



SHERBURNE
C O U N T Y

**HAGAHA
CAAFIMAADKA
MASKAXDA**

Waxa Sameeyay oo Maalgeliyay
BRIDGES Children's Mental Health
Collaborative Education Committee
2023

SHAXDA TUSMADA AH

Qaybta I Sideen ku ogaan karaa inaan u
baahanahay caawinaad?

Qaybta II Halkeen ka bilaabaa yaase I
caawin kara?

Qaybta III Kheyraadka la heli
karo

Qaybta IV Websaydyo

Qaybta V Erayo/Weedho

SIDEEN KU OGAANAYAA INAN U BAAHANAHAY CAAWINAAD ?

Dhallaanka (0-12 bilood)

- Boodid ama shoog, ka falcelin xad dhaaf ah buuqa, taabashada ama iftiinka
- Ma dareemayo taabashada, ama marka wax ka socdaan meel u dhow
- Aad u xanaaq ama oohin badan, aan la awoodi karin in la dejiyo ama la nasiyo
- Naxariis la'aan waalidka iyo ilmaha
- Si dhif ah u qoslaya, ooyaya ama u jawaabaya daryeel bixiyaha

Socod-baradka (1-3 sano)

- Daahitaan ah ilaa lix bilood xaga socodak , hadalka , bulshada ama dabeecadaha kale
- Salaanta gacanta ama sacab aan joogsi lahayn
- Dabeecad is-dhibaatayn ah, sida isqaniinid ama garaacid madaxa
- Dabeecad adag oo ku wajahan dadka ama shay'ada kale
- Xanaaq aan la xakamayn karin
- Aan awoodi karin inuu la xiriiro dadka daryeela ilmaha
- Ku tiirsanaan xad-dhaaf ah ama adeecid xad dhaaf ah
- Farxad la'aan iyo oohin joogto ah
- Dhaqdhaqaaqa ciyaarta oo maqan ama ku dayashada waalidka
- Daahitaan luuqadda ah

Dugsiga Kahor iyo Xadaanada (4-6 sano)

- Aan awoodin inay hadal ahaan u muujiyaan rabitaanka iyo

baahiyaha

- Argagax ama cabsi badan; niyad hoose; maqnaanshaha xiisaha gebi ahaan, ama ka goosashada dadka kale
- Aan ka fogaan karin waalidka
- Kalsooni la'aan oo kahor istaagaysa ilmaha inuu baashalo
- Aan xiiso u qabin, ama aan la ciyaari karin carruurta kale
- Aan xakamayn karin dabeecadiisa/deeda, dabeecad qalafsan
- Diidmada inay adeecaan sharciyada iyo filashooyinka
- Dhibaatooyin cunitaan iyo kuwa hurdo
- Dhibaatooyin isticmaalka musqusha maalintii
- Calool istaag ama shuban joogto ah

Carruurta Da'ada Dugsiga (7-12 sano)

- Niyad hoosaysa, xiisayn la'aan waxqabadyada iyo xiriirada
- Dhibaato hurdo ama wax cunista oo ku adkaata
- Dareemidda rajo la'aan ama qiimo la'aan; hadal ama ficil isdil ah; dabeecad is-dhibaatayn ah
- Diidmo joogto ah inay dugsiga aadaan
- Madax xanuun ama calool xanuun jira laakiin aan la garanayn wax keenayo
- Si sahlan loo jeedin karo ama aan awoodin inay feejignaadana
- Shaqada dugsiga ama xaadiriska oo hoos u socda
- Shaqada dugsiga oo liidata, oo ay ku jiraan inay aad ugu liitaan akhriska iyo xisaabta
- Dabeecad qalafsan ama dhibaato badan
- Ku dhaqanka habdhaqano galmo oo aan ku habboonayn da'da ilmaha
- Been sheegid, xaditaan, dab-qabadsiiin, naxariis darro xayawaanka
- Xadgudub galmo ama jireed
- Diidmo joogto ah inay u hoggaansamaan sharciyada guriga ama dugsiga
- Maqnaansho, xadgudub kiimikaad, cararid, cillad cunitaan, qaabab cunitaan oo aan caadi ahayn
- Aan awoodin inay sameeyaan yoolal qiyam, mooral, xiriiro ama waxbarasho

Dhallinyarada (13-19 sano)

- Dhibaato ah fiirsashada, xusuusta ama go'aan qaadashada
- Niyad hoosaysa, xiisayn la'aan waxqabadyada iyo xiriirada, go'doon, saaxiibo la'aan
- Dhibaato hurdo ama dhibaato cunitaan
- Dareemidda rajo la'aan ama qiimo la'aan, hadal ama ficil isdil ah, bixinta hantida
- Hoos udhac waxqabadka dugsiga ama xaadiriska
- Xadgudub galmo ama jireed oo ku wajahan dadka kale, faragelin galmo ama sino
- Diidmo daba-dheer oo ah u hoggaansanaanta sharciyada guriga,

dugsiga ama bulshada

- Maqnaansho, xadgudub kiimikaad, cararid
- Cillad cunitaan, qaabab cunitaan oo aan caadi ahayn
- Khilaafyo la xiriira aqoonsiga shakhi-ahaaneed, sida yoolalka qiyamka, mooralka, xiriirada, galmada, xirfadda ama waxbarashada
- Been sheegid, xaditaan, dab-qabadsiiin, naxariis darro xayawaanka

Dhallinyarada (13-19 sano)

- Isbeddello shakhsiyeed oo muuqda; isbeddel labis ama niyadeed; kacsan/xanaaqsan
- Qoomamo la'aan
- Dabeecad is-dhibaatayn

Dadka Waaweyn (18+ sano)

- Hab fikir wareersan
- Murugo iyo cadho daba-dheer (niyad-jab)
- Dareen aad u sarreeya iyo hooseeya
- Cabsi, werwer iyo walaac badan
- Ka goosasho bulshada
- Isbeddel muuqda oo ah habdhaqannada cunida iyo hurdada
- Dareen xoog leh oo cadho ah
- Dhallanteed iyo khayaali
- Koritaan uusan awoodayn la qabsiga dhibaatooyinka iyo waxqabadyada maalinlaha ah
- Fikrado iyo ficilo isdil ah
- Diidmada dhibaatooyin cad
- Xanuuno badan oo jidhka ah oo aan la garanayn
- Isticmaalka maandooriyaha

Older Adults (65+ years)

- Hab fikir wareersan
- Murugo iyo cadho daba-dheer (niyad-jab)
- Dareen aad u sarreeya iyo hooseeya
- Cabsi, werwer iyo walaac badan
- Ka goosasho bulshada
- Isbeddel muuqda oo ah habdhaqannada cunida iyo hurdada
- Dareen xoog leh oo cadho ah
- Dhallanteed iyo khayaali
- Koritaan uusan awoodayn la qabsiga dhibaatooyinka iyo waxqabadyada maalinlaha ah
- Fikrado iyo ficilo isdil ah
- Diidmada dhibaatooyin cad
- Xanuuno badan oo jidhka ah oo aan la garanayn
- Isticmaalka maandooriyaha

HALKEEN KA BILAABAA YAASE I CAAWIN KARA?

*La xiriir in ka badan hal
qof: Haddii aanad hal
qof ka heli karin
caawinaad, mid kale
isku day!*

Asxaabta iyo
Qoyska Macalinka
Ardayga e fasalka
Dhakhtar
Shaqaale Bulsho
(Degmada ama Dugsiga)
Hoggaamiye Diimeed
Caafimaadka Dadweynaha

Wakaaladda Deegaanka
ee Caafimaadka Maskaxda
Maamulka Dugsiga
La-taliyaha Dugsiga
Bixiye Caymiska

Caafimaadka

HALKEEN KA BILAABA YAASE I
CAAWIN KARA?

Barnaamijka
Loo-shaqeeyaha ee EAP

Kooxda Ka-jawaabista
Dhibaatooyinka ee Degmada
320-253-5555 or
800-635-8008

Khadka Qoraalka ee
Dhibaatooyinka
U qor MN lambarka
741741

Khadka Isdilka iyo
Dhibaatooyinka
988

KHEYRAADKA LA HELI KARO

Xadgudubka / Dayaca / Xadgudubka Qoyska

Guriga Alexandra (Anoka, Blaine)	763-780-2330
Hoyga Anna Marie	320-253-6900, 1-866-223-1111
BAXSASHO (Dhibbanayaasha Ka-ganacsiga Galmada iyo Dhileysiga)	651-645-6557
Bridge for Youth (Minneapolis)	612-377-8800
Xarunta Udoodista Ilmaha ee Central MN	320-229-5105
Xarunta Xadgudubka Galmada ee Central MN (St. Cloud)	320-251-4357, 1-800-237-5090
Xarunta Caafimaadka Maskaxda ee Family Life	651-774-0011
Adeegyada Qoyska ee Main Street (xarun booqashooyin la kormeero/waqtiga waalidnimada)	763-595-1420
Xarunta Ragga	612-822-5892
Khadka Xadgudubka Ilmaha ee Qaranka Rivers of Hope (udoodid)	1-800-422-4453 763-295-3433
Qaxootiga Terebinth (Hoyga dhibbanayaasha Ka-ganacsiga Galmada)	320-828-7721 Khadka Gurmadka: 320-428-4707

Adeegyada Caafimaadka Maskaxda ee Baxnaaninta Dadka Waaweyn (ARMHS)

Barnaamijka Taakulada Bulshada ee Kiniisadaha Kaatooligga	320-240-3324
Xarunta Caafimaadka Maskaxda ee Badhtamaha Minnesota (Buffalo)	763-682-4400
Xarunta Caafimaadka Maskaxda ee Badhtamaha Minnesota (St. Cloud)	320-252-5010
Adeegyada Taakulada Qoyska ee Nystrom, Inc. (Otsego)	763-746-9492
Rise, Inc. (St. Cloud)	320-656-5608
Xalka Daryeelka Caafimaadka Habdhaqanka	320-281-5305

Caafimaadka Kiimikaad / Cilladaha Isticmaalka Maandooriyaha

Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (Buffalo)	763-682-440 0
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Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (Elk River)	763-441-3770
Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (Monticello)	763-295-4001
Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (St. Cloud)	320-252-5010
Detox (St. Cloud)	320-252-6654
Xarunta Noolaanshaha Waxtarka leh (St. Cloud)	320-259-5381
Fairview Chemical & Behavioral Health (Elk River)	612-672-2736
First Call for Help	1-800-543-7709
Xarunta Xoriyadda (Princeton)	Barnamijyada Dhalinta 763-308-0006
New Beginnings (Elk River)	763-765-3588
Nystrom and Associates (Otsego)	763-746-9492

Recovery Plus (St. Cloud)	Adult 320-229-3760
Recovery Plus (St. Cloud)	Adolescent Programs 320-229-4950
Xarunta La-talinta ee River Place (Elk River)	Adult 763-427-9777
Sobriety First (St. Cloud)	320-251-0035

La-talinta / Daaweyn

Daryeelka Guriga ee Saxda ah*	763-633-3800
Adeegyada La-talinta ee Athman (Becker)	320-298-1144
Bogsashada Aurora (Elk River)	
763-412-1994	
Adeegyada Caafimaadka Dabeecadda "BHSI" (Brooklyn Center)	
651-769-6250	
Adeegyada Caafimaadka Dabeecadda "BHSI" (Golden Valley)	
651-769-6300	
La-talinta Isku-xirka rajada (Rogers)	
763-291-5505 Kaniisadaha Kaatooligga (St. Cloud)	320
650-1550, 800-830-8254	
Xarunta Rajada iyo Bogsashada	
763-633-5111	
CentraCare (St. Cloud)	Child & Adolescent
320-229-4945	
CentraCare (St. Cloud)	Adult
320-229-4977	
Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (Buffalo)	
763-682-4400	

Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (Elk River)*	
763-441-3770	
Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (Monticello)*	
763-295-4001	
Xarunta Caafimaadka Maskaxda ee Badhtamaha MN (St. Cloud)	
320-252-5010	
Xarunta La-talinta Qoyska (St. Cloud)	320-253-3540
Xarunta La-talinta Qoyska (Monticello)	844-221-1191
Xarunta Adeegyada Saykoolajigga (St. Cloud)	320-255-0343
Guriga Clara (Barnaamijka Isbitaal dhigidda gelin ee carruurta) (St. Cloud)	
320-229-4950	
Adeegyada Xirfadeed ee CORE (St. Cloud)	320-202-1400
Xarunta Daaweynta Hal-abuurka leh (Elk River)	763-274-0510
Khubarrada DBT-PTSD (Elk River)	763-595-1311
Xarunta Latalinta Cafimadka M Fairview (Elk River, Princeton, Zimmerman)	612-672-6999
Family Innovations* (Anoka)	763-421-5535
Xarunta Caafimaadka Maskaxda ee Family Life (Coon Rapids)	
763-427-7964	
Websaydka Fast Tracker (ee furitaanka/helitaanka)	
fasttrackermn.org	
Adeegyada Qoyska ee Greater Minn. *	320-214-9692
Adeegyada Qoyska iyo Ilmaha ee Lighthouse (Princeton)	320-983-2335
Adeegyada Bulshada Lutheran (St. Cloud)	320-251-7700
Adeegyada Qoyska ee Main Street	763-595-1420
Isku-xirka Maanka (Elk River)	612-412-1136
Daaweynta Magaalooyinka Waqooyiga (Elk River)	763-438-4971
Nystrom and Associates* (Big Lake)	736-367-6080
Nystrom and Associates* (Otsego)	763-746-9492
Nystrom and Associates* (St. Cloud)	320-253-3512
Parasol Wellness Collaborative (Otsego & Rogers)	763-703-6962
Adeegyada Jidadka Saykoolaji (Elk River)	763-525-8590
Kooxda La-talinta ee Prevail (Ramsey)	763-427-2590
Khayraadka Daawaynta Saykoolaji (St. Cloud)	320-253-3715
La-talinta iyo Tashiga Regroup PSC (Elk River iyo Albany)	763-350-9687
Serenity Circle Counseling (Elk River)	763-600-7996
Xalka Daryeelka Caafimaadka Dabeecadda (St. Cloud)*	320-281-5305
La-talinta Xalka (St. Michael)	763-515-4563
Xarunta Adeegga Qoyska ee Tuulada (St. Cloud)*	320-253-5930
Adeegyada La-talinta ee Tollefson (Monticello)	763-295-3207
La-talinta Vanda (Rogers)	763-575-8086

* Adeegyada bixiya la-talin guriga dhexdiisa / adeegyada CTSS

Adeegyada Dhibaatooyinka /
Degdegga ah

Isku-xirka Dhibaatooyinka, Minneapolis	612-379-6363
Khadka Qoraalka Dhibaatooyinka	U qor MN lambarka 741741
Kooxda Ka-jawabista Dhibaatooyinka	320-253-5555, 1-800-635-8008
Degmada Khadka Kahortagga Isdiilka ee Qaranka	800-SUICIDE, 1-800-784-2433, 988
Albaaba Furan ee Dhallinyarada	763-441-1473
Salvation Army (Sherburne)	612-223-6911
Salvation Army (Wright)	763-682-2205
Gargaarka Dhibaatooyinka ee Degmada Sherburne	763-765-4000
Khadka Dhibaatooyinka iyo Isdiilka	988
Tri-CAP	320-251-1612

Daaweynta Maalintii

Kiniisadaha Kaatooligga (Elk River - children)	Carruurta
763-441-1578	
Kiniisadaha Kaatooligga (St. Cloud - children)	320-650-1550
Caafimaadka Maskaxda ee Badhtamaha MN Ctr. (St. Cloud)	Qangarka
320-252-5010	
Central MN Mental Health Ctr. (Buffalo)	
763-682-4400 SIIDHKA Adeegyada Qoyska ee Greater MN (St. Cloud)	
Carruurta dugsiga kahor	320-214-9692

Cilladaha Cunista

Xarunta Rajada iyo Bogsashada	763-633-5111
	1
Barnaamijka Emily	1-888-364-5977 x
1907,	651-645-5323
Xarunta Melrose	952-993-6200
Isbitaalka St. Cloud	320-229-4918
U ee M Maaraynta Miisaanka Carruurta (Maple Grove)	763-898-1220

Hoyga Gargaarka Degdegga ah

American Red Cross	320-251-7641
Isutagga Anna Marie	320-253-6900, 1-800-950-2203
Qaxootiga Terebinth	320-828-7721
(Hoyga dhibbanayaasha	Khadka Gurmada:
Ka-ganacsiga Galmada)	320-428-4707
Wasaaradaha Goobta Rajada	320-203-7881
Salvation Army (St. Cloud)	320-252-4552

Dhaqaalaha

CAER (Gargaarka Bulshada Elk River)	763-441-1020
Latalinta Maaliyadeed ee Kaniisadaha	320-650-1664
Kaatoolligga	
The Village Consumer Credit Counseling Services	320-253-5930
Adeegyada Bulshada ee Lutheran ee MN	1-888-577-2227
Salvation Army (Degmada Sherburne / Degmada Wright)	763-682-2205
Salvation Army (St. Cloud)	320-252-4552
Xafiiska Balaadhinta Degmada Sherburne	763-765-3075
Adeegyada Aadanaha iyo Caafimaadka ee Degmada Sherburne	763-765-4000
Tri-CAP	320-251-1612, 1-888-765-5597
United Way	211, 800-543-7709
Isku-xirka Ikhtiraaca Shaqada	800-976-6728

Cunto Yaridda

Shelefka Cuntada ee Becker	763-261-4612
Shelefka Cuntada Bulshada ee Big Lake	763-263-2432
Shelefka Cuntada ee CAER (Gargaarka Bulshada Elk River)	763-441-1020
Adeegyada Degdegga ah ee Kaniisadaha Kaatoolliga (St. Cloud)	320-229-4560
Adeegyada CROSS (Otsego/Rogers)	763-425-1050
Faith Pantry (Zimmerman)	763-300-7426
Caddaaladda Dadko Dhan	Thefoodgroupmn.org
Xarunta Caawinta ee Monticello	763-295-4031
Passing the Bread (Zimmerman)	612-226-2779
Princeton Pantry	763-631-3578

Isbitaallada

Abbott Northwestern (Allina)	612-863-4000
Isbitaalka Buffalo (Allina)	763-682-1212
Isbitaalka Cambridge (Allina)	763-689-7700
Isbitaalka CentraCare (Monticello)	763-295-2945
Isbitaalka Carruurta (St. Paul)	651-220-6000
Fairview Northland Regional (Princeton)	763-389-1313
Isbitaalka Jaamacadda ee Fairview (Minneapolis)	612-273-3000
Xarunta Caafimaadka Degmada Hennepin (HCMC)	612-873-3000
Isbitaalka Maple Grove (North Memorial)	763-581-1000
Isbitaalka Mercy (Allina) (Coon Rapids)	763-236-6000
North Memorial	763-520-5200

Prairie Care (Brooklyn Park / Maple Grove)	763-383-5800
Isbitaalka St. Cloud (CentraCare)	320-251-2700, 1-800-835-6652
Isbitaalka Unity (Fridley)	763-236-5000
Isbitaalka Carruurta ee Jaamacadda MN (Amplatz)	612-365-6777
Isbitaalka United (St. Paul)	651-241-8000
West Health Allina (Plymouth)	763-577-7000

Guryaynta

Maamulka dibu-horumarinta Guryaynta “HRA” (St. Cloud)	320-252-0880
Guryaynta iyo Horumarinta Magaalada “HUD”	612-370-3000
Midowga Guryaynta	320-259-7600
Xiriirinta Guryanta	612-522-2500

Bogsasho Dhexgal leh, Taageero iyo Beddel leh

Kiliinikada Beddelka Caafimaadka (Daryeelka caafimaadka Hennepin)	612-873-6963
Integrative Medicine (Carruurta MN)	612-813-7888
Pathways (Minneapolis)	612-822-9061
Machadka Caafimaadka iyo Bogsashada ee Penny George (Abbott)	612-863-3333

LGBTQ+

Khubarada DBT-PTS (Elk River, Plymouth)	763-595-1311
Iskaashiga Qoyska	612-339-9101
Machadka Caafimaadka Galmada iyo Jinsiga (Jaamacadda MN)	612-625-1500
Khadka Qaranka ee LGBT	888-843-4564
MN Transgender Alliance	612-787-2671
Machadka Pride	952-934-7554, 1-800-547-7433
Adeegyada Caafimaadka Maskaxda Prism (St. Cloud)	320-217-9964
Mashruuca Trevor	866-488-7386 or text START to 678678
Trans Lifeline	877-565-8860

Taageerada waalidka

Waxbarashada Qoyska ee carruurnimada Hore (Becker)	763-261-4050
Waxbarashada Qoyska ee carruurnimada	763-262-3233

Hore (Big Lake)	
Waxbarashada Qoyska ee carruurnimada	763-241-3524
Hore (Elk River)	
Korsashada Minnesota	612-861-7115
Adeegga Taageerada Qoyska ee Kinship	651-917-4640
MACMH (MN Assn. for Children's Mental Health)	651-644-7333
Adeegyada Qoyska ee Main Street (Adoption/foster/kinship support group)	763-595-1420
Adeegyada Qoyska ee Main Street (tababarka waalidka ee shaqsiyeed)	763-595-1420
PACER	952-838-9000, 1-800-537-2237
Kooxda Taageerada ee Waalidka Keli ah	763-241-3524

Caafimaadka Dhimirka

Allina Mental Health Clinic (Fridley)	763-236-3800
Allina Mental Health Clinic (Cambridge)	763-689-8700
Behavioral Health Services "BHSI"(Fridley)	651-769-6250
Behavioral Health Services "BHSI"(Golden Valley)	651-769-6300
CentraCare (St. Cloud)	Child and Adolescent 320-229-4945
CentraCare (St. Cloud)	Adult 320-229-4977
Central MN Mental Health Center (Buffalo)	763-682-4400
Central MN Mental Health Center (Elk River)	763-441-3770
Central MN Mental Health Center (Monticello)	763-295-4001
Central MN Mental Health Center (St. Cloud)	320-252-5010
Family Life Mental Health Center (Coon Rapids)	763-427-7964
Horizons Psychiatry	Adult Only 763-428-2288
Lee Carlson Center (Fridley)	763-780-3036
Nystrom and Associates (Maple Grove)	763-274-3120
Nystrom and Associates (Otsego)	763-746-9492
Nystrom and Associates (St. Cloud)	320-253-3512
Plymouth Psych Group (Plymouth)	763-559-1640
Regroup Counseling and Consulting PSC (Elk River/Albany)	763-350-9687
Volunteers of America (New Hope)	763-225-4052

Waaxaha Caafimaadka Dadweynaha & Adeegyada Aadanaha

Degmada Anoka Caafimaadka Guud 763-324-4200 • Adeegyada Aadanaha 763-324-1400

Degmada Benton Caafimaadka Guud 320-968-5087 • Caafimaadka Guud 320-968-5087

Degmada Hennepin Caafimaadka Guud 612-348-2065 • Adeegyada Aadanaha 612-596-1300

Degmada Mille Lacs Caafimaadka Guud 320-983-8318 • Adeegyada Aadanaha 320-983-8208

Degmada Sherburne Caafimaadka Guud 763-765-4000 • Adeegyada Aadanaha 763-765-4000

Degmada Stearns Caafimaadka Guud 320-203-6942 • Adeegyada Aadanaha 320-656-6000

Degmada Wright Caafimaadka Guud 763-682-7456 • Adeegyada Aadanaha 763-682-7400

Adeegyada Taageerada

AmeriCorps Seniors RSVP (Sherburne County)	763-765-3036
Big Brothers / Big Sisters of Central MN	320-253-1616
Friesen Holistic Services (Otsego) (Autism)	763-232-8700
Great River Assertive Community Treatment (St. Cloud)	320-253-4120
Great River Assertive Community Treatment (Monticello)	763-271-5340
Hope Community Support Program (St. Cloud)	320-240-3324
Independent Lifestyles (St. Cloud)	320-529-9000, 1-888-529-0743
Intensive Residential Treatment (St. Cloud)	320-252-8648
Intensive Residential Treatment (Annandale)	320-274-4050
Law Offices for Legal Aid (St. Cloud)	320-253-0121, 1-888-360-2889
Minnesota Disability Law Center	612-334-5970
NAMI (St. Cloud)	320-654-1259
Ombudsman (Developmental Disability/Mental Health)	651-431-5201
Sherburne County Veteran Services	763-765-3100
Minnesota Warmline	651-288-0400, 1-877-404-3190

Gaadiidka

Loving Hands Transportation	763-607-8700
MNET Call Center	866-467-1724
NAMI (St. Cloud)	320-654-1259

ShuTran Transportation	320-968-7478
Sherburne County Veterans Transportation Program	763-765-3100
Tri-Cap Transit Connection	320-202-7824, 1-800-600-7498

Xirfadda (Shaqada)

CareerForce (Monticello)	763-271-3700
Functional Industries, Inc.	763-682-4336
Goodwill-Easter Seals	763-274-1822
Options Inc.	763-263-3684
Rise, Inc. (for adults age 21 and over)	320-656-5608

Dhallinta

Thumbs Up (Elk River)	763-772-5912
The Wave Youth Center (Big Lake)	763-275-9075
Open Doors for Youth (Elk River)	763-441-1473
Pathways for Youth (St. Cloud)	320-316-1640
Rivers of Hope	763-295-3433
You're Not Alone	763-226-0190

Kulannada AA ee MN	www.aaminnesota.org/meetings/
Alkoolihistaha Qarsoon	www.aa.org
AmeriCorps Seniors RSVP	www.RSVPCentralMN.org
Bulshada Ootiisamka ee Minnesota	www.ausm.org
Degmada Dugsiga ee Becker	www.becker.k12.mn.us
Dugsiyada Big Lake	www.biglakeschools.org
Akademiyada Dhaawaca Ilmaha	www.childtrauma.org
Bilowga Caafimaadka Maskaxda Dadka Weyn ee Bulshada	www.mnmentalhealth.org
Barnaamijka Caawinaada Dhibaatooyinka Guryaynta	https://arcminnesota.org/wayswecanhelp/housing-access-services/crisis-housing-assistance-program/
Degmada Dugsiga Elk River	www.isd728.org
Websaydka Fast Tracker (ee latalinta furidda/helidda)	www.fasttrackermn.org
Korsashada Minnesota	www.fosteradoptmn.org
Adeegyada Friesen Holistic (Ootiisamka)	www.Fhshome.com
GLAAD	www.glaad.org
Xiriirinta Guryaynta	www.housinglink.org
Kudarka/Kala-duwananshaha Jaamacadda John Hopkins University	https://studentaffairs.jhu.edu/lgbtq/education/links/
Caafimaadka Carruurta	www.kidshealth.org
Caawinaada Minnesota	www.minnesotahelp.info
Ururka Caafimaadka Maskaxda Carruurta ee MN	www.macmh.org
Ururka Daryeelayaasha ee MN Kinship	www.mkca.org
Caafimaadka Maskaxda MN (kheyraadka 4-aag degmo)	www.mnmentalhealth.org
NAMI – Cutubka Minnesota	www.namimn.org
Ururka Qaranka ee Caafimaadka Maskaxda	www.nami.org
Isutagga Udoodidda waalidka ee Waxbarashada	www.pacer.org
PFLAG	www.pflag.org
Degmada Dugsiga ee Princeton School	www.isd477.org
Rivers of Hope (xadgudubka guriga)	www.riversofhope.org
Degmada Sherburne	www.co.sherburne.mn.us
Maamulka Soshiyal Sekuyurati	www.ssa.gov

Baaraha Gobolka MN	www.ombudmhdd.state.mn.us
Maamulka Adeegyada Caafimaadka Maskaxda iyo Isticmaalka Maandooriyaha (SAMHSA)	www.samhsa.gov
Codka Ka-warqabka Isdilka ee Waxbarashada	www.SAVE.org
Mashruuca Trevor	www.thetrevorproject.org
United Way	www.211unitedway.org
Isku-xirka Work Incentives	www.mnworkincentives.com

ERAYO

Daryeel Korinta Dadka Waaweyn: Hoy qaab nololeed ah oo sharci haysta oo loogu talagalay ilaa afar qof oo qaangaar ah oo naafo ah oo qoyska ka tirsan – sida deegaan oo kale. Daryeelka korinta dadka waaweyn waxaa heli kara dadka da'doodu tahay 18 sano ama ka weyn waxana la siiyaa cunto, hoy, ilaalin, kormeer iyo adeegyada guriga. Waxa kale oo ay bixin karaan caawimo xirfad nololeed ama tababar, caawimo daawo iyo caawimo ilaalinta ilaha lacagta caddaanka ah.

Adeegyada Maareynta Kiiska Caafimaadka Maskaxda ee Dadka Waaweyn: Waxaa ku jira qiimeyn shaqeyneysa, qorshaha taageerada bulshada ee shaqsigi ah, u gudbinta iyo caawinta helitaanka caafimaadka maskaxda iyo adeegyada kale ee loo baahan yahay, isuduwidada iyo la socodka adeegyada.

Adeegyada Caafimaadka Maskaxda ee Dadka Waaweyn ee Dhaqancelinta (ARMHS): Adeegyada caafimaadka maskaxda ee caawiya macaamilka inay la kulmaan xasilloonida maskaxda; hagaajinta shakhsi ahaaneed iyo dareenka; iyo nolol madax banaan, xirfad bulsho iyo bulsho.

Dardaaranka Sare ee Dhimirka: Waa qalab qoran oo loo isticmaalo in lagu sameeyo go'aannada daryeelka caafimaadka maskaxda marka shakhsigu aanu awoodin inuu sidaas sameeyo sababtoo ah awood la'aan.

Daawaynta Bulshada Baxnaanin (ACT): Adeeg caafimaadka maskaxda ah oo baxnaanin aan deegaan ahayn oo ku salaysan aqoonsi. Adeegyada ACT waxa bixiya shaqaale qaybo badan oo isticmaalaya hab kooxeed, waxaana lagu tilmaamaa dadka qaangaarka ah ee qaba jirro maskaxeed oo halis ah oo u baahan adeeyo degdeg ah.

Qiimaynta: aqoonsanaysa: a) xoogga qofka, dookhiisa, xirfadihiisa shaqo, baahida taageerada iyo adeegyada; **b)** ilaa iyo inta taageerooyinka dabiiciga ahi ay dabooli karaan baahida taageerada iyo adeegyada qofka; iyo **c)** ilaa iyo inta ay le'eg tahay hay'adaha adeegyada aadanaha iyo bixiyeyaasha ay ku bixin karaan taageerada ama adeegyada loo baahan yahay.

Maareeye Kiis: Waa shakhsi abaabula oo isku xidha adeegyada iyo taageerada shakhsiyaadka qaba welwelka caafimaadka maskaxda.

Adeegyada Maareynta Kiiska Caafimaadka Maskaxda ee Carruurta: Adeegyada billaha ah, loogu talagalay in lagu caawiyo ilmaha qaba rabsho shucuur daran iyo qoyska ilmaha si ay u helaan caafimaadka maskaxda, bulshada, waxbarashada, caafimaadka, xirfadaha, madadaalada, iyo adeegyada la xidhiidha.

Adeegyada Daawaynta Carruurta iyo Taageerada (CTSS): Daawaynta iyo/ama adeegyada xirfadaha ee lagu bixiyo guriga qoyska si looga hortago in ilmaha guriga laga saaro. Sidoo kale waxaa loo yaqaan Adeegyada Guriga

dhexdiisa.

Kalkaaliyaha Caafimaadka (CNS): Qofka haysta shahaado Kalkaalin Diiwaangashan (RN) iyo shahaadada Masterka ee cilmi nafsiga/caafimaadka maskaxda kaas oo awood u leh inuu bixiyo daawayn, waxbarasho oo qoro daawooyinka iyadoo uu kormeerayo dhakhtarka dhimirka.

Ka-dhaafidda Beddelka Bulshada ee Shakhsiyaadka Naafada ah (CADI):

Adeegyo ku salaysan guriga iyo bulshada, lagama maarmaanka u ah beddelka hay'adaynta, kuwaas oo dhiirrigeliya caafimaadka ugu wanaagsan, madaxbannaanida, badbaadada iyo is-dhexgalka qofka haddii kale u baahan heerka daryeelka lagu bixiyo xarunta kalkaalinta.

Qorshaha Taageerada Bulshada: Qorshe shaqsi ku saleysan oo ka tarjumaya baahida qofka iyo dookhiisa.

Barnaamijka Taageerada Bulshada (CSP): Adeegyada lagu caawiyo dadka waaweyn ee qaba jirro maskaxeed oo daran oo joogto ah si ay u shaqeeyaan oo ay ugu sii jiraan bulshada. Adeegyada waxaa ka mid noqon kara; la socodka daawada, xirfado nololeed oo madax banaan, qalalaase, baxnaanin maskaxeed, iyo caawinta codsashada faa'iidooyinka dawladda.

La-taliye/Daaweeyaha: Xirfadle ka caawiya dhibaatooyinka shakhsi ahaaneed, bulsho, iyo/ama maskaxeed.

Adeegyada Qalalaasaha: Waxay siisaa daryeelka muddada-gaaban iyo xeelado faragelineed oo gaar ah qofka sababtoo ah baahida gargaarka iyo taageerada. Tan waxaa ku jira wax ka qabashada baahiyaha caafimaad iyo dabeecad labadaba.

Daawaynta Maalinta ~ Dadka waaweyn: Waa barnaamij habaysan oo muddo gaaban ah oo leh daawaynta kooxeed iyo adeegyo daawayn degdeg ah oo ay bixiyaan koox cilmi-nafsiyeedyo badan si loo dejijo heerka caafimaadka maskaxda ee qaataha iyada oo la horumarinayo lana horumarinayo nolol madaxbannaan iyo xirfado bulsho. Hadafku waa in la dhimo waxyeelada cudurka dhimirka iyo in la ogolaado qofka qaataha ah inuu ku dhex noolaado bulshada.

Daawaynta Maalinta ~ Carruurta: Waxbarasho gaar ah oo degdeg ah, la-talin, tababar waalid, tababar xirfadeed, xirfad dhis, faragelin xasaradaha iyo adeegyada daawaynta madadaalada oo socda ugu yaraan 3 saacadood maalintii.

Cilad-sheegid (Dx): Aqoonsiga cudur ama mushkilad ka timaadda calaamadaha iyo astaamaha.

Qiimaynta Cillad-sheegida (DA): Dukumeenti uu buuxiyay xirfadle caafimaadka dhimirka kaas oo soo koobaya qiimaynta calaamadaha caafimaadka dhimirka iyo baahiyaha oo dejinaya ogaanshaha caafimaadka maskaxda. Waxa loo isticmaali karaa in qofka loogu qalmo magdhowga caymiska iyo/ama adeegyada caafimaadka maskaxda.

Naafonimo: Awood la'aanta in lagu lug yeesho waxqabad faa'iido leh oo la taaban karo sababtoo ah wax kasta oo caafimaad ahaan go'aamiyay naafo jireed ama maskaxeed taas oo la filayo in ay sii socoto muddo joogto ah oo aan ka yarayn 12 bilood.

Dhaqamada Ku-saleysan Caddaynta: Wax-ka-qabashada kuwaas oo haysta caddaymo cilmiyeed joogto ah oo muujinaya inay hagaajiyaan natiijooyinka macmiilka.

Tilmaamaha Faqriga Federaalka (FPG): Tasmada faqriga ee Maraykanka oo la cusboonaysiiyo sannad kasta; cabbirku wuxuu ka dhigayaa saldhigga u-qalmitaanka tiro barnaamijyo ah.

Ujrada-Adeegga (FFS): Lacag-bixinta bixiyaha loogu talagalay bixinta adeegyada ku salaysan adeeg ilaa adeeg.

Guriyeynta Kooxda Degan (GRH): Waa barnaamij dakhli oo uu gobolku maalgeliyay kaas oo bixiya kharashka qolka-iyo-boardka ee dadka waaweyn ee dakhligoodu hooseeyo kuwaas oo lagu meeleeay goob shati ama diiwaan gashan oo wakaaladda adeegga bini'aadmiga ee degmadu kala xaajootay qiime bille ah.

Caymiska Caafimaadka: Barnaamijyo badan oo caymis caafimaad ayaa daboolaya adeegyada caafimaadka dhimirka. Wac lambarka taleefanka ee ku yaal dhabarka kaadhka caymiska si aad u hesho caawimaad.

Ururka Dayactirka Caafimaadka (HMO): Ururka siiya daryeelka caafimaadka iyo adeegyada daawaynta dadka ka diiwaangashan meel gaar ah.

Xirfadaha Nololeed ee Madaxbanaan (ILS): Adeegyada kobciya oo ilaaliya xirfadaha nolosha bulshada iyo isdhexgalka bulshada ee qofka. ILS waxa lagu bixiyaa guriga qof ama bulshada dhexdeeda.

Qorshaha Waxbarashada Shaqsi-ahaaneed (IEP): Dukumeenti qoran oo ku jira nidaamka dugsiga kaas oo loogu talagalay inuu daboolo baahiyaha gaarka ah ee arday kasta oo helaya adeegyada waxbarashada gaarka ah iyo adeegyada la xidhiidha. Waxaa jira dhowr tillaabo oo lagu go'aaminayo u-qalmitaanka.

Adeegyada Guriga Dhexdiisa: Adeegyada daawayn iyo/ama xirfadaha lagu bixiyo guriga qoyska si looga hortago in ilmaha laga saaro guriga. Waxa kale oo loo yaqaan CTSS (Adeegyada Daawaynta iyo Taageerada Carruurta).

Daaweynta Deganaha ee Gudaha (IRT): Adeeg muddo gaaban, oo lagu bixiyo 24 saac, 7 maalmood asbuucii goob la dego oo la siiyo shakhsiyaadka u baahan goob xaddidan oo khatar ugu jira inay si weyn u xumaato shaqada. Adeegyada waxaa loogu talagalay in lagu horumariyo oo kor loogu qaado xasilloonida maskaxda, hagaajinta shakhsi ahaaneed iyo dareenka, isku fiilaansho, iyo xirfado lagu noolaado meel madax banaan.

Jarvis: Sharci ku saabsan isticmaalka aan waafaqsanayn daawooyinka dhimirka.

La-talinta Golaha ee Deegaanka (LAC): Sharciga Caafimaadka Maskaxda ee 1987 iyo Xeerka Caafimaadka Maskaxda ee Carruurta ee 1989 waxay u baahan yihiin degmooyinka inay dhisaan golayaasha la-talinta caafimaadka dhimirka ee deegaanka. Sharcigu waxa uu siinayaa LAC door

balaadhan ee dib u eegista, qiimaynta iyo qorshaynta nidaamyada
caafimaadka dhimirka ee deegaanka iyo u warbixinta maamulka degmada.

Caawinaada Caafimaad (MA): Mid ka mid ah Barnaamijyada Daryeelka Caafimaadka ee Minnesota (MHCP). MA waxaa maamula degmooyinka waxayna siisaa caymiska daryeelka caafimaadka kooxaha u qalma ee soo socda: qoysaska dakhligoodu hooseeyo; carruurta, haweenka uurka leh; dadka da'da ah

65 sano ama ka weyn; dadka naafada ah. MA waxaa si wadajir ah u maalgeliya dawladda gobolka iyo dawladda dhexe (Medicaid waa magaca federaalka).

Medical Assistance for Employed Persons with Disabilities (MA-EPD):

Dhiirrigelinta shaqada, taas oo kor u qaadaysa shaqo tartan iyo dhaqaale isku-filnaanshaha dadka naafada ah iyadoo la hubinayo inay si joogto ah u helayaan Kaalmada Caafimaadka adeegyada daryeelka caafimaadka lagama maarmaanka ah. MA-EPD waxay u ogolaataa dadka naafada ah ee shaqeeya inay u qalmaan MA iyadoo la raacayo dakhliga iyo hantida hantida ee ka sarreeya MA caadiga ah. Hadafka barnaamijku waa in lagu dhiirrigeliyo dadka naafada ah inay shaqeeyaan oo ay ku raaxaystaan dheefaha shaqada.

Medicare: National Barnaamijka caymiska caafimaadka qaranka oo ay maamusho Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka oo hoos timaada Xarumaha Medicare iyo Adeegyada Medicaid (CMS) ee loogu talagalay dadka: da'doodu tahay 65 sano ama ka weyn; ka yar yihiin 65 sano oo naafo ah ka dib markii ay heleen SSDI 24 bilood; ay leeyihiin kelyo fadhiid joogto ah (Cudurka kelyaha ee heer-dhamaadka ah oo lagu daweyay sifayn ama beerid).

Caafimaadka Maskaxda: Sida uu qofku u fikiro, u dareemo una dhaqmo marka ay la kulmaan xaaladaha nolosha. Sida ay dadku u eegaan naftooda, noloshooda iyo kuwa kale noloshooda; qiimee caqabadaha iyo dhibaatooyinka; oo baadh doorashooyin Tan waxaa ka mid ah maaraynta walaaca, la xiriirka dadka kale iyo samaynta go'aannada. Caafimaadka maskaxda waxaa saameeya genetics, chemistry maskaxda, dhaawacyada iyo deegaanka.

Dhakhtarka Caafimaadka Maskaxda: Qofka bixiya adeegyada daawaynta cudurka dhimirka, iyadoo ay hoos imaanayaan kormeerka xirfadlaha caafimaadka maskaxda.

Xirfadlaha Caafimaadka Maskaxda: Khabiir cilmi-nafsi oo shati leh, Dhakhtar cilmi-nafsi oo shati u haysta, Shaqaale Bulsheed oo Madax-bannaan oo Ruqsad leh, Kalkaaliso Caafimaad oo ku Takhasusay Caafimaadka Maskaxda, Guurka Ruqsadda leh iyo Daaweeye Qoyska ama dhakhtarka dhimirka oo bixiya adeegyo caafimaad oo lagu daweynayo cudurka dhimirka. Xirfadlayaashani waxay awoodaan inay dhammaystiraan qiimeynta ogaanshaha si loo go'aamiyo ogaanshaha iyo qorshooyinka daaweynta.

Jirro Maskaxeed: Xanuunka dabiiciga ah ee maskaxda ama khalkhal ku yimaada fikirka, niyadda, aragtida, hanuuninta, xusuusta ama habdhaqanka.

Mentally Ill and Chemically Dependent (MI/CD): "Iaba cillad-sheegid" ee ugu yaraan hal nooc oo cudurka dhimirka ah iyo ugu yaraan hal cillad

isticmaalka maandooriyaha.

Daryeelka Minnesota: Barnaamijka daryeelka caafimaadka ee uu gobolku kabto dadka ku nool Minnesota ee aan haysan caymis caafimaad. Barnaamijku wuxuu u furan yahay dadka degan Minnesota ee buuxiya habraaca barnaamijka. Shakhsiyaadka ayaa laga yaabaa inay u qalmaan midkood Minnesota Care ama MA laakiin waxaa laga yaabaa inaysan isku mar ka haysan caymis labada barnaamijba.

Qorshaha Maalgelinta Qoyska Minnesota (MFIP): Kaalmada maaliyadeed ee qoysaska baahan.

Gargaarka Kabka ah ee Minnesota (MSA): Waa barnaamij uu gobolku maalgeliyo kaas oo bishiiba siiya kabka lacagta caddaanka ah ee dadka da'da ah, indhoolayaasha ah ama naafada ah ee hela dheefaha Dakhliga Dheeraadka ee Amniga Federaalka (SSI). Qaar ka mid ah qaataha aan helin SSI sababtoo ah dakhligooda kale oo aad u sarreeya ayaa laga yaabaa inay weli u qalmaan MSA haddii ay buuxiyaan shuruudaha u-qalmitaanka iyo dakhligoodu ka hooseeyo heerka MSA.

Baadhe: Sarkaal madax-banaan oo dawladeed kaas oo cabashooyinka ka hela hay'adaha dawladda (iyo kuwa dawladdu maamusho) ee ka yimaada dadka dhibaataysan, kuwaas oo baara, oo haddii cabashooyinka loo sababeeyo, soo jeediya talooyinka si loo saxo cabashooyinka.

Caawinaada Daryeelka Shaqsi-ahaaneed (PCA): Caawinta iyo taageerada dadka naafada ah iyo baahiyaha daryeelka caafimaadka gaarka ah, kuwaas oo si madax banaan ugu nool bulshada dhexdeeda. Adeegyada waxaa bixiya PCA-ga u qalma waxaana laga yaabaa in lagu bixiyo guriga qofka ama bulshada dhexdeeda.

Barnaamijka Caawinaada Caafimaadka ee Hore Laga Bixiyo (PMAP): Waa barnaamij caymis daryeelka la maareeyey oo bixiya adeegyada caafimaadka (iyo caafimaadka dhimirka) ee shakhsiyaadka u qalma Caawimada Caafimaadka.

Ilaalin iyo Udoodid (P & A): Ururada ay dawlada dhexe bixiso ee ku yaala gobol kasta oo ilaaliya xuquuqda dadka naafada ah. Minnesota gudaheeda, Xarunta Sharciga linta waa hay'adda Ilaalinta iyo u doodista ee loo qoondeey.

Dhakhtarka Dhimirka: Waa dhakhtar ku takhasusay cilmiga dhimirka oo shahaado u leh daawaynta xanuunnada dhimirka disorders.

Dhakhtarka Cilmi-nafsiga: Khabiir Caafimaadka Maskaxda oo ku takhasusay qiimaynta, ogaanshaha, iyo daawaynta xanuunnada dhimirka.

Daryeelka Nasinta: Waa adeeg siiya nasasho waalidiinta iyo carruurta leh qas shucuureed oo daran. Waalidiinta qaarkood ayaa laga yaabaa inay u baahdaan caawimadan bil kasta. Waxaa lagu bixin karaa guriga ama meel kale.

Hawlgabka, Badbaadiyayaasha, iyo Caymiska Naafada (RSDI): Barnaamijka ay maamusho Maamulka Sooshal Sekuuritiga kaas oo bixiya dakhli bishiiba dadka hawlgabka ah, badbaadayaasha ama ku tiirsanayaasha caymisyada iyo dadka naafada ah.

Qaybta Qorshaha 504: Qorshe qoran, hubinta in ilmaha naafada ah (oo aan u qalmin adeegyada waxbarashada gaarka ah) uu helo adeegyo

macquul ah iyo dejin si meesha looga saaro caqabadaha waxbarashada guud ee buuxa.

Go'aan qaadasho shaqsiyeed: Qofka, ama wakiilkiisa ama wakiilkeeda idman, ayaa isagu/iyada go'aannada iska leh, qorshaynaya mustaqbalkiisa, go'aaminaaya sida lacagta loogu isticmaalo taageerooyinkiisa/iyada oo qaadaya mas'uuliyadda go'aamada uu isagu/iyada gaadho.

Jirro Maskaxeed Halis ah oo Joogto ah (SPMI): Qofka da'da 18 jir ama ka weyn ee laga helay cudurka dhimirka oo la kulma mid ka mid ah xaaladaha soo socda: 1. uu maray laba marxaladood ama ka badan oo ah daryeelka bukaan-jiifka ee jirrooyinka dhimirka 24 bilood ka hor; 2. uu la kulmay cisbitaal dhimir joogto ah ama daawaynta deegaanka oo ka badan lix bilood gudahood 12 bilood ee la soo dhaafay; 3. ay daweyeen koox qalalaase laba jeer ama in ka badan 24 bilood gudahood; 4. uu leeyahay cudurka dhimirka ee schizophrenia, xanuunka laba-cirifoodka, niyad-jabka weyn ama khalkhal shakhsiyeed xuduudeed, caddaynaya daciifnimo weyn oo xagga shaqada ah, oo uu leeyahay ra'yi qoraal ah oo ka yimid xirfadle caafimaadka dhimirka oo sheegaya in isaga/iyada ay u badan tahay inay yeeshaan xaalado mustaqbalka u baahan bukaan-jiif ama daweyn deegaan. , haddii aan la bixin adeegyada barnaamijka taageerada bulshada; 5. uu, saddexdii sano ee la soo dhaafay, ay maxkamadi geysay sidii qof dhimirka ka jiran oo hoos imaanaya qawaaniinta Minnesota, ama ballan qaadka qofka weyn ee qof dhimirka ah uu joogey ama sii socday; 6. wuxuu xaq u lahaa mid ka mid ah shuruudaha kor ku xusan, laakiin wakhtiga la cayimay wuu dhacay ama qofku wuxuu u qalmaa inuu yahay ilmo yar oo niyad jab weyn leh, qofkuna uu leeyahay fikrad qoraal ah oo ka timid xirfadle caafimaadka dhimirka, saddexdii sano ee la soo dhaafay, isagoo sheegay in isaga/iyadu waxay si macquul ah ugu dhowdahay inay yeeshaan dhacdooyin mustaqbalka.

Khalkhal Shucuureed oo Halis ah (SED): Xanuunada caafimaadka dhimirka ee la ogaan karo ee carruurta iyo da'yarta oo si ba'an u carqaladeeya shaqada maalinaha ah ee guriga, dugsiga ama bulshada, soconaysa ugu yaraan hal sano.

Miisaan Khidmadeed : Lacag bixinta bixiyaha iyadoo lagu salaynayo boqolkiiba dakhliga.

Caymiska Naafada ee Soshiyal Sekuyurati (SSDI): Barnaamijka hoos yimaada RSDI kaas oo bixiya lacag caddaan ah shakhsiyaadka naafada ah, shaqeyay tiro afar meelood meel ah ama lahaa waalid ama xaaska kuwaas oo shaqeyay tiro ka mid ah rubuc cayiman iyo bixinta Sharciga Waxtarka Caymiska Federaalka (FICA).

Qiimaynta Waxbarashada Gaarka ah: Qiimayn dhammaystiran oo uu dugsigu dhammeeyo si loo go'aamiyo haddii ilmuhu buuxiyo naafanimada iyo shuruudaha akadeemiyadda si uu u helo adeegyada waxbarashada gaarka ah. Qiimaynta bilowga ah waa in la dhammeeyaa ka hor inta aan la bilaabin adeegyada Ed Gaarka ah iyo ugu yaraan hal mar saddexdii sanaba mar, kadib.

Adeegyada Waxbarashada Gaarka ah: Adeegyada laga bixiyo degmada dugsiga kuwaas oo ka caawiya carruurta naafada ah si ay u daboolaan baahidooda waxbarasho. Eeg Barnaamijka Waxbarashada Shakhsi ahaaneed.

Hoos Udaadajin: Qadarka lacageed ee qofka ku jira Barnaamijka Daryeelka Caafimaadka Minnesota (MHCP) uu masuul ka yahay inuu bixiyo ka hor inta aanu uqalmin Gargaarka Caafimaadka (MA).

Kooxda Dibu-eegista Caafimaadka Gobolka (SMRT): Waxay sameeyaan go'aannada naafada iyagoo isticmaalaya shuruudaha Maamulka Lambarka Bulshada. SMRT ayaa u go'aamisa heerka naafanimada:

- (1) shaqsiyaadka codsigooda SSI ama RSDI la sugayo
- (2) kuwa naafada ah laakiin aan u qalmin SSI ama RSDI
- (3) kuwa raba inay raacaan TEFRA

Kaalmo: Lacag horay loo sii go'aamiyay oo la siiyo shirkad gaar loo leeyahay si loo dhimo kharashaadka.

Dakhliga Sekuyurati ee Dheeraadka ah (SSI): Barnaamijka federaaliga ah ee bixiya gargaarka lacagta caddaanka ah ee bilaha ah dadka da'doodu tahay 65 sano ama ka weyn, indhoole, ama naafo ah oo leh ilo iyo dakhli xaddidan.

Sharciga Sinaanta Cashuurta & Mas'uuliyadda Maaliyadeed (TEFRA): Waa barnaamij gargaar caafimaad oo gaar ah oo loogu talagalay carruurta naafada ah. Ilmaha la xaqiijiyay inuu naafo yahay wuxuu si macquul ah u heli karaa Kaalmada Caafimaadka oo ku salaysan miisaan lacag ah.

Daaweynta Daryeelka Korinta: Goob-guri-ku-saleysan oo bulshada ku saleysan oo bixisa adeegyo daweyn degdeg ah tiro yar oo carruur ah / dhallinyaro ah oo u baahan kormeer 24-saac ah.

Dhaawac (Istareeska Dhaawaca Ilmaha): Waxay ku dhacdaa natiijada la kulma walaaca, dhacdooyinka nafta halis gelinaya sida masiibooyinka dabiiciga ah, rabshadaha qoyska, xadgudubka, dayaca ama luminta kuwa ay jecel yihiin. Dhacdooyinka naxdinta leh ee soo noqnoqda ayaa leh awood weyn saameyn xun. Soo-gaadhista naxdinta leh waxay u horseedi kartaa isbeddel ku yimaada qaab-dhismeedka maskaxda. Bixiyeyaasha adeegga ee xog-ogaal u ah dhaawacyada ayaa gacan ka geysta dib-u-dhiska kalsoonida iyo horumarinta xeeladaha lagu hagaajinayo shaqada.

Adeegyada Isku-duuban: Habka "adeegga buuxa" ee horumarinta adeegyada buuxiya baahiyaha caafimaadka maskaxda ee carruurta iyo qoysaskooda.

