RESOURCE GUIDE FOR ADULTS WITH DISABILITIES

Developed by Region 10 Quality Assurance with funding provided by the Minnesota Legislature

This guide is for individuals with disabilities, parents and families of people with disabilities and professionals to aid your understanding of some of the available programs and resources in Minnesota. It includes internet links to information on a variety of resources for adults with disabilities to enable them to live and work as independently as possible in their communities. This is not a list of all of the organizations, programs and services that are available to individuals with disabilities and their families.

Please be aware that much of the information discussed in this guide is available online or through other materials available in the public domain. If you cannot find the information you are looking for we suggest doing an internet search for the information.

A copy of this guide can currently be found on the following websites:

The Arc Minnesota https://arcminnesota.org/
Region 10 Quality Council https://qualitycouncilmn.org

You may also contact The Arc Minnesota Southeast Region for a copy of the resource guides by calling 507-287-2032.

HOW TO USE THE RESOURCE GUIDE

- 1. Go to the Table of Contents page that contains links to sections of the guide.
- 2. Run the cursor over the section or topic of interest
- 3. Press the control (Ctrl) key and left click the mouse to go directly to that section or topic.
- 4. Once you are in the section choose a resource and press the control (Ctrl) key and left click the mouse to go to that website.

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GENERAL INFORMATION

Informative resources that have information on a wide variety of topics related to services and supports for individuals with disabilities and sources of basic information on person centered practices.

GENERIC RESOURCES

- Disability Hub MN (866-333-2466) Disability Hub MN is a free, statewide information and referral resource for all disability related questions. https://disabilityhubmn.org/
- MinnesotaHelp Resource database offering information on a wide range of community services, social services and aid for children, families, and seniors. https://www.minnesotahelp.info/SpecialTopics/PeopleWithDisabilities
- Family Voices Minnesota Links to helpful information on a variety of topics ranging from childcare resources to health care to technology and more. http://familyvoicesofminnesota.org/

PERSON CENTERED PRACTICES

- Person First Language Links https://www.disabilityisnatural.com/people-first-language.html
- Person Centered Practices Resources regarding person centered thinking and person centered planning. Person-centered practices are based on the concept that people supporting individuals should listen to the individual to learn what is important to them to create or maintain a life they enjoy in the community.

https://mn.gov/dhs/partners-and-providers/program-overviews/long-term-services-and-supports/person-centered-practices/

http://helensandersonassociates.co.uk/

http://tlcpcp.com/

Positive Behavioral Supports – Positive supports are approaches that offer respectful, supportive, and
effective ways to help people make positive changes in their lives. Positive supports are used to build on a
person's successes, strengths, and desires, and do not include the use of punishment.
https://mnpsp.org/

FINANCIAL RESOURCES

Financial supports for eligible adults with disabilities. Includes information about food & nutrition assistance, housing, general income assistance and disability related funding sources.

FOOD & NUTRITION ASSISTANCE

- Supplemental Nutrition Assistance Program (SNAP) SNAP helps Minnesotans with low incomes get
 the food they need for sound nutrition and well-balanced meals. Approved participants get a debit card
 to use to buy food at many stores and farmers markets. In the past, SNAP was known as Food Stamps.
 http://mn.gov/dhs/people-we-serve/people-with-disabilities/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp
- Supplemental Nutrition Assistance Program Employment & Training Program (SNAP E&T) The SNAP E&T program is designed to help people prepare for and become employed. Participants receive services from an employment services provider in their area.
 https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/food-nutrition/programs-and-services/e-and-t.isp
- Minnesota Family Investment Program (MFIP) MFIP helps families with children meet their basic needs, while helping parents create financial stability through work. Parents are expected to work, and are supported in working with both cash and food assistance. https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income/programs-and-services/mfip.jsp
- Minnesota Food Assistance Program (MFAP) MFAP provides state-funded food assistance to legal noncitizens age 50 or older who do not qualify for SNAP because of their citizenship status. Benefits for the MFAP are the same as SNAP. The amount of monthly benefits a household can receive is based on the income, expenses and number of people in the household.
 https://mn.gov/dhs/people-we-serve/people-with-disabilities/economic-assistance/food-nutrition/programs-and-services/minnesota-food-assistance-program.jsp
- Senior Nutrition Programs The Senior Nutrition Program includes senior dining sites and homedelivered meals in communities throughout Minnesota. Senior dining sites also offer programs about health and nutrition and information on other services related to food and nutrition. https://mn.gov/dhs/people-we-serve/seniors/services/home-community/programs-and-services/senior-nutrition.jsp
- Community Action Programs Minnesota's Community Action Agencies serve all Minnesota counties through local, state, federal, and private resources to help individuals and families who have low incomes.

http://www.minncap.org/index.asp?SEC=41F9A887-28B9-41F6-BB65-54BF1FA153FD&Type=B_BASIC

https://mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/resources/community-action-agencies.jsp

 Minnesota Hunger Partners – Minnesota Hunger Partners is a group of statewide nonprofit organizations working together to end hunger in Minnesota. Resources include emergency food help and access to food shelf programs.

http://www.mnhungerpartners.org/HungerPartners2/

http://www.mnhungerpartners.org/HungerPartners2/About.aspx

Office of Economic Opportunity Emergency Food Programs – The Office of Economic Opportunity emergency food programs aim to provide food to low-income individuals and families through Minnesota Food Shelves, Soup Kitchens, and other on-site meal programs.
 http://www.dhs.state.mn.us/main/idcplg?ldcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_002553

HOUSING

- Minnesota Supplemental Aid Housing Assistance (MSA) MSA Housing Assistance helps people with disabilities who pay more than 40 percent of their income toward housing costs so that they have a choice about where they live.
 https://mn.gov/dhs/people-we-serve/people-with-disabilities/economic-assistance/housing/programs-and-services/msa-housing.jsp
- Group Residential Housing (GRH) The GRH program serves adults with disabilities or older adults
 (65+) who have low income and live in licensed or county authorized, such as adult foster care or
 board and lodge establishments. Services may provide supports for GRH recipients that pay for
 housing expenses like rent, food and household supplies.
 http://www.dhs.state.mn.us/main/idcplg?ldcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=DHS-289228
- Housing Benefits 101 HB101 is an online resource for people who need affordable housing and supports to maintain housing. This website can help people make choices of where they want to live, understand different housing options and support services available, and create a housing plan to work toward their goals. https://mn.hb101.org

GENERAL INCOME ASSISTANCE

- General Assistance (GA) This program helps people without children pay for basic needs, such as rent and clothing. It provides money to people who can't work enough to support themselves, and whose income and resources are very low. People who get GA are also eligible for help with medical and food costs through Medical Assistance and the Supplemental Nutrition Assistance Program (SNAP).
 - https://mn.gov/dhs/people-we-serve/people-with-disabilities/economic-assistance/income/programs-and-services/ga.jsp
- Minnesota Supplemental Aid (MSA) MSA provides additional cash assistance to help adults who are elderly, blind or disabled, and who also receive Supplemental Security Income (SSI), to pay for their basic needs.
 - https://mn.gov/dhs/people-we-serve/people-with-disabilities/economic-assistance/income/programs-and-services/msa.jsp
- Representative Payee A representative payee is a person or an organization who is appointed to receive and manage the Social Security or SSI benefits for anyone who can't manage or direct the management of his or her benefits. https://www.ssa.gov/payee/index.htm

DISABILITY RELATED FUNDING

 Supplemental Security Income (SSI) – Supplemental Security Income (SSI) is a Federal income supplement program that gives monthly payments to people with disabilities who have low income and low resources.

https://www.ssa.gov/ssi/

http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=cm_00290603#

http://www.disability-benefits-help.org/ssi/qualify-for-ssi

 Social Security Disability Benefits (SSDI) – Social Security Disability Insurance pays monthly benefits to people who used to work but have become disabled before retirement age. https://www.ssa.gov/disability/

http://www.disability-benefits-help.org/ssdi/qualify-for-ssdi

Minnesota ABLE Plan – With Minnesota ABLE Plan, you can save for qualified disability expenses
without losing your eligibility for certain assistance programs, like SSI and Medicaid.
https://savewithable.com/mn/home/plan-benefits.html

HEALTH CARE

Resources to help keep adults with disabilities healthy. Includes information about health insurance, adult mental health, public health services, specialized therapies and disability related health care.

HEALTH INSURANCE

- Medical Assistance (MA) MA is Minnesota's largest health care program and serves children and families, pregnant women, adults without children, seniors and people who are blind or have a disability.
 - https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/programs-and-services/medical-assistance.jsp
- Medical Assistance for Employed Persons with Disabilities (MA-EPD) MA-EPD allows working people
 with disabilities to qualify for Medical Assistance with no upper income limit and higher asset limits than
 regular MA.
 - https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/health-care-programs/programs-and-services/ma-epd.jsp
- MinnesotaCare MinnesotaCare is a health care program for uninsured Minnesota children and adults with low incomes.
 - https://mn.gov/dhs/people-we-serve/children-and-families/health-care/health-care-programs/programs-and-services/minnesotacare.jsp
- Guide to Minnesota Health Care Programs This guide explains two publicly funded health care programs available to Minnesotans. https://www.health.state.mn.us/facilities/insurance/clearinghouse/public.html
- Medicare Medicare is the federal health insurance program for people who are 65 or older and certain younger people with disabilities.
 http://hcopub.dhs.state.mn.us/epm/#t=4 2 1 4.htm&rhsearch=medicare&rhhlterm=medicare&rhsyns=

https://www.medicare.gov/index.html

ADULT MENTAL HEALTH

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- Minnesota Department of Human Services Adult Mental Health Programs and Services List A list of specific mental health services available throughout the state. This information is intended to help people understand the mental health services that may be available for individuals with mental health issues.
 - https://mn.gov/dhs/people-we-serve/seniors/health-care/mental-health/programs-services/
- Medical Assistance Rehabilitation Option –The Medical Assistance Rehabilitation Option offers two
 types of mental health services, adult rehabilitative mental health services and adult mental health crisis
 response services that expand support and intervention services in the community.
 https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/ma-rehab-option.jsp
- National Alliance on Mental Health (NAMI) Minnesota NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy. http://www.namihelps.org/

Crisis Response Phone Numbers (by county) – Crisis response is a service that provides assessment, intervention and stabilization in mental health crises in a variety of settings.
 https://mn.gov/dhs/people-we-serve/adults/health-care/mental-health/resources/crisis-contacts.jsp

PUBLIC HEALTH SERVICES

 Minnesota Department of Health – Links to local public health departments. https://www.health.state.mn.us/communities/practice/connect/findlph.html#lhd

DENTAL CARE

- Minnesota Dental Association List of low-cost dental care clinics in the Twin Cities and greater Minnesota.
 - https://www.mndental.org/public/dental-care/
- Minnesota Department of Health This guide lists various programs or agencies that provide health care services or information about services or insurance in specific situations.
 https://www.health.state.mn.us/facilities/insurance/clearinghouse/resources.html#dental

SPECIALIZED THERAPIES

- Helping Paws of Minnesota Helping Paws is a leading nonprofit organization that breeds, trains and places assistance dogs with people who have physical disabilities and veterans with PTSD. http://www.helpingpaws.org
- United Cerebral Palsy United Cerebral Palsy (UCP) is a trusted resource for individuals with Cerebral Palsy and other disabilities and their networks. http://ucpmn.org/
- MN Speech-Language-Hearing Association Minnesota Speech-Language-Hearing Association (MSHA) is a nonprofit professional organization of speech-language pathologists and audiologists that promotes the welfare of individuals with communication disorders and represents the professionals who serve them.
 - http://www.msha.net/
- Sight & Hearing Association Sight & Hearing Association is dedicated to enabling lifetime learning by identifying preventable loss of vision and hearing for all Minnesotans. http://www.sightandhearing.org/
- Minnesota Independence College and Community MICC is a nonprofit vocational and life skills training program for young adults with learning differences and autism spectrum disorders (ASD). https://www.miccommunity.org/index.html
- Learning Disabilities Association Minnesota LDA Minnesota, a private, non-profit agency, helps children, youth, and adults with or at risk for learning and attention challenges to achieve their potential in work, school, and life. Services include diagnostic assessments, consultations, intensive in-school interventions, workshops, professional development, public education and outreach. http://www.ldaminnesota.org/
- Epilepsy Foundation of MN Epilepsy Foundation of Minnesota is a non-profit organization that offers programs and services to educate, connect and empower people affected by seizures.

http://www.efmn.org/

 Down Syndrome Association of Minnesota – Down Syndrome Association of Minnesota provides information, resources and support to individuals with Down syndrome, their families and their communities.

http://www.dsamn.org/

- Brain Injury Alliance of Minnesota Minnesota Brain Injury Alliance is a statewide nonprofit
 organization dedicated to enhancing the quality of life for Minnesotans affected by brain injury through
 advocacy and direct services.
 http://www.braininjurymn.org/
- Deaf Blind Services Minnesota Deaf Blind Services Minnesota provides one-to-one services to children and adults with significant vision and hearing loss, often known as deafblindness or dual sensory loss.

https://visionlossresources.org/training/dbsm/

DISABILITY RELATED HEALTH CARE

- Long-term Care Consultation LTCC services assists with making decisions about long-term care services and supports to help people remain in their home and community. Consultants can also assist with services that may be needed when moving out of a nursing home. https://mn.gov/dhs/people-we-serve/seniors/services/home-community/programs-and-services/ltcc.jsp
- Home and Community Based Service Waivers HCBS waivers are a Medicaid service that allow states to develop and implement creative care alternatives and various service options for persons with disabilities.

https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/hcbs-waivers.jsp

Specific information on supports and services available through each home and community based waiver

- BI (Brain Injury) Waiver
 http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&Revision
 SelectionMethod=LatestReleased&dDocName=ID_000858
- CAC (Community Alternative Care) Waiver
 http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&Revision_SelectionMethod=LatestReleased&dDocName=ID_000854
- CADI (Community Access for Disability Inclusion) Waiver http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&Revision_SelectionMethod=LatestReleased&dDocName=ID_000855
- DD (Developmental Disability) Waiver
 http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&Revision
 SelectionMethod=LatestReleased&dDocName=ID_000857
- Medical Assistance for Employed Persons with Disabilities MA-EPD allows working people with disabilities to qualify for Medical Assistance with no upper income limit and higher asset limits than regular MA.

https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/health-care-programs/programs-and-services/ma-epd.jsp

- Home Care Home care provides medical and health related services, such as skilled nursing visits and/or personal care assistance to help with activities of daily living for people of all ages who need short or long-term care.
 https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/home-care.jsp
- Minnesota Home Health Care Agencies Site where you can search for agencies that provide home care services by zip code. Bypass "Request Information" by clicking "No thanks. Just show agencies" at the bottom of page. https://www.homehealthcareagencies.com/directory/mn/
- Consumer Support Grant Program (CSG) The Consumer Support Grant program is an alternative to Medicaid funded home care services that allows more flexibility for the consumer to choose services and supports to fit their needs. Parents, spouses, family members, or friends can be paid for service, as well as employees of traditional home care provider agencies. https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/csg.jsp

EDUCATION

Educational resources for adults with disabilities. Includes information about special education, transition and post-secondary educational supports.

SPECIAL EDUCATION

- Minnesota Department of Education Special Education Information http://education.state.mn.us/MDE/fam/sped/index.htm
- Section 504 Plans Section 504 plans protect students with disabilities from discrimination in school. A
 504 plan outlines how a child's specific needs are met with accommodations, modifications and other
 services to allow participation in general education curriculum.
 https://www.understood.org/en/school-learning/special-services/504-plan/understanding-504-plans#item0

http://education.state.mn.us/MDE/dse/504/

- Alternative Education Alternative Learning sites provide educational options for students who are
 experiencing difficulty in the traditional system. Alternative Education programs are designed to meet
 individual student learning styles as well as their social and emotional needs.
 http://education.state.mn.us/MDE/dse/altlrn/
- Individualized Education Program (IEP) –The IEP is the document that outlines the special education
 and related services that your school district will provide for your child at no cost to you. Services will be
 based on information gathered from evaluations, state and district assessments, and current levels of
 achievement on IEP goals and in the general education curriculum.
 http://education.state.mn.us/MDE/dse/sped/caga/IEP/index.htm

http://www.pacer.org/parent/php/PHP-a12.pdf

TRANSITION FROM SCHOOL TO ADULT LIFE

- Post-Secondary Enrollment Options (PSEO) PSEO is a program that allows students in the last two
 years of high school to earn college credits through enrollment and completion of college-level courses.
 http://education.state.mn.us/MDE/fam/dual/pseo/index.htm
- Career and Technical Education (CTE) CTE provides students of all ages with the academic and technical skills, knowledge and training necessary to succeed in future careers by introducing them to workplace competencies, and making academic content accessible to students by providing it in a hands-on context.

http://readvsetgo.state.mn.us/RSG/CTE/

http://education.state.mn.us/MDE/fam/cte/

 Minnesota Independence College and Community – MICC is a nonprofit vocational and life skills training program for young adults with learning differences and autism spectrum disorders (ASD). https://www.miccommunity.org/index.html

POST-SECONDARY EDUCATION

Post-Secondary Enrollment Options (PSEO) – PSEO is a program that allows students in the last two
years of high school to earn college credits through enrollment and completion of college-level courses.
http://education.state.mn.us/MDE/fam/dual/pseo/index.htm

SUPPORTS & SERVICES

Resources to help adults achieve their highest potential and participate in their community. Includes information about adult protection, advocacy, supports in the home, out-of-home supports and supports in the community.

GENERAL

- Department of Human Services Programs and Services List https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/
- Home and Community Based Service Waivers HCBS waivers are a Medicaid service that allow states to develop and implement creative care alternatives and various service options for persons with disabilities.
 - https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/hcbs-waivers.jsp

Specific information on supports and services available through each home and community based waiver

- BI (Brain Injury) Waiver
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- CAC (Community Alternative Care) Waiver
 http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&Revision_SelectionMethod=LatestReleased&dDocName=ID_000854
- CADI (Community Access for Disability Inclusion) Waiver http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&Revision_SelectionMethod=LatestReleased&dDocName=ID_000855
- DD (Developmental Disability) Waiver http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&Revision SelectionMethod=LatestReleased&dDocName=ID_000857
- Personal Care Assistance (PCA) Personal care assistance program provides services for adults who
 need help with activities of daily living, health-related tasks, and/or observation and redirection of
 behaviors, to allow for more independence in their home.
 https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/pca/
- Consumer Directed Community Supports (CDCS) Consumer directed community supports is a
 unique service option that gives you flexibility and responsibility to direct your services and supports.
 CDCS may include services, supports and items currently available through the Medical Assistance
 waivers, as well as additional services. https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/cdcs.jsp

https://edocs.dhs.state.mn.us/lfserver/Public/DHS-4317-ENG

- Consumer Support Grant Program (CSG) The Consumer Support Grant program is an alternative to Medicaid funded home care services that allows more flexibility for the consumer to choose services and supports to fit their needs. Parents, spouses, family members or friends can be paid for service, as well as employees of traditional home care provider agencies. https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/csg.jsp
- Community First Services and Supports CFSS is a new self-directed home and community-based service that will allow participants more control, flexibility, responsibility, and choice in how they use the service.

https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/cfss.jsp

http://www.house.leg.state.mn.us/hrd/pubs/ss/sscfss.pdf

 Reporting Maltreatment of a Vulnerable Adult – Information regarding reporting maltreatment of a vulnerable adult including definitions and how to report known or suspected incidents of abuse or neglect.

https://mn.gov/dhs/people-we-serve/adults/services/adult-protection/

 Positive Behavior Support Plan (BSP) – A behavior support plan is a plan that assists an individual in building positive behaviors to replace or reduce challenging or dangerous behaviors. https://mn.gov/dhs/partners-and-providers/program-overviews/long-term-services-and-supports/positive-supports/

https://mnpsp.org/pbs/

Information for Non-Citizens
 http://www.lawhelpmn.org/issues/immigrationimmigrants

LIVING SITUATION

- Intermediate Care Facilities for Persons with Developmental Disabilities (ICF/DD) An intermediate
 care facility for persons with developmental disabilities (ICF/DD) is a licensed supervised living facility.
 https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/icf-dd.jsp
- Relocation Service Coordination Relocation service coordination is a type of case management to help people who want to move out of certain institutions into the community. RSC helps people plan and arrange for the services and supports they need to live in the community. https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/relocations-service-coordination.jsp
- Long-term Care Consultation LTCC services assists with making decisions about long-term care services and supports to help people remain in their home and community. Consultants can also assist with services that may be needed when moving out of a nursing home. https://mn.gov/dhs/people-we-serve/seniors/services/home-community/programs-and-services/ltcc.jsp
- Semi-Independent Living Services Semi-independent living services (SILS) include training and
 assistance in managing money, preparing meals, shopping, hygiene and other activities needed to
 maintain and improve the capacity of an adult with a developmental disability to live in the community.
 https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/sils.isp

- Department of Housing & Urban Development The U.S. Department of Housing and Urban Development (HUD) administers Federal aid to local housing agencies (HAs) that manage the housing for low-income residents at rents they can afford. http://www.hud.gov/
- HUD Rental Assistance https://portal.hud.gov/hudportal/HUD?src=/topics/rental_assistance
- Minnesota Housing Finance Agency Minnesota Housing Finance Agency provides access to safe, decent and affordable housing. http://www.mnhousing.gov/
- Housing Benefits 101 HB101 is an online resource for people who need affordable housing and supports to maintain housing. This website can help people make choices of where they want to live, understand different housing options and support services available, and create a housing plan to work toward their goals. https://mn.hb101.org/

WORK

- Day Training and Rehabilitation (DT & H) Services that develop and maintain life skills for people with developmental disabilities or related conditions so they can fully participate in community life. https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/dth.jsp
- Employment First Employment First means raising the expectation that all working age Minnesotans with disabilities can work, want to work, and can achieve competitive integrated employment; and each person will be offered the opportunity to work and earn a competitive wage before being offered other supports and services.
 https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/long-term-services-and-supports/employment-first/
- Minnesota State Services for the Blind State Services for the Blind provides the tools, training and technology to help people who are blind, visually impaired, DeafBlind or experiencing vision loss to live independently and to prepare for, find and keep a job. https://mn.gov/deed/ssb/jobseekers/
- Job Accommodation Network JAN is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. http://askjan.org/indiv/index.htm
- Minnesota Vocational Rehabilitation Services Division Vocational Rehabilitation Services can help you prepare for, find and keep a job, and live as independently as possible. https://mn.gov/deed/job-seekers/disabilities/

FREE TIME

- Fishing Has No Boundaries FHNB is a non-profit organization whose goal is to open up the great outdoors for people with disabilities through the world of fishing. http://www.fhnbinc.org/
- Paralympics A nonprofit organization that aims to develop sports opportunities for all people with an impairment from the beginner to elite level.

http://www.paralympic.org/

- Special Olympics Special Olympics Minnesota offers children and adults with intellectual disabilities year-round sports training and competition. http://www.specialolympicsminnesota.org/
- Accessible Outdoors The Minnesota DNR is opening the outdoors to people with disabilities by working hard to update its public spaces and programs to meet state and federal accessibility standards.

http://www.dnr.state.mn.us/accessible outdoors/index.html

- Minnesota Zoo Free to Explore Zoo Admission Program (ZAP) Free admission to zoo for individuals enrolled in certain programs. http://mnzoo.org/us/freetoexplore/
- Minnesota Zoo For All A Sensory Guide Free app that includes social guides, ability to customize a
 visual schedule, explore a sensory friendly map and more.
 http://mnzoo.org/mnzoo4all-sensory-guide/
- Minnesota Science Museum Reduced admission prices for individual enrolled in certain programs. https://www.smm.org/visit/hours-admission
- Minnesota History Center Discounted admission prices for individuals enrolled in certain programs. http://www.minnesotahistorycenter.org/events-programs/limited-income-program

TRANSPORTATION

 Minnesota Department of Transportation – Transit in Minnesota http://www.dot.state.mn.us/transit/riders/index.html

https://www.disability.state.mn.us/information-and-assistance/transportation-fag/

ADVOCACY

- The Arc of Minnesota The Arc Minnesota and local chapters of The Arc provide crucial information for people with developmental disabilities and their families, connect them with resources, and stand with them when they need an advocate.
 https://arcminnesota.org/
- PACER Center PACER Center is a parent training and information center for families of children and youth with all disabilities from birth to young adults. Parents can find publications, workshops, and other resources to help make decisions about education, vocational training, employment, and other services for their children with disabilities. http://www.pacer.org/
- ACT (Achieving Change Together) ACT is a grassroots disability rights organization run by and for people with developmental and other disabilities. ACT support people with disabilities to know their rights and work together for change in their lives and in their communities. http://www.selfadvocacy.org
- Centers for Independent Living There are Centers for Independent Living (CILs) located throughout Minnesota. The following is a link to CILs throughout the state. http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/MN

- Governor's Council on Developmental Disabilities Providing information, education, and training to build knowledge, develop skills, and change attitudes that will lead to increased independence, productivity, self-determination, integration and inclusion for people with developmental disabilities and their families.
 - http://www.mnddc.org
- Office of Ombudsman for Mental Health and Developmental Disabilities The Ombudsman (om-budzmuhn) is an independent governmental official who receives complaints against government (and government regulated) agencies and/or its officials, who investigates, and who if the complaints are justified, takes action to remedy the complaints.
 https://mn.gov/omhdd/client-services/

LEGAL

- Minnesota Disability Law Center (MDLC) MDLC is a statewide project of the Legal Aid Society of Minneapolis. It addresses the unique needs of people with disabilities in Minnesota and provides legal assistance and advocacy on disability-related matters. http://www.lawhelp.org
- Volunteer Lawyers Network (VLN) Volunteer Lawyers Network, Ltd. is a non-profit organization that provides civil legal services to low-income people through volunteer attorneys. https://www.vlnmn.org/
- Minnesota Judicial Branch Guardianship & Conservatorship Information regarding guardianship & conservatorship in Minnesota. Includes general information, specific duties, laws and forms. http://www.mncourts.gov/Help-Topics/Guardianship-and-Conservatorship.aspx
 - http://www.mncourts.gov/GetForms.aspx?c=21&f=442 (Guardianship & Conservatorship manual)
- MN Conservatorship & Guardianship Training Training to assist individuals in understanding of conservatorship and guardianship in Minnesota. https://mng.courtlms.org/catalog/info/id:134?mc_cid=f72acb0661&mc_eid=c3e2ed09a7

TECHNOLOGY

- Minnesota State Council on Disability AT Resources Assistive Technology is any item, piece of
 equipment, or system, whether acquired commercially, modified or customized, that is commonly used
 to increase, maintain, or improve functional capabilities of individuals with disabilities.
 http://www.disability.state.mn.us/accessibility/assistive-technology
- Minnesota STAR Program (A System of Technology to Achieve Results) STAR's mission is to help all Minnesotans with disabilities gain access to and acquire the assistive technology they need to live, learn, work and play. https://mn.gov/admin/star/
- AbleData AbleData is a source for comprehensive information on products, solutions and resources
 to improve productivity and ease with life's tasks. Information to assist individuals, their family members
 and others in understanding assistive technology (AT) options and programs available.
 https://abledata.acl.gov/

DISABILITY SPECIFIC RESOURCES & ORGANIZATIONS

Resources and organizations that offer assistance, support, information, and education about specific disabilities to adults with disabilities and their families. This is not an all-inclusive list. Please do an internet search for information on disabilities not included here.

 Minnesota Department of Human Services Resource Guides – Information on specific disabilities including signs & symptoms, supports & strategies, additional information and supports in Minnesota.

Fetal Alcohol Spectrum Disorder (PDF)

Mental Wellness (PDF)

Stress Management (PDF)

Anxiety Disorders and Intellectual/Developmental Disability (PDF)

Communication and Intellectual/Developmental Disability (PDF)

Depressive Disorders in People with Intellectual/Developmental Disabilities (PDF)

Personality Disorders and Intellectual/Developmental Disability (PDF)

Social Skill Development in People with Intellectual/Developmental Disabilities (PDF)

Trauma and Post Traumatic Stress Disorder (PDF)

 Attention Deficit Disorder Association – Attention Deficit Disorder Association is an international nonprofit organization that helps adults with Attention Deficit/Hyperactivity Disorder (ADHD) lead better lives.

https://add.org/

- Epilepsy Foundation of MN Epilepsy Foundation of Minnesota is a non-profit organization that offers programs and services to educate, connect and empower people affected by seizures. http://www.efmn.org/
- Down Syndrome Association of Minnesota Down Syndrome Association of Minnesota to provide information, resources and support to individuals with Down syndrome, their families and their communities.

http://www.dsamn.org/

Brain Injury Alliance of Minnesota – Minnesota Brain Injury Alliance is a statewide nonprofit
organization dedicated to enhancing the quality of life for Minnesotans affected by brain injury through
advocacy and direct services.
http://www.braininiurymn.org/

 United Cerebral Palsy – United Cerebral Palsy (UCP) is a trusted resource for individuals with Cerebral Palsy and other disabilities and their networks.
 http://ucpmn.org/

 Deaf Blind Services Minnesota – Deaf Blind Services Minnesota provides one-to-one services to children and adults with significant vision and hearing loss, often known as deafblindness or dual sensory loss.

http://visionlossresources.org/programs/dbsm

- Minnesota Spina Bifida Association Spina Bifida Association is a non-profit organization that promotes research, awareness, and education and provides information about Spina Bifida. http://mnsba.org/
- Tourette Association of America (TAA) Minnesota Chapter TAA of Minnesota supports individuals and families living with Tourette Syndrome through education and public awareness. https://www.tourette.org/chapter/mn/

- Oley Foundation A non-profit organization that provides education, advocacy, and networking for patients dependent on home intravenous nutrition and tube feeding. http://www.oley.org/
- Short Bowel Syndrome Foundation As a resource to help patients, family members and healthcare
 professionals learn about short bowel syndrome and find multiple resources to help gain more control
 of the condition and improve quality of life while living with SBS.
 http://www.shortbowelfoundation.org/
- Crohn's and Colitis Foundation The Crohn's & Colitis Foundation is a non-profit organization dedicated to finding the cures for Crohn's Disease and ulcerative colitis, and to improving the quality of life of children and adults affected by these diseases. http://www.ccfa.org/
- Proof Alliance Proof Alliance is the statewide organization serving as the leading voice and resource on Fetal Alcohol Spectrum Disorders (FASD) in Minnesota and on a national level, standing up for the rights of the FASD community, providing education and training so that FASD is better understood. https://www.proofalliance.org///
- Autism Society of Minnesota The Autism Society of Minnesota exists to enhance the lives of
 individuals with autism spectrum disorders. AuSM seeks to realize its mission through education
 support, collaboration, and advocacy. Services include membership, workshops, the Minnesota autism
 conference, AuSM Skillshops, the Life with Autism Series for newly diagnosed and specific life stages,
 specially tailored summer camps for youth and adults with autism, interest-based social skills classes
 with community partners, Counseling and Consulting Services, support groups, Autism Direct Support
 Certification training, sensory-friendly events, advocacy, Information and Resources, and customized
 autism training.

www.ausm.org

- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) CHADD is a national non-profit organization providing education, advocacy and support for individuals with ADHD.
 www.chadd.org
- Blindness: Learning In New Dimensions (BLIND) BLIND, Incorporated is a nonprofit adjustment to blindness training center that offers training for adults, children, teenagers, and seniors. We teach the skills that blind people need to become independent and employable such as braille, home management, the use of the white cane, computers with screen reading software and more.
 www.blindinc.org

MINNESOTA COUNTY & TRIBE INFORMATION DIRECTORY

| County | Address | Contact Information | Phone Number |
|--------|--|--|--|
| Aitkin | Aitkin County Health & Human Service Agency 204 1st St NW | General Info/Financial Services Accounting Social Services | 218-927-7200 218-927-2425 218-927-7200 |
| | Aitkin, MN 56431-1291 | Child Support Public Health | 218-927-2212 218-927-7200 |
| | https://www.co.aitkin.mn.us/depart ments/hhs/hhs-home.html | Fax Number | 218-927-7461 |
| Anoka | Anoka County Human Services Anoka County Government Center 2100 3rd Ave Anoka, MN 55303-2264 | Family Social Service Fax Number TTY | 763-422-7000 763-422-6987 763-323-6166 |
| | https://www.anokacounty.us/1059/ | Community Social Services & Behavioral Health | 763-422-7200 |
| | Human-Services | Fax Number TTY | 763-422-6987 763-323-6166 |
| | | Community Health & Environmental Services | 763-422-7030 |
| | | Fax Number | 763-422-6988 |
| | | Family Social Service Fax Number | 763-422-7200 763-783-4899 |
| | | Child Support Enforcement Fax Number | 763-422-7320 763-323-6050 |
| | | Job Training Center Fax Number | 763-783-4800 763-783-4844 |
| | | Family Social Service Fax Number | 763-422-7200 763-783-4899 |
| | Southern Anoka County Neighborhood Center 3980 Central Ave NE Columbia Heights, MN 55421- 3931 | S Anoka County Neighborhood Center | 763-789-4326 |
| | Anoka County Economic Assist. Blaine Human Service Center 1201 89th Ave NE PO Box 10 Blaine, MN 55303-0010 | General Information Family Social Service | 763-422-7200 763-422-7200 |
| | Anoka County Eastern Human Service Center 4175 Lovell Rd Lexington, MN 55014 | Family Social Service | 763-422-7200 |

| County | Address | Contact Information | Phone Number |
|------------|---|--|--|
| Becker | Becker County Human Services County Annex 712 Minnesota Ave Detroit Lakes, MN 56501 http://www.co.becker.mn.us/dept/h uman services/ | General Information Fax Number | 218-847-5628 218-847-6738 |
| Beltrami | Beltrami County Health & Human Services 616 America Ave NW Bemidji, MN 56601 http://www.co.beltrami.mn.us/Depa rtments/HHS/HHS%20Home.html | General Information/Income Maint. Social Services & Accounting Child Support Fax Number | 218-333-8300 218-333-4223 218-333-4140 218-333-4150 |
| Benton | Benton County Human Services 531 Dewey Street P.O. Box 740 Foley, MN 56329-0740 http://www.co.benton.mn.us/284/H uman-Services | General Information Director Fax Number TTY | 320-968-5087 320-968-5088 320-968-5330 320-968-8842 |
| Big Stone | Big Stone County Family Services 340 2nd St NW Ortonville, MN 562780338 http://www.bigstonecounty.org/government/family_services/index.php | General Information Fax Number TTY | 320-839-2555 320-839-3966 320-839-6161 |
| Blue Earth | Blue Earth County Human Svcs. Government Center 410 South 5th Street P.O. Box 3526 Mankato, MN 56002-3526 http://www.blueearthcountymn.gov/ 99/Human-Services-Social- Services | General Information Fax Number | 507-304-4335 507-304-4336 |
| Brown | Brown County Family Services 1117 Center St. P.O. Box 788 New Ulm, MN 56073-0788 http://www.co.brown.mn.us/human-services-home | General Information Fax Number TTY | 507-354-8246 507-359-6542 507-359-6505 |

| County | Address | Contact Information | Phone Number |
|----------|--|---------------------------------|------------------------------|
| Carlton | Carlton County Public Health & | General Information | 218-879-4583 |
| | Human Services | Fax Number | 218-878-2500 |
| | 14 N. 11th St., Suite 200 P.O. Box 660 | TTY | 218-878-2540 |
| | Cloquet, MN 55720-0660 | Family Social Services | 218-879-4583 |
| | | Fax Number | 218-485-0477 |
| | http://www.co.carlton.mn.us/277/Public-Health-Human-Services | Public Health/Adult Services | 218-879-4511 |
| | Silo Ficalar Flaman Corvideo | Fax Number | 218-879-1925 |
| Comicon | Compar County Community Cosial | Canaval Information | 050 001 1000 |
| Carver | Carver County Community Social Services | General Information Fax Number | 952-361-1600 952-361-1660 |
| | 602 E Fourth Street | TTY through MN Relay System | 800-627-3529 |
| | Chaska, MN 55318-2102 | TIT tillough win helay System | 000-027-3329 |
| | https://www.co.carver.mn.us/depart | | |
| | ments/health-human-services | | |
| Cass | Cass Co Health, Human & Veteran | General Information | 218-547-1340 |
| | Services | Fax Number | 218-547-1448 |
| | Social Services Building | | |
| | 400 Michigan Avenue West | | |
| | P.O. Box 519 | | |
| | Walker, MN 56484-0519 | | |
| | http://www.co.cass.mn.us/services/ | | |
| | health human and veterans servi | | |
| | ces/index.php | | |
| Chippewa | Chippewa County Family Services | General Information | 320-269-6401 |
| | Community Service Building | Fax Number | 320-269-6405 |
| | 719 N 7th Street, Suite 200 | | |
| | Montevideo, MN 56265-1397 | | |
| | https://www.co.chippewa.mn.us/15 | | |
| | 8/Family-Services | | |
| Chisago | Chisago County Health & Human | General Information | 651-213-5601 |
| | Services | Child Support | 651-213-5647 |
| | 313 N Main St, Room 239 | Financial Aids | 651-213-5640 |
| | Center City, MN 55012-9665 | Child & Family Services | 651-213-5649 |
| | http://www.co.chisago.mn.us/334/H | Welfare Fraud Adult Services | 651-213-8808 651-213-5601 |
| | ealth-Human-Services | North Branch | 651-674-4433 |
| | Callif-Humaif-Oct VICES | Administration | 651-213-5609 |
| | | Fax Number | 651-213-5685 |
| | | TTY | 651-213-8244 |
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| County | Address | Contact Information | Phone Number |
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| Clay | Clay County Social Services 715 North 11th Street, Ste. 502 Moorhead, MN 56560-2095 | General Information Fax Number | 218-299-5200 218-299-7515 |
| | http://claycountymn.gov/168/Social- Services | | |
| Clearwater | Clearwater County Dept. of Human Services 216 Park Ave. NW Bagley, MN 56621-9500 http://www.co.clearwater.mn.us/ind ex.asp?SEC=AC94A27E-E0A7- 4C9F-9DF2- | General Information / AIDS / Social Services Fax Number | 218-694-6164 218-694-6163 |
| | 43B23A0DDA2B&Type=B LIST | | |
| Cook | Cook Co Public Health & Human Services 411 W 2nd St Grand Marais, MN 55604-2307 | General Information Fax Number | 218-387-3620 218-387-3020 |
| | https://www.co.cook.mn.us/index.p hp/human-services | | |
| Cottonwood | Des Moines Valley Health & Human Services 11 Fourth Street P.O. Box 9 Windom, MN 56101-0009 http://www.dvhhs.org/ | General Information Fax Number | 507-831-1891 507-831-0126 |
| Crow Wing | Crow Wing County Community Services 204 Laurel Street P.O. Box 686 Brainerd, MN 56401-0686 https://www.crowwing.us/91/Community-Services | General Information Fax Number TTY | 218-824-1140 218-824-1305 218-824-1250 |
| Dakota | Dakota County Community Services Administration Northern Service Center 1 Mendota Rd W., Ste. 500 W St. Paul, MN 55118-4776 https://www.co.dakota.mn.us/Page s/default.aspx | Administration Fax Number | 651-554-5742 651-554-5948 |

| County | Address | Contact Information | Phone Number |
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| Dakota (continued) | Dakota County Employment & Economic Assistance Northern Service Center 1 Mendota Rd W., Ste. 240 West St. Paul, MN 55118-4776 | General Information Employment Information Fax Number | 651-554-5611 651-554-5633 651-554-5748 |
| | Dakota County Social Services Western Service Center 14955 Galaxie Avenue Apple Valley, MN 55124-8581 | General Information Fax Number | 952-891-7400 952-891-7473 |
| Dodge | Minnesota Prairie County Alliance 22 6th St East, Dept. 401 Mantorville, MN 55955 http://www.mnprairie.org/ | General Information Fax Number TTY | 507-923-2900 507-635-6186 507-635-6200 |
| Douglas | Douglas County Social Services 809 Elm Street, Ste.1186 Alexandria, MN 56308 http://www.co.douglas.mn.us/dc/social-services.aspx | General Information Fax Number | 320-762-2302 320-762-3833 |
| Faribault | Faribault County Human Service Center 412 Nicollet Street North Courthouse Annex P.O. Box 217 Blue Earth, MN 56013 http://www.fmchs.com/ | Intake/General Information Fax Number | 507-526-3265 507-526-2039 |
| Fillmore | Fillmore County Social Services 902 Houston St NW, Suite 1 Preston, MN 55965-1080 http://www.co.fillmore.mn.us/community-services/human-services/social-services | General Information Fax Number | 507-765-2175 507-765-3895 |
| Freeborn | Freeborn County Dept. of Human Services 203 W Clark St P.O. Box 1246 Albert Lea, MN 56007-1246 http://www.co.freeborn.mn.us/135/ Human-Services | General Information Community Support/Mental Health Crime Victim's Crisis Center Children & Adult Services Fax Number TTY | 507-377-5400 507-377-5440 507-377-5460 507-377-5480 507-377-5498 507-377-5519 |

| County | Address | Contact Information | Phone Number |
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| Goodhue | Goodhue County Health & Human Services 426 West Ave Red Wing, MN 55066 https://www.co.goodhue.mn.us/172 /Health-Human-Services | General Information Fax Number- Social Services Fax Number- Income Maintenance Fax Number- Child Support Fax Number- Public Health TTY | 651-385-3200 651-267-4877 651-267-4879 651-267-4880 651-267-4882 651-385-3190 |
| Grant | Grant County Social Service Dept. 28 Central S P.O. Box 1006 Elbow Lake, MN 56531-1006 http://www.co.grant.mn.us/181/Social-Services | General Information Fax Number | 218-685-8200 218-685-4978 |
| Hennepin | Hennepin County Human Svcs. & Public Health Dept. Cash, Food Support, Health Care, Emergency Asst. P.O. Box 107 Minneapolis, MN 55440-0107 https://www.hennepin.us/residents#human-services | General Information Main Information Fax Number | 612-348-4111 612-596-1300 612-288-2981 |
| | Child Support Family Justice Center 110 S 4th St Minneapolis, MN 55401-2280 | Child Support Information Fax Number | 612-348-3600 612-348-6643 |
| | Veterans' Service 300 S. 6th St. (Street Level) Minneapolis, MN 55487-0011 | Veterans Information | 612-348-3300 |
| | Front Door Social Svc. LTSS Contact Info 300 S 6th St. MC 140 Minneapolis, MN 55487 | General Information Fax Number | 612-348-4111 612-466-9523 |
| Houston | Houston County Human Services 304 S Marshall St #104 Caledonia, MN 55921-03 https://www.co.houston.mn.us/departments/human-services/ | General Information Fax Number | 507-725-5811 507-725-3990 |

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| County | Address | Contact Information | Phone Number |
|-----------|---|--|--|
| Hubbard | Hubbard County Social Service Ctr. 205 Court Avenue Park Rapids, MN 56470 | General Information Fax Number | 218-732-1451 218-732-3231 |
| | http://www.co.hubbard.mn.us/depar tments/social_services/index.php | | |
| Isanti | Isanti County Family Services Oakview Office Complex 1700 E Rum River Dr. So., Ste. A Cambridge, MN 55008-2547 | General Information Fax Number | 763-689-1711 763-689-9877 |
| | http://www.co.isanti.mn.us/isanti/departments/family-services | | |
| Itasca | Itasca County Health & Human Services Itasca Resource Center 1209 SE 2nd Ave Grand Rapids, MN 55744-3983 | General Information Fax Number IMCare IMCare Fax Number Public Health Fax Number | 218-327-2941 218-327-5535 800-843-9536 218-327-5548 218-327-5546 |
| | https://www.co.itasca.mn.us/232/Health-Human-Services | T done Frediti F dx Pumber | 210 027 0040 |
| Jackson | Des Moines Valley Health & Human Services 407 5th Street, Ste. 101 P.O. Box 67 Jackson, MN 56143-0067 | General Information Fax Number | 507-847-4000 507-847-5616 |
| | http://www.dvhhs.org/ | | |
| Kanabec | Kanabec County Family Svc. Dept. 905 Forrest Ave. E., Ste. 150 Mora, MN 55051-1316 | General Information Child Support Fax Number | 320-679-6350 320-679-6384 320-679-6351 |
| | http://www.kanabeccounty.org/departments/family_services.php | | |
| Kandiyohi | Kandiyohi County Family Svc.Dept. 2200 23rd St NE, Ste. 1020 Willmar, MN 56201-9423 | General Information Toll Free Information Fax Number TTY | 320-231-7800 877-464-7800 320-231-6285 320-231-7076 |
| | http://www.co.kandiyohi.mn.us/hum an and health services/index.php | | |
| Kittson | Kittson County Social Services 410 S 5th St, Ste 100 Hallock, MN 56728 | General Information Fax Number TTY | 218-283-7000 218-283-7013 218-283-7062 |
| | https://www.co.kittson.mn.us/2188/ Social-Services | | |

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| County | Address | Contact Information | Phone Number |
|----------------------|--|--|--|
| Koochiching | Koochiching County Community Services 1000 5th St International Falls, MN 56649-2485 https://www.co.koochiching.mn.us/161/Public-Health-Human-Services | General Information Fax Number TTY | 218-283-7000 218-283-7013 218-283-7062 |
| Lac qui Parle | Lac qui Parle County Family Service Center 930 1st Avenue P.O. Box 7 Madison, MN 56256-0007 http://lqpco.com/index.php/family- services/ | General Information Fax Number | 320-598-7594 320-598-7597 |
| Lake | Lake County Health & Human Services Dept. 616 Third Ave Two Harbors, MN 55616-1560 http://www.co.lake.mn.us/departments/health and human services/in http://www.co.lake.mn.us/departments/health and human services/in http://www.co.lake.mn.us/departments/health and human services/in | General Information Fax Number | 218-834-8400 218-834-8412 |
| Lake of the Woods | Lake of the Woods County Social Service Dept. 206 8th Ave SE, Ste. 200 Baudette, MN 56623 http://www.co.lake-of-the- woods.mn.us/SocialServices.aspx | General Information Fax Number | 218-634-2642 218-634-4520 |
| LeSueur | LeSueur County Dept. of Human Services 88 S Park Ave Le Center, MN 56057-1646 https://www.co.le- sueur.mn.us/170/Human-Services | General Information | 507-357-2251 |
| | LeSueur County Public Health 88 S Park Ave Le Center, MN 56057 https://www.co.le- sueur.mn.us/241/Public-Health | Public Health Information | 507-357-8246 |

| County | Address | Contact Information | Phone Number |
|----------|---|--|--|
| Lincoln | Lincoln County Southwest Health & Human Svcs. 319 N Rebecca P.O. Box 44 Ivanhoe, MN 56142 | General Information/Voice/TTY Fax Number | 507-694-1452 507-694-1859 |
| | http://www.swmhhs.com/ | | |
| Lyon | Lyon County Southwest Health & Human Svcs. 607 W Main, Ste. 100 Marshall, MN 56258 | General Information Fax Number TTY | 507-537-6747 507-537-6088 507-532-1250 |
| | http://www.swmhhs.com/ | | |
| McLeod | McLeod County Social Service Center Health & Human Service Building 1805 Ford Ave N, Ste. 100 Glencoe, MN 55336 | General Information/Voice/TTY Fax Number | 320-864-3144 320-864-5265 |
| | http://www.co.mcleod.mn.us/gover nment/departments/social services /index.php | | |
| Mahnomen | Mahnomen County Human Svcs. 311 N Main St P.O. Box 460 Mahnomen, MN 56557-0460 | General Information Fax Number | 218-935-2568 218-935-5459 |
| | https://co.mahnomen.mn.us/?SEC =B4AD4588-59B2-4DB6-B58E- D691443547C2 | | |
| Marshall | Marshall County Social Services 208 E Colvin Ave., Ste. 14 Warren, MN 56762-1695 | General Information Fax Number | 218-745-5124 218-745-5260 |
| | http://www.co.marshall.mn.us/departments/social services/index.php | | |
| Martin | Martin County Human Services Center 115 W 1st St Fairmont, MN 56031 http://www.fmchs.com/ | General Information Fax Number | 507-238-4757 507-238-1574 |
| | | | |

| County | Address | Contact Information | Phone Number |
|------------|--|--|--|
| Meeker | Meeker County Social Services 114 N. Holcombe Ave, Ste. 180 Litchfield, MN 55355-2273 | General Information Fax Number | 320-693-5344 320-693-5344 |
| | http://www.co.meeker.mn.us/239/Social-Services | | |
| Mille Lacs | Mille Lacs County Community & Veterans Services Courthouse Square Building 525 2nd St SE Milaca, MN 56353 | General Information Toll Free Fax Number | 320-983-8208 888-270-8208 320-983-8306 |
| | http://www.co.mille-lacs.mn.us/cvs | | |
| Morrison | Morrison County Social Services Government Center 213 SE 1st Ave Little Falls, MN 56345-3196 | General Information Fax Number | 320-632-2951 320-632-0225 |
| | http://www.co.morrison.mn.us/inde x.asp?SEC=3A3B6667-0DE6- 4C6C-B65C- CFCBB73372AE&Type=B BASIC | | |
| Mower | Mower County Health & Human Services 201 First St NE, Ste. 18 Austin, MN 55912-3405 https://www.mowercountyhhs.com/ | General Information Financial Accounting/Child Support Fax Number | 507-437-9700 507-437-9743 507-437-9723 507-437-9721 |
| Murray | Murray County Southwest Health & Human Svcs. 3001 Maple Rd Ste. 100 Slayton, MN 56172 http://www.swmhhs.com/ | General Information Fax Number | 507-836-6144 507-836-8841 |
| Nicollet | Nicollet County Human Services 622 South Front Street St Peter, MN 56082-2106 https://www.co.nicollet.mn.us/187/ Health-Human-Services | General Information Fax Number | 507-934-8559 507-934-8552 |
| | Nicollet County Human Services North Mankato Branch Office 2070 Howard Drive N. Mankato, MN 56003-1527 | North Mankato Branch Office Fax Number | 507-387-4556 507-387-2918 |

| County | Address | Contact Information | Phone Number |
|-------------------------|---|---|--|
| Nicollet (continued) | Nicollet County Public Health 622 South Front Street St. Peter, MN 56082-2106 | General Information | 507-934-8559 |
| Nobles | Nobles County Community Svcs. 318 Ninth Street P.O. Box 189 Worthington, MN 56187-0189 http://www.co.nobles.mn.us/depart ments/community-services/ | General Information Fax Number | 507-295-5213 507-372-5094 |
| Norman | Norman County Social Services 15 2nd Ave E Ada, MN 56510-1389 http://www.co.norman.mn.us/social-services | General Information Fax Number | 218-784-5400 218-784-7142 |
| Olmsted | Olmsted County Community Svcs. 2117 Campus Dr. SE, Ste. 200 Rochester, MN 55904 https://www.co.olmsted.mn.us/cs/Pages/default.aspx | General Information Social Services Public Assistance Fax (Administration) Fax (Public Assistance) Fax (Social Services) Fax (Health Care Programs) | 507-328-6500 507-328-6400 507-328-6500 507-328-7956 507-328-7956 507-328-6297 507-328-7956 |
| Otter Tail | Otter Tail County Department of Human Services Government Service Center 530 Fir Ave W Fergus Falls, MN 56537 http://www.co.otter- tail.mn.us/209/Human-Services | General Information Fax Number | 218-998-8150 218-998-8213 |
| | Otter Tail County Department of Human Services Community Services Division 505 S. Court Street Fergus Falls, MN 56537 | Community Services Division Fax Number | 218-998-8150 218-998-8213 |
| | Otter Tail County Department of Human Services Child Support Courthouse 121 Jurius Ave W Fergus Falls, MN 56537 | Child Support Fax Number | 218-998-8640 218-998-8652 |

| County | Address | Contact Information | Phone Number |
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| Otter Tail (continued) | Otter Tail County Department of Human Services New York Mills Branch 118 N Main P.O. Box N New York Mills, MN 56567 | New York Mills Branch Fax Number | 218-385-5450 218-385-3987 |
| Pennington | Pennington County Human Services 318 N Knight Ave P.O. Box 340 Thief River Falls, MN 56701-0340 http://co.pennington.mn.us/departments/humanservices.asp | General Information Child Support Fax Number | 218-681-2880 218-683-7015 218-683-7013 |
| Pine | Pine County Health & Human Services 315 Main St South, Ste. 200 Pine City, MN 55063 https://www.co.pine.mn.us/departm ents/health and human services/i ndex.php | General Information Fax Number TTY | 320-591-1570 320-591-1601 or 320-591-1602 800-627-3529 |
| | Pine County Health & Human Services 1610 Highway 23 North Sandstone, MN 55072-5009 | Fax Number | 320-591-1601 or 320-591-1602 |
| Pipestone | Pipestone County Family Service Agency Southwest Health & Human Svcs. 1091 North Hiawatha Ave Pipestone, MN 56164 http://www.swmhhs.com/ | General Information Fax Number | 507-825-6720 507-825-5649 |
| Polk | Polk County Social Service Center 612 N Broadway, Room 302 Crookston, MN 56716 http://www.co.polk.mn.us/index.asp ?SEC=E8083495-735A-4734-80BD-F485FD9FA329&Type=B BASIC | General Information Toll Free Fax Number | 218-281-3127 877-281-3127 218-281-3926 |
| | McIntosh Office 250 SW Cleveland Ave. McIntosh, MN 56556 | General Information Toll Free Fax Number | 218-435-1585 877-281-3127 218-435-1552 |
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Contact Information

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| Polk (continued) | East Grand Forks Office 1424 Central Ave NE East Grand Forks, MN 56721 | General Information Toll Free Fax Number | 218-773-2431 877-281-3127 218-773-3602 |
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| Pope | Pope County Human Services 211 Minnesota Ave #200 Glenwood, MN 56334-1629 https://www.co.pope.mn.us/depart ments/HumanServices | General Information Fax Number | 320-634-7755 320-634-0164 |
| Ramsey | Ramsey County Community Human Services 160 E Kellogg Boulevard St. Paul, MN 55101-1494 https://www.ramseycounty.us/your-government/departments/health-and-wellness/social-services | General Information Fax Number | 651-266-4444 651-266-4439 |
| Red Lake | Red Lake County Social Service Center 125 Edward Ave SW P.O. Box 356 Red Lake Falls, MN 56750-0356 http://www.co.red-lake.mn.us/index.asp?SEC=C626C F10-DE7F-4E15-B023-BB1D111D3817&Type=B BASIC | General Information Fax Number | 218-253-4131 218-253-2926 |
| Redwood | Redwood County Human Services Southwest Health & Human Svcs. 266 E Bridge Street Redwood Falls, MN 56283 http://www.swmhhs.com/ | General Information Fax Number | 507-637-4050 507-637-4055 |
| Renville | Renville County Human Services 105 South 5th St. Ste. 203H Olivia, MN 56277 https://www.renvillecountymn.com/departments/human_services/index.php | General Information Director Fax Number | 320-523-2202 320-523-3564 320-523-3565 |
| Rice | Rice County Social Services 320 NW Third St #2 P.O. Box 718 Faribault, MN 55021-0718 http://www.co.rice.mn.us/340/Social-Services | General Information Fax Number TTY | 507-332-6115 507-332-6247 507-332-6248 |

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| County | Address | Contact Information | Phone Number |
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| Rock | Rock County Family Service Agcy. Southwest Health & Human Svcs. 2 Roundwind Rd P.O. Box 715 Luverne, MN 56156-0715 | General Information Fax Number TTY | 507-283-5070 507-283-5074 507-283-5070 |
| | http://www.swmhhs.com/ | | |
| Roseau | Roseau County Human Services 208 6th St SW Roseau, MN 56751-1451 http://www.co.roseau.mn.us/govern | General Information Fax Number | 218-463-2411 218-463-3872 |
| | ment/s - z/social services/index.php#.Wqa khVTwbcs | | |
| St. Louis | St. Louis Co Public Health & Human Services Government Services Center 320 W 2nd St P.O. Box 307 Duluth, MN 55802-1495 http://www.stlouiscountymn.gov/healthandhumanservices | General Information Information Fax Number-Financial Assistance Fax Number-Admin Fax Number-Social Service Fax Number-Child Support TTY | 218-726-2000 218-733-2747 218-726-2976 218-726-2093 218-726-2253 218-733-2987 218-726-2222 |
| | St. Louis County Branch Office Northland Office Center 307 South 1st St P.O. Box 1148 Virginia, MN 55792-1148 | Virginia Office Fax Number Fax Number-Social Services TTY | 218-749-7100 218-749-7128 218-742-9503 218-749-7158 |
| | St. Louis County Branch Office St. Louis County Service Center 320 Miners Drive East Ely, MN 55731-1402 | Ely Office Fax Number | 218-365-8210 218-365-8217 |
| | Public Health & Human Services Hibbing Courthouse Annex 1814 14th Ave E Hibbing, MN 55746-1314 | Hibbing Office Fax Number TTY | 218-262-6000 218-262-6049 218-262-6052 |
| Scott | Scott County Human Services Workforce Development Center 200 4th Avenue West Shakopee, MN 55379 | General Information Fax Number | 952-496-8686 952-496-8685 |
| | https://www.scottcountymn.gov/193/ /Health-Human-Services | | |

| County | Address | Contact Information | Phone Number |
|-----------|---|--|------------------------------|
| Sherburne | Sherburne County Health & Human | General Information | 800-433-5239 |
| | Services 13880 Business Center Dr. | | or 763-765-4000 |
| | Elk River, MN 55330-4600 | | |
| | http://www.co.chowle.co.co.chowle.co.co.co.co.co.co.co.co.co.co.co.co.co. | Fax Number | 763-765-4096 |
| | http://www.co.sherburne.mn.us/hhs/index.php | | |
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| Sibley | Sibley County Public Health & Human Services | General Information/Voice/TTY Fax Number | 507-237-4000 507-237-4031 |
| | 111 8th Street | T dx T dillioon | 007 207 1001 |
| | P.O. Box 237 | | |
| | Gaylord, MN 55334-0237 | | |
| | https://www.co.sibley.mn.us/govern | | |
| | ment/departments/public health a | | |
| | nd human services/human servic es/index.php | | |
| | | | |
| Stearns | Stearns County Human Services Administration Center | General Information | 320-656-6000 |
| | 705 Courthouse Sq. | General Information - Toll Free Fax Number | 800-450-3663 320-656-6447 |
| | P.O. Box 1107 | TTY | 320-656-6204 |
| | St. Cloud, MN 56302-1107 | | |
| | https://co.stearns.mn.us/Governme | | |
| | nt/CountyDepartments/HumanServi | | |
| | <u>ces</u> | | |
| Steele | Minnesota Prairie County Alliance | General Information | 507-431-5600 |
| | 630 Florence Ave | Fax Number | 507-635-6186 |
| | P.O. Box 890 Owatonna, MN 55060-0890 | | |
| | | | |
| | http://www.mnprairie.org/ | | |
| Stevens | Stevens County Human Services | General Information | 320-208-6600 |
| | 400 Colorado Ave., Ste. 104 | Fax Number | 320-589-3972 |
| | Morris, MN 56267-1235 | | |
| | https://www.co.stevens.mn.us/inde | | |
| | x.aspx?nid=886 | | |
| Swift | Swift County Human Services | General Information | 320-843-3160 |
| | 410 21st Street So. P.O. Box 208 | Fax Number | 320-843-4582 |
| | Benson, MN 56215-0208 | | |
| | | | |
| | http://www.swiftcounty.com/index.a sp?SEC=FD342725-314B-49EC- | | |
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| County | Address | Contact Information | Phone Number |
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| Todd | Todd County Health & Human Svcs Courthouse Annex 212 2nd Ave S Long Prairie, MN 56347-1640 https://www.co.todd.mn.us/divisions/ s/health-human/ | General Information Toll-free Number Fax Number | 320-732-4500 888-838-4066 320-732-4540 |
| Traverse | Traverse County Social Services 202 8th St N P.O. Box 46 Wheaton, MN 56296 https://www.co.traverse.mn.us/departments/departments/social-services/children-and-family-services/ | General Information Fax Number | 320-422-7777 320-563-4230 |
| Wabasha | Wabasha County Dept. of Social Services 411 Hiawatha Drive East Wabasha, MN 55981-1573 http://www.co.wabasha.mn.us/inde x.php/departments/social-services | General Information Financial Unit IV-D Child Support Fax Number | 651-565-3351 651-565-3351 651-565-3351 651-565-3084 |
| Wadena | Wadena County Human Services 124 1st St SE Wadena, MN 56482-1553 http://www.co.wadena.mn.us/197/H uman-Services | General Information Fax Number | 218-631-7605 218-631-7616 |
| Waseca | Minnesota Prairie County Alliance Suite 160 299 Johnson Ave SW Waseca, MN 56093-2498 http://www.mnprairie.org/ | General Information Fax Number | 507-837-6600 507-635-6186 |
| Washington | Washington County Community Services 14949 62nd St N. P.O. Box 30 Stillwater, MN 55082-0030 https://www.co.washington.mn.us/4 69/Community-Services | General Information Fax Number | 651-430-6455 651-430-6605 |

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| County | Address | Contact Information | Phone Number |
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| Watonwan | Watonwan County Human Services Center 715 2nd Avenue South P.O. Box 31 St. James, MN 56081-1741 http://www.co.watonwan.mn.us/index.aspx?NID=154 | General Information Fax Number | 507-375-3294 507-375-7359 |
| Wilkin | Wilkin County Family Service Agency 227 6th St. North P.O. Box 369 Breckenridge, MN 56520 http://www.co.wilkin.mn.us/familyse rvices | General Information Fax Number | 218-643-7161 218-643-7175 |
| Winona | Winona County Community Svcs. County Office Building 202 W 3rd St Winona, MN 55987-3146 http://www.co.winona.mn.us/page/2 460 | General Information General Information – Toll Free Fax Number | 507-457-6200 844-317-8960 507-454-9381 |
| Wright | Wright County Health & Human Services 1004 Commercial Dr. Buffalo, MN 55313-1736 http://www.co.wright.mn.us/217/Health-Human-Services | General Information Social Services & Public Health Fax Number | 763-682-7414 763-682-7400 763-682-7701 |
| Yellow Medicine | Yellow Medicine County Family Service Center 415 9th Avenue, Suite 202 Granite Falls, MN 56241 http://www.co.ym.mn.gov/index.asp ?Type=B BASIC&SEC={CA9CFA6} 8-CA1C-4E2E-8DFF- 316994AE9E32} | General Information Fax Number | 320-564-2211 320-564-4165 |

| e Tribal Government eshore Drive MN 55772 v.boisforte.com/divisions/ ervices.htm Tribal Government n Road South N 55790 ac Reservation Lake Road MN 55720 v.fdlrez.com/humanservic | Main Line Toll Free Fax Number Main Line Fax Number Main Line | 218-757-3261 800-221-8129 218-757-3312 218-753-4542 218-753-4055 |
|--|--|---|
| w.boisforte.com/divisions/ ervices.htm Tribal Government Road South N 55790 ac Reservation Lake Road MN 55720 | Fax Number | |
| n Road South N 55790 ac Reservation Lake Road MN 55720 | Fax Number | |
| _ake Road //N 55720 | Main Line | |
| tm | | 218-879-4593 |
| rtage Reservation Tribal 428 rtage, MN 55605 | Main Line Fax Number | 218-475-2277 218-475-2284 |
| te Band of Ojibwe ar Drive NW e, MN 56633 v.llojibwe.org/# | Main Line Toll Free Fax Number | 218-335-8200 800-442-3909 218-335-8309 |
| ux Community Center s. Highway 1 308 N 56270 rsiouxhhs.org/social- | Main Line Fax Number | 507-697-6185 507-697-8617 |
| | Main Line Toll Free Fax Number | 320-532-7407 800-922-4457 320-532-3785 |
| | Band of Ojibwe ernment Center Office nt of Labor dena Drive | Band of Ojibwe Main Line ernment Center Office Toll Free nt of Labor Fax Number |

| Tribe | Address | Contact Information | Phone Number |
|---------------------------------------|--|--------------------------------------|--|
| Minnesota Chippewa Tribe | Minnesota Chippewa Tribe Government Office 15542 State 371 NW P.O. Box 217 Cass Lake, MN 56633 https://www.mnchippewatribe.org/human_services.html | Main Line Fax Number | 218-335-8581 218-335-8496 |
| Prairie Island Indian Community | Prairie Island Indian Community 5636 Sturgeon Lake Road Welch, MN 55089 http://prairieisland.org/ | Main Line Toll Free Fax Number | 651-385-2554 800-554-5473 651-385-4180 |
| Red Lake Nation | Red Lake Tribal Council 24200 Council Street Red Lake, MN 56671 http://www.redlakenation.org/tribal-programs/human-services | Main Line | 218-679-3341 |
| | Red Lake Nation Embassy 2929 Bloomington Avenue Minneapolis, MN 55407 | Main Line Fax Number | 612-874-9588 612-874-9594 |
| | Red Lake Nation Duluth Liaison Office 211 East 2nd Street Duluth, MN 55805 | Main Line Toll Free Fax Number | 218-624-4418 877-414-4418 218-624-0211 |
| Upper Sioux Community | Upper Sioux Community 5722 Travers Lane P.O. Box 147 Granite Falls, MN 56241 http://www.uppersiouxcommunity-nsn.gov/page/social-services | Main Line | 320-564-3853 |
| White Earth Nation | White Earth Nation P.O. Box 418 White Earth, MN 56591 | Main Line Toll Free | 218-983-3285 800-950-3248 |
| | White Earth Human Services 2531 310th Avenue P.O. Box 70 Naytahwaush, MN 56566 http://www.whiteearth.com/programs@program:id=7.html | General Information | 218-935-5554 |