

Disability & Mental Illness Resources & Services Winona, Houston & Wabasha MN Counties Buffalo, WI County

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Disability Resources

ARC Southeastern Minnesota (www.arcse-mn.org) 888-732-8520
Arc works to secure opportunities for all people with intellectual and developmental disabilities and their families to live, learn, work and play as they choose. **People First:** is an Arc sponsored organization. The club meets once a month and sets its own agenda. This is a great social educational club.

Brain Injury Assoc. of MN (www.braininjurymn.org) 612-378-2742
The Brain Injury Helpline 800-669-6442 was established to better connect people affected by brain injury, and the professionals who support them, with tailored information about available resources and supports. Please call the Brain Injury Association of Minnesota if you need information regarding brain injury resources.

Courage Center (www.courage.org) 763-520-8258
Courage Center is for people with physical disabilities of all ages and abilities, including social activities and competitive and recreational sports. Also conducts Driver Assessments and Training at many locations.

Direct Ability Line (www.directability.com)
Web guide for Minnesotans with disabilities and the people who live, work and play with us everyday.

Disability Linkage Line (www.minnesotahelp.info) 1-866-333-2466
The disability Linkage Line (DLL) is a free, statewide information and referral resource that

provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions.

LDA Minnesota (www.idaminnnesota.org) 952-922-9374

LDA MN is an educational non-profit agency aimed at helping children, youth, and adults with learning difficulties learn successfully, dream of possibilities, and achieve their goals. We offer assessments, consultations, workshops, support groups and various community programs and services for individuals with learning disabilities, attention deficits (ADHD), or other learning difficulties.

Life Pages (www.lifepages.org)

Life Pages is a guide to making connections to other opportunities in the community.

Minnesota Department of Human Rights 651-296-5663

The MN Department of Human Rights is a neutral state agency that investigates charges of illegal discrimination, ensures that businesses seeking state contracts are in compliance with equal opportunity requirements, and strive to eliminate discrimination by educating Minnesotans about their rights and responsibilities under the state Human Rights Act.

Minnesota Disability Law Center 612-334-5970 or 1-800-292-4150

The Minnesota Disability Law Center works to promote, and expand and protect the human legal rights of persons with disabilities through legal representation, advocacy and education.

Minnesota Statewide Family Network

(www.MinnesotaStatewideFamilyNetwork.org) 952-838-1360

The MN Statewide Family network is a nonprofit organization that seeks to enhance and enrich the lives of children living with mental illnesses. The organization provides advocacy, referrals, workshops, and other resources for parents raising a child with mental illness. Parenting a child with mental illness can be a stressful job, but the MN Statewide Family Network is there to help. The program's director, Lisa Petersen, can be reached at 507-896-4060, 507-450-7289, or 33022 Hanson Valley Road, Houston, MN 55943.

Pacer Center (www.pacer.org) 952-838-9000

The mission of PACER Center is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families, based on the concept of parents helping parents.

Special Olympics (www.specialolympicsminnesota.org) 800-783-7732

Special Olympics offer year-round sports training and competition for children and adults with intellectual disabilities.

Mental Illness Resources

Winona County Mental Health CRISIS Services

Crisis Response: Help for you on the phone or in your home: 1-844-CRISIS2 or 1-844-274-7472

- Crisis Response inspires hope in adults, children, youth and their families by delivering compassionate, person-centered, recovery-based mental health support during a crisis.

Winona Police: 911 ask for CIT (Crisis Intervention) officer - Non-emergency: 507-457-6368

- 451 East 3rd Street, Winona, MN 55987-3912

Winona Health Hospital: Inpatient Behavioral Health Unit: 507-457-4362

- 855 Mankato Ave Winona, MN 55987
- *Services: 24 hours/7 days a week emergency crisis*

Hiawatha Valley Mental Health Center: 507-454-4341 during office hours

- 166 Main St., Winona, MN 55987
- **Emergency Counseling Services:** 1-800-657-6777 after office hours

NAMI-MN Helpline: 651-645-2948 or tdainels@nami.org

- *Services: An advocate will assist you in finding resources and information about mental illness.*
- *Available on Tuesday or Thursday mornings.*

Winona County Mental Health Services

Dial 211 for Information, Referral and Crisis Line or 1-800-362-8255.

Acumen Counseling Services:

- 902 East 2nd. Street, Suite 326, Winona, MN 55987
- Contact: Donald D. Cratchy, Client Director, 507-319-1513, Don@Acumencs.com

Peer Support Network: Hiawatha Valley Mental Health Center

- PSN Building, 122 W. 2nd. St., Winona, MN 55987 (Contains mental illness library)
- Contact: Mike Fahey, 507-454-1046

Family & Children's Center: 507-454-2530 (Sliding Fee)

- 601 Franklin, Winona, MN 55987
- *Services: Outpatient services, in-home counseling, residential youth home, supervised visitation, early childhood/elementary/adolescence day treatment, intensive tracking program, alternative education program, treatment foster care.*

Day Treatment, Early Childhood Services: 507-453-9563

- 601 Franklin, Winona, MN 55987

Family and Children's Center – Hiawatha Hall: 507-454-7711

- 428 West Broadway, Winona MN 55987
- *Services: Intensive rehabilitation treatment, MICD*

Mental Health Association: 612-331-6840

- The Mental Health Association of Minnesota helps individuals find access to services or problem-solve a situation, on a one-to-one basis. MHA provides community education about mental illness, treatment and resources.

NAMI-Winona (National Alliance on Mental Illness): Helen Newell, president 507-459-2230

- helennewell.namiwinona@namimn.org Web: winonanami.org
- P.O. Box 1063 Winona, MN 55987
- Education, Support Groups, Workshops on Mental Illness, Winona, Wabasha and Houston MN and Buffalo WI county
- **NAMI: Family Mental Illness Support Group:** *Do you have a loved one living with a mental illness? If so, we provide a place for you that offers information, respect, understanding, encouragement and hope. Meeting on the second Monday of the month from 7:00-8:30 p.m. at Winona Health – Parkview Conference Room. No fee, just walk in and join us. Enter the hospital's main door, and directly inside ask the information desk staff for directions. For more information call facilitator Helen Newell at 507-459-2230 or Chuck Kernler at 507-226-3079. Cosponsored by National Alliance on Mental Illness (NAMI) Minnesota, NAMI Winona affiliate and Project COMPASS, a Winona Area Public Schools Community Education Disability Program.*
- **NAMI Connection: A Mental Illness Support Group:** *This self-help group is for people recovering from mental illness; a place to find acceptance, support and friendship. It meets every Monday evening. No fee, just walk in and join us. For more information call consumer facilitators Richard Iverson 507-459-9089, Mary Singer 507-454-4047 or Helen at 507-459-2230. Cosponsored by National Alliance on Mental Illness (NAMI) Minnesota, NAMI Winona affiliate, and Project COMPASS @ Winona Area Public Schools Community Education Disability Program.*

NAMI-MN Office: 651-645-2948

- 800 Transfer Road, #31 Saint Paul, MN 55114
State and National Information, Advocacy and Awareness, Support, Mental Illness Education Programs Web: www.namihelps@namimn.org

Office of the Ombudsman for Mental Health and Development Disabilities:

651-757-1800 or 1-800-657-3506

- *The Ombudsman for Mental Health and Developmental Disabilities assist with the following: concerns or complaints about services, questions about rights, grievances, access to appropriate services, general questions or the need for information concerning services for persons with disabilities.*

SAVE: Suicide Awareness Voices of Education: (www.SAVE.org) 1-800-273-8255

- *SAVE believes that suicide is preventable and that suicide prevention works. In order to accomplish our mission and goals, we use the public health model along with a media campaign to raise awareness of suicide. If you are suicidal or you think someone you know is, we want you to know that help is*

available and recovery is possible! Start by learning the warning signs, and do whatever you can to get yourself or someone you care about to the help they need so that they can return to living a fully functioning life. In crisis, call the national suicide prevention lifeline 1-800-273-8255

Southeast Minnesota Rural Education and Resource Center: 507-932-5203

106 E 11th St., Saint Charles, MN 55972

Services: Helps with referrals for housing

Vocational Rehabilitation Services: 507-453-2920

- 1250 Homer Road, Winona, MN 55987
- *Services: Career counseling, job leads*

Winona Eating Disorder Collaborative:

Contact person: Annette Krutsch 507-454-2270 (ext. 239)

- *To provide a multi-disciplinary program for those who are struggling to break free of an eating disorder or other significant eating problem and to provide a primary prevention component of education about eating disorders and awareness of community resources for treatment.*

Winona County Community Services: 507-457-6500

- 202 W. 3rd St., Winona, MN 55987
- *Services: Mental health case management and services coordination*

Winona County Community Services: 507-457-6580

- 202 W. 3rd St., Winona, MN 55987
- *Services: Referrals for long term care, childcare referrals, maternal and postpartum issues*

Winona Health Psychiatric and Counseling Services: 507-454-2606

- 855 Mankato Ave., Winona, MN 55987
- *Services: Individual, family and marriage counseling*

Winona ORC Industries, Inc.: 507-452-1855, Toll Free: 800-657-4846, Fax 507-452-1857

- 1053 East Mark Street, Winona, MN 55987
- *Services: Employment and vocational training*

Acumen Counseling Services: Donald D. Cratchy Clinical Director

- 902 E. 2nd Street, Suite 326, Winona, MN 55987
- 507-319-1513: Don@Acumencs.com

Shelters:

Bethany House (single men): 507-454-8094

- 832 West Broadway, MN 55987

Dan Corcoran House (women and families): 507-457-3451 or 507-452-5591

Women and Women with Children contact Kay Peterson at: 507-452-5591

Winona County Outpatient Mental Health Counseling

Catholic Charities: 507-454-2270

(sliding fee is available to those who are income eligible)

- 111 Market St., Winona, MN 55987

Counseling and Associates: 452-5033

- 111 Market Street, Suite 4A, Winona, MN 5587

Counseling Resource Center: 507-454-3880

- 506 West 5th Street, Winona, MN

Dr. Larry Green: 507-452-1164

- 61 West 4th Street, Winona, MN 55987-3544

Hiawatha Valley Mental Health: 507-454-4341

- 166 Main Street, Winona, MN 55987

Wellness Associates: 507-454-5479

- 53 East 3rd Street - Suite 201, Winona, MN 55987

Wilson Psychological: 507-523-3661

Winona Counseling Clinic: 507-454-3900

- 902 E 2nd, Winona, MN 55987

Winona Health Mental Health Services: 507-454-2606

- 855 Mankato Ave., Winona, MN 55987

Houston County Mental Health Services

Houston County Human Services: 507-725-5811 or 1-800-657-6777

- 304 South Marshall Street, Caledonia, MN 55921
- *Case management for people on Medical Assistance*

Wabasha County Mental Health Services

Wabasha County Mental Health Crisis: 507-453-4341 or 1-800-657-6777

Wabasha County Office Building: 651-565-3351, Toll Free 888-315-8815

- 411 Hiawatha Drive, Wabasha, MN 55981
- *Services: Mental health case management*

Wabasha County Hiawatha Valley Mental Health: 651-565-2234

- *Services: Crisis Line; 800-657-6777, ARMHS/outpatient counseling*

St. Elizabeth's Hospital: 651-565-4531

- *Outpatient counseling, Psychiatry*

- Behavioral Health; 651-565-5908
- Emergency Room; 651-565-4531

Wabasha County Sheriff's Department: 651-565-3361

Buffalo County (WI) Mental Health Services

Buffalo County Social Services 608-685-4412

- Alma, WI

Buffalo County Sheriff's Office: 608-685-4433

Buffalo County Emergency: 911

State & National Mental Health Resources

NAMI-MN	888-473-0237
NAMI-National	800-950-6264
Mental Health Association of MN	800-862-1799
Minnesota Disability Law Center	800-292-4150
Mental Health Consumer Survivor Network	800-483-2007
National Suicide Prevention Lifeline	800-273-TALK (8255)
National Suicide Prevention Hotline	800-SUICIDE (784-2433)
Veteran's Linkage Line	800-LINKVET (546-5383)
Legal Aid Society	612-332-1441
Crisis Connection (Phone Counseling)	211 or Call Minnesota @ 800-543-7709

Service Dogs

ADA: Frequently Asked Questions about Service Animals and ADA: (www.ADA.gov)

This is a compilation of at least 20 questions commonly asked regarding what service animals are, the rules to follow, how to register and the role the ADA plays. There is also a mention about companion animals and whether they can be seen as service dogs.

Can Do Canines (www.can-do-canines.org) **763-331-3000**

Can Do Canines is dedicated to enhancing quality of life for people with disabilities by creating mutually beneficial partnerships with trained dogs. Specially trained dogs assist individuals throughout the Midwest who are deaf or hard of hearing, those with physical disabilities, seizure disorders, or autism and people with diabetes complicated by hypoglycemia unawareness. All assistance dogs are **provided to the client at no charge.**

Guide Dogs of America (www.guidedogsofamerica.org) **818-362-5834**

Guide Dogs of America is dedicated to its mission to provide guide dogs and instruction in their use, **free of charge**, to blind and visually impaired men and women from the United States and Canada so that they may continue to pursue their goals with increased mobility and independence.

Paws For Independence (Contact Marcie Jenson) 507-724-1152 (c)507-459-2820

A non-profit organization pairing service dogs with children, veterans and individuals with mental illness.

Paws and Stripes (www.pawsandstripes.org)

Paws and Stripes is a nonprofit organization for wounded veterans of our United States military that works to provide service dogs for Post Traumatic Stress Disorder and Traumatic Brain Injury. The service dogs are obtained only from shelters, and are trained by professionals specializing in service dogs. It is the aim of this organization to provide these dogs and training for **no cost to the veteran.**

Pet Accolades (www.petacolades.org) 612-315-1166

Pet Accolades is a nonprofit specializing in providing service or companion dogs for veterans and people with psychiatric and neurological disorders, including brain injury.

Psychiatric Service Dog Society (<http://www.psychdog.org>) 571-216-1589

The Psychiatric Service Dog Society (PSDS) is a nonprofit organization dedicated to responsible Psychiatric Service Dog (PSD) education, advocacy, research and training facilitation. We provide essential information for persons disabled by severe mental illness, who wish to train a service dog to assist with the management of symptoms.

Recreational Camps and Trips

Access MN (www.accessminnesota.org) 763-571-0875 or 711

The Minnesota travel guide for persons with disabilities.

Camp Ehawee (<http://www.wisconline.com/attractions/camps/ehawee.html>)

608-784-2614

Camp Ehawee is a place for girls to come and have fun while learning important skills in group living and independence. Girls will participate in swimming, art, nature, canoeing, hiking, cooking out, campfires and more! Camp Ehawee offers progressive programs in a variety of activities for girls age 6 through 17.

Camp Winnebago (www.campwinnebago.org) 507-724-2351

All individuals with developmental disabilities, six years of age and older are eligible to attend Camp Winnebago. Camp Winnebago offers a variety of traditional summer camp activities as well as chaperoned travel vacations available to individuals with developmental disabilities, 18 and older, who demonstrate proper social behavior

Courage Center (www.couragecamps.org) 763-520-0504

Courage Center Camps offer a variety of residential camping programs and services as well as conference and retreat services. For more than 50 years, Courage Center Camps have provided camping programs for people of all ages and all physical abilities.

Fishing has no boundaries (www.brainerdLakesFHNB.org) 212-828-2344

FHNB, Inc. is a non-profit organization whose goal is to open up the great outdoors for people with disabilities through the world of fishing.

Friendship Ventures (www.friendshipventures.org) 800-450-8376

A non-profit that creates unique educational, recreational and social opportunities for people of all ages with disabilities. Some traditional camp sessions include, Especially for Adults, Especially for Kids, Aspergers Camp Program and Discover Day Camp.

Search Beyond Adventures (www.searchbeyond.com) 800-800-9979

Provides escorted travel tours for adults with disabilities.

Ventures Travel (www.venturestravel.org) 952-852-0107

Ventures Travel, LLC provides opportunities for older teens and adults to travel to popular destinations across the United States, Mexico, and Canada. For 25 years we have specialized in supervised travel vacations for persons with disabilities. Trips are offered year-round and include a full range of leisure and recreational experiences. Our trips are designed for persons who benefit from supervised travel.

Wilderness Inquiry (www.wildernessinquiry.org) 1-800-728-0719

Our mission is to make adventure travel accessible to everyone, regardless of age, background or ability.

Wisconsin Badger Camp (www.badgercamp.org) 608-348-9689 or 608-988-4558

Wisconsin Badger Camp's mission is to serve people with developmental disabilities by providing quality outdoor recreational experiences. Through a group living experience, campers develop friendships and expand their social skills. All individuals with developmental disabilities, regardless of their ability level, are welcome at Badger Camp.