Community Human Services Department offering a wide variety of services to help people of all ages who are experiencing various emotional and/or behavioral problems associated with chemical dependency or substance abuse along with co-occurring mental health difficulties.

Services available, depending upon need and eligibility:

Case Management provides information and referral resources; coordination of services; crisis intervention and community outreach as an alternative or adjunctive service to other types of chemical dependency treatment.

Case managers assess, with the client, family members, and other professionals, what services the client needs.

Case managers then arrange, coordinate and monitor services, and, in addition, provide some of these services directly.

Pre-petition Screening is provided for all individuals who are being petitioned for civil commitment, a process by which the Court determines that an individual's mental illness or chemical dependence is causing them to be a danger to themselves or others.

Individuals who are placed under civil commitment may be treated in a community or state hospital or receive intensive community based care during this time of acute need.

For more information, call 651- 266 - 7890.

Detoxification is provided by the Ramsey County Detox Center for adults and adolescents, 24 hours per day, seven days a week; and assessment and referral to appropriate treatment programs.

The Detoxification Center is a sub-acute residential facility providing medical monitoring and chemical dependency assessments and screening for individuals who are intoxicated or experiencing withdrawal symptoms.

Admissions may be arranged by calling 651-266-4009.

Chemical Use Assessments and Referrals to Chemical Dependency Treatment and other Services are provided for Ramsey County residents by the Chemical Health Unit.

Assessments of one's use of alcohol or other drugs are provided on a no fee basis for eligible residents, or for a charge on a sliding fee scale based on income and number of dependents.

The Chemical Health Unit also serves as an access point for State licensed chemical dependency treatment services for qualified individuals meeting both State income and clinical eligibility guidelines for public funding.

Referrals to supportive Group Residential Housing for eligible persons with chemical dependency are also available.

Treatment resources for **co-occurring mental health and substance abuse disorders** are also available through the Chemical Health Unit. It is estimated that 60% of people who experience a mental illness also experience a co-occurring addiction to alcohol or drugs. Research has demonstrated the need to treat co-occurring disorders through integrated treatment.

An assessment may be scheduled by calling 651-266-4008 between 8:00 a.m. and 4:30 p.m.

Client Eligibility and Fees: The services of the Ramsey County Chemical Dependency Services Division are available to Ramsey County residents.

- Chemical use assessments are provided on a no fee basis for eligible residents, or for a charge on a sliding fee scale based on income and number of dependents.
- Treatment services are available for qualified individuals meeting both State income and clinical eligibility guidelines for public funding at no charge.
- Temporary Group Residential Housing for eligible persons with chemical dependency may also be available at no charge.
- Prospective clients with pre-paid health coverage should consult their health plan about chemical health services and coverage.

Important Phone Numbers:

- Intake/Pre-Petition - (651) 266-7890
- Chemical Assessment Service - (651) 266-4008
- Detox Center - (651) 266-4009
- Division Director - (651) 266-3623

WASHINGTON COUNTY MENTAL HEALTH SERVICES

Mental Health Case Management

Mental health case managers (social workers) can assist adults who struggle with a serious and persistent mental illness with referrals to resources which may include: housing, transportation, applying for benefits, social rehabilitation, outpatient therapy, day treatment programs, psychiatric services, etc. Case managers also provide ongoing support. The team approach is utilized to provide these services. Teams consist of mental health case managers (social workers), psychiatric nurses and vocational counselors.

Intake / Assessment

- Provides screenings for mental health commitments, which involves assessing individuals to determine if they are a danger to themselves or others.
- Assesses clients to determine eligibility for services. To qualify for services, individuals need to have a diagnosis of a major mental illness (which may include such diagnoses as: bipolar disorder, major depression, schizophrenia) and have a history of psychiatric hospitalizations.

Once clients meet the criteria for ongoing mental health case management services, they are assigned geographically (north or south), to an ongoing case management team.

To Make a Referral

Professionals, family members or clients themselves can make a referral for mental health case management services by calling the Washington County adult intake phone:

651-430-6484

7:30 am - 5:00 pm

Monday through Friday

There is a mental health case manager in the office at the Government Center Monday through Friday between 7:30 a.m. and 5:00 p.m. who can answer questions regarding services.

Crisis Services

Face to face appointments

Human Services Incorporated (H.S.I.) has a crisis clinic which has appointments available with a psychiatric nurse and/or psychologist at 9:00 am and 10:00 am, 365 days a year.

An appointment can be made by calling 651-777-5222. H.S.I. has a sliding fee scale and also takes Medical Assistance and private insurance.

Crisis Line

H.S.I. also has a crisis phone service that is available 24 hours a day.
Their number is 651-777-4455.

Emergency Social Services can be contacted for after hours emergencies at 651-291-6795.

WASHINGTON COUNTY MENTAL HEALTH SERVICES

Mental Health Outpatient Treatment Providers

Psychiatry, Therapy

The agencies listed are only a sampling of the services available in Washington County. Check with your health plan for approved providers or the Yellow Pages for additional resources.

Human Services, Inc.

- 651-777-5222 - Oakdale
- 651-430-2720 - Stillwater
- 651-458-4116 - Cottage Grove
- 651-251-5220 - Forest Lake

Behavioral Health

- 651-439-8023 or 651-730-6151 - Woodbury
- 651-254-4793 or 651-221-4321 - Maplewood

Family Means 651-439-4840

Youth Services Bureau 651-458-5224

Behavioral Health Services, Inc 651-439-8023

Allina Medical Clinics

- 651-501-3000 - Woodbury
- 651-438-1800 - Hastings
- 651-464-7100 - Forest Lake
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Adult Mental Health - Inpatient Psychiatric Care

Please note:

There are no inpatient psychiatric units at Lakeview, St. John's, or District Memorial.

St. Paul

- 651-221-3456 - Regions Medical Center
- 651-220-8000 - United Hospital
- 651-232-3000 - St. Joseph's

Minneapolis

- 612-863-4000 - Abbott Northwestern
- 612-672-6000 - Fairview University
- 612-347-2121 - Hennepin County Medical Center
- 612-347-3161 - Hennepin County Crisis Center
- 763-520-5200 - North Memorial

WASHINGTON COUNTY MENTAL HEALTH SERVICES

Adult Mental Health - Day Treatment Programs

- 651-777-5222 - Human Services, Inc., Oakdale
- 612-672-6600 - Fairview University
- 651-681-0616 - LifeSpan Behavioral Health Services (DA-TRAC) Children only
- 651-220-8168 - United Hospital Adult Day Treatment Program
- 651-454-0114 - Eagan Counseling Clinic

Adult Mental Health - County Social Services

- 651-430-6484 - Mental Health Case Management

Adult Mental Health - Support Groups

- 800-950-6864 - NAMI
- 651-439-3800 - AMI, Journey of Hope for Family Members
- 612-870-2400 - Chrysalis
- 651-770-8544 - Family Violence Network
- 651-647-9712 - Emotions Anonymous
- 612-377-2467 - Open Door Group for Panic Disorders
- 651-523-0099 - Parents Anonymous
- 651-646-5615 - Obsessive Compulsive Disorders Group
- 651-649-4884 - Over Eaters Anonymous
- 763-591-5916 - Adults Recovering from Incest Anonymous
- 651-489-4656 - Home Health Care

Adult Mental Health - Crisis Services

- 651-777-4455 - **Washington County Crisis Line**
- 651-291-6795 - **Emergency Social Service**
- 651-777-5222 - **Human Services, Inc. Crisis Clinic (9:00 am - 11:00 am)**
- 651-770-0777 - **Family Violence Network**
- 651-777-1117 - **Rape/Sexual Abuse**
- 612-347-2222 - **Suicide Prevention**
- 952-894-4818 - **Lutheran Counseling Center**

Adult Mental Health - Mental Illness and Chemical Dependency

- 651-251-5054 - Dual Recovery Anonymous (DRA)
- 651-430-2720 - Alcoholics Anonymous (AA)