

Updated 12-2023



Area Resources Guidebook

Cass County provides services to promote a healthy community in an effective, professional and efficient manner.

Cass County Health Human & Veterans Services Dept.

www.co.cass.mn.us

Walker Office

400 Michigan Ave W

P.O. Box 519

Walker MN 56484

218-547-1340 Phone

218-547-1448 Fax

Email: cass.socserv@co.cass.mn.us

Backus Office

Backus Land Dept.

218 Washburn Ave E

P.O. Box 51

Backus MN 56435

218-947-7530 Phone

218-947-7525 Fax

Cass Lake office

Cass County Financial Assistant

Leech Lake Band of Ojibwe Gov't. Center

190 Sailstar Drive NE

Cass Lake, MN 56633

Leech Lake Area Chamber of Commerce

205 Minnesota Ave

Walker, MN 56484

Phone: (218) 547-1313

COUNTIES THAT BORDER CASS COUNTY

Aitkin County.....800-328-3744/218-927-7200
204 First Street NW Aitkin, MN 56431-1291

Beltrami County.....218-333-8300
616 America Ave NW Bemidji, MN 56601-3802

Crow Wing County.....888-772-8212/218-824-1250
204 Laurel Street Brainerd, MN 56401-0686

Hubbard County.....877-450-1451/218-732-1451
301 Court Avenue Park Rapids, MN 56470-1483

Itasca County.....800-422-0312/218-327-2941
1209 Second Avenue SE Grand Rapids, MN 55744-3983

Morrison County.....800-269-1464/320-632-2951
213 SE First Avenue Little Falls, MN 56345-3196

Todd County.....888-838-4066/320-732-4500
212 Second Avenue South Long Prairie, MN 56347-1640

Wadena County.....888-662-2737/218-631-7605
124 First Street SE Wadena, MN 56482-1553

EMERGENCY NUMBERS

Crisis Line.....800-273-8255

24/7 Text HOME to 741741

Beltrami County

Sheriff.....911 or 218-751-9111

Bemidji Sanford Hospital.....218-751-5430

Cass County

Sheriff.....911 or 218-547-1424

Bemidji Sanford Hospital.....218-751-5430

Indian Hospital Native American Only/Or Life and Death

..... 218-335-3200

St. Joseph's Medical Center (Brainerd Hospital).....218-829-2861

St. Joseph's Hospital (Park Rapids Hospital).....218-732-3311

Crow Wing

Sheriff.....911 or 218-829-4749

Cuyuna Regional Medical Center.....218-546-7000

St. Joseph's Medical Center.....218-829-2861

Hubbard County

Sheriff.....911 or 218-732-3331

St. Joseph's Hospital.....218-732-3311

Todd County

Sheriff.....911 or 320-732-2157

Lakewood Health System.....218-894-1515/800-525-8344

Lutheran Social Services800-582-5260

www.lssmnlorg

United Way (Lakes Area)211/ 218-829-2619

www.firstcall211.net

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ABUSE

Child

Cass County Child Protection.....	218-547-1340
Child Abuse Hotline.....	800-4ACHILD
800-422-4453
Hands of Hope.....	800-682-4547
320-732-2319
Nat'l Center on Shaken Baby Syndrome.....	801-447-9360
	DontShake.org
Prevent Child Abuse MN.....	800-CHILDREN
651-523-0099
	www.pcamn.org
	speakupbesafe.org

Domestic

ARCC Emergency Shelter Akeley.....	218-652-2600
Equay Wigaming Domestic Abuse Crisis Center.....	800-943-8997
Family Safety Network.....	800-324-8151
Walker.....	218-547-1636
Park Rapids.....	218-732-7413
Hands of Hope.....	800-682-4547
320-732-2319
Hope (DV advocacy)	888-276-1720
218-927-2327
	aitkinhope.org
Stronghearts Native Helpline.....	844-762-8483
	www.strongheartshelpline.org

ABUSE

Sexual

GLBT-kids877-452-8543

Hands of Hope.....800-682-4547
.....320-732-2319

MN Coalition for Battered Women.....800-289-6177

National Human Trafficking Hotline.....888-373-7888/866-347-2423

Safe at Home/Zero Tolerance.....866-723-3035
.....651-201-1399

Sexual Assault Services.....888-458-0494
.....218-828-0494

Support Within Reach Violence Resource Center.....800-708-2727
 Bemidji.....218-444-9524
 Walker.....218-547-4892

www.supportwithinreach.org

Teen Dating Violence Hotline.....866-331-9474
LoveisRespect.org

Vulnerable Adult

MN Adult Abuse Reporting Center.....844-880-1574
(MAARC)

ADDICTION

AA www.alcoholicsanonymous.com
(check your local paper for current recovery meeting sites)

Cass County Comprehensive Assessment

Leech Lake Assessment Unit.....218-335-8382
Walker 218-547-1340

Center for Alcohol & Drug Treatment (Duluth).....218-723-8444
www.admissions@cadt.org

Journey in Recovery – CDC Counseling (Nisswa).....218-963-3115

Leech Lake Opioid Treatment Program.....218-335-4514

Men’s Leech Lake Dependency Prog.218-335-8308/866-216-7245

Northland Recovery (Grand Rapids).....218-327-1105

Pine Manor (Nevis).....218-732-4337

Recovery Center (Grand Rapids)

Hope House (men).....800-605-6047
Pear Lake (women).....218-327-9944

www.hopehousetreatment.org

Teen Challenge

Adult & Youth Programs (Mpls.)..... 612-373-3366
Brainerd.....218-833-8777
Buffalo.....844-768-8336
Duluth.....218-740-5500

www.mntc.org

Comprehensive Assessment in Cass County MN

A Comprehensive Assessment is a clinical tool used to screen for what the medical community refers to as a substance use disorder (sometimes referred to as either alcoholism, addiction, substance abuse, or chemical dependency). A Comprehensive Assessment is needed to access State Behavioral Health Funds. A licensed alcohol and drug counselor (LADC) will collect information about your alcohol and drug use, as well as mental health, physical health, and legal involvement. Based on the information gathered, the LADC establishes if there is a substance abuse issue and if so, determines with you an appropriate level of care. Recommendations could range from an inpatient treatment program, outpatient programming, support meetings, or no treatment recommendations.

- If you have insurance, please access a Comprehensive Assessment by calling the number on the back of your card.
- If you have straight MA, or no insurance, you may qualify for Behavioral Health Funds.
 - Please call **(218) 547-1340** and ask for CD intake. Cass County Social Services can assist in determining your eligibility and will assign a LADC to meet with you.
- If you are Native American and/or reside in a home with a Native American within the Leech Lake Reservation boundaries, you must complete your assessment with the Leech Lake Assessment Unit. Please call **(218) 335-8382**.

Below is a list of providers to inquire about availability.

Provider Name	Location	Phone
Leech Lake Assessment Unit	321 2 nd St NW Cass Lake MN 56633	218-335-8382
Nystrom & Associates, Ltd	13045 Falcon Dr Ste 100 Baxter MN 56425	651-529-8479
Bemidji Area Program for Recovery	403 4 th St NW Suite 300 Bemidji, MN 56601	218-444-5155
Central MN Adult & Teen Challenge	2424 Business 371 Brainerd MN 56401	218-833-8760
Northern Pines	823 Maple St Brainerd 56401	218-454-3826
Acquire Mental Health Clinic	25282 Hazelwood Dr Nisswa 56468	218-820-7671
Lakes Country Associates	515 Bridge St Park Rapids MN 56470	218-366-9229

Eating Disorders

Emily Program- Minnesota.....888-364-5977

Park Nicollet Melrose Institute, St. Louis Park.....952-993-6200
.....800-862-7412

www.melroseheals.com

Maintaining the right weight for your body size and build is a healthy thing to do. Eating well-balanced meals in reasonable amounts is an excellent way to stay healthy. There are a number of resources available for information on healthy eating including your county extensions staff, your doctor, school nurses, etc.

Eating or not eating to feel better about yourself, or to avoid feelings, is not healthy. Misuse of food is called an eating disorder. Two common eating disorders are:

Anorexia Nervosa is an eating disorder that can cause severe weight loss, and in extreme cases, death from starvation. Young people with anorexia are afraid to gain weight even when they are very slender.

Bulimia is a similar eating disorder in which someone starves and then overeats and takes laxatives or vomits to lose weight. This is often done secretly and can make a person feel ashamed and guilty.

Unhealthy obsessions with weight, food, and appearance come from feelings of low self-worth, trying too hard to please others, a feeling of pressure to achieve, high expectations, loneliness, and inner sadness. A person who is suffering with an eating disorder needs to talk to someone who will care and help. Eating disorders are a potentially life threatening illness. Without help, eating disorders can lead to serious physical problems, feelings of anxiety, constant tiredness, and a general unhappiness throughout life.

Gambling

Compulsive gambling is a serious issue that affects thousands of lives. It's often called the "hidden addiction," because symptoms can be difficult to detect. For a problem gambler or those close to them, finding professional resources can be a lifesaver.

MN 24 hour helpline.....800-333-HOPE
Text HOPE to 61222

Project Turnabout.....800-862-1453
www.projectturnabout.org

CHILD SERVICES

Child Support218-547-1340
Child Support Hotline.....800-657-3890
www.childsupport.dhs.state.mn.us

Childcare

Bridges of Hope (resource connection).....218-825-7682

Leech Lake Childcare Services800-551-0969
.....218-335-8345

Grants, Monitoring, Licensing Support, Technical Assistance, Childcare Assistance, Professional Development, Childcare Training

Parent Aware.....800-890-5399

A list of childcare providers and grants for childcare; pending qualification

www.parentaware.org

Child & Teen Checkup/ WIC

Breastfeeding support, Car seats, Family Planning,
Immunizations, MECSH.218-547-1340

Early Childhood Education

BI –CAP Head Start

Cass Co.218-547-3438

Beltrami Co.218-333-9864

Leech Lake Band of Ojibwe Head Start.....218-444-8480

CASS COUNTY COURTHOUSE DIRECTORY

COUNTY BOARD AND GENERAL INFORMATION

County Board and Administrators Office 547-7419

Contact a County Commissioner County Board Meeting Schedule
Job Opportunities – Openings and Applications
Chief Financial Officer

COUNTY OFFICES AT OTHER LOCATIONS

Health Human & Veterans Services - Walker 547-1340

Health Human & Veterans Services - Backus 947-7530

Cass County Highway Department 547-1211

Cass County Land Department 947-3338

Historical Society and Museum 547-7251

201 Minnesota Ave West Walker, MN
Hours are seasonal

Cass County Extension 4-H 587-8280

330 Barclay Ave W Pine River, MN
Extension Regional Center – Brainerd 828-2273

Cass County Economic Development 547-7262

218 Washburn Ave East, Backus MN

DISTRICT COURT

District Court 547-7200

Criminal (Misdemeanor)	547-7215	Jury	547-7248
Criminal (Felony)	547-7217	Juvenile	547-7453
Criminal (Gross Misdemeanor)	547-7222	Traffic (Resets/Fines)	547-7215
Civil	547-7221	Probate	547-7223
Family	547-7413	Website/Self Help/Court Forms	

www.mncourts.gov

CASS COUNTY COURTHOUSE DIRECTORY

ENVIRONMENTAL SERVICES

Environmental Services Department (ESD) 547-7241

Building Permits Planning and Zoning
Land Use and Subdivision Ordinance
Land Use Variance Applications Platting and Land Subdivision
Sanitary Sewer System Permits
Shore land Alteration Permits Solid Waste and Recycling Programs
Water Testing

Soil and Water Conservation District 547-7399

Natural Resource Conservation Service 547-7254

PROPERTY TAXES AND LAND RECORDS VOTER SERVICES – LICENSING – VITAL RECORDS

Assessor 547-7298

Property Valuation & Classification (Estimated Market Value) Homestead Applications

Auditor-Treasurer 547-7260

Pay Property Taxes Property Questions & Maps Purchase Plat Books
Tax Delinquency and Forfeiture Assistance
Register To Vote Absentee Ballot Applications Voting Information
Licensing of Alcohol & Tobacco sales, Mass Gatherings, Fireworks, Auctioneers
Birth & Death Records & Certificates
Marriage Licenses & Records Notary Services-Registration

County Recorder 547-7381

Recording of Deeds and Legal Documents
Abstract and Torrens Records Electronic Record Search Services
U.S. Passport Applications U.C.C. Filings

PUBLIC SAFETY

Law Enforcement Center

Non-Emergency 547-1424 All Emergencies Toll Free Dial 911
Jail Detention Center 547-2441 Sheriff's Office Toll Free 1-800-450-2677
Emergency Management 547-7437

County Attorney 547-7255

Probation 547-7212

DISABILITY RESOURCES

Access North	218-547-2810 /800-390-3681
	<u>www.accessnorth.net</u>
Assisted Living in MN	888-307-1103
	<u>assistedliving.org</u>
Deaf and Hard of Hearing Services	800-456-3690
	<u>www.dhhsd.org</u>
Disability HUB MN	866-333-2466
	<u>www.disabilityhubmn.org</u>
Disability Specialists (for social security appeals).....	800-642-6393
	<u>www.disabilityspecialist.net</u>
Independent Lifestyles	888-529-0743
	<u>www.independentlifestyles.org</u>
Medicare	800-633-4227
	<u>www.medicare.gov</u>
Mental Health and Developmental Disabilities office of Ombudsman	
800-657-3506
	<u>Ombudsman.mhdd@state.mn.us</u>
MN Telephone Equipment	800-657-3663/888-206-6555 (TTY users)
	<u>www.tedprogram.org</u>
Social Security Office	800-772-1213
	<u>www.ssa.gov</u>
State Services for the Blind	800-657-3779
Vocational Rehabilitation Services	218-631-7664

EMPLOYMENT

Bemidji

Vocational Rehabilitative Services.....218-333-8205
Rural MN CEP.....218-444-0732

Brainerd

Employment Resource Center.....218-824-9675
Rural MN CEP.....218-828-2450

Cass Lake

Leech Lake NEW Program.....218-335-8379

MN Chippewa Tribe Employment Services.....218-335-8586
www.mnchippewatribe.org

Findhelp

www.findhelp.org

Grand Rapids

Workforce Center.....218-327-6760
Occupational Development Center.....218-326-8574

Hackensack (located in Mann Lake).....218-824-9675

MN Workforce Centers www.PositivelyMinnesota.com

MN Unemployment benefits.....877-898-9090
www.uimn.org

Wadena

Employment Resource Center.....218-824-9675
Rural MN CEP.....218-631-7660

ENERGY/FUEL ASSISTANCE

Bi-County CAP

Bemidji.....218-751-4631
Walker..... 218-547-3438

Bridges of Hope (Resource Connection)218-825-7682

Findhelp www.findhelp.org

Leech Lake Energy Assistance

Cass Lake.....,218-335-3783

Salvation Army (Heat Share)

Cass County.....1-800-842-7279

Vincent St. DePaul218-366-0174

www.rd.usda.gov/mn

- Single Family Housing Guaranteed Loan Program
- Community Facilities Direct Loan & Grant Program
- Water & Waste Disposal Loan & Grant Program
- Single Family Housing Direct Home Loans
- **Rural Energy for America Program Renewable Energy Systems & Energy Efficiency Improvement Loans & Grants**
- Multi-Family Housing Loan Guarantees
- Business & Industry Loan Guarantees
- Single Family Housing Repair Loans & Grants

FAMILY/PARENTING RESOURCES

FAMILY CENTERS

Pillager.....	218-746-4009
Pine River.....	218-587-4292
Remer.....	218-566-3636

PARENTING PROGRAMS

Father Project.....	218-255-2063
www.CHISJH.org	
Kinship Partners	218-829-4606/877-730-5437
www.kinshippartners.org	
Parent Support Outreach Program.....	218-547-1340

FOOD DISTRIBUTION



www.rubyspantry.org

- \$25 CASH donation
- You receive \$50-\$150 worth of groceries

Lakes Area Food Shelf..... 218-568-8474

Lutheran Social Services800-488-4146

www.lssmn.org/services

Minnesota Food HELPLINE.....888-711-1151

A statewide resource to connect individuals and families with food resources. The HelpLine is answered 8:30-4:30 Monday – Friday.

minnesotafoodhelpline@hungersolutions.org

Akeley/Nevis

6 Broadway St E.....218-652-3335

Akeley/Nevis Residents-need proof of address Tuesday 9am-11am

Bemidji

Bemidji Community Food Shelf -.....218-444-6580

M,W,F, 10-3PM Every 3rd Monday 10am-5pm

Cass Lake

Cass Lake Area Food Shelf.....218-335-2676

Leech Lake Food Distribution Center Wednesday 10am-2:45pm

Deer River

Deer River Food Shelf.....218-246-2500

Every Thursday 10am-1pm

FOOD DISTRIBUTION

Grand Rapids

2nd Harvest North Central Food Bank.....218-326-4420
Mon-Thur 11am-3:30pm Friday 10am-1pm

Hackensack

Share N Care 209 371 South218-675-5862
2nd & 4th Monday 5-7pm.

Laporte

Trinity Lutheran 150 2nd St NW....Peggy food shelf mngr.. 612-270-5579
HUBBARD CO. RESIDENTS ONLY bring ID & proof of residency
Tues. 5pm-6:00pm closed 5th Tues.

Longville

5070 State Hwy. 84218-363-3348
Wed. 11am-2:30pm & 2nd Thur. of every month 11am-2:30pm

Motley

Motley Food Shelf.....218-352-6344
Thur. 9am-Noon 3rd Thur. of the month 5pm-7pm

Pequot Lakes

Lakes Area Food Shelf.....218-568-8474
Tues. & Thur. 9am-Noon 1st and 3rd Thur. 5-7pm

Pillager

Family Center.....218-746-4009/218-746-4069
Thur. Noon-5pm

Pine River

Family Center218-587-4292
2nd Tues. 3:30-6pm Tues. & Friday 10am-1pm

Remer

Father's Heart & Hands 7123 Hwy 6.....218-566-3663
Thur. 1pm-3pm

Walker

8243 Industrial Park Rd. NW.....218-547-1713
1st – 3rd Tues. Noon-3pm 4th Tues. 4pm-7pm 5th Tues. Closed

HEALTHCARE RESOURCES

Bemidji

Bemidji Sanford Hospital.....218-751-5430

Northern Dental Access Center.....218-444-9646

Accepts MA and MN Care Insurance

Sanford Bemidji Medical Center.....218-751-5430

Blackduck

Sanford Bemidji Blackduck Clinic.....218-835-4222

Blackduck Dental Clinic.....218-835-4227

Brainerd

Essentia Health-St. Joseph's Clinic.....218-828-2880

Essentia Health-St. Joseph's Medical Center/Hospital.....218-829-2861

St. Cloud VA Brainerd Clinic.....218-855-1115

Cass Lake

Cass Lake Indian Hospital.....218-335-3200

Sanford Health Cass Lake218-335-2559

Crosby

Cuyuna Regional Medical Center.....218-546-7000

Cuyuna Regional Hospital.....218-546-7000

Cross Lake

Essentia Health St. Joseph's Cross Lake Clinic.....218-692-1010

Deer River

Essentia Health Deer River Clinic.....218-246-8275

Deer River Clinic/Homestead Nursing Home.....218-246-2900

Deerwood

Northland Smiles Dental Office.....218-534-3141

HEALTHCARE RESOURCES

Fargo

Sanford Hospital/Clinics Operator for all locations.....	701-234-2000
Roger Maris Cancer Center.....	800-437-4010
Essentia Health Operator for all locations.....	800-437-4054/701-364-8000
VA Health Care System.....	800-410-9723

Grand Rapids

Essentia Health.....	218-322-4900
Grand Itasca Clinic & Hospital.....	218-326-3401
Project Care (free clinic).....	218-326-7008

-basic medical care for patients that are uninsured or underinsured-

Longville

Cuyuna Regional Medical Center- Longville.....	218-363-3300
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Minneapolis

Abbott NW Hospital.....	612-863-4000
Children's Hospital.....	612-813-6100
Gillette.....	800-719-4040
Hennepin County Medical Center (HCMC).....	612-873-3000
Mpls. VA Medical Center.....	612-725-1984
VA Hospital.....	612-725-2000

Park Rapids

Erickson Clinic.....	218-732-7760
Essentia Health Care Clinic.....	218-732-2800
St. Joseph's Community Dental Center.....	218-732-4436

Accepts State Provided Ins. NOT Health Partners & NOT SOME U

Care

St. Joseph's Hospital.....	218-732-3311
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Pequot Lakes

Essentia Health St. Joseph's Pequot Lakes Clinic.....	218-568-4416
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HEALTHCARE RESOURCES

Pillager

Essentia Health St. Joseph's Pillager Clinic.....218-746-4527

Lakewood Health Systems.....218-746-4550

Pine River

Essential Health St. Joseph's Pine River Clinic.....218-587-4416

Remer

Essential Health Remer Clinic.....218-566-1441

Rochester

Mayo Clinic.....507-284-2511

Rochester Methodist Hospital.....507-266-7890

St. Mary's Hospital.....507-255-5123

Staples

Lakewood Health System.....218-894-1515

St. Cloud

CentraCare Health Hospital.....320-251-2700

VA Clinic.....320-252-1670

Wadena

Tri County Health Care.....218-631-1360

Tri County Hospital.....218-631-3510

Walker

Essentia Clinic.....218-547-6900

Sanford Clinic.....218-547-7700

Findhelp

www.findhelp.org

HEALTHCARE RESOURCES/PHARMACY

Baxter

CVS Pharmacy inside Target.....218-828-4602

Bemidji

CVS Pharmacy.....218-751-1626

CVS Pharmacy inside Target.....218-759-0133

Iverson Corner Drug.....218-444-3000

Thrifty White.....218-333-4032

Brainerd

Essentia Health Brainerd Pharmacy.....218-829-7455

Guidepoint Pharmacy.....218-829-0347

Thrifty White.....218-829-3529

Walgreens.....218-825-0027

Crosslake

Crosslake Drug.....218-692-2502

Longville

GuidePoint Pharmacy.....218-363-2640

Pequot Lakes

Lakes Area Pharmacy.....218-568-5884

Pine River

GuidePoint Pharmacy.....218-587-2500

Lakes Area Pharmacy.....218-587-3222

Walker

Thrifty White.....218-547-1016

DISCOUNT PRESCRIPTION CARD FOR CASS COUNTY RESIDENTS

ProActSavings.....877-776-2285

www.ProActRxSavings.com

HOME HEALTH & HOSPICE

Cass County.....218-547-6839

Findhelp www.findhelp.org

Good Samaritan Society.....855-396-9607

24090 Smiley Rd. Suite 200 Nisswa, MN 56468.....218-963-9452

518 Jefferson Ave. Pine River, MN 56474218-292-7316

Heartland Hospice Care.....218-829-1252/888-650-1136

7658 Design Rd. Suite 300 Baxter, MN 56425

Independent Living Placement651-374-8794

Knute Nelson Hospice Care320-335-8690

Sanford Bemidji Home Care & Hospice.....218-333-5665

3201 Pine Ridge Ave NW Ste. A Bemidji, MN 56601

St. Croix Hospice218-656-6989

13432 Elmwood Dr. Ste 6 Baxter, MN 56425

St. Joseph’s Hospice Care218-732-4552

323 Main Ave S Ste.2 Park Rapids, MN 56470

The Pohl Children’s Foundation.....218-821-8800

13021 Evergreen Drive Baxter, MN 56425

HOUSING

Cass County

Bi-County

Cap.....218-547-3438

Bridges of Hope (Resource Connection).....218-825-7682

Cass County Housing Redevelopment

Authority.....218-947-3993

affordablehousingonline.com

Findhelp

www.findhelp.org

Independent Lining Placement.....651-374-8794

Vincent St. DePaul.....218-366-0174

CASS LAKE

CWE

Rentals.....218-368-8553

Leech Lake Band of Ojibwe Housing Auth. 218-335-8280/866-233-2233

llboha.org

***EMERGENCY ONLY.....218-888-2936

***No heat, No water, broken water lines, frozen pipes,
Electrical problems, sewer backing up

Luann Frazer.....218-339-2880

Email:clstownhouses@gmail.com

HOUSING

Cass County

HACKENSACK

Darren Kelly.....218-839-2739
Halik Properites LLC.....218-252-8210

PEQUOT LAKES

Kip & Melissa Abear.....218-820-9542
HRA of Pequot Lakes.....218-568-4555
hrapl@tds.net

PINE RIVER

Darren Kelly.....218-839-2739
Pine River Properties.....218-587-2598
Susie Hoheisel.....218-454-0752

WALKER

C Ahrens Property.....218-820-3235
Highland Apartments.....218-507-0534
S & J Properties..... 701-893-5305

HOUSING

MN Housing Resources, Service & Supports

211 Frist Call for Help (<i>Low income, market rate rental & seniors</i>).....	800-543-7709
www.211unitedway.org	
CEPCO Management & Development Co.	888-55 CEPCO
cepcomanagement.com	
CommonBond Communities (<i>affordable housing options</i>).....	651-291-1750
commonbond.org	
DW Jones Management Inc.	218-547-3307
dwjonesmanagement.com	
Home Line (<i>free legal help for renters</i>).....	866-866-3546
homelinemn.org	
Housing Benefits 101	866-333-2466
www.mn.hb101.org	
MinnesotaHelp	800-333-2433
www.minnesotaHelp.info/SpecialTopics/HomelessPeople	
MN Housing Partnership (<i>crisis housing</i>).....	651-649-1710
www.mhponline.org	
Rent in Minnesota (<i>housing search using filters</i>).....	612-522-2500
www.housinglink.org	
USDA Rural Development	651-602-7800
www.rd.usda.gov/mn	
US Dept. of Housing & Urban Dev. (HUD)	612-370-3000
Native American Programs.....	800-735-3239
www.hud.gov/states/minnesota/homeless	
VA for Homeless Native American Vets	320-339-5861

LEGAL ASSISTANCE

Anishinabe Legal Services.....218-335-2223/800-422-1335

Serving Red Lake, Leech Lake and White Earth Reservations

www.alslegal.org

Findhelp

www.findhelp.org

Legal Aid Service of Northeastern MN

www.lasnem.org

Brainerd Lakes.....218-829-1701

Duluth.....218-623-8100

Grand Rapids.....218-322-6020

IronRange.....218-749-3270

Pine City.....320-629-7166

Mid-Minnesota Legal Aid Senior Law Project

.....320-253-0121/888-360-2889

For those who are 60 or older in Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena & Wright Counties

www.mylegalaid.org

Volunteer Attorney Program.....218-723-4005

www.VolunteerAttorney.org

MENTAL HEALTH RESOURCES

- Birch Lake Counseling**.....218-675-5101
www.birchlakecounseling.com
- Bridges of Hope**.....218-825-7682
- Crisis Line**.....800-273-8255
Crisis Text Line: text HOME to 741741
- CORE Psychology Services**218-829-7140/800-350-7140
- Findhelp** www.findhelp.org
- Grace Unit** (in patient facility).....218-828-7437
- Group Works**.....218-366-2636
24 hour crisis hotline.....800-422-0045
www.groupworkswellness.com
- Lake Country Associates**.....218-366-9229/218-444-2233
24 hour crisis line.....800-422-0045
www.lakecountryassociates.com
- Leech Lake Behavioral Health**.....218-335-3050
- National Suicide Prevention Lifeline**.....CALL OR TEXT 988
www.988lifeline.org
- Espanol.....888-628-9454
www.prevenciondelsuicidio.org
- LGBTQ Youth.....866-488-7386
- Veterans.....800-273-8255 press 1

MENTAL HEALTH RESOURCES

North Homes.....218-751-0282
www.northhomes.org

Northern Pines Mental Health Centers.....218-829-3235
www.npmh.org

Nystrom & Associates, LTD.....218-829-9307
www.nystromcounseling.com

Region V+ Adult Mental Health Initiative

Peer Support Connection 5PM-9AM 7 days a week.....844-739-6369
Crisis Line & Referral Service 24/7.....218-828-4357/800-462-5525
Crisis Text Line: 24/7 text MN to **741741**

SAVE *Suicide Awareness~Voices of Education*
www.save.org

Stellher Human Services.....218-444-2845

Suicide.....988
988lifeline.org

SENIOR SERVICES

Deaf and Hard of Hearing Services.....800-456-3690

www.dhhsd.org

Faith in Action.....218-675-5435/866-675-5435

Findhelp www.findhelp.org

Lutheran Social Service.....651-642-5990/800-488-4146

www.lssmn.org/services

Medicare.....800-633-4227

www.medicare.gov

Minnesota Adult Abuse Reporting.....844-880-1574

www.mn.gov/dhs/adult-protection

MN Board on Aging.....651-431-2500/800-882-6262

www.mnaging.org

MN Telephone Equipment800-657-3663/888-206-6555 (TTY users)

www.tedprogram.org

Senior Linkage Line.....800-333-2433

www.cmcoa.org

Social Security Office.....800-772-1213

www.ssa.gov

SHELTER

ARCC Akeley Emergency Shelter.....218-652-3508

Bena Homeless Shelter (Leech Lake Tribal members & descendants)
.....218-665-2250

Evergreen Youth Shelter (ages 9-17).....218-751-4332
www.evergreenyfs.org

Findhelp www.findhelp.org

Grace House (Itasca Co.).....218-326-2790

Mid Minnesota Women's Center218-828-1216
24 hr. crisis line, emergency shelter, support and advocacy for
battered men, women, children and pets.

Port Group Homes (ages 10-18).....218-829-2123
www.PortGroupHomes.org

The Door218-308-0889

Village of Hope (Beltrami Co.).....218-751-0722

THRIFT STORE

Akeley

ARCC Akeley Regional Community Center.....218-652-3508

Bemidji

Goodwill Store.....218-759-2147

Restore (household items).....218-444-6398

Twice but Nice.....218-751-4241

Brainerd

Goodwill Industries.....218-829-8493

Habitat for Humanity Brainerd Re-Store.....218-454-8517

LAPS (maternity & infant clothing).....218-825-0793

Salvation Army.....218-822-3559

Grand Rapids

Goodwill Store.....218-326-6843

Salvation Army.....218-326-4847

Hackensack

Share N Care.....218-675-5862

Longville

Tossed & Found.....218-363-3949

Pine River

Hidden Jewels Thrift Store.....218-831-6445

Hubbard County vouchers accepted

Thrifty Living.....218-587-3451

Walker

DAC.....218-547-1121

TRANSPORTATION

Faith in Action Cass Co. residents only.....866-675-5435
www.cassfia@uslink.net

Findhelp www.findhelp.org

Hubbard County Medical Transportation Service.....218-732-2421
Call M-F, 8am-4pm TO RESERVE A SEAT- seating is limited!
Bus leaves from Essentia Health 705 Pleasant Ave S Park Rapids
Destinations include: Essential Health, The V.S. and Sanford of Fargo
Other medical facility locations may be accommodated, by request
\$10.00 per person, *exact cash only*, Return Park Rapids @ 5pm.

Jefferson Bus.....800-451-5333
www.jeffersonlines.com

Rohr's Transport218-587-3291
Pine River & Backus **Senior Residents**

Senior Transportation Program/Volunteer Driver Program/Veterans

PROGRAM COORDINATOR: Jessi.....218-947-7530

Transportation will be provided to those who meet requirements:

60 years of age and older

Resident of Cass County

NEED the service- no other resource available

Must be registered as a rider

VETERANS SERVICES

We are here to assist veterans and /or their dependents by appointment or on a walk-in basis. Please contact us for details.

Veterans Services Officer: 218-947-7534

Assistant Veterans Services Officer: 218-947-7531

This Division is responsible for providing the following services to eligible veterans and their dependents in Cass County:

1. Assisting in claims processing for veterans' benefits to the Department of Veterans Affairs. Veterans and their dependents may be entitled to the following benefits and services through federal and state programs:

Federal Benefits (US Department of Veterans Affairs)

- Disability compensation (service-connected disabilities)
- Non service-connected (NSC) disability pension
- Medical care and prescriptions from VA hospitals
- Vocational rehabilitation
- VA Home Loan Guaranty Program
- Education benefits
- Burial and death benefits
- Agent Orange benefits

State Benefits (Minnesota Department of Veterans Affairs)

- Subsistence (short term disability)
- Dental & optical assistance
- State veterans homes (nursing home and domiciliary care)
- Veterans & war orphans education benefits
- Veterans preference and MN Veterans Licensure and Certification Program
- State veterans cemetery

VETERANS SERVICES CON'T

2. Coordinating VA medical appointment transportation for veterans.
3. Communicating with county and local nursing homes, chemical dependency centers, medical centers, and clinics whenever veterans require assistance.
4. Disseminating updated information on veterans' benefits to county service organizations.
5. Assisting veterans in obtaining military discharge documents.
6. Department of Veterans Affairs (VA) opened a toll-free National Caregiver Support Line. The support line will serve as a primary resource/referral center to assist caregivers, Veterans and others seeking caregiver information. . The National Caregiver Support Line is also available to respond to inquiries about the caregiver benefits associated with Public Law 111-163, Caregivers and Veterans Omnibus Health Services Act of 2010. The calls to The National Caregiver Support Line will be answered by VA employees who are licensed clinical social workers.
7. **Women Veterans Maternity Services**.....(320) 252-1670 ext. 6655
8. **Wounded Warrior Project Talk**.....888-997-2586
M-F 9am-7pm EST.
9. Our office also works with the veterans service offices of other Minnesota counties. If you have recently moved to Cass County or if you are planning to move to another Minnesota county, please contact us. We will arrange to have your records moved to ensure a smooth transition of service.
10. **Veterans Crisis Line**800-273-8255 Press 1
11. **Veterans LinkAge Line**888-546-5838
www.minnesotaveteran.org



