



**Mental Health  
Resource Directory  
for our  
Community**

*For all ages:  
Early Childhood through Adult*

Created by:  
**Freeborn County  
Family Services Collaborative  
June 2011**

**NOTES:**

SUPPORT GROUPS CONTINUED:

**Chemical Dependency Relapse Support**

377-6411

**Circle of Parents Support Group**

Contact: Barb 377-7665

**Epilepsy Support Group**

Contact: Vickie 507-437-3344

**Family Caregivers Support Group**

377-7433

**Grief Support Group**

Contact: Marietta 377-6288

**Lupus Support Group**

Contact: Judy 373-4735

Maxine 507-826-3469

**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

**Spanish Parenting Group**

Contact: Luz 373-0746

**Stroke/TIA Support Sessions**

Contact: Cindi 379-2046

**For any emergency, please call 911**

*How to use this directory: Figure out the age of the person needing some assistance. Go to the page with that person's age group listed at the top. Call the number given to obtain information on that particular service.*

*If you have any questions about how to use this Directory, please contact your school support services staff: School Social Workers, Counselors, Deans, School Psychologists, or School Nurses. Or call us at 377-5504.*

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

*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.*

*Freeborn County Family Services Collaborative*

*203 W. Clark Street*

*Albert Lea, MN. 56007*

*(507) 377-5504*

*Email: [alice.englin@co.freeborn.mn.us](mailto:alice.englin@co.freeborn.mn.us)*

*[www.fcfsc.org](http://www.fcfsc.org)*

## Contents

<u>Age Group</u>	<u>Pages</u>
<u>Early Childhood (0-5)</u>	<u>5-6</u>
<u>Elementary (5-12)</u>	<u>7-8</u>
<u>Middle School (12-13)</u>	<u>9-10</u>
<u>High School (14-18)</u>	<u>9-10</u>
<u>Adult (18+) and Families</u>	<u>11-12</u>
<u>Websites</u>	<u>13</u>
<u>Support Groups</u>	<u>13-14</u>

Mental Health Crisis Line for Adults:  
507-377-5499 or 877-402-3743

Emergency Child Protection/Children's  
Mental Health: 377-5210 (rings into Law  
Enforcement; ask for On-Call Social Worker)

Mental Health Warm Line: 800-337-2460

***Help is just a phone call away.***

## **WEBSITES:**

[www.chadd.org](http://www.chadd.org) (ADHD)  
[www.ausm.org](http://www.ausm.org) (Autism)  
[www.autismshop.org](http://www.autismshop.org) (Autism)  
[www.asperger.org](http://www.asperger.org) (Aspberger's)  
[www.pacer.org](http://www.pacer.org) (PACER)  
[www.loveandlogic.com](http://www.loveandlogic.com)  
[www.nimh.nih.gov](http://www.nimh.nih.gov) (National Institute of Mental Health)  
[www.minnesotavisiontherapy.com](http://www.minnesotavisiontherapy.com)  
[www.macmh.org](http://www.macmh.org)  
[www.mayoclinic.org](http://www.mayoclinic.org)  
[www.familiesandcommunities.org](http://www.familiesandcommunities.org)  
[www.parentsknow.state.mn.us](http://www.parentsknow.state.mn.us)

## **SUPPORT GROUPS:**

**Alzheimer's Support Group**  
Contact: Cindy 373-5600

**Arc of Freeborn County**  
Contact: Jo 377-3469

**Autism Support Group**  
Contact: Jayne 377-3029

**Breast Cancer Survivors—Mentors for Hope**  
379-2273

**Cancer Support**  
Contact: Bonnie 379-2050

Freeborn County Children's Mental Health Supervisor: Kathy Tjepkema, LICSW	377-5453
Freeborn County Mental Health Center (Dept. of Human Services)	377-5440
Haenel, Edith, MS, LICSW (Mental Health Therapist)	377-2224
Larson, David, MS, LP (Mental Health Therapist)	373-2913
Lutheran Social Services	373-0567
Mayo Clinic Health System-Albert Lea (Behavioral Health)	377-6406
Mayo Clinic Rochester Psychiatry & Psychology Dept.	507-266-5100
Minnesota Vision Therapy	954-844-0844
Olchefske, Beth, MA, LP (Mental Health Therapist)	383-6116
PACER (Parent Advocacy Coalition for Educational Rights)	800-537-2237
Parent WarmLine (parent advice)	800-584-2204
Parent WarmLine (parent advice in Spanish)	877-714-1416
Parent 2 Parent Program	800-584-2204
Psychology Services of Southern MN Austin, MN	507-433-5191
Walker, Wendy, MS, LP (Mental Health Therapist)	377-1161

Website:  
www.parentsknow.state.mn.us

## Early Childhood Age (0-5)

Arc (Advocacy Support for people with developmental disabilities)	377-2463
Autism Support Group (Jayne Iverson)	377-3029
Bluestem Center for Child & Family Development—Owatonna	507-451-6078
Bluestem Center for Child & Family Development—Rochester	888-283-1009
Catholic Charities	377-3664
Central Referral—Mona Skare (contact for Development concerns ages 0-6)	373-4930
Child Care Resource & Referral (Child Care for Special Needs )	507-287-2020
Circle of Parents Support Group (Barb Sorum)	377-7665
Crisis Nursery (Freeborn & Mower counties)	877-434-9599
District Mental Health Professional for Albert Lea schools Mary Larscheid, MSW, Ph.D., LICSW	379-4821
Early Childhood Screening (free health and developmental screening ages 3-6)	
Albert Lea	379-4834
Alden/Conger	874-3240
Glenville/Emmons	448-2889
Early Childhood Special Education	
Albert Lea schools	379-5188
Alden/Conger schools	874-3240
Glenville/Emmons schools	448-3334
Mayo Clinic Health System-Albert Lea (Behavioral Health)	377-6406
Mayo Clinic Health System-Albert Lea (Pediatrics Dept.)	379-2110

Freeborn County Children's Mental Health Supervisor: Kathy Tjepkema	377-5453
Haenel, Edith, MS, LICSW (Mental Health Therapist)	377-2224
Healthy Families Home Visiting Program (Pre-natal to 5)	377-5100
Infant Care Class (Mayo Clinic Health System-Albert Lea)	379-2110
Lutheran Social Services	373-0567
Mayo Clinic Rochester Psychiatry & Psychology Dept.	507-266-5100
Minnesota Vision Therapy	952-844-0844
Olchefske, Beth, MA, LP (Mental Health Therapist)	383-6116
PACER (Parent Advocacy Coalition for Educational Rights)	800-537-2237
Parent 2 Parent Program (parents of special needs child can have a mentor parent a parent who has more experience raising a child with special needs)	800-584-2204
Parent WarmLine (phone advice)	800-584-2204
Parent WarmLine in Spanish	877-434-9528
Volkman, Mary Jo, Parent Educator	377-5100

### Helpful websites:

[www.macmh.org](http://www.macmh.org)  
[www.zerotothree.org](http://www.zerotothree.org)  
[www.ready4k.org](http://www.ready4k.org)  
[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)  
[www.loveandlogic.com](http://www.loveandlogic.com)  
[www.oto5inFreebornCounty.org](http://www.oto5inFreebornCounty.org) (THRIVE Initiative)  
[www.minnesotavisiontherapy.com](http://www.minnesotavisiontherapy.com)  
[www.parentsknow.state.mn.us](http://www.parentsknow.state.mn.us)  
[www.familiesandcommunities.org](http://www.familiesandcommunities.org)

### Adult (18 and over) and Families

Anderson-Krull, Teresa, LICSW (Mental Health Therapist)	377-0107
Arc (Advocacy Support for people with developmental disabilities)	377-2469
Asper, Dr. Al, Ed.D., Psy.D., LP (Mental Health Therapist)	373-6260
Autism Support Group (Jayne Iverson)	377-3029
Bluestem Center for Child & Family Development—Owatonna	507-451-6078
Bluestem Center for Child & Family Development—Rochester	888-283-1009
Brunner, Julie, LPC (Mental Health Therapist in Austin)	507-434-2823
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 (Barb Sorum)	377-7665
Community Technologies & Services Mental health therapy (ages 5 & up), Adolescent Skills Group, Chemical Dependency Assessments, and more	377-0170
Crest Services Dev. Disabled Adult Life Skills Building	373-0188
Crime Victims' Crisis Center	373-2223
CRISIS LINE (after hours) Freeborn County	800-233-9929
Crisis Nursery (Freeborn & Mower counties)	877-434-9599

Freeborn County Children's Mental Health Supervisor: Kathy Tjepkema, LICSW	377-5453
Freeborn County Mental Health Center (Dept. of Human Services)	377-5440
Glenville/Emmons School Counselor Beth Hayek, MS, Licensed School Counselor	448-2889
Glenville/Emmons Schools Social Worker Stephanie Emmanuel	448-3334
Group Support Services Inc.	402-6936
Haenel, Edith, MS, LICSW (Mental Health Therapist)	377-2224
Larson, David, MS, LP (Mental Health Therapist)	373-2913
Lutheran Social Services	373-0567
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.	507-266-5100
Minnesota Vision Therapy	954-844-0844
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	800-584-2204
Psychology Services of Southern MN Austin, MN	507-433-5191
Southwest Middle School Social Worker Reese Druckenmiller	379-5316
Walker, Wendy, MS, LP (Mental Health Therapist)	377-1161

## Elementary Age (5-12)

Alden/Conger School—Amy Wallin (Licensed Secondary School Counselor)	874-3240
Alden/Conger School Social Worker Danielle Armbrust	874-3240
Anderson-Krull, Teresa, LICSW (Mental Health Therapist)	377-0107
Arc (Advocacy Support for people with developmental disabilities)	377-2469
Autism Support Group (Jayne Iverson)	377-3029
Bluestem Center for Child & Family Development—Owatonna	507-451-6078
Bluestem Center for Child & Family Development—Rochester	888-283-1009
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 (Barb Sorum)	377-7665
Community Technologies & Services Mental health therapy (ages 5 & up), Adolescent Skills Group, Chemical Dependency Assessments, and more	377-0170
Crime Victims' Crisis Center	373-2223
Crisis Nursery (Freeborn & Mower counties)	877-434-9599
District Mental Health Professional for Albert Lea schools Mary Larscheid, MSW, Ph.D., LICSW	379-4821
Freeborn County Children's Mental Health Supervisor: Kathy Tjepkema, LICSW	377-5453
Freeborn County Mental Health Center (Dept. of Human Services)	377-5440

Glenville/Emmons School Counselor Beth Hayek, MS, Licensed School Counselor	448-2889
Glenville/Emmons Schools Social Worker Stephanie Emmanuel	448-3334
Haenel, Edith, MS, LICSW (Mental Health Therapist)	377-2224
Halverson Schools Social Worker Teri Nelson, LSW	379-4909
Hawthorne School Social Worker Katie Nielsen, LSW	379-4996
Lakeview School Social Worker Kim Anderson, MSW	379-5061
Lutheran Social Services	373-0567
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.	507-266-5100
Minnesota Vision Therapy	954-844-0844
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	800-584-2204
Sibley School Social Worker Dawn Berg, MSW	379-5125
Walker, Wendy, MS, LP (Mental Health Therapist)	377-1161

Website:  
www.parentsknow.state.mn.us<sup>8</sup>

## Middle and High School Age (12-18)

Albert Lea High School Social Worker Jenni Braaten	379-5358
Alden/Conger School—Amy Wallin (Licensed Secondary School Counselor)	874-3240
Alden/Conger School Social Worker Danielle Armbrust	874-3240
Anderson-Krull, Teresa, LICSW Mental Health Therapist	377-0107
Arc (Advocacy Support for people with developmental disabilities)	377-2469
Autism Support Group (Jayne Iverson)	377-3029
Bluestem Center for Child & Family Development—Owatonna	507-451-6078
Bluestem Center for Child & Family Development—Rochester	888-283-1009
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 (Barb Sorum)	377-7665
Community Technologies & Services Mental health therapy (ages 5 & up), Adolescent Skills Group, Chemical Dependency Assessments, and more	377-0170
Crest Services Dev. Disabled Adult Life Skills Building	373-0188
Crime Victims' Crisis Center	373-2223
Crisis Nursery (Freeborn & Mower counties)	877-434-9599
District Mental Health Professional for Albert Lea schools Mary Larscheid, MSW, Ph.D., LICSW	379-4821