* Please refer to local listings for medical clinics and hospitals*

Sherburne County Health & Human Services .......... (763) 765-4000
To apply for Medical Assistance, MinnesotaCare or General Assistance Medical Care. You can apply online at www.mnsure.org

Other health services provided through public health department include: *Immunization Clinic*, is 3rd Thursday each month; some eligibility requirements apply.

**Fetal Alcohol Syndrome Diagnostic Clinic** ............. (320) 229-4945
~Provides assessment and wrap around services for individuals and families.

### Medical Supply/Equipment Companies

- **Active Style** ................................................................. (612)520-9333
- **Allina** ................................................................. (651) 628-4800
- **Apria (St. Cloud)** ............................................................... (320)251-5991, (800)252-5991
- **Care Medical Supply (Sauk Rapids)** ...............(320)251-8261, (800)638-7135
- **Coborn’s LTC Pharmacy** ........................................ (763) 263-7030
- **CW Health Care (used equipment)** ....................... (651) 645-0010
- **Goodwill Equipment Loan Program (Waite Park)** ....... (320) 654-9012
- **Health East Med Home (St. Cloud)** ...................... (320) 252-0655, (800) 642-0497
- **HDIS** ................................................................. (800)269-4663
- **Imperial Medical** ....................................................... (763) 314-0314
- **Reliable Medical Supply** ............................................. (763) 684-1778
- **Total Medical Supply** ................................................ (763) 784-6140

### Dental Resources

Agencies accepting MA, Minnesota Care, and payment plans
- **Appletree Dental**, Coon Rapids............................ (763) 784-7570
- **Big Lake, MN** ............................................................. (763) 263-3684
- **First Family Dental**, Rogers........................................ (763) 428-1215
- **Health Source Dental Clinic**, Cambridge ................. (763) 689-7306
  ~Referral from county case manager required
- **Hennepin County Medical Center** ................................. (612) 873-2370
  ~Clinic primarily deals with extractions and oral surgery.
- **U of M Dental Clinics**, Minneapolis ............................... (612) 625-2495
  ~All work is completed by students.
- **Northway Dental**, St. Cloud ........................................... (320) 253-7700

### Transportation

**CAER** ............................................................................ (763) 441-1020
~Car clinic is offered monthly on first come, first serve basis. They assist with some repairs on legal vehicles. Contact CAER for an appointment.

**Faith in Action in Sherburne County** ................................. (763) 263-4277
~Services, including transportation, provided by volunteers recruited from congregations and general population.

**MNet** (Minnesota Non Emergency Transportation) ............... (866) 467-1724
~Medical transportation program for individuals on Medical Assistance in Sherburne County.

**RiverRider** ................................................................. (763) 263-0101
~Through 6/30/14, public transportation that services Sherburne and Wright Counties. Reservations must be made a day in advance and fares vary based on location and destination. See TriCap resource below after 6/30/14.

**Tri-CAP** www.tricap.org ................................................... (800) 600-7498
~Effective 7/1/14, TriCap will provide bus service in Sherburne County on specific routes and within the City of Elk River. Fares and passenger guidelines can be found on their website.

**MetroBus-St. Cloud** www.ridemetrobus.com ......................... (320)251-7433

**Transportation Resource Center** .................................. (877) 717-1515

### Mental Health

**Four County Adult Mental Health Crisis Response** ........ (800) 635-8008

**National Association of Mental Illness (NAMI)** .................. (888) 626-4435
  ........... www.namihelps.org

**Sherburne County Health & Human Services** ................. (763) 765-4000
Social and Recreational Activities

Community Education
~Adults with disabilities providing outings and classes for social interaction and learning.
HOPE- Elk River School District #728.................. (763) 241-3520
Opening Doors- Buffalo Area School District #787.......... (763) 682-8770
* service area includes Becker, Big Lake, Buffalo, Monticello
Project Challenge- St. Cloud School District #742......... (320) 529-6500

Confidence Learning Center
www.campconfidence.com ................................. (218) 828-2344
~Year round outdoor education and recreation center for persons of all ages with Developmental Disabilities as well as their families/care providers.

Elk River Senior Activity Center............................... (763) 635-4500

Friends in Faith........................................Sharon Zirbel (612) 708-2158
~Faith based group for adults with developmental disability; meets one Friday each month.

True Friends (Camp Friendship)
www.truefriends.org ......................................... (800) 450-8376
~Resident camp and resort options providing both children and adults with disabilities recreational experiences during summer and winter months. Also offers travel opportunities year round through Venture Travels.

ILICIL, Center for Independent Living, Sauk Rapids
www.independentlifestyles.org .............................. (320) 529-9000
~Provides a number of independent living activities and social/recreational activities and classes in St. Cloud area.

Meridian Services: Social Recreation Group............... (763) 450-5016
~Provides social activities and transportation in local community. Referral must come from county case manager.

Vocational/ Habilitative Training Agencies:
Goodwill*Easter Seals Mission Services.................... (763) 441-2766
Functional Industries
www.functionalindustries.org ............................. (763) 682-4336
Options Inc.
www.options-inc.org ........................................ (763) 263-3684
Rehabilitation Services
www.positivelyminnesota.com ............................. Monticello (763) 295-5894
St. Cloud (320) 308-5320

Financial Assistance
Sherburne County Health & Human Services............ (763) 765-4000
~ For information and/or to apply for Medical Assistance (MA), Minnesota Care, General Assistance (GA), Food Support (FS), Group Residential Housing (GRH) or Emergency Assistance (EA).

Social Security Administration
www.ssa.gov ................................................ (800) 772-1213
~ Social Security Disability Insurance (SSDI) pays benefits to you and certain members of your family if you are “insured”, meaning that you worked long enough, paid Social Security taxes and have a disability.
~ Supplemental Security Income (SSI) pays benefits based on financial need of individuals with a disability.

Work Incentives Connection
www.mnworkincentives.com ............................... (800) 976-6728
~Agency provides education on relationship between work and public assistance benefits.

Disability Benefits 101
www.mn.db101.org ........................................... (866) 333-2466
~provides tools and information on health coverage, benefits, and employment for individuals with a disability.
**Subsidized/Low Income Housing Resources:**
Benton County Low Income Housing Information/TRICAP (888) 765-5597  
Sherburne County Low Income Housing Information…….. (763) 765-4000  
Stearns County Low Income Housing Information/HRA….. (320) 252-0880  
Tri-Cap……………………………………………..………. (888) 765-5597  
Wright County Low Income Housing Information…….. (763) 682-7414

**Vocational/Residential Training Programs**
Vocational training programs can include, but are not limited to each of the areas listed below:

**Competitive Employment**
~ Regular jobs paying minimum wages, in community based work settings with non-disabled people. These jobs can be part time or full time and supported with program services or natural supports.

**Extended Employment**
~ A model of competitive employment that offers individualized job placement, on-the-job training, and follow-up services for the employee by a professional job counselor. Follow up services can be life long. These jobs can be part time or full time.

**Supported Employment/Enclaves**
~ Group of people with disabilities that perform work in the community business setting. This work crew consists of three or more individuals and an agency job coach. Salaries may be either commensurate wages or piece rate wages.

**Center Based Program**
~ A setting that provides a vocational based atmosphere that meets the varied work needs and abilities of people. Work options are contracted with community businesses for a variety of in-center production. Salaries are often piece rate wages.

* Funding for individuals to participate in these programs listed above usually comes from an individuals’ county of service or Rehabilitation Services and meets eligibility guidelines for this funding.

**People First/Sherburne County**
www.thearcunited.org ................................................ (800) 775-3196  
~A group for adults with developmental disabilities that promotes self-advocacy, teaches leadership skills and offers a variety of training.

**Special Olympics**
www.specialolympicsminnesota.org  
~Providing people with developmental disabilities opportunities to train and participate in a variety of individual and team sports, social events, and lifetime activities.

**Local participating areas:**
Elk River……………………………………………..…….. (763) 280-3232  
~offers bowling, poly-hockey, basketball, women’s volleyball, softball, and track and field
Monticello…………………………………………… (763) 263-2890  
~offers basketball, bocce ball, softball, golf, and bowling

**Abuse/ Neglect/ Protection Services**
Anna Marie’s Shelter................................................. (320) 253-6900
Central MN Sexual Assault Center……… (320) 251-4357; (800) 237-5090
MN Domestic Violence Crisis Line………………….. (866) 223-1111
Rivers of Hope……………………………………. (763) 295-3433; (800) 439-2642
Sherburne County Health & Human Services..... (763) 765-4000
STARS Children’s Mental Health
www.starsnetwork.org ............................................. (763) 271-5321
United Way of Central Minnesota
www.unitedwayhelps.org ........................................ dial 2-1-1 or (800) 543-7709
Parent and Individual Education & Support

Arc United
www.thearcunited.org ............................. (320) 240-9550 or (800) 775-3196
~Arc United serves children and adults of all ages with intellectual and other developmental disabilities and their families in 11 counties, including Sherburne County. Core services include information and referral, individual and family education, training and support and individual and family advocacy. Program/services include: Sibshops, People First, SAM (Self Advocates of Minnesota), Housing Access Services, and Civic Engagement.

Autism Allies
www.autismallies.org ............................................ (612) 384-4265
~Nonprofit organization dedicated to improving the lives of individuals with autism and their families by providing financial support, education, services, and research to help individuals reach their fullest potential.

Autism Society of Minnesota
www.ausm.org .................................................. (651) 647-1083
~The Autism Society enhances the lives of persons with autism spectrum disorders. Services/programs include: information and referral, behavioral consultation, newsletters/resource library, camps, parent support groups, mental health services and advocacy

Brain Injury Assn. of Minnesota
www.braininjurymn.org ................................. (612) 378-2742 or (800) 669-6442
~The Brain Injury Assn. of Minnesota provides help, hope and a voice for Minnesotans who live with a disability as a result of a brain injury. Program/services include case management, public policy, as well as education, multi-cultural outreach, public awareness, and speakers.

Paradigm Residential Services .................................... (763) 856-7700
Dan & Kathie Peterson.................................... (763) 441-8034
REM www.remmnnesota.com .................................. (320) 259-6022
Riverside Montage............................................. (320) 656-0743
Bob Rudolph.................................................. (320) 202-9660
Patrick Rudolph............................................... (763) 482-5150
Wayne & Sylvia Rudolph.................................... (320) 253-5767
Sandra Shelton................................................ (320) 441-6955
Deb & Cal Varner............................................. (763) 207-8054
Volunteers of America www.voamn.org ...................... (763) 552-1245

Subsidized Housing

Housing and Urban Development (HUD)
~Provides housing services including a list of apartment complexes with subsidized units, homeless assistance, and community development, public housing and Section 8 programs www.hud.gov ............................. (612) 370-3000

Housing Choice Voucher Program (formerly Section 8 Voucher)
~Rental assistance program that allows the voucher holder to live in any approved housing that meets HUD qualifications. The holder of this voucher will pay approximately 30% of the total household income for housing. Sherburne County residents can apply for this voucher through St. Cloud Housing and Redevelopment Authority (HRA) www.stcloudhra.com ................................................. (320) 252-0880

Subsidized Apartments
~These apartment buildings were built with federal help and the occupant pays up to 30% of their household income providing all occupants meet the income and eligibility guidelines. If the occupant moves, they DO NOT take the income eligibility with them.

Minnesota Supplemental Aid (MSA)/Housing Assistance:
~ state program that gives a monthly cash payment to people who are aged, blind, or disabled, and who get Supplemental Security Income (SSI). MSA payments can help you pay for room and board.
Community Based Residential Service Options

Intermediate Care Facility (ICF)
~ Residential Service that requires 24 hour supervision for individuals in need of active treatment and therefore a 24 hour plan of care. Sites are typically for six or more individuals.

Licensed ICF’s in Sherburne County:
Living Well www.livingwell.org ........................................... (763) 263-6503
Opportunity Partners www.opportunitypartners.org ........ (763) 441-0960

Supported Living Site (SLS)
~ Residential service that provides up to 24 hour supervision for individuals in need of active treatment. Site is limited to four or fewer individuals or for individuals residing in their own independent living environment. Usually the term SLS is used to designate a corporation model, but also includes some licensed foster care homes. This residential service is an option through the Home and Community Based Waivers or private pay.

Current agencies under licensing in Sherburne County:
Robert & Kay Bennington-Merdan............................... (320) 203-7598
Jim & Connie Cichy...................................................... (763)482-5155
Comprehensive Services ............................................. (763) 274-0351
Country Care Services................................................. (320) 252-2359
Dungarvin www.dungarvin.com ............................... (651) 699-0206
Becky Gaul................................................................. (763) 263-6076
Juanita Hartgers.......................................................... (320)255-5352
Wanda Housen & Gary Herr................................. (320) 229-8758
Brian & Linda Holmes................................................ (763) 263-2166
Cheryl & Jim Jernberg.................................................... (320) 241-0517
Tom & Kim Johnson..................................................... (763) 263-8953
Phillip Jones............................................................... (763)227-2213
Peggy King............................................................... (763) 441-1514
Cindy Kerrick & Greg Peterson.............................. (763) 245-2979
Mains’l Services Inc. www.mainsl.com ........................... (763) 416-9157
Modern Day Living...................................................... (763) 441-5470
MSOCS www.dhs.state.mn.us ........................................ (651) 431-2000
Jim & Cathy Newville.................................................. (320) 240-1900

Substitute Decision Making Options
Some individuals with developmental disabilities upon turning 18 years old may continue to need someone to help them make important life decisions. Some options to assist with this can include:

Guardianship
~ Guardians can be appointed for an individual to ensure that all aspects of daily living are being provided including food, shelter, clothing, health care and recreation.

Conservator
~ A conservator can be appointed to manage and preserve the assets of an individual. More appropriate for individuals with large assets.

Power of Attorney
~ Designates someone to act on an individual’s behalf to manage financial affairs; can be specific to a certain task or broad enough to cover many financial duties.

Medical Directive
~ A medical plan put in writing, usually set up with the individual’s primary doctor, identifies medical directives that the individual wishes to take place if person is unable to direct their own care.

Other Resources to gain further knowledge on Substitute Decision Making:
Law Help Minnestoa................................................. www.lawhelpmn.org
Minnesota Association for Guardianship and Conservatorship www.minnesotaguardianship.org
Minnesota Disability Linkage Line............................. www.MinnesotaHelp.info
Advocacy, Civil, Legal Rights

Arc United
www.arcunited.org ... (320) 240-9550 or (800) 775-3196
Arc United serves children and adults of all ages with intellectual and other developmental disabilities and their families in 11 counties, including Sherburne County. Core services include information and referral, individual and family education, training and support and individual and family advocacy. Program/services include: Sibshops, People First, SAM (Self Advocates of Minnesota), Housing Access Services, and Civic Engagement.

Minnesota Disability Law Center
www.mndlc.org ... (612) 332-1441 or (800) 292-4150
Center addresses the unique legal needs of people with developmental and other disabilities. A statewide project, DLC, provides free, civil legal assistance to individuals with disabilities on legal issues that are related to their disability.

PACER
www.pacer.org ... (952) 838-9000 or (888) 248-0822
PACER is committed to expanding opportunities and enhancing the quality of life for children and young adults with disabilities and their families. PACER provides a variety of assistance/information with particular emphasis on special education advocacy.

St. Cloud Legal Services
www.midmnlegal.org ... (320) 253-0121
Agency provides legal advice or representation to low-income persons who meet eligibility guidelines in its service area (including Sherburne County) for these legal issues: Immigration, Education, Family, Housing and Public Assistance Benefits.

Foster Care
~ Residential service for four or fewer individuals that provides residential support services for individuals. Service provides 24 hour supervision within a structured family home with food, lodging, protection, supervision and household services. This service may also provide programming services for individuals in need of additional skills training. Usually the term “foster care” is used to designate a family-based program. Due to monthly changes in active foster care homes in Sherburne County, please contact the Foster Care Licensing Department (763) 765-4000 for the most updated listings of homes.

Semi Independent Living Services (SILS)
~ County/state funded program that provides support services to individuals who are living or planning to live outside of their family environment or a licensed living arrangement. Service assists with a variety of areas associated with living independently. Individuals eligible for this program must qualify for county case management services, be 18 years of age, and plan to or currently live independently.

In-Home Family Support Services
~ Residential service provided for individuals residing in their family home to enable individual to remain in their home. Services include training of the individual and family to improve the individual’s capabilities to stay at home. Services will be provided by individuals or agencies licensed by the state under the Developmental Disability Waiver program.
Home and Community Based Medicaid Waiver for Persons with Developmental Disability (DD)
~ Individuals living in Minnesota and diagnosed with mental retardation and/or related conditions who require a level of care provided in an intermediate care facility (ICF/MR) may be eligible to receive services in other community settings, such as a family home or independent living arrangement, rather than an ICF/MR. Under the DD Waiver, a menu of cost effective alternatives are offered to help a person live in the community as fully, productively and independently as possible. Individuals eligible for this program must be eligible for Medical Assistance as well as criteria outlined under this waiver program.

Family Support Grant
~ Grant program provides a state cash grant to families of minor children (under age 21) with disabilities who qualify. The goal of this program is to prevent or delay out of home placement of minor children and to promote family health and social well being by facilitating access to family-centered services and supports. Individuals must be eligible for county case management services for this program.

Personal Care Assistance (PCA)
~ Program provides services to people who need help with activities of daily living and health-related functions. PCA services may be provided through hands-on assistance, supervision, cueing, redirection, and intervention for behaviors including observation and monitoring. Individuals eligible for this program must have Medical Assistance. A list of agencies that provide home care services will be given at the time of assessment.

Sherburne County Support Grant
~ Short term care to an individual due to the absence or need of relief of the family members or primary caregiver. Grant may also be used for specialized equipment/training specific to the individual’s disability. Individuals eligible for this program must qualify for county case management services.

Disability Linkage Line
www.positivelyminnesota.com .......................... (866) 333-2466
~ A free, statewide information, referral and assistance service to help people with disabilities, chronic illnesses and their representatives learn about resources and connect them to community services and supports.

Down Syndrome Assn. of Minnesota
www.dsamn.org .......................... (651) 603-0720 or (800) 511-3696
~ Provides information, resources, and support to individuals with Down Syndrome, their families and their communities. Program/services include parent support groups, resource lending library, and informational packets.

Epilepsy Foundation of Minnesota
www.efmn.org .......................... (651) 287-2300 or (800) 779-0777
~ Provides epilepsy awareness and education programs, information and referral, advocacy and support, youth and family programs and a used clothing donation center.

Minnesota Services for the Blind & Visually Impaired
www.mnssb.org .................. (320) 308-4800, TTY (320) 308-6401
~ Provides vocational counseling, training, job placement, psychological testing, rehabilitation counseling and help with specialized equipment to anyone of any age in Minnesota who has a vision loss that creates barriers to their vocational or personal independence.

Minnesota Services for the Deaf and Hard of Hearing
www.dhs.state.mn.us .......................... (320) 255-3502, TTY (866) 488-3909
~ Contracts with Regions Hospital to provide short term counseling, telephone equipment distribution program, sign language interpreter referrals, information, referral and ADA issues.

United Cerebral Palsy of Central Minnesota
www.ucpcentralmn.org .......................... (320) 253-765
~ Services people with disabilities related to Cerebral Palsy in Stearns, Benton and Sherburne Counties. Programs and service include assistive technology, individual and family support, employment assistance and advocacy, housing, therapy, and scholarships for post secondary education.
**Clothing/Furniture/Household Items**

Goodwill Easter Seals .................................................. Elk River (763) 274-1823  
Waite Park (320) 654-9527

Princeton Used Clothing Center .................................... (763) 389-8380

Salvation Army Thrift Store .......................................... St. Cloud (320) 251-7554  
Elk River (763)274-2764

**Energy Assistance Programs**

Tri-Cap  
[www.tricap.org](http://www.tricap.org) ................................ (888) 765-5597

**Food Shelves/Programs**

Becker Food Shelf .......................................................... (763) 261-4612

Big Lake Food Shelf ....................................................... (763) 263-2432

CAER, Elk River .............................................................. (763) 441-1020

People getting MA-Waiver or Personal Care Assistant (PCA) services may be eligible for an additional MSA cash supplement to their SSI, to live independently in the community in non-licensed or registered rental housing. [www.caerfoodshelf.org](http://www.caerfoodshelf.org)

Catholic Charities Emergency Services ......................... (320)229-4560

Clearwater Food Shelf .................................................... (320) 558-2954

Fare for All, [www.fareforall.org](http://www.fareforall.org) ...................... (800) 582-4291

Meals On Wheels, Elk River ............................................ (763) 441-6288

Meals on Wheels, Monticello ........................................... (763) 295-4031

Princeton Pantry ............................................................ (763) 631-3578

Salvation Army, St Cloud ................................................... (320) 252-4552

**Tax Assistance Program:**

Call United Way 2-1-1 for free tax site locations;  
[www.unitedwayhelps.org](http://www.unitedwayhelps.org) ..................... dial 2-1-1 or (800) 543-7709

AARP Tax Aide ............................................................... (888) 227-7669

Not finding what you are looking for in this directory, please contact the Minnesota Disability Linkage Line at (866) 333- 2466 or [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info).

Some of the service options provided in the following areas must be directly coordinated through Sherburne County Health & Human Services Developmental Disability Unit. Sherburne County follows the eligibility and policy guidelines of the Minnesota Department of Human Services (DHS) as well as policy guidelines specific to these services in Sherburne County.

For more detailed information or a list of most current service providers in the area please contact Sherburne County at (763) 765-4000.

You can also visit the DHS website at [www.dhs.state.mn.us](http://www.dhs.state.mn.us).

If you want more general resource directions, please contact the Minnesota Disability Linkage Line at (866) 333- 2466 or [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info).

**Support Services**

**Case Management**

Service can be provided to individuals diagnosed with a developmental disability and/or a related condition and living in Sherburne County. If eligible, the Case Manager works with the individual and if applicable, the family, to coordinate needed services. The Case Manager will then monitor effectiveness of the services and will meet with the individual and involved parties at least semi annually to review progress and continued needs.

**Consumer Support Grant**

State funded alternative to home care services of home health aide, personal care attendant and private duty nursing. This program allows an eligible person to convert a portion of payments for specific home care services into cash grants. Eligible recipients receive monthly cash grants to replace fee-for-service home care services. With county assistance, consumers can manage and pay for a variety of home and community based services. Individuals eligible for this program must be eligible for Medical Assistance, home care services and must be eligible for county case management services.
This resource directory is provided by the Sherburne County Developmental Disability Advisory Committee. This committee’s mission is to provide support to persons and organizations that work to enhance services for persons with developmental disability services.

If you are interested in learning more about this committee or would like to attend a meeting, please contact Martha Franzwa at (763) 443-5984.