

2014

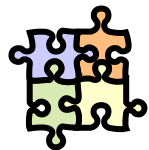
Mental Health

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 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: iana.howe@co.freeborn.mn.us
www.fcfsc.org*

* Local EAP Provider

Employee Assistance Programs (EAPs) are employee benefit programs offered by many employers. EAPs are intended to help employees deal with personal problems that might adversely impact their work performance, health, and well-being. EAPs generally include short-term counseling and referral services for employees and their household members. Check with your employer.

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FOR ANY EMERGENCY—CALL 911

Local Mental Health Crisis Line for Adults:

507-377-5499 or 877-402-3743

Local Emergency Child Protection/Children’s

Mental Health:

377-5210 (rings into Law Enforcement; ask for On-Call Social Worker)

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 (0-5):

Arc (Advocacy Support for people with developmental disabilities)	377-3469
Autism Support Group (Jayne Iverson)	377-3029
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
Crisis Nursery (Freeborn & Mower counties)	877-434-9599
District Mental Health Professional for Albert Lea schools Dr. 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	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
Mayo Clinic Rochester * Psychiatry & Psychology Dept.	507-266-5100
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 a 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
Parent Coach for Ages 0-5	383-9764

HELPFUL WEBSITES:

- www.macmh.org
- www.zerotothree.org
- www.ready4k.org
- www.mentalhealth.samhsa.gov
- www.loveandlogic.com
- www.oto5inFreebornCounty.org (THRIVE Initiative)
- www.minnesotavisiontherapy.com
- www.parentsknow.state.mn.us
- www.familiesandcommunities.org

ELEMENTARY AGE (5-12):

Alden/Conger School Counselor	874-3240
Alden/Conger School Social Worker	874-3240
Anderson-Krull, Teresa, LICSW (Mental Health Therapist)	377-0107
Arc (Advocacy Support for people with developmental disabilities)	377-3469
Autism Support Group (Jayne Iverson)	377-3029
Catholic Charities *	377-3664
Cedar House Inc. * Child & Adult Life Skills Building	377-8506
Cedar River Counseling (Austin)	507-433-6482
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	379-4821
Freeborn County Children's Mental Health Supervisor	377-5453
Freeborn County Mental Health Center (Dept. of Human Services)	377-5440

Glenville/Emmons School Counselor	448-2889
Glenville/Emmons Schools Social Worker	448-3334
Haenel, Edith, MS, LICSW (Mental Health Therapist)	377-2224
Halverson Schools Social Worker	379-4909
Hawthorne School Social Worker	379-4996
Lakeview School Social Worker	379-5061
Marin, Jill, MS; NCC, LAMFT	507-473-0442
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.	507-266-5100
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
Sibley School Social Worker	379-5125
Walker, Wendy, MS, LP (Mental Health Therapist)	377-1161

HELPFUL WEBSITE:

www.parentsknow.state.mn.us

Middle and High School Age (12-18):

Albert Lea High School Social Worker	379-5358
Alden/Conger School School Counselor	874-3240
Alden/Conger School Social Worker	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
Catholic Charities *	377-3664
Cedar House Inc. * Child & Adult Life Skills Building	377-8506
Cedar River Counseling (Austin)	507-433-6482
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	379-4821

Freeborn County Children's Mental Health Supervisor	377-5453
Freeborn County Mental Health Center (Dept. of Human Services)	377-5440
Haenel, Edith, MS, LICSW (Mental Health Therapist)	377-2224
Marin, Jill, MS, NCC, LAMFT	473-0442
Mayo Clinic Health System-Albert Lea (Behavioral Health) *	377-6406
Mayo Clinic Rochester * Psychiatry & Psychology Dept.	507-266-5100
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 (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 Austin, MN	507-433-5191
Walker, Wendy, MS, LP (Mental Health Therapist)	377-1161

HELPFUL WEBSITE:

www.parentsknow.state.mn.us

ADULTS (18 and over) and Families:

Anderson-Krull, Teresa, LICSW (Mental Health Therapist)	377-0107
Arc (Advocacy Support for people with developmental disabilities)	377-3469
Autism Support Group (Jayne Iverson)	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
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	877-402-3743
Crisis Nursery (Freeborn & Mower counties)	877-434-9599
Freeborn County DHS Family Based Counseling	377-5453
District Mental Health Professional for Albert Lea Schools	379-4821
Freeborn County DHS Children's Mental Health	377-5453
Freeborn County DHS Mental Health Center	377-5440

Haenel, Edith, MS, LICSW (Mental Health Therapist)	377-2224
Larson, David, MS, LP * (Mental Health Therapist)	373-7913
Marin, Jill, MS; NCC, LAMFT	507-473-0442
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.	507-266-5100
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	507-433-5191
Senior Resources	507-377-7433
Walker, Wendy, MS, LP (Mental Health Therapist)	377-1161

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

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

SUPPORT GROUPS CONTINUED:

Family Caregivers Support Group

377-7433

Grief Support Group

Contact: Marietta 377-6288

Lupus Support Group

Contact: Judy 373-4735 OR 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

Stroke/TIA Support Sessions

Contact: Cindi 379-2046

HELPFUL WEBSITES:

www.chadd.org (ADHD)

www.ausm.org (Autism)

www.autismshop.org (Autism)

www.asperger.org (Asperger's)

www.pacer.org (PACER) -Education Rights

www.loveandlogic.com

www.nimh.nih.gov (National Institute of Mental Health)

www.minnesotavisiontherapy.com

www.macmh.org

www.mayoclinic.org

www.familiesandcommunities.org

www.parentsknow.state.mn.us

NOTES: