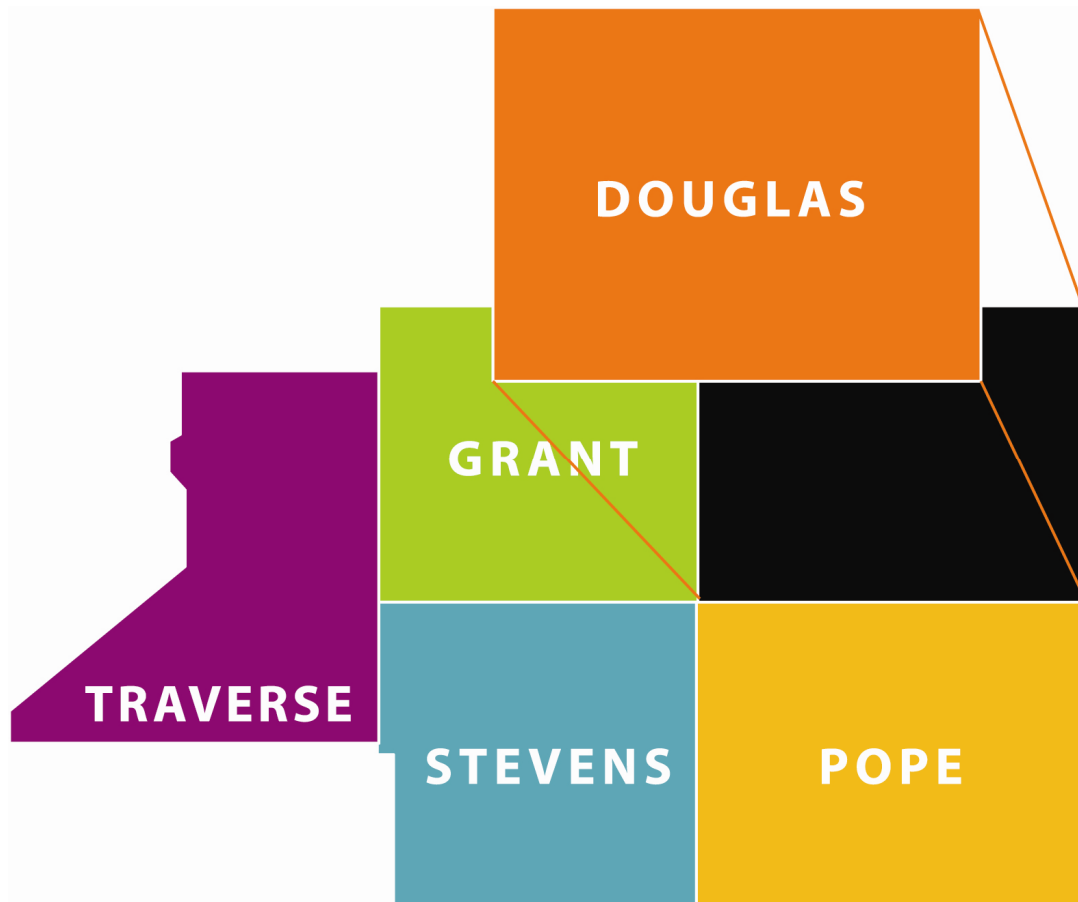


# DOUGLAS COUNTY



**Alexandria Clinic, P.A.**  
610 30<sup>th</sup> Avenue W.  
Alexandria, MN 56308

Phone: 320-763-5123  
Fax: 320-763-5749  
Website: [www.alexclinic.com](http://www.alexclinic.com)  
Hours:  
8:00 AM-7:00 PM Mon.-Thurs.  
8:00 AM-5:00 PM Friday  
9:00 AM-1:00 PM Saturday

**Satellite location:**

Osakis Medical Center  
811 3<sup>rd</sup> Avenue E.  
Osakis, MN  
Hours: 8:00 AM-5:00 PM Mon.-Fri.

**Summary of Services**

Alexandria Clinic, P.A., a multi-specialty clinic includes:

- Family Medicine
- Internal Medicine
- OB/GYN
- Pediatrics
- Urology
- General Surgery
- Podiatry

**Outreach for:**

- Audiology
- Neurology
- Oncology
- Pediatric Physical Medicine & Rehabilitation
- Psychiatric Care Consultations
- Psychiatric diagnostic evaluations for both children and adults and
- Rheumatology
- Cardiology through Minneapolis Heart Institute

Alexandria Clinic, P.A.'s mission is:

*“Dedicated to providing preventive, interventional and supportive services in the most compassionate, thoughtful and efficient manner.”*

**Mental Health Needs Addressed**

Through Well-child care and follow-up, children are provided mental health referrals, screening/assessments, outpatient services and family support for the following:

- Aggressive oppositional behavior
- Alcohol/drug abuse
- Anxiety disorder
- Attention/Impulse control
- Chronic physical illness
- Communication disorder
- Conduct disorder
- Depression
- Developmental disability
- Eating disorder
- Autism Spectrum
- Mood disorder
- Sleep disorder

### **Additional Information**

The **Shared Care Program** is a program that is designed for patient's age 6 months – 16 years of age. This is a model of care that assists the primary care physicians, mental health providers, schools, and other community resources to collaborate effectively to treat patients with social and emotional and/or mental health needs. The Clinic Case Manager (CCM) educates the patient and their family about his/her social, emotional needs and/or mental illness and its treatment, and monitors the symptoms related to their specific diagnosis and response to medications and/or psychotherapy using a structured instrument (e.g., the ASQSE, and PSC). In addition, the CCM may provide care coordination services for the patient's utilizing community resources where ever appropriate. The CCM works closely with the primary care provider, the parent and/or guardian and the patient's mental health provider to develop a treatment plan and if the patient is not improving assist patients to overcome barriers they may have to treatment and/or services. In addition, the CCM executes the scheduling process for the patients for his/her diagnostic assessment. Furthermore, the CCM works directly and in partnership with the Prime West Health Integrated and Shared Care Manager and Care Coordination staff.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Alexandria Clinic, P.A.</b> 610 30<sup>th</sup> Avenue W. Alexandria, MN 56308</p> <p><b>Phone:</b> 320-763-5123 <b>Fax:</b> 320-763-5749 <b>Website:</b> <a href="http://www.alexclinic.com">www.alexclinic.com</a> <b>Hours:</b> 8:00 AM-7:00 PM (M-T) 8:00 AM-5:00 PM Fri. 9:00 AM-1:00 PM Sat.</p> <p><b>Satellite location:</b></p> <p><b>Oaskis Medical Center</b> 811 3<sup>rd</sup> Avenue E. Osakis, MN <b>Hours:</b> 8:00 AM-5:00 PM (M-F)</p>	<p>Through Well-child care and follow-up:</p> <ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening/assessment</li> <li>• Outpatient services</li> <li>• Family/community support</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behaviors</li> <li>• Alcohol/drug abuse</li> <li>• Anxiety disorder</li> <li>• Attention problems/Impulse control</li> <li>• Chronic physical illness</li> <li>• Communication disorder</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Developmental disability</li> <li>• Eating disorder</li> <li>• Mood disorder</li> <li>• Autism spectrum</li> <li>• Sleep disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Medicaid/MnCare/PrimeWest Health</li> <li>• Private pay</li> <li>• Private insurance</li> <li>• Self-pay/uninsured</li> </ul>

**Alexandria Public Schools/  
Runestone Area Education District (RAED)**  
700 Northside Dr.  
Alexandria, MN 56308  
Phone: 320-763-5559

### **Summary of Services**

Support services in Alexandria/RAED schools are designed to weave together school and community resources to address barriers to learning and promote healthy development for all students.

### **Area Addressed**

The Special Education, EBD, OHD, ASD, Family School and direct contact with the Social Workers, Counselors and Psychologists address the following areas for Early Intervention and Invention services:

- Aggressive oppositional behavior
- Alcohol/drug abuse
- Anxiety disorder
- Attention problems/impulse control
- Conduct disorder
- Depression
- Developmental disability
- Mood disorder
- Autism spectrum
- Disorders of regulation

Special Education at Northside School provides Intensive Intervention for the above listed areas.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Alexandria Public Schools/RAED</b> 700 Northside Dr. Alexandria, MN 56308</p> <p><b>Phone:</b> 320-763-5559</p>	<ul style="list-style-type: none"> <li>• Special education screening/assessment</li> <li>• Special education case management</li> <li>• Parenting support and referrals</li> <li>• Family/community support</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behavior</li> <li>• Alcohol/drug abuse</li> <li>• Anxiety disorder</li> <li>• Attention problems/impulse control</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Developmental disability</li> <li>• Eating disorder</li> <li>• Mood disorder</li> <li>• Disorders of regulation</li> </ul>	<p><b>No charge for services</b></p>

**Alexandria Technical College**  
**Early Childhood Education Department**  
**1601 Jefferson Street**  
**Alexandria, MN 56308**  
**Phone: 320-762-4527**  
**Fax: 320-762-4634**  
**Website: [www.alextech.edu](http://www.alextech.edu)**

**Summary of Services**

Alexandria Technical College (ATC) provides a Child Development degree. The Child Development program is designed to prepare early childhood professionals to respond to the needs and uniqueness of children and their families. Coursework gives students an understanding of normal development and possible implications when development is disrupted.

ATC does not provide direct mental health services, but instructors, counselors and nurses may address specific student issues and refers to the appropriate service.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Alexandria Technical College</b>  <b>Early Childhood Education Department</b>            1601 Jefferson Street            Alexandria, MN 56308</p> <p><b>Phone:</b> 320-762-4527  <b>Fax:</b> 320-762-4634  <b>Website:</b>  <a href="http://www.alextech.edu">www.alextech.edu</a></p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Case management</li> <li>• Family/community support</li> <li>• Domestic violence prevention</li> </ul>	<p>Alexandria Technical College does not provide direct mental health services, but supports students' needs on an individual basis.</p>	<p><b>Please contact the Financial Aid office for more information.</b></p>



## **Broadway Medical Center**

**1527 Broadway Street**

**Alexandria, MN 56308**

**Phone: 320-762-0399**

**Fax: 320-762-6829**

**Website: [www.BroadwayMedicalCenter.com](http://www.BroadwayMedicalCenter.com)**

**Hours: Monday-Friday 8:00 am-5:00 pm**

### ***Satellite location:***

**115 East Soo Street**

**Parkers Prairie, MN 56361**

### **Summary of Services**

Broadway Medical Center is a hometown clinic which consists of 32 caregivers in the area of Family Practice, OB/GYN and Internal Medicine. Several outreach physicians offer appointments within the facility, allowing patients needing referrals to be seen in their own community. Broadway Medical Center's mission statement is "To provide compassionate care, serve our community, and respect each other as a family."

### **Area Addressed**

Well Child Exams & Developmental Screening

- Aggressive oppositional behavior
- Alcohol/drug abuse
- Anxiety disorder
- Attention problems/impulse control
- Chronic physical illness
- Conduct Disorder
- Depression
- Developmental disability
- Eating disorder
- Mood disorder
- Autism Spectrum
- Sexual offenses
- Sleep disorder

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Broadway Medical Center</b>  1527 Broadway Street  Alexandria, MN 56308</p> <p><b>Phone:</b> 320-762-0399  <b>Fax:</b> 320-762-6829  <b>Website:</b>  <a href="http://www.BroadwayMedicalCenter.com">www.BroadwayMedicalCenter.com</a></p> <p><b>Hours:</b>  Monday-Friday  8:00 am-5:00 pm</p> <p><b>Satellite location:</b></p> <p><b>115 East Soo Street</b>  <b>Parkers Prairie, MN 56361</b></p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening /assessment</li> <li>• Psychiatric consultation</li> <li>• Prime West Behavioral Health Program</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behavior</li> <li>• Alcohol/drug abuse</li> <li>• Anxiety disorder</li> <li>• Attention problems/impulse control</li> <li>• Chronic physical illness</li> <li>• Conduct Disorder</li> <li>• Depression</li> <li>• Developmental disability</li> <li>• Eating disorder</li> <li>• Mood disorder</li> <li>• Autism Spectrum</li> <li>• Sexual offenses</li> <li>• Sleep disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Medicaid/MnCare</li> <li>• Prime West Health</li> <li>• Private insurance</li> <li>• Private pay</li> <li>• Self-pay</li> </ul>

## **Child Care Resource & Referral—a program of Lakes and Prairies Community Action Partnership**

700 Cedar Street, Suite 117

Alexandria, MN 56308

Phone: 320-759-3993

Fax: 320-759-3995

Website: [www.mnchildcare.org](http://www.mnchildcare.org)

### **Summary of Services**

Lakes and Prairies Child Care Resource & Referral provides community-based, personal services to assist families in their search for quality child care, supports individuals and programs that care for children and builds connections in communities to generate understanding and activism for child care issues.

Lakes and Prairies Child Care Resource & Referral do not provide direct services for children with mental health issues. Services include:

- Helping parents find child care that meets their needs.
- Offer trainings for child care professionals on social and emotional development
- Assist child care professionals with care plans for children with mental health issues
- Consultation and referral assistance

### **Additional Information**

Lakes and Prairies Child Care Resource & Referral employs four referral counselors, eight provider support counselors and one community support counselor.

Referrals come from a variety of community sources, including social services, preschools, foster care, self-referral and other agencies.

Lakes and Prairies Child Care Resource & Referral provide trainings on safety, health, behavior management, and child development for child care professionals.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Lakes &amp; Prairies Child Care Resource and Referral</b> 700 Cedar Street, Suite 117 Alexandria, MN 56308</p> <p><b>Phone:</b> 320-759-3993 <b>Fax:</b> 320-759-3995 <b>Website:</b> <a href="http://www.mnchildcare.org">www.mnchildcare.org</a></p> <p><b>Client Base:</b> Infants, children, parents and child care professionals</p> <p><b>Access:</b> Call for information</p>	<ul style="list-style-type: none"> <li>• Child Care Health Consultation -By phone or on-site -Training and education for child care professionals -Community referrals -Assistance with care plans.</li> <li>• <b>Referral Counselors</b> -Assist families in their search for quality child care.</li> </ul>	<p>No direct mental health services provided.</p>	<ul style="list-style-type: none"> <li>• No cost for consultation or referral services</li> <li>• Small fee charged for trainings</li> </ul>

## Douglas County Food Shelf

1205 Lake St.

Alexandria, MN 56308

Phone: 320-763-6638 (Call for appointments)

Hours: Monday –Thursday 9:30 am-3:00 pm

### Summary of Services

Douglas County Food Shelf provides emergency food supplies for the families living in Douglas County.

### Area Addressed

Providing basic needs, in the form of food supplies for families

Agency	Services	Areas Addressed	Payment Accepted
<b>Douglas County Food Shelf</b> 1205 Lake St. Alexandria, MN 56308  <b>Phone:</b> 320-763-6638 <b>(Appts.)</b> <b>Hours:</b> Monday-Thursday 9:30 am-3:00 pm	<ul style="list-style-type: none"><li>Family and community support</li></ul>	No direct mental health services provided.	<b>No Charge for Services</b>

## Douglas County Public Library

720 Fillmore St.

Alexandria, MN 56308

Phone: 320-762-3014

Fax: 320-762-3036

Website: [www.douglascountylibrary.org](http://www.douglascountylibrary.org)

### Library Hours

Monday - Thursday - 10am - 8 pm

Friday - 10am - 5 pm

Saturday - 10am - 3 p

### Summary of Services

The **mission** of the Douglas County Library is to provide for the informational, educational, cultural and recreational needs of the community.

The library seeks to promote knowledge, understanding, and wisdom by providing all residents with free access to a variety of materials and services.

**Story hour** is a way of acquainting preschool children with books and reading. Stories selected by the children's librarian include a variety of literature written for children along with songs, films, and craft activities. Story hour is for preschool children ages 3 to 5 years old.

### Area Addressed

The Douglas County Public Library promotes literacy for the entire family. The library provides free access to social and emotional development resources.

Agency	Services	Areas Addressed	Payment Accepted
<b>Douglas County Library</b> 720 Fillmore St. Alexandria, MN 56308  Phone: 320-762-3014 Fax: 320-762-3036 Website: <a href="http://www.douglascountylibrary.org">www.douglascountylibrary.org</a>  <b>Library Hours</b> Monday - Thursday - 10am - 8 pm Friday - 10am - 5 pm Saturday - 10am - 3 pm	Printed materials and other resources	No direct mental health services provided.	<b>No charge for services</b>

**Douglas County Public Health**  
725 Elm Street, Suite 1200  
Alexandria, MN 56308

**Phone:** 320-763-6018

**Fax:** 320-763-4127

**Website:** [www.co.douglas.mn.us](http://www.co.douglas.mn.us)

**Hours:** 8:00 am-4:30 pm Monday-Friday

**Summary of Services**

The mission of the Douglas County Public Health agency is to protect, maintain, and improve the health of individuals, families and the community. Douglas County Public Health envisions all people having an equal opportunity to attain their highest level of physical, mental and social well-being.

Douglas County Public Health provides prevention and early intervention services through the following services:

- Child and Teen Check-ups (CTC)
- Early Childhood Screening (ECS)

Prevention, early intervention and intervention services through the following programs:

- Family Health-Home Visiting Program (FHV)
- Case Management Programs (CM)
- Personal Care Assessments (PCA)
- Complex Case Management partnering with Social Services

**Area Addressed**

- Aggressive oppositional behaviors
- Alcohol/drug/tobacco abuse
- Anxiety disorder
- Attention problems/Impulse control
- Chronic physical illness
- Communication disorder
- Conduct disorder
- Depression
- Developmental disability
- Eating disorder
- Mood disorder
- Autism Spectrum
- Sexual offenses
- Sleep disorder

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Douglas County Public Health</b>            725 Elm Street, Suite 1200            Alexandria, MN 56308</p> <p><b>Phone:</b> 320-763-6018  <b>Fax:</b> 320-763-4127  <b>Website:</b>  <a href="http://www.co.douglas.mn.us">www.co.douglas.mn.us</a></p> <p><b>Hours:</b> 8:00 am-4:30 pm            Monday-Friday</p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening/assessment</li> <li>• Family/community support</li> <li>• Parenting support</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behaviors</li> <li>• Alcohol/drug/tobacco abuse</li> <li>• Anxiety disorder</li> <li>• Attention problems/Impulse control</li> <li>• Chronic physical illness</li> <li>• Communication disorder</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Developmental disability</li> <li>• Eating disorder</li> <li>• Mood disorder</li> <li>• Autism Spectrum</li> <li>• Sexual offenses</li> <li>• Sleep disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Medicaid/Mn Care</li> <li>• PrimeWest Health</li> <li>• Private Insurance</li> <li>• Sliding fee(Child &amp; Teen Check-ups)</li> <li>• No charge for some services</li> </ul>

## **Douglas County Social Services**

**809 Elm Street, Suite 1186**

**Alexandria, MN 56308**

**Phone: 320-762-2302**

**Fax: 320-762-3833**

**Website: [www.co.douglas.mn.us](http://www.co.douglas.mn.us)**

**Hours: Monday-Friday 8:00 am-4:30 pm**

### **Summary of Services**

Douglas County Social Services is responsible for assuring the well-being of Douglas County residents by providing the following services: foster care, protection services, adoption counseling, family-based services, licensing, chemical dependency, mental health, mental retardation related conditions, child care funding, mental health community support, child support, paternity establishment, representative payee, medical assistance, food stamps, Minnesota Care, emergency assistance, cash assistance (MFIP, GA, MA, and GRH), fraud prevention.

### **Area Addressed**

Douglas County Social Services provides intervention and intensive intervention in the following areas:

- Aggressive oppositional behaviors
- Alcohol/drug abuse
- Anxiety disorder
- Attention problems/Impulse control
- Chronic physical illness
- Communication disorder
- Conduct disorder
- Depression
- Developmental disability
- Eating disorder
- Mood disorder
- Autism Spectrum
- Sexual offenses
- Sleep disorder

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Douglas County Social Services</b>  809 Elm Street,  Suite 1186  Alexandria, MN 56308</p> <p><b>Phone:</b> 320-762-2302  <b>Fax:</b> 320-762-3833  <b>Website:</b>  <a href="http://www.co.douglas.mn.us">www.co.douglas.mn.us</a></p> <p><b>Hours:</b> Monday-Friday  8:00 am-4:30 pm</p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening/assessment</li> <li>• Case management</li> <li>• Crisis Services</li> <li>• Outpatient services</li> <li>• In-home counseling</li> <li>• Family/community support</li> <li>• Therapeutic classroom</li> <li>• Day treatment</li> <li>• Inpatient services</li> <li>• Parenting support</li> <li>• Domestic violence prevention</li> <li>• Psychiatric consultation</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behaviors</li> <li>• Alcohol/drug abuse</li> <li>• Anxiety disorder</li> <li>• Attention problems/Impulse control</li> <li>• Chronic physical illness</li> <li>• Communication disorder</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Developmental disability</li> <li>• Eating disorder</li> <li>• Mood disorder</li> <li>• Autism Spectrum</li> <li>• Sexual offenses</li> <li>• Sleep disorder</li> </ul>	<ul style="list-style-type: none"> <li>• Medicaid/MnCare/Primewest</li> <li>• Private insurance</li> <li>• Private pay</li> <li>• Sliding fee</li> <li>• Co-pay</li> <li>• Self-pay</li> <li>• No charges for some services</li> </ul>

## Early Childhood Family Education/School Readiness Preschool (ECFE/SR)

School District 206

1910 Aga Dr.

Alexandria, MN 56308

Phone: 320-762-2317

Fax: 320-762-2765

Website: [www.alexandria.k12.mn.us](http://www.alexandria.k12.mn.us)

### Summary of Services

The mission of School District 206 is to achieve educational excellence and inspire a passion for lifelong learning. The Early Education Center supports this mission by seeking to provide a safe, child-centered experience that promotes and challenges the emotional, social, physical, and intellectual development of your children.

**Early Childhood Family Education (ECFE)** is a program available to all families in the district from birth to kindergarten entrance. Parents come with their children to an age appropriate class to participate in activities together and to have a parent education group. This parent child program enhances relationships between parent and child in a positive, supportive learning environment.

**The Creating Learners Program** is a child only Preschool/School Readiness program for children 3 - 5 years of age.

- 3 and 4 year old classes are designed to build social skills and introduce children to routines and pre-academic skills.
- 4 and 5 year old classes are designed to prepare children for kindergarten.

**Alexandria Family School** is a program for families that are concerned about the impact of stress in their lives affecting parenting skills and relationships. It is a parent/child program that focuses on education and mental health to provide education and support for families.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Early Childhood Family Education/School Readiness Preschool</b>  <b>School District 206</b>  <b>1910 Aga Dr.</b>  <b>Alexandria, MN 56308</b></p> <p>Phone: 320-762-2317            Fax: 320-762-2765            Website:  <a href="http://www.alexandria.k12.mn.us">www.alexandria.k12.mn.us</a></p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening/assessment</li> <li>• Family/community support</li> <li>• Parenting support</li> <li>• Preschool education</li> <li>• Parent/child activities</li> </ul>	Various social emotional development topics are covered through parent/children's education and through Preschool/School Readiness Programming	<ul style="list-style-type: none"> <li>• Sliding fee</li> <li>• Self-pay</li> <li>• No charge for some services</li> </ul>



## **Early Childhood Special Education (ECSE)**

**Alexandria Public School District #206**

**1910 Aga Drive**

**PO Box 308**

**Alexandria, MN 56308**

**Phone: 320-762-3901**

**Fax: 320-762-2765**

**Website: [www.alexandria.k12.mn.us](http://www.alexandria.k12.mn.us)**

### **Summary of Services**

Early intervention/special education services are provided to children ages birth through 5 who have developmental delays, an identified disability or other medical condition resulting in probable delay.

Children must meet Minnesota State Criteria for Infant and Toddler Intervention services or Intervention services, ages three to six-years. Services are individualized for each child.

### **Area Addressed**

- Aggressive oppositional behavior
- Attention problems/impulse control
- Chronic physical illness
- Communication disorder
- Developmental disability
- Eating disorder
- Autism Spectrum

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Early Childhood Special Education (ECSE)</b>  <b>Alexandria Public School District #206</b>            1910 Aga Drive            PO Box 308            Alexandria, MN 56308</p> <p><b>Phone:</b> 320-762-3901  <b>Fax:</b> 320-762-2765  <b>Website:</b>  <a href="http://www.alexandria.k12.mn.us">www.alexandria.k12.mn.us</a></p>	<ul style="list-style-type: none"> <li>• Screening/assessments</li> <li>• Family/community support</li> <li>• Therapeutic classroom</li> <li>• Parenting support</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behavior</li> <li>• Attention problems/impulse control</li> <li>• Chronic physical illness</li> <li>• Communication disorder</li> <li>• Developmental disability</li> <li>• Eating disorder</li> <li>• Autism Spectrum</li> </ul>	<p><b>No charge for services</b></p>

## Head Start

### West Central Minnesota Communities Action, Inc.

411 Industrial Park Blvd.

Elbow Lake, MN 56531

Phone: 218-685-4486

Toll free: 800-492-4805

Fax: 218-685-6741

Website: [www.wcmca.org](http://www.wcmca.org)

Douglas County school sites are located in Alexandria, Brandon, Kensington and Osakis

### Summary of Services

West Central Minnesota Community Action Head Start is a federally and state funded program for families of children ages 3 to 5. Head Start focuses on ensuring that children are healthy and ready to learn, using a holistic approach within families. Community Collaboration is a vital component of the Head Start program.

Head Start enrollment is based on children's ages, income and special needs. Our program enrolls children in Douglas, Grant, Pope, Stevens and Traverse counties.

Agency	Services	Areas Addressed	Payment Accepted
<b>Head Start West Central Minnesota Communities Action, Inc.</b> 411 Industrial Park Blvd. Elbow Lake, MN 56531  <b>Phone:</b> 218-685-4486 <b>Toll free:</b> 800-492-4805 <b>Fax:</b> 218-685-6741 <b>Website:</b> <a href="http://www.wcmca.org">www.wcmca.org</a>	<ul style="list-style-type: none"><li>• Mental Health Referral</li><li>• Family/Community Support</li><li>• Parenting Support</li><li>• Classroom Curriculum</li><li>• ASQ-SE Screening</li><li>• Positive Behavioral Support</li><li>• Mental Health Consultation</li></ul>	Various social emotional development topics are covered through parent/ children's education	Head Start does not bill for services.  Adaptations are made for non-English speaking children and their families.



## **Lakeland Mental Health**

**105 2<sup>nd</sup> Avenue NE**

**Glenwood, MN 56334**

**Phone: 320-634-3446**

**Fax: 320-634-0384**

**Website: [www.lmhc.org](http://www.lmhc.org)**

### **Summary of Services**

- Outpatient Services
  - Individual therapy
  - Family therapy
  - Group therapy
  - Diagnostic assessments
  - Children's mental health screening
  - Play therapy
  - Rule 79 (Children's mental health) case management
  - Children's Therapeutic Services and Supports (CTSS)
  - Psychological Assessments
  - Child Psychiatry (medication management)
  - Crisis hotline services
- Day Treatment

School based mental health services offered to children whose mental health needs are negatively impacting their ability to be successful in school, home and community settings.

Therapeutic services are provided to increase the student's ability to function in school, home and community settings. These services include individual, group and family therapy, social skills trainings, recreation and leisure activities, parent education, medication monitoring, case management services and close coordination with school staff.

### **Areas Addressed**

- Alcohol/drug abuse
- Anger management
- Anxiety Disorders
- Attention/Impulse control- ADHD
- Conduct Disorders
- Depression
- Developmental Disabilities
- Learning Disorders
- Mood Disorders
- Oppositional/defiant behavior and disorders
- Pervasive Development Disorders/autism
- Psychotic Disorders
- Sexual offenses

- Attachment issues

**Additional Information**

Lakeland Mental Health (LMHC) is a private non-profit 501(c)3 corporation that has provided behavioral healthcare services in west central Minnesota since 1949.

**Our Mission**

"To promote healthy individuals, families and communities by providing high quality, accessible behavioral healthcare."

To meet this broad mission and to be responsive to identified needs, many community partnerships have been formed with area schools, clinics and other community providers to ensure coordinated care for our clients ranging in age from children to seniors. This ensures services can be brought closer to clients who do not live near a LMHC clinic.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Lakeland Mental Health</b> 105 2<sup>nd</sup> Avenue NE Glenwood, MN 56334</p> <p><b>Phone:</b> 320-634-3446 <b>Fax:</b> 320-634-0384</p> <p><b>Client Base:</b> Children, adults, adolescents and families.</p> <p><b>Access:</b> Call for an appointment</p> <p><b>Hours:</b> 8am-5pm Monday – Friday Evening Appointments by Request</p>	<p>Outpatient Services</p> <ul style="list-style-type: none"> <li>○ Individual therapy</li> <li>○ Family therapy</li> <li>○ Group therapy</li> <li>○ Diagnostic assessments</li> <li>○ Children’s mental health screening</li> <li>○ Play therapy</li> <li>○ Rule 79 (Children’s mental health) case management</li> <li>○ Children’s Therapeutic Services and Supports (CTSS)</li> <li>○ Psychological Assessments</li> <li>○ Child Psychiatry (medication management)</li> <li>○ Crisis hotline services</li> </ul> <p>School Day Treatment</p>	<ul style="list-style-type: none"> <li>• Alcohol/drug abuse</li> <li>• Anger management</li> <li>• Anxiety Disorders</li> <li>• Attention/Impulse control- ADHD</li> <li>• Conduct Disorders</li> <li>• Depression</li> <li>• Developmental Disabilities</li> <li>• Learning Disorders</li> <li>• Mood Disorders</li> <li>• Oppositional/defiant behavior and disorders</li> <li>• Pervasive Development Disorders/autism</li> <li>• Psychotic Disorders</li> <li>• Sexual offenses</li> <li>• Attachment issues</li> </ul>	<ul style="list-style-type: none"> <li>• Medica</li> <li>• Blue Cross/Blue Shield of MN and ND</li> <li>• Health Partners</li> <li>• UCARE</li> <li>• Medical Assistance</li> <li>• MinnesotaCare</li> <li>• Prime West</li> <li>• Sliding Fee</li> <li>• Private Pay</li> </ul> <p><b>Call for more information on insurance</b></p>

**Lakes Area Recreation**  
**720 Fillmore St., Suite B020**  
**Alexandria, MN 56308**

**Phone:** 320-762-2868

**Fax:** 320-762-2944

**Website:** [www.lakesarearecreation.com](http://www.lakesarearecreation.com)

**Hours:** 6:00 am-9:00 pm

**Summary of Services**

Lakes Area Recreation (LAR) is a joint powers organization whose mission is to provide recreational opportunities and programs to the Alexandria area.

The mission statement of Lakes Area Recreation is to provide recreation and leisure time activities in the broadest sense to all residents of School District #206, using school district, city, and township facilities and funding, along with private resources when available.

**Area Addressed**

Healthy prevention and promotion for the entire family.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Lakes Area Recreation</b>            720 Fillmore St., Suite B020            Alexandria, MN 56308</p> <p><b>Phone:</b> 320-762-2868  <b>Fax:</b> 320-762-2944  <b>Website:</b>  <a href="http://www.lakesarearecreation.com">www.lakesarearecreation.com</a>  <b>Hours:</b> 6:00 am-9:00 pm</p>	<p>Promotion of healthy lifestyle.</p>	<p>No direct mental health services provided.</p>	<ul style="list-style-type: none"> <li>• Medicaid/MnCare/PrimeWest Health</li> <li>• Private insurance</li> <li>• Private pay</li> <li>• Sliding fee</li> <li>• Co-pay</li> <li>• Self-pay</li> <li>• No charge for some services</li> </ul>



## **Lutheran Social Services**

**507 22<sup>nd</sup> Avenue E., Suite 1**

**Alexandria, MN 56308**

**Phone: 320-762-5124**

**Fax: 320-762-2422**

**Hours:** Monday-Friday 8:00 am-5:00 pm, 1<sup>st</sup> Saturday of the month and evenings by appointment.

### **Summary of Services**

Lutheran Social Services of Minnesota is a Rule 29 mental health clinic with: outpatient mental health, in-home family based services, educational programs, anger management, clinical health and parent education.

### **Area Addressed**

Incredible Years Parenting Program (Early Intervention)

- Aggressive oppositional behaviors
- Attention problems/impulse control

Parent/Child In-home Parenting Education—available through Social Services referral and PrimeWest Health clients (Early Intervention)

- Aggressive oppositional behaviors
- Attention problems/impulse control
- Parent diagnosed with mental health disorders

Children's Therapeutic Supportive Services *and* Outpatient Mental Health (Intervention Services) (Intervention and Intensive Intervention Services)

- Aggressive oppositional behaviors
- Anxiety disorder
- Attention problems/impulse control
- Conduct disorder
- Depression
- Developmental Disability
- Mood disorder
- Autism Spectrum

Parent/Child Interaction Therapy (Intervention Services)

- Aggressive oppositional behaviors
- Anxiety disorder
- Attention problems/impulse control
- Conduct disorder

Intensive In-home Treatment (County referred, Intensive Intervention Services)

Outpatient Mental Health (offered with in-home component)

- Aggressive oppositional behaviors
- Anxiety disorder
- Attention problems/impulse control
- Conduct disorder
- Depression
- Mood disorder
- Autism Spectrum

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Lutheran Social Services</b>            507 22<sup>nd</sup> Avenue E.,            Suite 1            Alexandria, MN 56308</p> <p><b>Phone:</b> 320-762-5124  <b>Fax:</b> 320-762-2422</p> <p><b>Hours:</b> Monday-Friday            8:00 am-5:00 pm, 1<sup>st</sup>            Saturday of the month            and evenings by            appointment.</p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening/assessment</li> <li>• Family/community support</li> <li>• Parenting support</li> <li>• Parent/child Interaction therapy</li> <li>• Incredible Years Parenting Program</li> <li>• Parent/child In-home programs</li> <li>• Parent/child Interaction Therapy Intensive In-home Treatment</li> <li>• Outpatient Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behaviors</li> <li>• Anxiety disorder</li> <li>• Attention problems/impulse control</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Mood disorder</li> <li>• Autism Spectrum</li> </ul>	<ul style="list-style-type: none"> <li>• Medicaid/MnCare</li> <li>• PrimeWest Health</li> <li>• Private insurance</li> <li>• Sliding fee</li> <li>• Co-pay</li> <li>• Self-pay</li> <li>• No charge for some services</li> </ul>

## **Nutrition Education Programs**

**46352 State Highway 329**

**Morris, MN 56267**

**Phone: 888-241-4532**

### **Summary of Services**

Nutrition Education Programs provide nutrition education to low income families and individuals. Services are provided related to healthy eating, cooking skills and stretching food budgets.

### **Area Addressed**

Proper nutrition for healthy social emotional development

### **Additional Information**

To provide services, 50% of the participants must have income below 185% of the poverty level.

<b>Agency</b>	<b>Services</b>	<b>Areas Addressed</b>	<b>Payment Accepted</b>
<b>Nutrition Education Programs</b> 46352 State Highway 329 Morris, MN 56267  <b>Phone: 888-241-4532</b>	<ul style="list-style-type: none"><li>• Nutrition education</li></ul>	Proper nutrition for healthy social emotional development	<b>No charge for services</b>



**SOLUTIONS Behavioral Healthcare Professionals, Inc.**

801 County Road 44, Suite 102

Alexandria, MN 56308

Phone: 320-762-5411

Fax: 320-762-0829

Website: [www.solutionsinpractice.org](http://www.solutionsinpractice.org)

Hours: 8:00 am-5:00 pm or by appointment after hours.

24-hour crisis support for existing clients.

***Satalite locations:***

891 Belsly Blvd.

and

1104 West River Road

Moorhead, MN 56560

Detroit Lakes, MN 56501

**Summary of Services**

SOLUTIONS is a non-profit, Rule 29 mental health facility.

**Area Addressed**

- Aggressive oppositional behavior
- Anxiety disorder
- Attention problems/impulse control
- Conduct disorder
- Depression
- Mood disorder
- Autism Spectrum

*Additional areas may be addressed at other SOLUTIONS locations. Please contact for more information.*

Agency	Services	Areas Addressed	Payment Accepted
<p><b>SOLUTIONS Behavioral Healthcare Professionals, Inc.</b>  801 County Road 44,  Suite 102  Alexandria, MN 56308</p> <p><b>Phone:</b> 320-762-5411  <b>Fax:</b> 320-762-0829  <b>Website:</b>  <a href="http://www.solutionsinpractice.org">www.solutionsinpractice.org</a></p> <p><b>Hours:</b> 8:00 am-5:00 pm or by appointment after hours.  <b>24-hour crisis support for existing clients.</b></p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening /assessment</li> <li>• Crisis services</li> <li>• Outpatient services</li> <li>• Family/community support</li> <li>• Parenting support</li> <li>• ARMHS</li> <li>• CTSS</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behavior</li> <li>• Anxiety disorder</li> <li>• Attention problems/impulse control</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Mood disorder</li> <li>• Autism Spectrum</li> </ul>	<ul style="list-style-type: none"> <li>• Medicaid/MnCare</li> <li>• PrimeWest Health</li> <li>• Private insurance</li> <li>• Co-pay</li> <li>• Self-pay</li> </ul>

## Someplace Safe

700 Cedar Street, Suite 237

Alexandria, MN 56308

Phone: 320-762-1995

Fax: 320-762-2245

Website: [www.someplacesafe.info](http://www.someplacesafe.info)

Hours: 8:00 am-5:00 pm Monday-Friday

### Summary of Services

Someplace Safe provides free and confidential advocacy to survivors of domestic violence, sexual assault and general crimes. Other services available:

- A 24-hour crisis line
- Advocacy with legal, medical and other systems help
- Support groups
- Shelter and safe housing
- Legal advocacy
- School, community and professional trainings and presentations

### Area Addressed

- Mental health referral
- Family/community support
- Parenting support
- Domestic violence services

Agency	Services	Areas Addressed	Payment Accepted
<b>Someplace Safe</b> 700 Cedar Street, Suite 237 Alexandria, MN 56308  <b>Phone:</b> 320-762-1995 <b>Fax:</b> 320-762-2245 <b>Website:</b> <a href="http://www.someplacesafe.info">www.someplacesafe.info</a> <b>Hours:</b> 8:00 am-5:00 pm Monday-Friday	<ul style="list-style-type: none"><li>• Domestic violence services</li><li>• Child Abuse Prevention/Awareness activities and information</li><li>• Mental health referral</li><li>• Family/community support</li><li>• Parenting support</li></ul>		<b>No charge for services</b>

**United Way of Douglas & Pope Counties**  
 115 3<sup>rd</sup> Avenue W., Suite 4  
 Alexandria, MN 56308

**Phone:** 320-763-4840  
**Fax:** 320-763-4840  
**Website:** [www.uwdp.org](http://www.uwdp.org)

**Hours:** 8:00 am-4:30 pm

**Summary of Services**

**Mission Statement**

Mobilizing Douglas & Pope County resources to create sustained changes in community conditions to improve lives.

The United Way of Douglas & Pope Counties' primary focus is fundraising and fund distributing to local direct service providers.

United Way Programs that impact children:

- Stuff the Bus: A program to provide school supplies for children that cannot afford supplies.
- Imagination Library: A high quality, free book is delivered to all children under the age of 5, and living in Douglas and Pope Counties.
- Coat Distribution: The United Way works as a clearinghouse to gather and redistribute coats, boots, hats and mittens for children in need.

**The United Way does not provide direct mental health services.**

Agency	Services	Areas Addressed	Payment Accepted
<p><b>United Way of Douglas &amp; Pope Counties</b>            115 3<sup>rd</sup> Avenue W., Suite 4            Alexandria, MN 56308</p> <p><b>Phone:</b> 320-763-4840  <b>Fax:</b> 320-763-4840  <b>Website:</b> <a href="http://www.uwdp.org">www.uwdp.org</a></p> <p><b>Hours:</b> 8:00 am-4:30 pm            Monday-Friday</p>	<ul style="list-style-type: none"> <li>• Community/family support</li> </ul>	<p>No direct mental health services provided.</p>	<p>Contact United Way directly for funding opportunities.</p>

## **The Village Family Service Center**

460 Northside Dr., #5

PO Box 712

Alexandria, MN 56308

**Phone:** 320-762-8851

**Fax:** 320-762-8550

**Website:** [www.thevillagefamily.org](http://www.thevillagefamily.org)

**Offices located in 20 other communities in Minnesota and North Dakota.**

### **Summary of Services**

The Village Family Service Center aims to improve the quality of people's lives by providing services in response to people's needs and consistent with our purpose, resources, and ability to provide programs through a dedicated, professional staff.

### **Area Addressed**

- Aggressive oppositional behaviors
- Alcohol/Drug abuse
- Anxiety disorder
- Attention problems/Impulse control
- Communication disorder
- Conduct disorder
- Depression
- Developmental disability
- Eating disorder
- Mood disorders
- Autism spectrum
- Sexual offenses

### **Additional Information**

Services are available for children ages 0 through 21 and their families. Referrals come from child care, preschools, foster care, healthcare providers, parents, school, public health, human services and self-referrals.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>The Village Family Service Center</b>            460 Northside Dr. #5            PO Box 712            Alexandria, MN 56308</p> <p><b>Phone:</b>            320-762-8851</p> <p><b>Fax:</b>            320-762-8550</p> <p><b>Hours:</b>            Monday-Friday            8:00 am-5:00 pm</p> <p><b>Client Base:</b>            Children ages 0 to 21            and their families</p>	<ul style="list-style-type: none"> <li>• Mental Health Referral</li> <li>• Screening/Assessment</li> <li>• Case Management</li> <li>• Crisis Services</li> <li><b><u>In-home Counseling</u></b></li> <li>• Children’s Therapeutic Support Service—Skills Counseling</li> <li><b><u>Outpatient</u></b></li> <li>• Family Tool Box</li> <li>• Follow My Lead</li> <li>• PCIT</li> <li>• Family/Community support</li> <li>• Therapeutic classroom</li> <li>• Parenting support</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behaviors</li> <li>• Alcohol/Drug abuse</li> <li>• Anxiety disorder</li> <li>• Attention problems/Impulse control</li> <li>• Communication disorder</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Developmental disability</li> <li>• Eating disorder</li> <li>• Mood disorder</li> <li>• Autism spectrum</li> <li>• Sexual offenses</li> </ul>	<ul style="list-style-type: none"> <li>• Medicaid/MN Care/PrimeWest</li> <li>• Private insurance</li> <li>• Private pay</li> <li>• Sliding Fee</li> <li>• Self-pay</li> </ul>

**Windmill Project**  
1205 Birch Avenue  
Alexandria, MN 56308  
Phone: 320-763-9228  
Website: [www.windmillproject.org](http://www.windmillproject.org)

### **Summary of Services**

The Windmill Project connects families of children with special needs to other families and appropriate resources and services.

### **Area Addressed**

Efforts are directed to parents or other family members for the following areas:

- Aggressive oppositional behaviors
- Anxiety disorder
- Attention problems/Impulse control
- Chronic physical illness
- Communication disorder
- Conduct disorder
- Depression
- Development disability
- Autism Spectrum
- Mood Disorder

### **Additional Information**

These services are available for families of children who have or are eligible for IFSP, IEP or IIIP

Referrals are received from early intervention professionals, private mental health and health providers or other parents/family members.

Agency	Services	Areas Addressed	Payment Accepted
<p><b>Windmill Project</b> 1205 Birch Avenue Alexandria, MN 56308</p> <p><b>Phone:</b> 320-763-9228 <b>Website:</b> <a href="http://www.windmillproject.org">www.windmillproject.org</a></p>	<ul style="list-style-type: none"> <li>• Family/community support</li> <li>• Parenting support</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behaviors</li> <li>• Anxiety disorder</li> <li>• Attention problems/Impulse control</li> <li>• Chronic physical illness</li> <li>• Communication disorder</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Development disability</li> <li>• Autism Spectrum</li> <li>• Mood Disorder</li> </ul>	<p><b>No charge for services.</b></p> <p>Some scholarships are available for annual retreats and workshops located outside of Douglas County.</p>

## **WINGS Family Supportive Services**

700 Cedar Street, Suite 266

Alexandria, MN 56308

Phone: 320-763-6638

Fax: 320-763-6639

Website: [www.wingsfamilyservices.com](http://www.wingsfamilyservices.com)

Hours: Monday-Thursday 8:00 am-4:30 pm Friday 8:00 am-12:00 pm

### **Summary of Services**

Wings is an advocate for and provides supportive services to homeless, vulnerable and less fortunate children and their families.

Wings is a leader in the community providing high quality, innovative programs resulting in healthy families and strong, confident children.

Services Available for children and youth

- Support Groups for children and youth ages 4 - 16
- Child & Youth Advocacy
- Individual Support Counseling
- Mentoring services for children and youth who have been exposed to domestic violence.

### **Area Addressed**

The following areas are addressed through Child & Youth Program, Mother's Program, Father's Program and Young Dad's Services:

- Aggressive oppositional behavior
- Alcohol/drug abuse
- Anxiety disorder
- Attention problem/impulse control
- Conduct disorder
- Depression
- Eating disorder
- Mood disorder
- Sexual offenses
- Sleep disorders
- Child abuse
- Domestic abuse

Agency	Services	Areas Addressed	Payment Accepted
<p><b>WINGS Family Supportive Services</b>            700 Cedar Street, Suite 266            Alexandria, MN 56308</p> <p><b>Phone:</b> 320-763-6638  <b>Fax:</b> 320-763-6639  <b>Website:</b>  <a href="http://www.wingsfamilyservices.com">www.wingsfamilyservices.com</a></p> <p><b>Hours:</b> Monday-Thursday            8:00 am-4:30 pm            Friday 8:00 am-12:00 pm</p>	<ul style="list-style-type: none"> <li>• Mental health referral</li> <li>• Screening/assessment</li> <li>• Case management</li> <li>• Crisis services</li> <li>• Outpatient services</li> <li>• Family/community support</li> <li>• Domestic violence services</li> <li>• Advocacy</li> </ul>	<ul style="list-style-type: none"> <li>• Aggressive oppositional behavior</li> <li>• Alcohol/drug abuse</li> <li>• Anxiety disorder</li> <li>• Attention problem/impulse control</li> <li>• Conduct disorder</li> <li>• Depression</li> <li>• Eating disorder</li> <li>• Mood disorder</li> <li>• Sexual offenses</li> <li>• Sleep disorders</li> <li>• Child abuse</li> <li>• Domestic abuse</li> </ul>	<p><b>No charge for services</b></p>