

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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MINNESOTA COUNTY AND TRIBE INFORMATION DIRECTORY

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.jsp>
- 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 home-delivered 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?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectio nMethod=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?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectio nMethod=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=%20
<https://www.medicare.gov/index.html>

ADULT MENTAL HEALTH

- 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&RevisionSelectionMethod=LatestReleased&dDocName=ID_000858
- CAC (Community Alternative Care) Waiver
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_000854
- CADI (Community Access for Disability Inclusion) Waiver
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_000855
- DD (Developmental Disability) Waiver
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=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/caqa/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://readyssetgo.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
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_000858
- CAC (Community Alternative Care) Waiver
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_000854
- CADI (Community Access for Disability Inclusion) Waiver
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_000855
- DD (Developmental Disability) Waiver
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=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://mnpso.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.jsp>

- 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-faq/>

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

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

County	Address	Contact Information	Phone Number
Carlton	Carlton County Public Health & Human Services 14 N. 11th St., Suite 200 P.O. Box 660 Cloquet, MN 55720-0660 http://www.co.carlton.mn.us/277/Public-Health-Human-Services	General Information	218-879-4583
		Fax Number	218-878-2500
		TTY	218-878-2540
		Family Social Services	218-879-4583
		Fax Number	218-485-0477
		Public Health/Adult Services	218-879-4511
		Fax Number	218-879-1925
Carver	Carver County Community Social Services 602 E Fourth Street Chaska, MN 55318-2102 https://www.co.carver.mn.us/departments/health-human-services	General Information	952-361-1600
		Fax Number	952-361-1660
		TTY through MN Relay System	800-627-3529
Cass	Cass Co Health, Human & Veteran Services 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_services/index.php	General Information	218-547-1340
		Fax Number	218-547-1448
Chippewa	Chippewa County Family Services Community Service Building 719 N 7th Street, Suite 200 Montevideo, MN 56265-1397 https://www.co.chippewa.mn.us/158/Family-Services	General Information	320-269-6401
		Fax Number	320-269-6405
Chisago	Chisago County Health & Human Services 313 N Main St, Room 239 Center City, MN 55012-9665 http://www.co.chisago.mn.us/334/Health-Human-Services	General Information	651-213-5601
		Child Support	651-213-5647
		Financial Aids	651-213-5640
		Child & Family Services	651-213-5649
		Welfare Fraud	651-213-8808
		Adult Services	651-213-5601
		North Branch	651-674-4433
		Administration	651-213-5609
		Fax Number	651-213-5685
		TTY	651-213-8244

County	Address	Contact Information	Phone Number
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	General Information / AIDS / Social Services Fax Number	218-694-6164 218-694-6163
	http://www.co.clearwater.mn.us/index.asp?SEC=AC94A27E-E0A7-4C9F-9DF2-43B23A0DDA2B&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.php/human-services		
Cottonwood	Des Moines Valley Health & Human Services 11 Fourth Street P.O. Box 9 Windom, MN 56101-0009	General Information Fax Number	507-831-1891 507-831-0126
	http://www.dvhhs.org/		
Crow Wing	Crow Wing County Community Services 204 Laurel Street P.O. Box 686 Brainerd, MN 56401-0686	General Information Fax Number TTY	218-824-1140 218-824-1305 218-824-1250
	https://www.crowwing.us/91/Community-Services		
Dakota	Dakota County Community Services Administration Northern Service Center 1 Mendota Rd W., Ste. 500 W St. Paul, MN 55118-4776	Administration Fax Number	651-554-5742 651-554-5948
	https://www.co.dakota.mn.us/Pages/default.aspx		

County	Address	Contact Information	Phone Number
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	General Information Fax Number TTY	507-923-2900 507-635-6186 507-635-6200
	http://www.mnprairie.org/		
Douglas	Douglas County Social Services 809 Elm Street, Ste.1186 Alexandria, MN 56308	General Information Fax Number	320-762-2302 320-762-3833
	http://www.co.douglas.mn.us/dc/social-services.aspx		
Faribault	Faribault County Human Service Center 412 Nicollet Street North Courthouse Annex P.O. Box 217 Blue Earth, MN 56013	Intake/General Information Fax Number	507-526-3265 507-526-2039
	http://www.fmchs.com/		
Fillmore	Fillmore County Social Services 902 Houston St NW, Suite 1 Preston, MN 55965-1080	General Information Fax Number	507-765-2175 507-765-3895
	http://www.co.fillmore.mn.us/community-services/human-services/social-services		
Freeborn	Freeborn County Dept. of Human Services 203 W Clark St P.O. Box 1246 Albert Lea, MN 56007-1246	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
	http://www.co.freeborn.mn.us/135/Human-Services		

County	Address	Contact Information	Phone Number
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

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/departments/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		
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.kanabecounty.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/human_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		

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

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/government/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	General Information Fax Number	507-238-4757 507-238-1574
	http://www.fmchs.com/		

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	320-693-5300 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/index.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	General Information Financial Accounting/Child Support Fax Number	507-437-9700 507-437-9743 507-437-9723 507-437-9721
	https://www.mowercountyhhs.com/		
Murray	Murray County Southwest Health & Human Svcs. 3001 Maple Rd Ste. 100 Slayton, MN 56172	General Information Fax Number	507-836-6144 507-836-8841
	http://www.swmhhs.com/		
Nicollet	Nicollet County Human Services 622 South Front Street St Peter, MN 56082-2106	General Information Fax Number	507-934-8559 507-934-8552
	https://www.co.nicollet.mn.us/187/Health-Human-Services		
	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/departments/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/socialservices	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
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/departments/health_and_human_services/index.php Pine County Health & Human Services 1610 Highway 23 North Sandstone, MN 55072-5009	General Information Fax Number TTY Fax Number	320-591-1570 320-591-1601 or 320-591-1602 800-627-3529 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 McIntosh Office 250 SW Cleveland Ave. McIntosh, MN 56556	General Information Toll Free Fax Number General Information Toll Free Fax Number	218-281-3127 877-281-3127 218-281-3926 218-435-1585 877-281-3127 218-435-1552

County	Address	Contact Information	Phone Number
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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
Pope	Pope County Human Services 211 Minnesota Ave #200 Glenwood, MN 56334-1629 https://www.co.pope.mn.us/departments/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=C626CF10-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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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	General Information Fax Number	218-463-2411 218-463-3872
	http://www.co.roseau.mn.us/government/s_z/social_services/index.php#.WqakhVTwbcs		
St. Louis	St. Louis Co Public Health & Human Services Government Services Center 320 W 2nd St P.O. Box 307 Duluth, MN 55802-1495	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
	http://www.stlouiscountymn.gov/healthandhumanservices		
	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 Services 13880 Business Center Dr. Elk River, MN 55330-4600 http://www.co.sherburne.mn.us/hhs/index.php	General Information Fax Number	800-433-5239 or 763-765-4000 763-765-4096
Sibley	Sibley County Public Health & Human Services 111 8th Street P.O. Box 237 Gaylord, MN 55334-0237 https://www.co.sibley.mn.us/government/departments/public_health_and_human_services/human_services/index.php	General Information/Voice/TTY Fax Number	507-237-4000 507-237-4031
Stearns	Stearns County Human Services Administration Center 705 Courthouse Sq. P.O. Box 1107 St. Cloud, MN 56302-1107 https://co.stearns.mn.us/Government/CountyDepartments/HumanServices	General Information General Information - Toll Free Fax Number TTY	320-656-6000 800-450-3663 320-656-6447 320-656-6204
Steele	Minnesota Prairie County Alliance 630 Florence Ave P.O. Box 890 Owatonna, MN 55060-0890 http://www.mnprairie.org/	General Information Fax Number	507-431-5600 507-635-6186
Stevens	Stevens County Human Services 400 Colorado Ave., Ste. 104 Morris, MN 56267-1235 https://www.co.stevens.mn.us/index.aspx?nid=886	General Information Fax Number	320-208-6600 320-589-3972
Swift	Swift County Human Services 410 21st Street So. P.O. Box 208 Benson, MN 56215-0208 http://www.swiftcounty.com/index.asp?SEC=FD342725-314B-49EC-AE70-DB6F13768B44&Type=B_BASIC	General Information Fax Number	320-843-3160 320-843-4582

County	Address	Contact Information	Phone Number
Todd	Todd County Health & Human Svcs Courthouse Annex 212 2nd Ave S Long Prairie, MN 56347-1640 https://www.co.todd.mn.us/divisions/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/index.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/Human-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/469/Community-Services	General Information Fax Number	651-430-6455 651-430-6605

County	Address	Contact Information	Phone Number
Watonwan	Watonwan County Human Services Center 715 2nd Avenue South P.O. Box 31 St. James, MN 56081-1741	General Information Fax Number	507-375-3294 507-375-7359
	http://www.co.watonwan.mn.us/index.aspx?NID=154		
Wilkin	Wilkin County Family Service Agency 227 6th St. North P.O. Box 369 Breckenridge, MN 56520	General Information Fax Number	218-643-7161 218-643-7175
	http://www.co.wilkin.mn.us/familyservices		
Winona	Winona County Community Svcs. County Office Building 202 W 3rd St Winona, MN 55987-3146	General Information General Information – Toll Free Fax Number	507-457-6200 844-317-8960 507-454-9381
	http://www.co.winona.mn.us/page/2460		
Wright	Wright County Health & Human Services 1004 Commercial Dr. Buffalo, MN 55313-1736	General Information Social Services & Public Health Fax Number	763-682-7414 763-682-7400 763-682-7701
	http://www.co.wright.mn.us/217/Health-Human-Services		
Yellow Medicine	Yellow Medicine County Family Service Center 415 9th Avenue, Suite 202 Granite Falls, MN 56241	General Information Fax Number	320-564-2211 320-564-4165
	http://www.co.ym.mn.gov/index.asp?Type=B_BASIC&SEC={CA9CFA68-CA1C-4E2E-8DFF-316994AE9E32}		

Tribe	Address	Contact Information	Phone Number
Bois Forte Band of Chippewa	Bois Forte Tribal Government Nett Lake 5344 Lakeshore Drive Nett Lake, MN 55772	Main Line Toll Free Fax Number	218-757-3261 800-221-8129 218-757-3312
	http://www.boisforte.com/divisions/human_services.htm		
	Bois Forte Tribal Government Vermilion 1610 Farm Road South Tower, MN 55790	Main Line Fax Number	218-753-4542 218-753-4055
Fond du Lac Band Lake Superior Chippewa	Fond du lac Reservation 1720 Big Lake Road Cloquet, MN 55720	Main Line	218-879-4593
	http://www.fdlrez.com/humanservices/index.htm		
Grand Portage Band Lake Superior Chippewa	Grand Portage Reservation Tribal Council P.O. Box 428 Grand Portage, MN 55605	Main Line Fax Number	218-475-2277 218-475-2284
Leech Lake Band of Ojibwe	Leech Lake Band of Ojibwe 190 Sailstar Drive NW Cass Lake, MN 56633	Main Line Toll Free Fax Number	218-335-8200 800-442-3909 218-335-8309
	http://www.llojibwe.org/#		
Lower Sioux Indian Community	Lower Sioux Community Center 39527 Res. Highway 1 P.O. Box 308 Morton, MN 56270	Main Line Fax Number	507-697-6185 507-697-8617
	http://lowersiouxhhs.org/social-services/		
Mille Lacs Band of Ojibwe	Mille Lacs Band of Ojibwe Band Government Center Office Department of Labor 43408 Oodena Drive Onamia, MN 56359	Main Line Toll Free Fax Number	320-532-7407 800-922-4457 320-532-3785
	https://www.millelacsband.com/government/department-of-health-human-services		

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	Main Line Fax Number	218-335-8581 218-335-8496
	https://www.mnchippewatribe.org/human_services.html		
Prairie Island Indian Community	Prairie Island Indian Community 5636 Sturgeon Lake Road Welch, MN 55089	Main Line Toll Free Fax Number	651-385-2554 800-554-5473 651-385-4180
	http://prairieisland.org/		
Red Lake Nation	Red Lake Tribal Council 24200 Council Street Red Lake, MN 56671	Main Line	218-679-3341
	http://www.redlakenation.org/tribal-programs/human-services		
	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	Main Line	320-564-3853
	http://www.upperSiouxcommunity-nsn.gov/page/social-services		
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	General Information	218-935-5554
	http://www.whiteearth.com/programs@program_id=7.html		