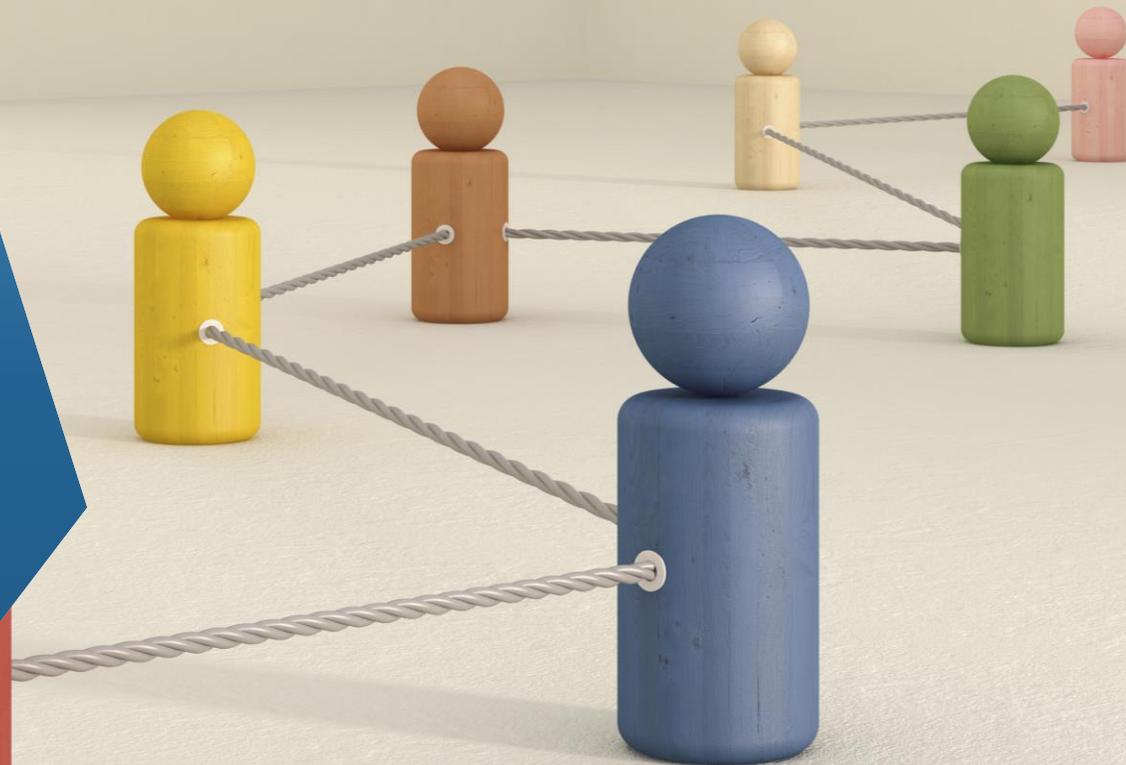


Mental Health and the Communities We Serve



General Outline

MENTAL HEALTH CONDITIONS & CHEMICAL
USE INFO IMPACTING OUR COMMUNITIES



INTERCOUNTY RESOURCES



SURROUNDING COMMUNITY RESOURCES

Mental Health Conditions

Disclaimer: these are my words and may not be actual clinical definitions



Depression

- ▶ Depression causes feelings of sadness and/or lost of interest in activities that were once enjoyed. Persistent Depression is called Major Depressive Disorder.
- ▶ Criteria for clinical depression requires that a decrease in overall functioning be present and symptoms must have lasted at least 2 weeks.

Symptoms
Feeling sad, low mood, feeling worthless
Loss of interest of pleasure in activities that were once enjoyed
Changes in appetite, weight loss or weight gain
Trouble sleeping or sleeping too much
loss of energy, difficulty concentrating
Troubles taking care of basic hygiene and household tasks
Thoughts of death or suicide

Anxiety Disorders

- ▶ Generalized Anxiety Disorder: Excessive and exaggerated worry about everyday life events for no obvious reasons, tendency to always expect disaster in most aspects of life.
- ▶ Panic Disorder: Episodes of intense fear or terror, accompanied by physical symptoms. They can be debilitating and leave someone unable to properly function until the attack passes, or medication is used to help symptoms.
- ▶ Social Phobia: High anxiety and avoidance of social situations due to feeling uncertain, fearful, or concern about being around others.
- ▶ Agoraphobia: Avoiding places or situations that create discomfort. This is typically diagnosed when people struggle to leave their house due to the high anxiety and physical symptoms they battle when they do leave the house.
- ▶ Substance Induced Anxiety: Often seen with marijuana use. Excessive caffeine use and use of corticosteroid medications can also induce anxiety.

Medications to treat Anxiety commonly include antidepressant medications as well as benzodiazepines

Did you know?
Benzodiazepines are the 2nd most misused prescriptions in the country

Schizophrenia and Psychosis

Hallucinations: talking or responding to people or things that are not actually there, feeling things touching them, sometimes somatic complaints about pain or injuries

Psychosis is used to describe a group of symptoms: mainly hallucinations, delusional content and the associated behaviors that come from this disorganization.

Well, Mayo Clinic says, “A mental disorder characterized by a disconnection from reality.” Psychosis may occur as a result of a psychiatric illness like Schizophrenia. In some instances, it may be caused by a health condition, medications or drug use. *Symptoms include hallucinations, delusions & paranoia.*

Disorganized thinking and speech: inappropriate eye contact or body movements (too much or barely any). This may also include an inappropriate presentation, ie: laughing and giggling out of turn, or the opposite and being extremely quiet, appearing confused; or being extremely agitated.

Delusions and Paranoia

False beliefs that conflict with reality, thoughts of grandeur, thinking others are out to get them, acting very suspicious of others.

The “Big 5”

- ▶ While Delusions and Paranoia are hallmark symptoms of Schizophrenia Spectrum Disorders, these may be present even when a person is medicated and stable.
 - ▶ Many individuals have set delusions that do not go away. However, when stable they're more understanding about others not agreeing with those delusions, or the individual may acknowledge that it's a delusion.
- ▶ Religion: God, Allah, Jehovah
 - ▶ The Government: FBI, politicians
 - ▶ Aliens: spaceships, planet life
 - ▶ Celebrities: usually a relationship
 - ▶ Covid: enough said

*The Anoka County AMH Unit agrees, the most common delusion we hear from clients is:
“the government has implanted me with a microchip”*

Bipolar Disorder

Bipolar Disorder causes people to experience extreme mood fluctuations and an extreme degree of behavior change. This means someone will have periods of mania, and/or extreme depression. Individuals with Bipolar Disorder may have a different spectrum of these things, but it's far more extreme than general mood changes. Medication is used to keep people in a neutral mood: to help them avoid mania and depression, and the challenges and danger that come with said fluctuations.

Mania	Depression
Uncharacteristic exaggerated sense of self confidence, grandiosity	Not getting out of bed, sleeping too much or out of usual schedule
Decreased need for sleep	Neglecting hygiene and home cares
Very talkative, racing thoughts	Missing work or events
Out of character poor decision making	Not returning attempts to contact
Risky spending, sexualized behaviors	Changes in appetite or weight
No filter, poor manners, may come across as very brash	No longer interested in things that were once enjoyable
May include psychosis	May include catatonia

Catatonia refers to a group of symptoms that usually include lack of any effective communication and movement. Untreated, it can lead to severe medical issues.

Bipolar I? Bipolar II? Schizoaffective?

Bipolar I: Mix of very extreme manic and/or depressive episodes with or without psychosis

Bipolar II: Less severe and a mix of manic and depressive episodes, no psychosis

Schizoaffective Disorder is very similar to Bipolar Disorders in that there are extreme mood fluctuations. However, it also includes psychosis, and in “neutral mood” symptoms such as paranoia and delusional beliefs are present. It can at times be very hard for clinicians to differentiate Bipolar I w/psychosis and Schizoaffective Disorder, it would not at all be uncommon to see someone with both diagnosis.

Medications used to treat Bipolar Disorder are often called mood stabilizers. The ones most prescribed in the US right now are Lithium, Depakote, and Lamictal.

Personality Disorders

- *Antisocial Personality Disorder*: Individuals show a pattern of behavior disregarding or violating the rights and boundaries of others. They may lie repeatedly to deceive others, be impulsive, and be very good manipulators to get what they want.
- *Borderline Personality Disorder*: Individuals experience intense emotions with a pattern of instability in relationships, poor self-image and will often go to great lengths to avoid being abandoned. They may display inappropriate anger or violence, be impulsive, and this diagnosis is often seen in individuals with several suicide attempts and those who consistently make suicidal threats.
- *Narcissistic Personality Disorder*: Individuals have a need for admiration and have a very grandiose sense of self-importance, entitlement and take advantage of others without doubts. They lack empathy and show concern only for themselves.
- *Histrionic Personality Disorder*: Individuals will engage in attention seeking behaviors with rapidly shifting and/or exaggerated emotions. They draw attention to themselves by whatever means possible and feel uncomfortable when they are not the center of attention.

Personality Disorders

Treatment options include meds, prescribed off label. There are no prescription medications out there that target Personality Disorders specifically. Typical therapy approaches include Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) so that one can learn to manage the emotions and behaviors that cause their Personality Disorder to be an ongoing issue.

Important to note: Personality Disorders are diagnosed based on an individual pattern of volitional conduct. The basis of a Personality Disorder is that the individual's first concern is for themselves, despite what any consequences may be.

Fun Fact

It's estimated that 9% of the adult population has at least 1 Personality Disorder



PTSD & Trauma

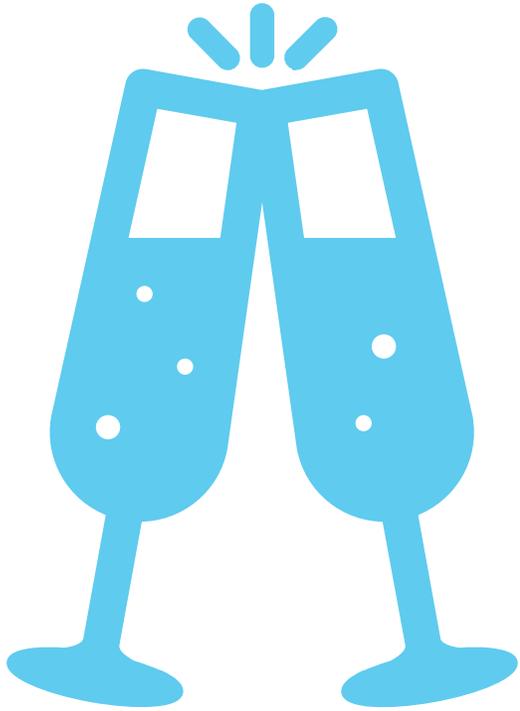
Trauma is an emotional response to an event. PTSD is a diagnosis that those who have been through trauma, may or may not carry.

Trauma

- ▶ Trauma IS NOT a diagnosis
- ▶ Trauma refers to the emotions felt after an event which caused fear, grief, or exposure to disaster, war, forced displacement, etc.
- ▶ What may be a traumatic event to one person, may just be a rough day to another person
- ▶ Trauma may contribute to other mental health issues

PTSD

- ▶ Post Traumatic Stress Disorder is a diagnosis made in individuals who meet a specific criteria of functional impairments; coupled with intrusive thoughts, reactivity, and physical symptoms related to past traumatic events
- ▶ Clinically, those with severe PTSD can experience dissociation or psychosis; and not carry a more common psychosis related mental health diagnosis



Alcohol

When is it a problem?

The CDC says moderate drinking is no more than 1 drink per day for women, and no more than 2 per day for men. But 5 or more drinks in a day for men, and 4 or more drinks in a day for women- is considered binge drinking.

- ▶ Alcohol obviously becomes a legal problem when people make risky decisions that put their own safety and the safety of others at risk, and when they're unable to fulfill basic life obligations due to their drinking and associated withdrawals.
- ▶ Not everyone with a substance abuse problem, has a drinking problem.
- ▶ Withdrawals are tough and uncomfortable, however they're manageable at home for most. We don't see people admitted to hospitals for alcohol withdrawal unless it's extremely severe or a case where they have additional or underlying medical issues.

Drugs

Almost everything has Fentanyl these days

- ▶ **Opiates, Fentanyl, Oxy, Percs, heroin.** People use via IV, smoking, taking oral tabs, and snorting it. Opiates cause the brain to release endorphins, that good feeling-gets people hooked. They also affect a part of the brain that regulates breathing. Overdoses happen when too much is consumed, and the respiratory system shuts down. If people don't OD but have respiratory issues, vomiting is common with withdrawals and people can choke on their own vomit and die. With the continued opioid epidemic, we're seeing Fentanyl cut into many other drugs for the purposes of making them more addicting, keeping sales going.
- ▶ **Benzodiazepines, Valium, Xanax, Klonopin.** Taken orally and sometimes snorted. Increases GABA in the brain, giving a feeling of relaxation and calm. People build up a tolerance and end up using more and more. Detoxing is extremely painful and dangerous, it's safest when done in a medical setting. There is a very high risk of seizure associated with benzo withdrawals. Pressed benzo pills that also contain fentanyl are unfortunately very common.
- ▶ **Cocaine/crack cocaine.** It's on the rise again, commonly smoked or snorted, sometimes rubbed on gums or under tongue. Cocaine increases dopamine in the brain. So, whatever you're doing will seem more fun with some coke added. The more often it's used, the worse the come-down feels. So, people get hooked to avoid that feeling and it turns into a full-blown addiction.
- ▶ **PCP, LSD mushrooms, salts,** can be injected, snorted, swallowed and smoked. causes feelings of disconnection, causes some to hallucinate.

Medication Assisted Treatment

used in treatment of opiate dependency

Suboxone

- ▶ Available in pill, film or implant. The film is most common, used on the cheek or under the tongue like the breath mint strips are used
- ▶ Does not contain opiates
- ▶ Available at many pharmacies
- ▶ No rush or high is felt with abuse
- ▶ Extremely difficult to overdose on

Methadone

- ▶ Available in pill, liquid and wafer forms. Most clinics in the area do liquid, it has a similar consistency and smell to cough syrup
- ▶ Is a synthetic opiate
- ▶ Must come from regulated clinic
- ▶ Can be abused, used to feel high
- ▶ Overuse can cause overdose

Naltrexone/Vivitrol Shots are available for treatment of opiate dependency, but due to insurance issues and cost we don't see it prescribed very often.

Marijuana

- Smoked, ingested, vaped. THC binds to and covers receptors in the brain that slowly release dopamine, causing more to be released at a faster rate. Sometimes it creates a feeling of euphoria, sometimes it can cause anxiety or paranoia. Because of how it's processed by the brain, it can cause people to be clumsy and have slowed reaction time. Which can be dangerous if one is say, driving.
- Marijuana today can be very potent depending on the source. New vapes and waxes are highly concentrated and take effect very quickly. There are few withdrawal symptoms, though increased heart rate can occur in some people.
- New research shows that people who take large amounts of THC in a short time span may experience acute psychosis.
- Marijuana can of course be laced with multiple things; plus, we never know what's in the supposed synthetics or Delta 8 products these days as they're not regulated.

Meth

- ▶ Meth can be smoked, snorted, injected, or ingested. It makes the brain produce more dopamine and norepinephrine, giving a feeling of wellbeing, and some energy, along with bizarre behaviors in regular users.
- ▶ Meth is extremely damaging to the brain being it's commonly made with battery acid, drain cleaner, antifreeze, rat poison, etc. There is some research showing that it takes 3 years for the brains neurotransmitters to function properly again after last use. 3. full. years!
- ▶ Meth can cause psychosis, it's quite consistent in very heavy users. However, Drug Induced Psychosis is not considered a mental illness, rather a diagnosis of a temporary medical condition.
- ▶ So, Meth Psychosis is only a temporary medical condition, arrested with discontinuation of use. However, Meth psychosis can take weeks to months to clear in some cases, especially in very heavy users. Antipsychotic medications may be used to help with symptoms and lessen behaviors until a client fully withdraws.

Detox, Treatment, How Does Someone Get Help?

- ▶ Anoka County currently has a contract with only 1 Detox facility. Currently they're closed Friday at 5pm until Sunday morning due to staffing shortages. The last 3 months, there are also limitations on what kinds of detoxing clients they can take.
- ▶ Currently 1800 Hennepin Detox and Ramsey County Detox are only admitting individuals who reside in their counties. Hospitals will not keep people just to detox them, unless medically necessary.

Treatment Options Available

Inpatient CD Treatment

- ▶ Most inpatient CD programs are considered short term. Average stays range from 28-45 days
- ▶ Some programs also include mental health programming
- ▶ The one long term program MN has that Medicaid and Rule 25 cover is Minnesota Adult & Teen Challenge
- ▶ The Salvation Army long term program is not licensed or accredited as a CD treatment program. However, they offer programming and have LADC's

Outpatient CD Treatment

- ▶ Outpatient program lengths vary greatly. Some are as short as 4 weeks, some last 4-6 months
- ▶ Some programs also include mental health programming
- ▶ There are a few programs which work directly with some sober houses where clients can stay
- ▶ Frequency of treatment groups will decrease as clients progress through the program

<https://fasttrackermn.org/> offers listings of CD treatment programs with current openings

Funding CD Treatment Programs and Getting a CD/Rule 25 Assessment

Getting an Assessment

- ▶ The first step to getting into CD treatment is getting a Rule 25 or Comprehensive Chemical Dependency Assessment. Those with insurance can contact many different community-based CD programs or agencies to get an evaluation scheduled.
- ▶ Those with no insurance or a pending application can contact the county to get an evaluation scheduled

Funding Treatment

- ▶ Most treatment programs take private insurance and many also take Medical Assistance/MN Medicaid or Rule 25 funds directly from a county
- ▶ Individuals must attend a treatment program offering the level of care their CD evaluation suggests. A client cannot be found to require inpatient treatment but then attend an outpatient program if they want insurance or Rule 25 to cover the cost

There are a lot of changes happening with Rule 25 at the state level. Terminology and processes are being updated and changed.

Sober Housing

- ▶ There are several sober housing options available in the metro
- ▶ Prices typically range from \$450-\$1000 a month depending on the program
- ▶ Individuals must have some type of income to cover the cost of sober housing, it is *not* paid by the state, insurance or Rule 25 funds



Mental Health Treatment Options



In Need of Immediate Mental Health Care?

When to call 911:

- ▶ When individuals present an immediate danger to themselves due to lack of connection to reality or an inability to meet very basic needs due to such deteriorated mental health
- ▶ Someone is a danger to, injuring, or threatening to others, while exhibiting mental health symptoms
- ▶ A person is actively suicidal with intent and means to commit suicide

253B.051

There are many occasions where police are unable to sign a transport hold on someone. If the person is agreeable, both Mercy Hospital Unity Campus and Mercy Hospital have small dedicated mental health suites within their ER where they can evaluate clients. Both ER's staff trained crisis clinicians 24/7/365.

Mercy Hospital Unity Campus
550 Osborne RD
Fridley, MN 55432
763-236-5000



Mercy Hospital Coon Rapids
4050 Coon Rapids BLVD
Coon Rapids, MN 55433
763-236-6000

Anoka County contracts with Canvas Health to provide 24/7/365 crisis response phone line services for adults and children. The call is free, Canvas will bill insurance or medical assistance for face-to-face meetings. A sliding fee scale is available. Mental Health Professionals who staff the line cannot prescribe or refill medications, nor do they have hospital admitting privileges.

When a call to the crisis line may be appropriate

Self-Injury

Suicidal thoughts

Delusions or hallucinations

Anxiety and panic

Hopelessness

depression

Angry outbursts

The Anoka County Crisis Line

763-755-3801



First Stop for Minor Mental Health Concerns Like Anxiety and Depression

Primary Care Provider



For general concerns about anxiety, depression or feeling generally overwhelmed; a great starting point is to start with a primary care doctor. They are often able to prescribe some depression and anxiety medications and make the appropriate referrals for additional services as needed.

Mental Health Case Management at the county level

Children	Adults	Forensic
<ul style="list-style-type: none">• Voluntary case management• Manage respite and out of home placements	<ul style="list-style-type: none">• Voluntary Case Management• Peer Support Specialist• MI/CD Commitment Case management	<ul style="list-style-type: none">• Indeterminate Commitments, Mentally Ill & Dangerous, Sexually Dangerous Persons• MI/CD/Rule 20 Commits

The county also offers case management for those with Developmental Disabilities, and then of course Child Protection, Family Assessment and those in Foster Care.

Who can get a Mental Health Case Manager on a voluntary basis?

Those with a Diagnostic Assessment noting they are Seriously and Persistently Mentally Ill per MN Statute 245.462 subd 20, qualify for case management services. This typically is individuals carrying a diagnosis of Schizophrenia, Major Depression, Bipolar Disorder; those who have recent commitment history, or multiple inpatient psychiatric hospitalizations within the past 12 months.

A case manager is an Anoka County social worker who is assigned to help you set and reach your goals and coordinate your behavioral health treatment plan. The social worker is not a therapist or behavioral health care provider, but he or she can help you take full advantage of your treatments and be successful at home and in your community.

To find out if you qualify for case management, you must have had a Diagnostic Assessment within the past 180 days. To learn more about the Diagnostic Assessment, see [Understand Diagnostic Assessment, Psychological Assessment, and other Tests](#).

If you qualify for case management, you must agree to meet with your social worker at least once a month. That meeting usually takes place in your home.

If you have questions about getting a case manager, **call Adult Mental Health at 763-324-1420**.

What can the Adult Mental Health Intake line help with?

- ▶ Provide information on nearby psychology or psychiatric providers
- ▶ Discuss and refer to inpatient treatment options that may be available
- ▶ Information and referrals for additional Medicaid paid services for individuals who meet criteria
- ▶ Direct individuals to chemical dependency resources, treatment options, funding options, and provide information on how to get Rule 25 chemical dependency assessments
- ▶ Screen and assess for ongoing case management services on a voluntary basis

Monday-Friday
8am-4:30PM
763-324-1420

What About Civil Commitments?

- ▶ Anyone can contact the intake line and request to talk to a Prepetition Screener about a Community Commitment Screening on someone.
- ▶ Community Commitments are not done all that often as support statements from doctors or qualified professionals are required. Most of the commitment petitions in the county come directly from hospitals.

Family Life Mental Health Center



- ▶ Anoka County contracts with People Incorporated, who operate Family Life Mental Health Center located in Coon Rapids. Adults and children welcome.
- ▶ Anoka County Residents without insurance can receive care there on a sliding fee scale, meaning individuals pay a portion of costs according to their income and the county pays the rest.
- ▶ Psychology, psychiatric medication management, anger management and domestic violence groups are offered.
- ▶ There is an onsite pharmacy run by Genoa

ADDRESS

1930 Coon Rapids Blvd NW, Coon Rapids, MN 55433

651-774-0011



Mental Health Clinic Offerings

Typically consist of:

- ▶ Individual psychotherapy
- ▶ Medication Management
- ▶ DBT and CBT Groups
- ▶ Some offer Peer Support Specialists on staff and support groups

Mental Health treatment often includes medications. There are lots of very competent and properly credentialed mental health providers these days who prescribe psychiatric medications. It's becoming rare to see MD Psychiatry providers in clinic settings anymore. DNP, APRN, CNP, and PA-C providers make up most of MN's current prescribers in outpatient mental health clinics.

HCMC Acute Psychiatric Services

an Insider tip



612-873-3161

730 South 8th ST Minneapolis

Prescription walk in hours are
8am-3:30pm Monday-Friday
and it is first come first serve
so expect some wait time

HCMC's Acute Psychiatric Services offers 24/7/365 walk in crisis intervention for emergencies, just like any other emergency room.

However, during specified hours they will also write prescription refills same day if the client can provide proof of their current prescriptions. There is a provider who will consult with the client, verify the scripts, and write new ones. Individuals can get refills the same day.

Local Mental Health Clinic, Hospital and Counseling Resources

Local Counseling Clinics & Psychiatric Services

Allina Hospital, Unity Campus	763.236.3800
Center Life Counseling	651.288.0332
Family Based Therapy	763.780.1520
Family Life Mental Health Center	763.427.7964
Lee Carlson Center	763.780.3036
Lutheran Social Services of Minnesota	612.879.5320
Mercy Hospital Assessment & Referral	763.236.7911
NAMI - Anoka County	612.424.1823
North Suburban Counseling Center	763.784.3008
Nystrom & Associates, LTD.	763.767.3350
Prevail Counseling Group	763.427.2590

All of the above providers have locations within Anoka County

Mental Health Day and Inpatient Programs

- ▶ We have 3 IRTS (Intensive Residential Treatment Settings) programs within the county. Stays can last up to 90 days. There are requirements and an intake process; it's considered a stepdown from hospital level of care. For more information on getting a voluntary community admission, clients can contact the mental health intake line regarding eligibility and referrals.
- ▶ Allina Health offers a Partial Hospitalization Program and an Adult Mental Health Outpatient Program, both located on the Mercy Hospital Campus.
- ▶ All of these programs offer individual counseling as well as mental health programming groups focused on education, coping mechanisms and relapse prevention. IRTS is a residential program, Allina's Partial Hospital Program typically has clients doing 40 hours a week of programming while residing in the community, and the Outpatient Program gives clients the option to attend 1-4 days per week based on individual needs.

Mental Health Partial Hospital Program

Allina Health Mental Health – Mercy Hospital

763-236-7911

4050 Coon Rapids Blvd
Coon Rapids, MN 55433

Mental Health Outpatient Program

Allina Health Mental Health – Mercy Hospital

763-236-8700

4050 Coon Rapids Blvd
Coon Rapids, MN 55433



LEE CARLSON CENTER™

For Mental Health & Well-Being

763.780.3036

leecarlsoncenter.org

- ▶ Bridgeview Drop-In Center is a social program run by the Lee Carlson Center for adults who have a mental health diagnosis. They offer mental health education groups, subsidized outings, art programs, and other activities to promote healthy socialization and wellness.
- ▶ You must be an Anoka County Resident and you must complete an intake to become a member of the drop in center.

Phone: **763.783.7440**

Fax: 763.780.0784

7920 University Ave NE, Fridley, MN 55432

Hours:

Monday-Friday: 9:00AM to 3:00PM

Bridgeview Drop-In Center



Waivers, Group Homes & PCA Services

- MN Medical Assistance Waivers cover the cost of group homes, adult foster care, certain assisted livings, skilled nursing services, PCA and other in-home services.
- Individuals must be certified disabled by Social Security or go through a process with the state to obtain disability status, in order to be eligible for a waiver.
- Clients are not guaranteed a waiver, or any services at all just because they have disability status. It all goes based on need which is determined by a MNCHOICES assessment completed by a certified Anoka County assessor.

**Anoka County Residents can contact 763-324-1450
to schedule a MNCHOICES assessment**

How Can Someone Get help Applying for Social Security?

If an Anoka County Resident is receiving MA, SNAP or GA benefits, they can talk with their economic assistance worker to see if they qualify for assistance from a county social security advocate

A list of advocacy services which serve the Anoka County area as well as the rest of the state can be found on the DHS Website

<https://mn.gov/dhs/partners-and-providers/program-overviews/housing-and-homelessness/social-security-advocacy-directory.jsp>

Signature _____

Date _____



Housing

Housing Myths Debunked

- ▶ There is no free county housing at all. It simply does not exist.
- ▶ Section 8 waitlists for Metro HRA are closed almost all the time. We've seen them accept new applications for the waitlist only 1 time per year for the past 5 years.
- ▶ There are subsidized apartment buildings within the county who cater to those over 62 and those with a disability certification. They all run their own waitlists, and all estimate at least a 2 year wait.
- ▶ Group Residential Housing funds are only to be used at GRH facilities for those with disabilities who also meet a specific criteria.
- ▶ ACCAP Housing is not free. While it is income restricted and offers reasonable rental prices; there are still income requirements and an application process to complete to be considered for the waitlist or at one of their properties.

Shelter Options

Within Anoka County

- ▶ Stepping Stones shelter for adults, has a consistent waiting list of 50-100, so entry is not immediate
- ▶ Hope 4 Youth, has a waitlist and works with Stepping Stones but other services or shelter referrals may be available
- ▶ Alexandra House, participants must meet certain criteria and be a domestic violence survivor, shelter is not always immediately available
- ▶ Family Promise, serves up to 4 families with minor children only. Crim history or pending charges must be minor and not felony or against the person crimes

Surrounding Areas

- ▶ Hennepin County Adult Shelter Connect, coordinates admits into several shelters
- ▶ Hennepin County Coordinated Entry also works with several shelters within Hennepin County
- ▶ Metro Shelter hotline refers to shelters in the Hennepin and Ramsey county areas
- ▶ Board and Lodge programs which take GRH funding are available throughout the state and are all privately owned. Clients must be disabled and meet specific criteria

So, the takeaway: there is no immediate short-term shelter in Anoka County

Shelter Contacts

Within Anoka County

- ▶ Stepping Stones shelter
763-323-7006
- ▶ Hope 4 Youth
763-323-2066 | after 7pm: 612-849-2561
- ▶ Alexandra House
763-780-2330
- ▶ Family Promise Program
763-568-7365

Surrounding Areas

- ▶ Hennepin County Shelter Connect
612-248-2350
- ▶ Hennepin County Coordinated Entry 612-348-4111
- ▶ Metro Shelter referral hotline
1-888-234-1329

Board and Lodge programs which take GRH funding are available throughout the state and are all privately owned. Clients must be disabled and meet specific criteria