



## MENTAL HEALTH & CHEMICAL DEPENDENCE TREATMENT RESOURCE LIST: SOUTHEASTERN, MN

*Click on the name of the organization to view their website. If the agency does not have a website, their name is in black.*

### MENTAL HEALTH ORGANIZATIONS FOR EDUCATION, ADVOCACY, RESEARCH AND SUPPORT

<a href="#">American Foundation for Suicide Prevention (AFSP) SE MN</a>	800-273-8255
<a href="#">National Alliance on Mental Illness (NAMI) SE MN</a>	507-287-1692

### MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES

#### ***Location: Austin, MN***

<a href="#">Cedar House Inc.</a>	507-334-1983
<a href="#">Cedar River Counseling</a>	507-433-6482
<a href="#">Gerard Academy</a>	507-434-4366
<a href="#">Mayo Clinic Psychiatry and Psychology</a>	507-433-8758
<a href="#">Mower County Health and Human Services</a>	507-437-9701

#### ***Location: Northfield, MN***

<a href="#">Allina Health Northfield Clinic</a>	507-663-9000
<a href="#">Aperture Health Services</a>	612-568-8483
<a href="#">Center for Healing and Resilience</a>	507-645-9304
<a href="#">Centered Practice, Northfield MN</a>	507-649-7294
<a href="#">Daniel Dimick, MA, LP, LMFT</a>	507-645-6575
<a href="#">MN Mental Health Consulting</a>	612 203-2961
<a href="#">Neurofeedback Center: Intellect LLC</a>	507-581-8015
<a href="#">Paula J. Detjen, MA, LMFT, LPC</a>	507-581-0430
<a href="#">Rice County Services</a>	507-645-9576
<a href="#">Secure Base Counseling Center</a>	507-301-3412

## MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES CONTINUED...

### **Location: Owatonna, MN Area**

<a href="#">Allina Health Faribault Clinic</a>	507-334-3921
<a href="#">Associates in Psychiatry &amp; Psychology</a>	507-455-0992
<a href="#">Catholic Charities Southern MN</a>	507-455-2008
<a href="#">Dr. Dana Phenix, DMFT, LMFT</a>	507-273-3768
<a href="#">Experiencing Moore-Owatonna</a>	507-676-6834
<a href="#">Fernbrook Family Center</a>	507-446-0431
<a href="#">Mental Health Professionals</a>	507-446-8123
<a href="#">South Central Human Relations</a>	507-451-2630

### **Location: Red Wing, MN**

<a href="#">Dr. Bill Clifton, PsyD, L.P, LLC</a>	651-385-9131
<a href="#">Fernbrook Family Center</a>	651-212-7429
<a href="#">Hiawatha Valley Mental Health Center</a>	651-327-2270
<a href="#">Mayo Clinic Psychiatry and Psychology</a>	651-385-3260

### **Location: Rochester, MN**

<a href="#">ABC Child &amp; Family Therapy</a>	507-536-7662
<a href="#">Achievement Therapy Services</a>	507-226-8844
<a href="#">Associates in Psychiatry &amp; Psychology</a>	507-288-8544
<a href="#">Bluestem Center for Child and Family Development</a>	507-282-1009
<a href="#">Consultants in Psychological Health</a>	507-289-5110
<a href="#">Decision Point</a>	507-261-7080
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Family Service Rochester</a>	507-287-2010
<a href="#">Fernbrook Family Center</a>	507-216-8350
<a href="#">Highland Meadows</a>	507-288-6978
<a href="#">Hope Ranch</a>	507-281-3033
<a href="#">Jason Schweitzer, LLC</a>	507-271-0467
Johnson Psychological Services, PLLC	507-205-5031
<a href="#">Minnesota Autism Center</a>	952-767-4204
<a href="#">Mission 21</a>	507-208-4600
<a href="#">Mayo Clinic Psychiatry and Psychology</a>	507-538-3270
<a href="#">Nystrom &amp; Associates</a>	507-516-0030

## MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES CONTINUED...

### **Location: Rochester, MN Continued...**

<a href="#">Olmsted County Community Services</a>	507-328-6400
<a href="#">Olmsted County Public Health Services</a>	507-328-7500
<a href="#">Olmsted Medical Center- Southeast Clinic</a>	507-288-3443
<a href="#">Perspectives Therapy Center</a>	507-322-6755
<a href="#">Psychological Consultants</a>	507-252-9292
<a href="#">PrairieCare Medical Group</a>	507-218-3701
<a href="#">Riverstone Psychological Services</a>	507-923-7321
<a href="#">Rochester Autism Center</a>	507-424-3234
<a href="#">Serene Spirit Mental Health Care, LLC</a>	507-322-6564
<a href="#">Transitions Therapies</a>	507-288-5818
<a href="#">Youth Behavioral Health, LLC</a>	507-206-3370
<a href="#">Zumbro Valley Health Center</a>	507-289-2089

### **Location: Winona, MN**

<a href="#">Acumen Counseling Services, LLC</a>	855-855-6776
<a href="#">Counseling Associates, LLC</a>	507-452-5033
<a href="#">Counseling Resource Center</a>	507-454-3880
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Family and Children's Center</a>	507-453-9563
<a href="#">Hiawatha Valley Mental Health Center</a>	507-454-4341
<a href="#">Lawrence J Green &amp; Associates</a>	507-452-1164
<a href="#">Winona Health Psychiatry and Counseling</a>	507-454-3650
<a href="#">Winona Counseling Clinic, Inc.</a>	507-454-3900

## CHILDREN AND ADOLESCENT GROUP HOMES AND RESIDENTIAL TREATMENT CENTERS

<a href="#">Avanti Center for Girls</a>	763-230-7470
<a href="#">Bar None-Volunteers of America</a>	763-753-2500
<a href="#">Children's Residential Treatment Center (CRTC)</a>	612-870-4300
<a href="#">Eau Claire Academy</a>	715-834-6681
<a href="#">Gerard Academy- Boys Residential</a>	507-433-1843
<a href="#">Gerard Academy- Girls Residential</a>	507-433-1843
<a href="#">Heartland Girls Ranch</a>	320-843-4815
<a href="#">Mille Lacs Academy</a>	320-532-4005
<a href="#">North Homes Children and Family Services</a>	888-430-3055
<a href="#">Northwood Children's Services</a>	218-728-7164
<a href="#">Rogers Behavioral Health</a>	763-318-2800
<a href="#">Von Wald Group Home</a>	612 813-5006

## EATING DISORDER RESIDENTIAL TREATMENT (ALL AGES)

<a href="#">Melrose Center/Park Nicollet (closest locations are near the Twin Cities)</a>	952-993-6200
<a href="#">The Emily Program (closest locations are near the Twin Cities)</a>	866-702-0767

## CHEMICAL DEPENDENCY TREATMENT

**Location: Austin, MN**

***Outpatient Services***

<a href="#">Mayo Clinic: Fountain Centers</a>	507-434-1890
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***Residential Services***

<a href="#">Austin Manor</a>	507-433-5569
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**Location: Dodge Center, MN**

***Outpatient***

<a href="#">Nehemiah Family Services</a>	507-374-9047
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## CHEMICAL DEPENDENCY TREATMENT CONTINUED...

### **Location: Northfield, MN**

#### ***Outpatient Services***

<a href="#">Omada Behavioral Health</a>	507-664-9407
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#### ***Residential Services***

<a href="#">West Hills Lodge</a>	507-451-1172
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### **Location: Owatonna, MN**

#### ***Outpatient Services***

<a href="#">Family Focus Chemical Dependency</a>	507-334-6413
<a href="#">Mayo Clinic: Fountain Centers</a>	507-451-0511
<a href="#">South Central Human Relations</a>	507 451-2630

#### ***Residential Services***

<a href="#">Beauterre Recovery Institute</a>	855-211-5869
<a href="#">West Hills Lodge</a>	507-451-1172

### **Location: Red Wing, MN**

#### ***Outpatient Services***

<a href="#">Common Ground</a>	507-281-0023
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#### ***Peer Support Agencies***

<a href="#">Alcoholics Anonymous (A.A.)</a>	<a href="https://www.aadistrict1.org/groups-by-city">https://www.aadistrict1.org/groups-by-city</a>
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### **Location: Rochester, MN**

#### ***Peer Support Agencies***

<a href="#">Alcoholics Anonymous (A.A.)</a>	<a href="https://www.aadistrict1.org/groups-by-city">https://www.aadistrict1.org/groups-by-city</a>
<a href="#">Recovery is Happening (Peer Support, Support Groups)</a>	507-218-4773

## CHEMICAL DEPENDENCY TREATMENT CONTINUED...

### Location: Rochester, MN Continued...

#### **Outpatient**

<a href="#">Common Ground</a>	507-281-0023
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Mayo Clinic: Fountain Centers</a>	507-434-1890
Olmsted Medical Center Department Psychiatry and Psychology: Perkins Counseling Center	507-529-1758
<a href="#">PrairieCare Medical Group (Adolescent Only)</a>	507-218-3701
<a href="#">Rochester Metro Treatment Center</a>	877-284-7074
<a href="#">Wenden Olmsted County Correction Recovery</a>	651-385-0600
<a href="#">Zumbro Valley Health Center</a>	507-289-2089

#### **Detox**

<a href="#">ZVMH Connects and Referral Unit (CRU)</a>	507-289-2089
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#### **Residential Chemical Dependency Treatment Centers**

<a href="#">Minnesota Adult and Teen Challenge</a>	612-FREEDOM
<a href="#">Oakridge (Men Only)</a>	507-289-2753
<a href="#">Pathway House</a>	507-287-6121
<a href="#">The Gables (Women Only)</a>	507-282-2500

#### **Half-Way Houses / Sober Living**

<a href="#">The Cronin Home</a>	507-282-1204
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### Location: Winona, MN

#### **Outpatient Treatment**

<a href="#">Common Ground</a>	507-281-0023
<a href="#">Empower CTC</a>	507-292-1379
<a href="#">Hiawatha Valley Mental Health Center</a>	800-657-6777
Wenden Recovery Services Inc	507-454-2839
<a href="#">Winona Counseling Clinic Inc Chemical Dependency Services</a>	507-454-3900

## AREA SUPPORT GROUPS

<b><u>Support Type</u></b>	<b><u>Support Group</u></b>	<b><u>Address</u></b>	<b><u>Contact</u></b>	<b><u>Details</u></b>
<b>Alcoholic Anonymous</b>	Alcoholic Anonymous Rochester, MN		507-281-1747	-This number will connect you with an answering service and will provide meeting times and locations. -Allow 24 hours when a return call is requested.
<b>Alcoholic Anonymous</b>	Al-Anon	P.O. Box 7274 Rochester, MN 55903	507-281-4729	-Phone line open 24 hours/day. -Call for specific dates and times.
<b>Alzheimer's Disease and Related Dementia Support Group</b>	Mayo Alzheimer's Disease Research Center/Alzheimer's Association	4111 Highway 52 North Rochester, MN 55901	507-284-4059 or 507-289-3950	-Caregiver Support group: 1st Thursday of each month 1:30-3:00pm and 3rd Thursday from 5-6:30pm at Assisi Heights. -Support group series for people with early stage memory loss, MCI or Early Alzheimer's Disease: 10 week series offered once a year. Call for more information.
<b>Caregiver Support Group</b>	Elder Network	1130 ½ 7th Street, Suite 205 Rochester, MN 55901	Laurie Marrell or Holly Brown 507-285-5272	-Open to the public. -Caregiver Support Group: for all types of caregivers (not disease specific), 1st Tuesday of each month from 1:30-2:30pm at the Elder Network office. -Care Conversations: for those caring for a loved one with cancer, 2nd Wednesday & 3rd Monday of each month from 7:00-8:30pm at Hope Lodge in Rochester, 411 2nd St. NW. -Senior Crime Victim Support Group: Last Monday of each month from 3:00-4:00pm at Mayowood House, 1025 Mayowood Rd. SW.
<b>Disability Support Group</b>	Southeastern Minnesota Center for Independent Living (SEMCIL) Support Groups	2720 North Broadway, Rochester, MN 55906	Ann Peterson at 507-285-1815	-Brain Injury Support Group: Offered the 1st and 3rd Monday of month from 7:00-8:30 p.m. -Call the Disability Linkage Line at 1-866-333-2466 for information on other disability related support groups such as: <ul style="list-style-type: none"> <li>• MS Support Group</li> <li>• Spinal Cord Injury Support Group</li> <li>• Lupus Support Group</li> <li>• Fibromyalgia Support Group</li> </ul>
<b>Divorced, Widowed, Separated Support Group</b>	The Beginning Experience: Divorced, Widowed, Separated	P.O. Box 6874 Rochester, MN 55903	Jerry Madsen at 507-289-6053	-Christian based support group. -Weekday and weekend sessions offered. -Call for dates and times.
<b>Epilepsy Support Group</b>			Sue Ringhoffer at 507-287-2103	-Call for dates and times

## AREA SUPPORT GROUPS CONTINUED...

<b>Family Support Group</b>	NAMI Family Support Group	Mayo Clinic, St. Mary's Hospital, Generose Building Room 3-108 (Rome Library) Contact NAMI SE MN for parking pass: 507-287-1692	507-287-1692	-For family members of a loved one who has a mental illness. -Meetings led by a facilitator with their own lived experience. -1st and 3rd Monday of each month, 5:30-7:00 pm
<b>Family Support Group</b>	NAMI Family Support Group	NAMI SE MN, Suite 105 (The Nolte Room), 1700 Broadway Ave North, Rochester (Use Entrance B on the North side of the building)	507-287-1692	-For family members of a loved one who has a mental illness. -Meetings led by a facilitator with their own lived experience. -2nd and 4th Wednesdays for each month, 7:00 – 8:30 pm
<b>Fibromyalgia Support Group</b>	Fibromyalgia Support Group	Fontaine Towers (102 2nd St SE)	507-206-0587 or hope0073@yahoo.com	-Meets the 3rd Sat. of each month at 1pm
<b>Grandparents Parenting Again Support Group</b>	Child Care Resource and Referral	126 Woodlake Dr. SE Rochester, MN 55904	Contact: 507-287-2020	-Groups are offered the 1st Tuesday of every month from 11:30 a.m. to 1:00 p.m. and the 3rd Tuesday of every month from 5:30 p.m. to 7:00 p.m. *Note: Child care is provided during the evening group.
<b>Grief Support Group</b>	Mayo Hospice Grief Support Group		507-284-1690	-Groups offered over an 8-week time period. -Sessions offered during both the afternoon and evening. -Pre-registration required. -No cost.
<b>Grief Support Group</b>	Heartland Hospice Grief Support Group		507-292-1170	
<b>Grief Support Group</b>	Season's Hospice Grief Support Group		507-285-1930	-Groups offered over an 8-week time period. -Sessions offered during both the afternoon and evening. -Pre-registration required. -No cost
<b>Heart Disease Support Group</b>	Rochester Coronary Club		Kathy Zarling at 255-8405	-Group meets the 2nd Wednesday of each month from 7:00-9:00 p.m. at the Rochester Senior Center. -Anyone interested in learning about heart disease and its prevention may attend.
<b>Macular Degeneration Support Group</b>	Macular Degeneration Support Group	121 North Broadway Rochester, MN 55906	Jeannine Richter at 287-1469	-Group meets the 2nd Monday of each month at 10:30 a.m. at the Senior Center
<b>Parkinson's Disease Support Group</b>	Realife Cooperative	825 Essex Parkway Rochester, MN 55901		-Group is for both the caregiver and care receiver. -Offered the 3rd Thursday of each month from 1:00-3:00pm



## AREA SUPPORT GROUPS CONTINUED...

<b>Prostate Cancer Support Group</b>	Prostate Cancer Support Group-Methodist Hospital:	Rochester, MN	507-284-2691 or 507-288-1197	-Meet in Weld Auditorium, Room 3-145, third floor of Methodist Hospital. -Offered the 2nd Wednesday of each month at 12:30 p.m.
<b>Recovery Support Group</b>	NAMI Connection Recovery Support Group	First Presbyterian Church, 101 6th Ave. NW, Kasson	507-287-1692	-Peer-led meetings facilitated by an individual with their own lived experience. -Tuesdays, 7:00-8:30 pm
<b>Recovery Support Group</b>	NAMI Connection Recovery Support Group	NAMI SE MN, Suite 103 (Lighthouse), 1700 Broadway Avenue North, Rochester (Use Entrance B on the North side of the building)	507-287-1692	-Peer-led meetings facilitated by an individual with their own lived experience. -Wednesdays, 7:00-8:30 pm
<b>Suicide Support Group</b>	Survivor of Suicide (SOS) Support Group	Evangel United Methodist Church (Fireside Room) 2645 North Broadway, Rochester	Barb Powell 507-226-8095	-Suicide survivors share support. -Meetings facilitated by individuals who are survivors of suicide loss themselves. -Meet 3rd Thursday of each month, 7:00 p.m. - 8:30pm
<b>Survivors of Suicide Grief Support Group</b>	Adult Survivors of Suicide	Seasons Hospice /Center for Grief Education and Support 1696 Greenview Drive SW, Rochester	507-285-1930 ext. 1202	-Led by trained professionals who can assist in the healing process. -There is no cost to attend the groups however registration is required. -3rd Wednesday of each month, 6:00-7:30 pm
<b>Survivors of Suicide Grief Support Group</b>	Teen Survivors of Suicide (12 to 18 yrs old)	Seasons Hospice /Center for Grief Education and Support 1696 Greenview Drive SW, Rochester	507-285-1930 ext. 1202	-Led by trained professionals who can assist in the healing process. -There is no cost to attend the groups however registration is required. -3rd Wednesday of each month, 6:00-7:30 pm