

Cass County Public Health Parent Resource Guide



July 2022



Public Health
Prevent. Promote. Protect.
Cass County Public Health

This Institution is an equal opportunity provider.

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CASS COUNTY PUBLIC HEALTH- FAMILY HOME VISITING PROGRAM



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Family Home Visiting through Cass County Public Health helps families begin and continue their parenting adventure through visits with a public health nurse. We can visit during pregnancy and after to help you learn skills to have a healthy, happy family! Getting support and teaching during parenting years will help you meet your goals!

Call 218-547-6825 for information.

Text 4 Baby-Get free messages each week to help you through pregnancy and your baby's first year. text4baby.org



MECSH

MECSH is an evidenced-based long-term home visiting program starting in pregnancy or for parents with babies up to 6-8 weeks after being discharged from the hospital. Cass County is focusing on first-time parents but will also enroll parents who have other children. Visits are with a trained nurse who will support parents in their parenting journey, with a focus on healthy pregnancy, child growth and development, families' goals and connecting families to community resources. This is a free and voluntary service for families!

Call 218-547-6829 to enroll as early in your pregnancy as possible!

FAMILY CENTER/HOME VISITING PROGRAM

Home Visiting offers families resources and support to help secure strong bonds by encouraging play and learning together. This program begins pre-natally or before your child is 3 months old and continues through their third birthday.



FAMILY CENTER/HOME VISITING CONT.

NorthlandArea Family Center.....	218-566-3636
Family Home Visiting (320 Eagle Ave, Remer)	
Pillager Family Center.....	218-746-4009
Family Home Visiting (305 Fir Ave, Pillager)	
PineRiver-Backus Family Center.....	218-587-4292
Family Home Visiting (245 Barclay Ave, Pine River)	

On A Minnesota Health Care Program?

Need a car seat?

You may be eligible, call:

218-547-6829 or 218-547-6824

For more information!



FOLLOW ALONG PROGRAM



Is your child developing on track? Babies and young children grow and learn at their own rate. However, some children may need help to grow up healthy and learn skills such as sitting, walking, or talking. Minnesota's Follow Along Program can help you track your child's development and let you know if your child is playing, talking, growing, moving, and behaving like other children the same age. You are connected to your local county's Follow Along Program upon enrollment.

It's FREE and all children birth through age 3 qualify! No income guidelines. Call for additional information or an enrollment form: 218-547-6847.

Minnesota Health Care Programs (CONT.)



STAR LEGACY FOUNDATION

The Star Legacy Foundation is dedicated to reducing pregnancy loss and neonatal death and improving care for families who experience such tragedies. We are a community of families, health professionals, researchers, policy makers, and individuals dedicated to helping every pregnancy have a happy ending. Star Legacy has a support line, peer companions and online support groups available to everyone who experiences loss (parents, siblings, grandparents, friends, and more).

If you have experienced neonatal death and are looking for support or more information, please call

218-547-6840 or 952-715-7731



MAHUBE-OTWA FAMILY HEALTH

Mahube-Otwa Family Health provides reproductive services to both men and women. Services include health education, family planning (birth control and contraceptives), physical exams, pregnancy testing and counseling, pap smears, sexually transmitted infection screening and treatment. All services are confidential regardless of race, sex, religion, age, or marital status. No one will be refused services due to inability to pay. All incomes and insurances are accepted including MA and Minnesota Care. Charges are based on family size and income. All services are available at the Pine River Family Center the first Tuesday of every month.

To set up an appointment please call 218-547-6840 or 218-346-3612.

Education

Public Schools

Cass Lake Bena Schools:

Elementary (Pre-K-4th Grade).....218-335-2201
Middle School.....218-335-2203 ext. 1900
High School.....218-335-2203 ext. 1100

Pillager Schools:

Elementary (K-4th Grade).....218-746-2111
Middle School218-746-2112
High School218-746-2113

Pine River-Backus School.....218-587-4447

Walker-Hackensack-Ackley Schools

Phone Tree.....218-547-1311
Elementary.....218-547-4259
High School.....218-547-5321

Remer Schools:

Preschool.....218-566-3636
Elementary & High School218-566-2351

Alternative Learning Centers

Cass Lake Horizons Day Treatment.....218-335-2204 Ext. 6009
Pillager Area Charter School (PACS).....218-746-3875
Pine River ALC.....218-587-8090
Up North Learning Center (WHA).....218-547-6525



Education– Early Childhood

Backus

Backus Head Start/Early Head Start.....218-947-4813
(Serves families and children 0-5)

Cass Lake

Early Childhood Family Education (ECFE).....218-335-8205
Head Start218-335-8345

Leech Lake Band of Ojibwe

Head Start-Onigum Site.....218-547-1420
Head Start-Bena Site.....218-665-5312

Pillager

ECFE.....218-746-2185
Head Start.....800-332-7135

Pine River/Backus

ECFE.....218-587-8323

Remer/Longville

Early Childhood Education.....218-566-2353
Family Center Preschool.....218-566-3636
Head Start.....800-332-7135

Walker

Early Childhood218-547-4391
Head Start.....218-547-3438/800-332-7135

Education Continued

Minnesota Help Me Grow (HMG)

TollFree.....1-866-693-4769

www.helpmegrowmn.org

Help Me Connect- a new online navigator that connects pregnant and parenting families with young children birth to 8 years of age with services in the local communities.

HelpMeConnect@state.mn.us

Parent Aware-a free service to help find high quality MN Child Care providers. parentaware.org

Minnesota Act Early aims to educate parents and professionals about health childhood development.

itsae.umn.edu

Mom Enough is a Mother-Daughter site that explores the many facets of motherhood. momenough.com

Parenting Counts-a developmental timeline for development of kids from birth to 5. parentingcounts.org

Zero to Three-free parenting resources for healthy development in kids birth to age 3. zerotothree.org

Community Education

Pillager.....218-746-2105

Pine River.....218-587-2080

Remer.....218-566-2351 ext.32075

Walker.....218-547-4215

Parenting Programs

Northland Area Family Center (Remer/Longville)218-566-3636

“ParentChild+ Program”: A home visiting program that offers free books and toys, with ideas for using them, to families with children ages 18 months to 2 ½ years of age. This is a proven school readiness program that builds early parent-child verbal interaction and learning at home. Call for more information and eligibility criteria.

Pine River/Backus Family Center

“Love and Logic ”.....218-587-4292

“ParentChild+ Program” (see description ab.....218-587-4292

FATHER Project (Catholic Health Initiative St. Joseph’s).....218-255-2063

Love and Logic Institute Inc.....1-800-338-4065

Leech Lake Band Resources

Bug-O-Nay-Ge-Shig School.....	1-800-265-5576
Youth Activities.....	218-335-4433
Youth Chemical Dependency & Tobacco Prevention Program.....	218-335-4433
Outpatient Adolescence Treatment Program.....	218-335-8324
Early Childhood Development Program.....	218-335-8345
TOP's - Teen Outreach Program.....	218-335-8385
Parent Support Outreach Program.....	218-335-4448
Leech Lake Band of Ojibwe Car seat Program.....	218-407-3916
Family Spirit Home Visiting Program.....	218-335-4500
Expectant Families Program.....	218-335-8251

Child Services

If you are receiving cash assistance, or have received cash assistance during the past year, contact your financial worker for information regarding programs available to help you pay for childcare. If you are not receiving cash assistance contact your county social services for information regarding funding available to help you pay for your childcare.

Cass County.....	218-547-1340
Leech Lake Childcare Services.....	1-800-551-0969

Free assistance in looking for child care assistance for childcare providers*

Call: 1-888-291-9811, visit ParentAware.org or mahube.org for more information regarding child care scholarships, call 1-800- 890-5399 for Child Care Aware.

Walker- Boys & Girls Club.....	218-547-1853
Cass Lake- Boys & Girls Club	218-335-4058

*Please contact Cass County Social Services at 218-547-1340 for most complete and updated Daycare listings.

Child Support

Parenting is a huge responsibility that lasts a lifetime. If you are a parent and the child is not in your custody, you are required to pay child support until the child is 18 or out of school. You may also be required to pay for medical insurance and portions of both medical bills and childcare. For assistance regarding child support call:
Cass County at 218-547-1340.

Mental Health/Support Groups

Birch Lake Counseling*218-675-5101

<https://birchlakecounseling.com>

*Provides Individual, Family & Couples Therapy, Marriage Counseling, Child & Adolescent Therapy, Children's Therapeutic Support Services, Play Therapy, Trauma Therapy.

Lutheran Social Services.....218-751-1305

Crisis Line and Referral Service.....218-828-4515 or 800-462-5525

Self Injury Hotline for Teens & Young Adults800-273-TALK

Pacer Center: Enhancing life for those with disabilities.....952-838-9000

Yellow Ribbon Suicide Prevention Program.....800-462-5525

Kinship Youth Mentoring Program.....877-730-5437

D1 Kids Club Support Group.....218-255-3684

Grief Support Group.....218-237-5744

Camp Bliss-Mother/Daughter Retreat.....218-547-4004

Lake Country Associates, Inc*218-366-9229

www.lakecountryassociates.com

*Provides Family Psychotherapy, Play Therapy, Parent Child Interaction Therapy, Trauma-Informed Child Parent Psychotherapy.

A Better Connection.....218-252-2785

Nystroms (Various Locations).....1-844-697-8766

Northern Pines (Various Locations).....1-833-316-0698

Oakheart Therapy (Pine River).....612-408-7975

Groupworks Wellness & Recovery (Park Rapids).....218-366-2636

Evergreen Youth & Family Services (Bemidji).....218-751-8223

Sanford Health (Bemidji).....218-333-2035

Leech Lake Behavioral Health (Cass Lake).....218-335-3050

**Some of these locations have the availability to provide medications if needed for anxiety, depression, PTSD and other mental health diagnosis if needed.

Community Centers/Camps

Walker Area Community Center (WACC).....	218-547-1853
Camp Olson YMCA.....	218-363-2207
Camp Kamaji.....	218-556-1805
Deep Portage Conservation.....	218-682-2325
Camp Foley.....	218-543-6161
Camp Birchwood.....	800-451-5270
Camp Jim, Pillager.....	218-829-6767
Miracle Bible Camp, Longville.....	218-682-2714
Sugar Point Community Center, Federal Dam.....	218-654-5105
Battle Point Community Center, Federal Dam.....	218-654-5273
Onigum Community Center, 8831 Onigum Rd NW, Walker.....	218-547-2227
Camp Character & Camp of Champs, 13240 County 40, Park Rapid...	218-760-8442

For Community Events contact:

Walker Chamber of Commerce.....	218-547-1313
Longville Chamber of Commerce.....	218-363-2630
Pine River Chamber of Commerce.....	218-587-4000
Remer Chamber of Commerce.....	218-566-1680
Cass Lake Chamber of Commerce.....	218-987-2299

Notes
