

2004 Hmong Community Resource Directory



**Mental Health, Social Services, Health Care, and General Community Services
in the Twin Cities Metropolitan and Surrounding Areas**

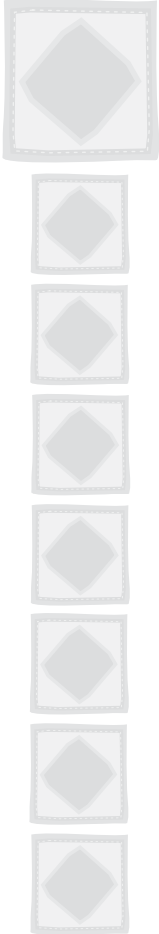
**Hmong Community
Resource Directory 2004**
for
**Mental Health, Social Services, Health Care,
and
General Community Services**
in the
Twin Cities Metropolitan and Surrounding Areas

This directory was made possible through funding by
F.R. Bigelow Foundation.



Minneapolis/St. Paul, Minnesota

For additional copies, contact:
Children's Hospitals and Clinics, Psychological Services
Hmong Mental Health Initiative
345 North Smith Avenue, Saint Paul, MN 55102
(651) 220-6028



This directory was compiled as an effort to reduce systemic barriers to access of mental health services for Hmong families and build capacity within the community to serve Hmong families. Our hope is that this directory will help increase awareness of mental health and related services in the Twin Cities for our Hmong community.

The agencies and programs listed in this directory responded to a mass mail request for information, thereby granting permission to publish their agency in this directory. Those who did not respond to this mail request were not published. As such, this directory is not comprehensive and may have limited listings.

Inclusion in this directory is not an endorsement of the agency, its purpose, or programs. Information is simply presented as it is received from each organization. Additionally, excluding agencies from this directory should not be seen as a lack of endorsement.

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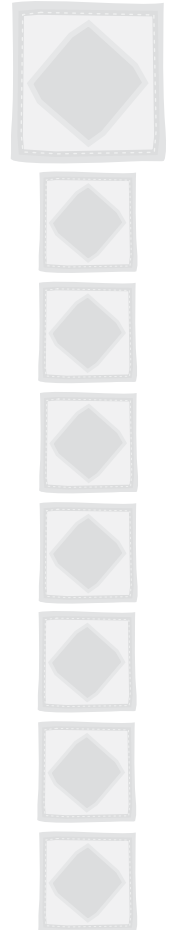
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Allina Behavioral Health-United Hospital

333 North Smith Avenue 5th floor | Saint Paul, MN 55102
651-220-8565 | Fax: 651-220-7168

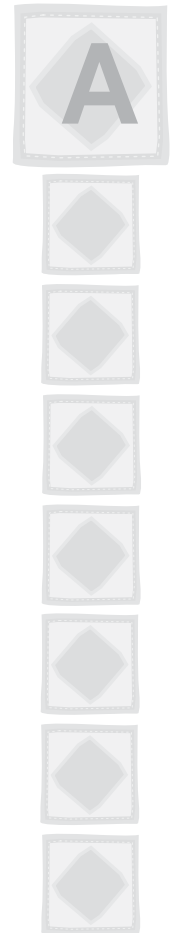
- Contact Person:** Katie Triviski
- Staff:** Our staff have the following degrees: LSW, MSW, LGSW.
We also have a psychiatrist on staff.
- Interpreters:** Contract through AT&T Interpreter Services for all languages
- Eligibility:** Referrals by agencies and through assessment
- Hours:** Inpatient—open 24 hours; other mental health hours vary from
Monday through Friday
- Fees:** Accept all major health plans
- Intake Procedure:** Through emergency department and crisis social workers
at 651-220-8694
- Services Provided:** Adolescent Inpatient Psychiatric Unit, Adolescent Partial
Hospitalization Program, Child/Adolescent Psychiatry, Adult Day Treatment,
Adult Inpatient Psychiatry, Geriatric Psychiatry

Association for the Advancement of Hmong Women in Minnesota (AAHWM)

4403 East Lake Street | Minneapolis, MN 55406
612-724-3066 | Fax: 612-724-3098

- Contact Person:** Ly Vang, Executive Director
- Interpreters:** Available through agency
- Eligibility:** Open to anyone and everyone
- Hours:** Monday through Friday, 8am - 4:30pm
- Fees:** No fees
- Transportation:** Some provided
- Services Provided:**
- Education Now and Babies Later (ENABL) — Helps to educate Hmong youth (ages 12-14) on alternatives to early marriage and pregnancy.

AAHWM continued next page





AAHWM, continued



- Culturally Responsive Childcare Training — Helps create employment opportunities for low-income families and women who have limited experience working outside of the home.
- Breast and Cervical Cancer Prevention Program – Aims to educate Hmong women on the detection and treatment of breast and cervical cancer.
- Women’s Leadership Development – Works with local organizations to identify and train emerging women leaders to strengthen their roles in the Hmong community.
- Self-Sufficiency/Self-Reliance (SS/SR) – Provides ongoing support services such as translation, interpretation, and advocacy to low-income Hmong individuals and families. The program also assists in the development of skills necessary to secure job placement, training sessions for housing and driver’s education, completion of forms and scheduling appointments, etc.
- Youth Parent Connections (YPC) – Provides educational and recreational activities for at risk Hmong youth in after school programs.
- Cultural Dance Program – Provides cultural dance classes to Hmong youth (ages 6-18) to enhance and enrich Hmong youth’s knowledge, interest, and pride in their culture and heritage.
- Youth Tobacco Prevention – Provides education to Hmong youth (ages 12-17) on how to recognize and reject pressures to use tobacco products.
- Youth-Parent Education – Helps to educate Hmong parents on parenting practices that could help them reduce or avoid conflict with their children.

AAHWM’s mission is to strengthen Hmong families through education and leadership development for women, girls, and families. We have additional programs that are not listed above but are consistent with our mission. Please call for more information.

Bethesda Clinic (University of Minnesota Physicians)

580 Rice Street | Saint Paul, MN 55103

651-227-6551 | Fax: 651-227-1804

Contact Person: Christine Danner, Ph.D., LP

Staff: All staff have many years of experience working with the Hmong community. Primary care clinic has 24 family physicians in residency and seven family physician faculty. Additionally, there are three mental health professionals on staff: Deanna Bass, MD (psychiatrist), Janet Rice, PsyD, LP (Psychologist), and Christine Danner, PhD, LP (Psychologist and Behavioral Health Coordinator). We also have one Hmong-speaking resident family physician who will be completing his residency in June 2004.

Bethesda Clinic continued next page



Bethesda Clinic continued

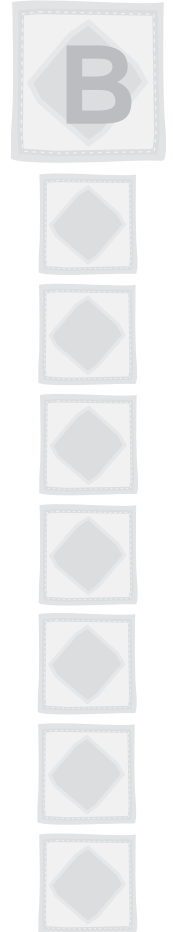
Interpreters: On staff

Eligibility: Individuals must receive their primary care at Bethesda Clinic. In some instances, patients may be referred for mental health services outside of the clinic if this is clinically indicated after the case is reviewed by the mental health team, even if they are a patient of the clinic and were referred by their primary care physician to the mental health team.

Hours: Monday through Friday, 8:30am - 5pm (With the latest mental health appointment typically being offered at 3:30pm)

Fees: Patients must have some ability to pay for services such as some form of insurance coverage (e.g., Medicare, Medicaid, Medica, UCare, etc.) or the ability to self-pay. Unfortunately, we are unable to offer any sliding fee services at this time.

Services Provided: Mental health services provided at the Bethesda Clinic include the following: diagnostic assessments (Hmong Beck Depression Inventory, Hmong Hopkins Checklist); medication management; individual, couple, or family psychotherapy; and group therapy for Hmong women. Mental health services are provided for children, adolescents, and adults. No formal psychological testing (such as IQ or personality testing) is done.



Big Brothers/Big Sisters of the Greater Twin Cities

2550 University Ave, #410 North | Saint Paul, MN 55114
651-789-2400 | Fax: 651-789-2499

Contact Person: Barbara Hanson (Office Manager); Gayle Gilreath, Executive VP

Staff: We have one staff who speaks Hmong.

Interpreters: Clients would need to find their own interpreters.

Eligibility: Reside within 11 county Metro area. Children between the ages of 7 and 13.

Hours: Monday through Friday, 8am - 5pm

Fees: No fee

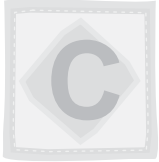
Intake Procedure: Referrals from parents, school, or other source. Application must be completed. Home interview is scheduled. Clients matched with adult volunteers and made based on interest, location, etc.

Services Provided: Mentoring between adult volunteers and youth.



Center for Victims of Torture

717 E. River Road | Minneapolis, MN 55455
612-436-4800 | Fax: 612-436-2600



Staff: Licensed therapists, social workers, nurses, and physicians. We have Hmong-speaking staff, although they are in a non-clinical role. We also have two Korean psychiatrists.

Interpreters: Contracted on an “as needed” basis.

Eligibility: Victims of politically motivated torture by foreign governments or agents of foreign governments, as well as families of victims. This includes former prisoners of war, refugees, and American citizens detained and tortured abroad. We have two sites, one serving Ramsey County and one serving Hennepin County residents.

Hours: Mon, Tues, Wed: 8:30am - 5pm; Thurs: 8:30am - 8pm

Fees: No fees for services. Billings will be processed for clients with medical insurance coverage.

Transportation: Occasionally provided through volunteer drivers

Intake Procedure: Self and agency referrals accepted. Call on-call staff at 612-436-4800. No walk-ins.

Services Provided: Support counseling, long-term therapy and advocacy for victims and families (individual and group as needed); medical and psychiatric assessments and care; social services for social adjustment and life support; clinic sites in both Minneapolis and Saint Paul

For additional information, refer to our website at www.cvt.org

Children's Dental Services

Headquarters (Main Clinic and Office):

636 Broadway St. N.E. | Minneapolis, MN 55413

612-746-1530 (for all locations) | Fax: 612-746-1513

Additional Clinic Locations:

Andersen Elementary School

1098 Andersen Lane

Minneapolis, MN 55407

Dayton's Bluff Elementary School

262 Bates Avenue

St. Paul, MN 55106

Fraser Head Start Center

700 Humboldt Avenue North

Minneapolis, MN 55411

Glendale Head Start Center

96 Saint Mary's Avenue

Minneapolis, MN 55414

McKnight Head Start Center

4225 Third Avenue South

Minneapolis, MN 55409

North East Head Start Center

342 13th Avenue NE

Minneapolis, MN 55413

North Star Elementary School

2410 Girard Avenue North

Minneapolis, MN 55412

Ruth Benner Head Start Center

586 Fuller Avenue

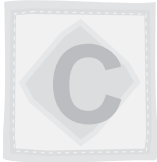
St. Paul, MN 55103

Children's Dental Services, continued next page





Children's Dental Services, continued



Town Hall Head Start Center
8500 Zane Avenue North
Brooklyn Park, MN 55443

Whittier Elementary School
2620 Grand Avenue South
Minneapolis, MN 55408

Wilder Complex at Powderhorn Bannekar
3345 Chicago Avenue South
Minneapolis, MN 55407

Contact Person: Kia Her

Staff: All staff are trained and experienced in working with Hmong patients. 2 registered dental assistants are Hmong, along with several interns.

Interpreters: We provide staff interpreters.

Eligibility: Children's Dental Services serves all children ages 17 and under as well as all pregnant women. CDS is always accepting new patients.

Hours: Monday, Thursday, Friday, 8:30-5:00 p.m. and Tuesday and Wednesday 8:30-7:00 p.m. (Hours at other locations vary)

Fees: CDS accepts all form of insurance including Medical Assistance and Assured Access, and offers an income-based sliding fee scale.

Intake procedure: Call 612-746-1530 to make an appointment at any location. Dial 2 to speak with a staff person in Hmong.

Services provided:

- Dental services including exams, preventative care, fillings, crowns, and extractions.
- Referrals for braces and root canals
- Oral screenings for groups of children (i.e. schools) to assess dental needs
- Oral hygiene and dental care presentations
- Clinical and administrative internship program for work skills / professional development





Children's Hospitals and Clinics, Psychological Services

345 North Smith Avenue | Saint Paul, MN 55102
651-220-6028 | Fax: 651-220-6707

Contact Person: Hmong Mental Health Liaison at the number above

Staff: Our staff includes psychologists, neuropsychologists, educational specialists, advanced practice nurses, psychiatrists, social workers, and interpreters. Our Hmong-speaking staff includes a psychologist (Alyssa Vang, PsyD, LP) and a mental health liaison.

Interpreters: Hmong interpreter on-staff. Interpreting needs for other languages available through our hospital.

Eligibility: Children and teens

Hours: Monday through Friday, 8am-5pm

Fees: Accept all major health plans

Transportation: Provided by clients' insurance.

Intake Procedure: Call 651-220-6028

Services Provided: Our staff are experts in working with children and teens who have emotional problems, behavioral problems, and learning problems. We also work with children who experience stress from a chronic illness or medical problem. We provide the following services:

- Individual and/or family therapy
- Psychological evaluations
- Neuropsychological evaluations
- Psychoeducational assessments
- Medication management
- Support group for children, teens, and parents





Community-University Health Care Center (CUHCC)

2001 Bloomington Avenue | Minneapolis, MN 55404
612-638-0700 | Fax: 612-638-0685

Contact Person: Steve Maxwell at 612-638-0700 ext. 287 or
Mary Clare Baldus at 612-638-0700 ext. 267

Staff: The following are staff working with Hmong patients:
Sy Vang – Battered women’s advocate, general mental health;
Moua Vang, B.A. – Day Treatment, case management, general
mental health; Maggi Larson, MSW, LICSW – Therapy;
Valeria Lindstrom, MA, LP – Therapy, Hmong Mom’s Program;
Psychiatrist on staff

Interpreters: Provide interpreting for staff psychiatrist. Our bilingual workers
carry their own caseloads.

Hours: Monday through Friday, 8am - 6pm; open until 8pm on Tuesdays

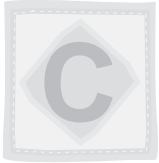
Fees: Sliding fee for Hennepin County residents only. Residents of
other counties must have insurance or pay full fee. Some selected
programs are grant supported.

Transportation: Provided by client’s insurance coverage

Intake Procedure: Call Hilja Kylo at 612-638-0700 Ext. 209 or call Hmong staff

Services Provided:

- Psychiatry (medication management)
- Counseling (individual, couple, family, group)
- Psychological assessment (testing for children/adults to assist in treatment planning). We do not do psychological testing for benefit-eligibility determinations.
- Mental Health Day Treatment groups (language specific)
- R79 Adult Case Management (Hennepin residents only)
- R79 Child Case Management (Hennepin residents only)
- Child Welfare Targeted Case Management (Hennepin residents only)
- Services for victims of domestic abuse, child abuse, sexual abuse, general crime
- Hmong Mom’s Program is a school-based support service for young mothers
- Employment programs in collaboration with Rise, Inc.
- Services for gay, lesbian, bisexual, and transgender individuals



Disabled Home Health Care, Inc.

474 West University Avenue | Saint Paul, MN 55103
651-292-8705; | 651-485-1485 (cell) | Fax: 651-290-0698

Contact Person: Tong P. Yang

Staff: Our staff includes Hmong-speaking individuals in positions of president, treasurer, and secretary.

Interpreters: Available through agency

Eligibility: Must have a disability or mental health problem and be authorized for services by the county

Hours: 7 days a week, 9am - 6pm

Fees: Accept all major health plans

Intake Procedure: Call the number above. Intakes are completed via home visits.

Services Provided: Personal Care Attendant (PCA) services

Face to Face Health and Counseling

1165 Arcade Street | Saint Paul, MN 55106
651-772-5555 | Fax: 651-772-5566

Contact Person: May Lee

Staff: May Lee – Health Educator/Hmong Outreach Coordinator;
Chad Lee – Case Manager/Outreach Worker for Safe Zone (homeless and drop-in resource center); Victor Vang – Case Manager/Outreach Worker for Safe Zone; Bao Xiong – Clinic Assistant

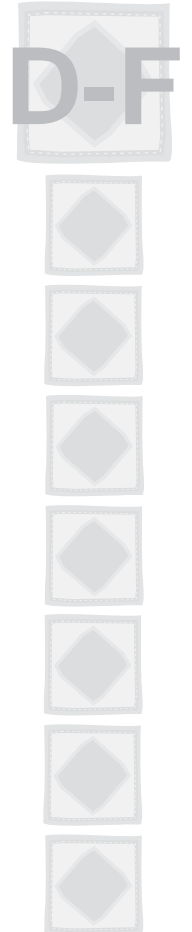
Interpreters: Interpreters for the medical clinic and the mental health department can be obtained upon request.

Eligibility: Teens to young adults, ages 11-23

Hours: Vary with different programs. However, our main office hours are Mon, Wed, Fri: 9am-5pm & Tues, Thurs: 9am-8pm

Fees: Most services (i.e., health education and case management) are free. However, our medical clinic and mental health department operate on a sliding fee scale for the uninsured and accept all insurance companies willing to cover Face to Face services.

Face to Face continued next page





Face to Face continued



Transportation: Individuals who receive medical assistance can access free cab rides. Therefore, clients who have medical assistance are either referred to the correct numbers to call for rides or a case manager will make these arrangements. For clients who do not have medical assistance, a Face to Face staff (usually one of the Connect Department case managers or medical clinic staff) will arrange for free cab rides for the client. These costs are covered under a limited budget at Face to Face; therefore, there is a monthly limit on cab rides.

Intake Procedure: Call the main office number at 651-772-5555 and ask to be referred to a department depending on need for services. In becoming a Face to Face client, individuals must fill out an intake form that asks them for contact, statistical, and some personal information. Service providers who wish to talk directly to Department Directors may contact:

- Clinic – Karen Kramer
- Mental Health – Kathie Perman
- Connect – Adam Chase
- Academy – Jim Gitar
- SafeZone – Trudee Abel Peterson

Services Provided: Face to Face provides the following services, which are open to all clients including Hmong/Southeast Asian:

Medical Clinic: General medical check-ups, annual exams, birth-control education and dissemination, prenatal and post-partum care, sexually transmitted infections testing and treatment, treatment for minor injuries.

Connect Department:

- Provides case managers for prenatal and parenting clients. Case managers provide support and assistance to meet clients' needs, which may include securing housing, medical assistance, jobs, and food.
- Provides prenatal, parenting support group, and parenting skills classes on a quarterly basis free of charge to clients.
- Provides free health education to the community at large on family planning, sexually transmitted infections awareness, and HIV/AIDS education.
- Provides outreach to the Hmong community in the areas of health education and accessing services at Face to Face.

Face to Face continued next page



Face to Face continued

Mental Health Department: Intensive in-home and outpatient therapy

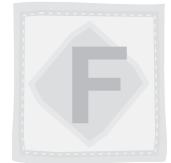
- Provides individual therapy. Some areas of individualized therapy include sexual abuse, GLBT, and family issues.
- Provides family therapy.
- Provides support groups for GLBT youth and female Hmong youth. For more information about the GLBT group, contact Janet Bystrom. For more information about the Hmong Girls group, contact Wendy Epstein or May Lee.

Face to Face Academy: A charter school serving adolescents who have either dropped out of or have been excluded from mainstream school settings.

- Provides an alternative learning environment for youth.
- Provides smaller classes with closer learning relationships to teachers.

SafeZone: Resource and drop-in center for homeless or runaway youth

- Provides case management to homeless or runaway youth for needs that may include the following: securing housing, food, and jobs.
- Provides a safe space for youth to convene.
- Provides free food to youth.
- Provides free clothing to youth.
- Provides free shower on site to youth.
- Provides free health education to youth from peer educators.



Frogtown Family Center

689 North Dale Street | Saint Paul, MN 55103

651-205-4260 | Fax: 651-205-4192

Contact Person: Antonia Wilcoxin, Center Coordinator

Staff: Our Hmong-speaking staff is Mai Nhia Lor, Family Connection Worker

Interpreters: Our staff speaks Hmong

Eligibility: Frogtown, Aurora-St. Anthony, Summit-University residents, and neighboring areas

Hours: Monday through Friday, 9am-5:30pm, or as needed.

Fees: No fee

Transportation: Provided on a case-by-case basis

Intake Procedure: Call or walk-in. Minimal information required.

Services Provided: We are one of eight family centers in Saint Paul/Ramsey County Children’s Initiative. Families with young children are welcome to spend time in group discussions, point out gaps in services, suggest needed system changes, and learn about resources in the community where they live. Four goals guide the work of family centers: Improving child health, child development, school readiness, and family functioning. Family connection workers connect with families to remedy isolation and eliminate child abuse and neglect.



Health Start

491 University Avenue West | Saint Paul, MN 55103
651-312-199 | Fax: 651-312-1982



- Contact Person:** Marvel Jordan
- Staff:** LICSW or LGSW social workers. Community Clinic site has a LGSW social worker. We also have health care staff for our medical portion of the clinic.
- Interpreters:** Available through agency
- Eligibility:** Students qualify for service at the high school they attend. ALC students are referred to the main site.
- Hours:** Monday through Friday, 7:30am-3:30pm
- Fees:** Sliding fee schedule at the main clinic. Insurance billed for services when appropriate.
- Services Provided:** Health Start is a non-profit agency that provides health care to women and teenagers at no or low cost to clients and their families. Our clinics are located in all public high schools, two alternative schools, and at 491 University Avenue. Services include: Medical care, reproductive health care, nutrition counseling, social work counseling and therapy, and prenatal classes. Mental health component includes individual counseling, consultation, and advocacy.

Hennepin County Mental Health Center

We have 3 locations:
525 Portland Avenue South, Minneapolis, MN | 3300 Bass Lake Road, Brooklyn Center, MN
1313 Penn Avenue North, Minneapolis, MN 55405
612-348-2324 | Fax: 612-348-6900

- Contact Person:** Harvey D. Linder, PhD, LP
- Staff:** We currently do not have any staff working predominantly with Hmong clients.
- Interpreters:** Available through agency
- Eligibility:** Hennepin County residents who are unable to obtain mental health services elsewhere.
- Hours:** Mon, Tues, Thurs, Fri: 8am-4:30pm; Wed: 8:00am-7:00pm
- Fees:** Sliding fee. We accept all major insurance.
- Intake Procedures:** Call the number above
- Services Provided:** Full range of outpatient mental health services



Hmong 18 Council (HUIC)

1010 University Avenue West | Saint Paul, MN 55104
651-222-5272 | Fax: 651-222-5312

Contact Person: Neng Lee, Executive Director

Staff: Our staff are Hmong-speaking. Neng Lee, BS, former city council of Eau Claire, WI; Vue Chu, AA, office administrator, mediator

Interpreters: Staff are bilingual

Hours: Monday through Friday, 8am-5pm

Fees: Mediation service fees only

Services Provided: We offer mediation services to the Hmong community regarding various issues, including marriage/divorce and child/parent relationships. We have 30 certified mediators.

Hmong American Mutual Assistance Association

1130 North Seventh Street | Minneapolis, MN 55411-4095
612-374-2694 | Fax: 612-374-5205

Contact Person: Bao Vang

Staff: Year 2003 starts with fifteen staff, 14 of whom are Hmong bilingual. The majority of credentials are family services/employment related. Staff member organizing health activity is a student pursuing a mental health degree.

Interpreters: Available through agency for Hmong, Lao, and Thai.

Eligibility: Any family member of any culture may request services. We generally serve Hmong/Lao (99%), with priority given to those meeting low income/unemployed guidelines.

Hours: Monday through Friday, 8am-5pm

Fees: No fee

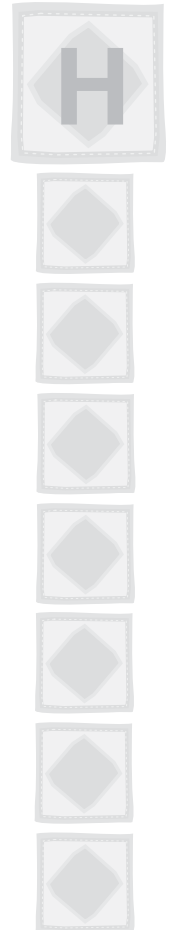
Transportation: Rarely provided and only on special cases.

Intake Procedures: Call or visit the site and complete WestMetro application.

Services Provided: Various programs targeting Hmong youths and Hmong elders. Our programs are focused on rebuilding our community through collaborative efforts.

- Council of Hmong Elders (CHE) – Provides cultural services to Hmong families in marriage customs, traditional legal rules and family rearing, outreach to seniors and mentors for challenged youth.

Hmong American Mutual Assistance Association continued next page





Hmong American Mutual Assistance Association continued



- Family Employment Network (FEN) – Provides family and teen counseling and planning services, reduces the high unemployment rate among Hmong men and women in the Twin Cities through close cooperation with Metro Area employers, and responds on household safety, nutrition, and other family related questions.
- Academic Barriers Changers (ABC) – After school program improving Hmong children’s (ages 5-10) academic performance through after school tutoring, educational and recreational activities, basic computer training, indoor and outdoor games, arts and music, and community activities.
- Youth Empowerment Partners (YEP) – For teens (ages 11-21) to reduce truancy and delinquency and develop employable skills among Hmong youth through career development skills, awareness of societal rules and values, and diversion from delinquency, crime, and youth gang activity by providing developmental activities.
- Center for Hmong Adolescent Development (CHAD) – A collaborating partner with Twin Cities, county and state police, and corrections personnel to identify, contact, communicate with, and bring back into the Hmong community those youth who are runaways, “family castaways,” truant and dropouts, and may now be involved in youth gang activity.
- Minneapolis Community Patrol (MCP) – A crime prevention, youth gang deterrent and seniors safety net formed from within the Hmong community to serve the needs of Hmong families as a first step in combating trouble.
- Neighborhood Home Buyers Club (NHBC) – A collaborative effort with the University of Minnesota Extension Service (Hennepin County) to provide basic home buying smarts, home maintenance care tips, and ownership responsibility rules.
- Hmong Economic Development Program (HED) – to develop home-based and small businesses, a “Planning Advisory Group” for Business Feasibility Planning, Economic Development and Business Entrepreneurship of the Hmong Minnesota community, especially in the City of Minneapolis and surrounding communities.

Hmong American Partnership

1075 Arcade Street | Saint Paul, MN 55106
651-495-9160 | Fax: 651-495-1699

Contact Person: Leng Xiong – Clinical Supervisor

Staff: The Youth/Family Department employs 8 FT Social Workers and 4 PT bilingual aid staff. Most of the staff are bilingual and bicultural. The majority of them have been working in this area (Human Services) for more than 5 years.

Hmong American Partnership continued next page



Hmong American Partnership continued

Interpreters: No official interpreters available. However, our agency has bilingual staff who work with clients.

Eligibility: Adolescents are our primary focus. However, their parents and families are also involved in treatment. The Adolescent Services Grant program requires that the adolescent have an official mental health diagnosis.

Hours: Monday through Friday, 8:30am-5pm

Fees: Currently there is no fee.

Transportation: Provided only for the Women Support Group and the Community Support Group

Intake Procedures: For both adolescent and adult referrals, call Leng Xiong at 651-495-1515

Services Provided:

- Women Support Group – A support group for Hmong women who are experiencing mental health symptoms or domestic violence in their relationships.
- The Community Support Group – A support group designed to educate Hmong adults about the psychosocial and educational effects of the Hmong in transition in America.
- MELD – This group is designed to help parents understand and adapt to parenting systems in the United States.
- Aftercare Program – An intervention approach for adolescent boys after discharge from the system (i.e. Boys Totem Town or Red Wing). Group or individual therapeutic approach to prevent re-offense.
- Mentoring Program – One-to-one match-up with adolescents who are experiencing difficulty in the generation gap process with their parents, community and interpersonal relationships.
- Hmong Youth Pride – An after-school program for elementary and middle-school students.
- Peem Tsheej (Struggle for Success) – Helping youth, ages 12-18, increase their self-confidence and connection to their family and community.
- Adolescent Service Grant (ASG) – A therapeutic approach for adolescents with SED (severely emotionally disturbed) diagnosis.
- Weekly peer group meetings – Therapeutic group approach for youth who are re-entering the community after correctional placement.
- Hmong Language Classes – Improve Hmong language skills.
- Traditional Hmong dance





Hmong National Organization

501 North Dale Street, Suite 106 | Saint Paul, MN 55103
651-290-2343 | Fax: 651-228-7272



Contact Person: Nou Yang

Staff: Our Hmong-speaking staff are Nou Yang, Yong Kue, and Ching Lo

Interpreters: Available through agency

Eligibility: None

Hours: Monday through Friday, 8:30am - 5pm

Fees: None

Transportation: We do provide transportation, although this is determined on a case-by-case basis.

Intake Procedures: Call or drop by

Services Provided:

- Hmong Girls Community and Leadership Program – Empowering teenage girls (ages 12 - 18) to become active in their community.
- Hmong Youth Tobacco Study – One of the first tobacco use study specific to Hmong youth. The study seeks understanding of smoking prevalence, trends, and underlying reasons why Hmong youth smoke.
- Breast Cancer Health Education and Outreach – Educate the Hmong community about breast cancer. Provide assistance to individuals in getting their breast cancer screening done. Advocate for better health in minority women.
- Hmong Pahawh Language Curriculum Development – A curriculum developed by the Board of Directors to teach the traditional Hmong written language and culture to both youth and adults.
- Project Immunize – A case-management program that provides Hmong families and children with well-child health services and provides family advocacy for better access to preventative health services.
- Hmong After-School Tutoring – Provides a number of academic and social activities for students grades 4 - 6. Activities offered through the program include: tutoring and homework help, arts and crafts activities, computer, reading, and writing activities.



Lao Assistance Center of Minnesota

503 Irving Avenue North, Suite 100m | Minneapolis, MN 55405
612-374-4967 | Fax: 612-374-482

Contact Person: Sunny Chanthanouvong

Staff: We have 10 Lao-speaking staff

Interpreters: Available through agency

Eligibility: None

Hours: Monday through Friday, 8:30am-4:30pm

Fees: None

Intake Procedures: Call 612-374-4967

Services Provided: Lao Center provides comprehensive social services for Laotian families who are in need of resources in Minnesota.

Lao Family - Health Programs

1876 West Minnehaha Avenue | Saint Paul, MN 55104
651-209-6807 | Fax: 651-209-6613

Contact Person: Margo Cohen

Staff: 12 full-time staff. Of these, 10 are bilingual/bicultural and have the following degrees: MSW, MFT, MA Counseling, Psychology, BSW, LADC. Psychiatrists are available on a consultation basis.

Interpreters: Available on site

Eligibility: Open

Hours: Monday through Friday, 8:30am-4:30pm; Other hours by appointment

Fees: Accept MA, others insurance companies. Will not be denied based on ability to pay

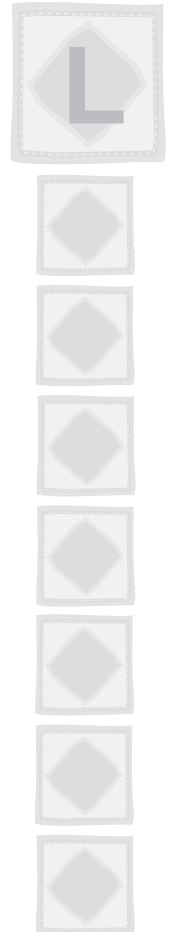
Transportation: Home visits, other transportation available

Intake Procedures: Call 651-209-6807

Services Provided:

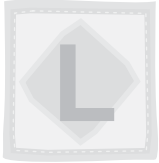
- Mental Health/Clinic Services – Provides clinical services to the Hmong community, including children and youth who have emotional difficulties, adults who have serious mental health needs, and other youth who need help for less serious issues. Services include diagnostic assessments, individual/family/group therapy and support, crisis services, information, referral, advocacy, and consultation. Services are provided at Lao Family, through in-home visits, in schools, and other appropriate settings.

Lao Family - Health Programs continued next page





Lao Family - Health Programs continued



- Family Support Project – Provides families who are at risk for child protection involvement with a range of support services to reduce stressors and promote healthy family functioning.
- Education and Outreach – Psycho-social educational presentations for Hmong groups, such as parent groups in schools and adults in the English Education program. These presentations are designed to increase awareness and understanding of mental health issues.
- Chemical Awareness Program (CAP)/Prevention Services – Chemical dependency assessments are conducted for Hmong youth and adults according to Minnesota state guidelines to determine what level of chemical abuse services may be needed.
- Learning to Live Again – An after-care program for Hmong adults who have completed chemical dependency treatment.
- Community Education – A 6-week school-based chemical awareness course. Classes for at-risk Hmong youth and classes for Hmong adults.
- Hmong Change Direction – A 3-hour drug awareness program for Hmong youth or adults who have been ordered or directed by courts, probation, social services (i.e., CPS), schools, and employers to obtain alcohol and drug education.
- The Southeast Asian Prevention Intervention Network (SEAPIN) – A collaborative project with United Cambodian Association of Minnesota to provide preventive education about alcohol, tobacco and other drugs to four Southeast Asian communities.
- Lao Family Outpatient Chemical Dependency Treatment Program – Serves chemically-dependent Hmong adults through a unique model that addresses the distinct cultural issues of the Hmong.

Other programs offered through Lao Family but are not part of the Health Programs include:

- Youth and Families
 - ~ Kev Xaiv or Making Choices is dedicated to reducing the number of teenage pregnancies in the Hmong community. Supportive services, case management, and abstinence-based pregnancy prevention classes are offered.
 - ~ Project Hope is designed for Hmong adolescents who have been truant from school, run away from home, committed crimes, or been affiliated with a youth gang.
 - ~ Tsev Neeg Haum Xeeb or Uniting Families provides intensive in-home services to families involved in child protection system. Services include case management, crisis intervention, and early childhood development assessment.
 - ~ The Diversion Program offers culturally specific services for Hmong youth who are first time offenders in Hennepin County. Services include individual counseling, group/educational sessions, and crisis intervention.
- Employment Programs
- English Education Programs



Lifetrack Resources

709 University West | Saint Paul, MN 55104
651-227-8471 | Fax: 651-227-0621

Contact Person: Ellen Mack

Staff: All therapists have professional degrees and MN license. We don't have any Hmong therapists but routinely use interpreters. We have Hmong-speaking staff in our Employment Division.

Interpreters: We arrange for interpreters

Eligibility: Physician referred

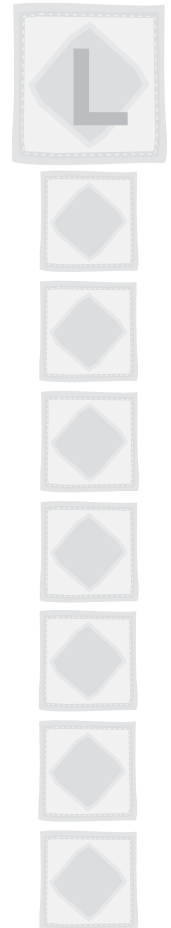
Hours: Monday through Friday, 7:30am-5:30pm

Fees: Accept all insurance

Intake Procedures: Call 651-265-2335

Services Provided:

- Rehabilitative therapy – Provides therapy services to children and adults in their homes, schools, and other community locations. Services include physical therapy, occupational therapy, speech/language pathology, audiology, and social services.
- Employment Resources – Helps people with multiple challenges (i.e., leaving welfare, immigrants and refugees, persons with disabilities, people with little or no work history) with job placement, job seeking skills training, free walk-in job search center, supported work experience, internships, long-term employment support.
- Early Childhood and Family Services – Helps children overcome delays and parents and children develop skills for healthy relationships. Home visits provide support to meet basic needs, parent education, and family enrichment. These are done through therapeutic preschool, family home visits, or prenatal home visits.
- The Family Support Connection – Provides support services statewide to families with children who are deaf or hard of hearing.



Lo Medical Clinic, P.L.L.C

2353 Rice Street, Suite 116 | Saint Paul, MN 55117
651-203-0040 | Fax: 651-486-759

Contact Person: Tia Ly

Staff: All staff are Hmong-speaking.

Interpreters: None needed, all staff speak Hmong.

Eligibility: No eligibility requirements

Hours: Monday through Friday, 8am-5pm

Fees: Sliding scale. Accept all major medical insurance, MA, and Medicare

Intake Procedures: Call or walk in

Services Provided: Family Practice



Metropolitan Community Mental Health Center

2700 University Avenue, West, Suite 100 | Saint Paul, MN 55114
651-917-5575 | Fax: 651-917-5589



- Contact Person:** Blong Vang
- Staff:** 6 mental health practitioners (all Hmong-speaking), 1 clinical supervisor (English-speaking). We also have psychiatrists on staff.
- Interpreters:** None needed, bilingual staff
- Eligibility:** Must be 18 years or older, have a current diagnosis of major mental illness as defined by the DSM-IV and identified by the State of Minnesota, able to benefit from skills training and talk-based therapy, independent in self-care or have PCA services, and in need of community-based treatment of a higher intensity than weekly or biweekly outpatient therapy.
- Hours:** Monday through Friday, 7:30am-5pm. Call for specific group times.
- Fees:** Accept all major medical insurance, MA, and Medicare
- Transportation:** Provided through agency
- Intake Procedures:** Call Blong Vang
- Services Provided:** We are a day treatment agency and have a Hmong/Lao program that serves Hmong/Lao adults with mental illness. The Hmong/Lao program offers culturally specific therapy in day treatment model, including two psychotherapy groups and one socialization therapy group, daily. An individual treatment plan and individualized objectives are developed for each person served.

Model Cities of Saint Paul, Inc.

839 University Avenue | Saint Paul, MN 55104
651-265-6160 | Fax: 651-293-1928

- Contact Person:** Nou Yang, Director of Family Support Services
- Staff:** Our staff has master's level degrees in human services-related fields, including psychology, social work, and child and human development.
- Interpreters:** Available through county and agency.
- Eligibility:** Ramsey County resident, child at-risk of out of home placement, family reunification after placement, involved with county workers, and chemical dependency issues.
- Hours:** Monday through Friday, 8 am - 5 pm
- Fees:** No fee if referral from county; chemical dependency program can bill third party insurance companies.

Model Cities of St. Paul continued next page



Model Cities of St. Paul continued

Transportation: Yes

Intake Procedure: Call or complete referral form and fax or send to agency.

Services Provided:

- Chemical Health Services for Women - Provide comprehensive chemical health services to women in an environment that supports recovery from drugs and alcohol, physical and emotional health, cultural identity and traditions, and family wellness.
- Families First Crisis Intervention Program - Home-based program aimed at preserving families in crisis. Assist families in maintaining children at-risk within their family home and/or assisting families with transitioning their child (ren) home from out-of-home with families, individuals, and couples by emphasizing a collaborative strength based approach.
- Families of Strength Program - The goal is reunification of families by enabling families to provide a nurturing, safe environment for themselves and their children. Services include six months of in-home family therapy /life skills counseling along with individual time with the group therapist.

My Home Health Care, Inc.

775 North Milton Street, Suite 111 | Saint Paul, MN 55104
651-488-3126 or 651-274-2538 (cell) | Fax: 651-487-7637

Contact Person: Mai Yer Soung

Staff: Mai Yer Soung (certified site coordinator who has been working in the Hmong community for 10 years); Go Ia Yang (RN); Bee Soung (Certified IBM instructor)

Interpreters: Available through agency

Eligibility: Clients must be diagnosed by a doctor and must have a medical need. A PHN assessment and approval by DHS must be made before services can begin.

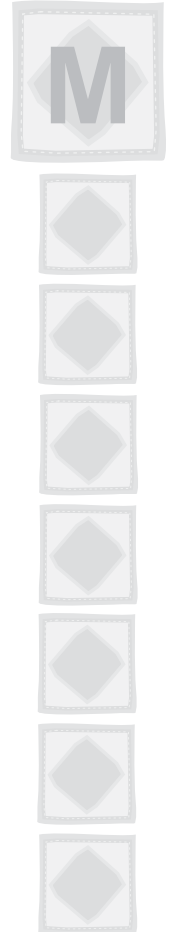
Hours: Monday through Friday, 9am-5pm

Fees: We accept all major health plans.

Transportation: Available on case-by-case basis

Intake Procedure: Home visit/evaluation

Services Provided: Home health care services





Neighborhood House

179 East Robie Street | Saint Paul, MN 55107
651-227-9291 | Fax: 651-227-8734



Contact: Daisi Martin (Life Connections Director); Seng Yang (Liaison to the Hmong Community)

Staff: The following are our Hmong staff: Yia Thao, LSW – works in the Family Enrichment Program and works with parents and youth; Vangyee Yang, Case Manager – works with families and youth; Seng Yang, Community Liaison – helps people with citizenships; Paul Yang, Youth Worker – works with youth in the Youth Center; See Moua works with Hmong parents and children in the Jane Adams School of Democracy.

Interpreters: Available through agency for Hmong and Spanish

Eligibility: Foodshelf is available to the 55107 residents. Social services are provided to all Ramsey County residents, although this depends on the program that families enroll in.

Hours: Monday through Friday, 8am - 4:30pm – Social Services
Monday through Friday, 9am - 5pm – Foodshelf
Monday through Friday, 3pm - 9pm – Youth Center
Monday and Wednesday, 7pm - 9pm – Jane Adams School of Democracy

Fees: No fee

Intake Procedures: People can call and set up an appointment with the appropriate staff.

Services Provided:

- Food shelf
- Case Management (Family Support Program)
- ESL Classes
- Jane Adams School of Democracy – Offers one-on-one ESL tutoring, citizenship tutoring, and homework assistance to children
- Hmong Youth Group – A learning and safe place for Hmong youth to gather and form friendships and discuss various teenage issues



North End Family Center

27 East Geranium Avenue | Saint Paul, MN 55117
651-489-5442 | Fax: 651-489-8312

Contact Person: Marianne Keuhn

Staff: We have one Hmong-speaking staff, Ly Yang

Interpreters: Available with much advanced notice

Eligibility: Clients must live in or near the North End area of Saint Paul

Hours: Primarily 8am-5pm, though times vary

Fees: No fee

Transportation: Provided on occasion

Intake Procedure: Call or walk in

- Services Provided:**
- Monthly Support Group
 - Home visits by Hmong staff
 - Car seat safety classes
 - Information and referrals
 - Community activities

PACER Center

8161 Normandale Boulevard | Bloomington, MN 55437
952-838-9000 | Fax: 952-838-0199 | www.pacer.org | e-mail: pacer@pacer.org

Contact Person: Dao Xiong

Staff: We have one Hmong-speaking staff, Dao Xiong

Interpreters: Available if requested by family

Eligibility: No eligibility criteria

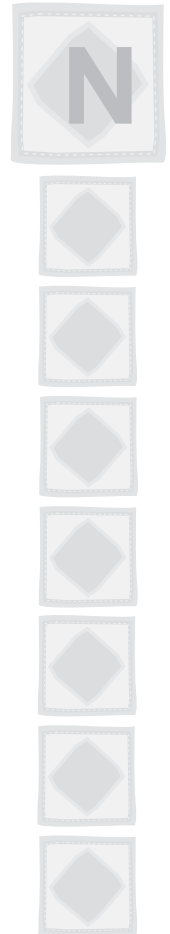
Hours: Monday through Friday, 8am-5pm

Fees: No fee. All of our workshops are free and most of our publications are free.

Intake Procedure: 952-838-9000 (voice); 952-838-0190 (TTY);
800-537-2237 (toll-free in Greater Minnesota)

Services Provided: PACER Center is a Minnesota-based training and information center for families of children and youth with all disabilities (physical, mental, learning, and emotional). PACER provides publications, workshops, and other resources to help families make decisions about education, vocational training, employment, and other services for their child or young adult with disabilities.

The Minnesota Parent Center, a project of PACER, is a statewide resource center that offers written information, workshops, and individual assistance about educational issues to parents of children without disabilities. Topics range from truancy and bullying to parent involvement and communicating with school staff.





People Incorporated Home Health Agency

317 York Avenue | Saint Paul, MN 55101
651-288-3491 | Fax: 651-774-5517

Contact Person: Kam Bao Thao

Staff: We have Hmong-speaking staff in positions of outreach worker, RN, interpreter, and community resource worker.

Interpreters: We provide interpreting services, although only for recipients of selected health plans

Eligibility: Adults (18+) living in the community with mental illness and/or medical conditions.

Hours: Monday through Friday, 8am - 5pm

Fees: Funding must be pre-authorized and is accepted from county, Medicare, MA, managed care organizations, private pay or insurance

Intake Procedure: Call contact person.

Services Provided: Assessment of client's physical and mental health status, education about the illness, medication management, and support for nutrition, hygiene and safety.

Phalen Village Clinic

1414 East Maryland Avenue | Saint Paul, MN 55106
651-772-3461 | Fax: 651-772-2605

Contact Person: Jean Jansen

Staff: We have five Hmong-speaking staff in positions of front office assistant, nurse, medical assistant, and outreach coordinator. We also have a psychiatrist on staff.

Interpreters: Available on-site

Hours: Monday through Friday, 8:30am-5pm

Fees: Accept most insurance

Intake Procedure: Families need to call to make an appointment.

Services Provided:

- OB/GYN
- Well Child Care
- Mental Health Services
- Geriatric Care
- Diabetic Care
- Care from birth through old age
- Laboratory and X-ray services on site
- Phones answered 24 hours a day





Quality Plus Home Healthcare Services

383 University Avenue | Saint Paul, MN 55103
651-775-8022 | Fax: 651-209-690

Contact Person: Pam Thao

- Staff:**
- 3 full-time Hmong-speaking staff (Program Manager, Director, and Service Coordinator). Degrees and credentials are AA degree, LPN, and Licensed Administrator
 - 1 full-time Hmong speaking RN
 - 45 full-time in-home support staff (fully licensed)
 - PCA, fully trained and certified
 - 1 full-time business manager
 - 2 office support staff who are Hmong-speaking

Interpreters: Available in the following languages: Hmong, Somali, Vietnamese, Lao, and Thai

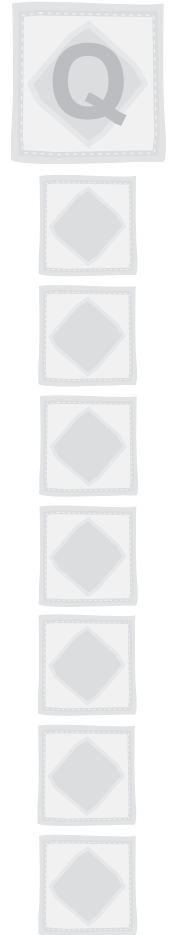
Hours: Monday through Friday, 8am-5pm. 24-hour hotline at 651-775-0503 or 651-775-8022

Fees: We accept MA, HealthPartners, in-home support waiver

Transportation: Provided for doctor appointments

Intake Procedure: Call Pam Thao at 651-775-8022 to set up an initial meeting for initial intake assessment.

- Services Provided:**
- PCA
 - In-Home Support
 - Respite Care
 - Home Health Aid



Ramsey County Children's Mental Health Crisis

160 East Kellogg Blvd, Suite 700 | Saint Paul, MN 55101
651-290-8999 | Fax: 651-266-4436

Contact Person: Youa Yang, Martha Aby, Bethany Ames

Staff: Youa Yang, MSW, LGSW, is our Hmong-speaking staff. Crisis line workers all have master degrees and are preparing for their clinical licensure. Crisis line workers are supervised by a clinical social worker.

Interpreters: Available on site and through phone system

Eligibility: All residents of Ramsey County

Ramsey County Children's Mental Health continued next page

Ramsey County Children's Mental Health continued



Hours: 24-hour crisis line; Ramsey County Crisis Team has the ability to be mobile to meet families between the hours of 8am-5pm. After 5pm, the phone line is transferred to Emergency Social Service through the American Red Cross.

Fees: Free to residents of Ramsey County

Intake Procedure: Any individual, family, and community professionals may call.

Services Provided: We are a 24-hour crisis line that serves children under the age of 18 in Ramsey County. We provide screening, consultation and brief intervention to families experiencing stress due to a child's mental health or behavioral problems. Interventions include crisis planning, de-escalation, functional and diagnostic assessment, and arrangement of emergency and/or on-going service for these families. The team can conduct safety assessments regarding suicide issues to help determine if outpatient services may be helpful or if more intensive services may be required via a thorough assessment at a hospital. We can be a resource for general mental health knowledge as well as available resources. All the services mentioned above could be done over the phone or in the community as needed. The program is otherwise caller-defined, so the length, intensity and type of services vary according to family need. This focuses only on crisis services provided by County staff during regular business hours of 8am - 5pm.

Ramsey County Mental Health Case Management

160 East Kellogg Boulevard | Saint Paul, MN 55101 | 651-266-7890

Contact Person: Kirk Fowler, Manager, 651-266-4379

Staff: There are no Hmong-speaking case managers in the Ramsey County case management unit. Mental Health Resources and Wilder Southeast Asian Program provide Hmong-speaking adult mental health case management.

Interpreters: Available through agency

Eligibility: Resident of Ramsey County; diagnosed with serious and persistent mental illness

Hours: Monday through Friday, 8am - 8pm; Saturday, 9am - 5:30pm

Fees: No fees

Transportation: Available on limited basis

Intake Procedure: Call Cynthia Smith at 651-266-7979 or call 266-7890

Services Provided: Assist consumers with goals for independent living. Responsibilities include assisting in doctor appointments, medication acquisition and monitoring, transportation, housing, and living skills teaching. Also work with clients in vocational and educational pursuits.



Ramsey County Mental Health Center

1919 University Avenue West, Suite 200 | Saint Paul, MN 55104
651-266-7999, 651-266-7890 | Fax: 651-266-7850

Contact Person: Nancy Houlton, Clinic Manager

Staff: Brien Godfrey, MD, Medical Director. Hmong staff: Phua Yang, LGSW.
We also have a psychiatrist on staff who works with Hmong patients.

Interpreters: Available through agency

Eligibility: Must be a Ramsey County resident, mainly serve adults (over 18)

Hours: Mon, Thurs & Fri, 8am - 4:30pm; Tues & Wed, 8am - 7pm

Fees: Sliding fee scale available. Accept all insurance.

Intake Procedure: Call 651-266-7890. 24-hour crisis line is 651-266-7900.

Services Provided: The Ramsey County Mental Health Center has staff available to provide culturally specific individual and group therapy to Hmong individuals. Through the use of interpreters, psychiatric services are available. Case management intake is provided by Ramsey County as well. Case management is appropriate for individuals diagnosed with serious and persistent mental illness. Culturally appropriate services are provided when possible. Adult crisis services are available, through the use of any interpreter, 24 hours/365 days.

Ramsey County – Project ASSIST

Ramsey County Human Services | 160 East Kellogg Boulevard, Suite 7200
Saint Paul, MN 55101 | 651-266-4184 | Fax: 651-266-4436

Contact Person: Ed Frickson

Staff: Nine staff total. Of these, 2 are Hmong-speaking (one has a Master's Degree and the other has a Bachelor's Degree)

Interpreters: Available through agency

Eligibility: Residency in Ramsey County, not currently receiving mental health services

Hours: Monday through Friday, 8am-4:30pm

Fees: No fees. Medical Assistance is billed, as appropriate

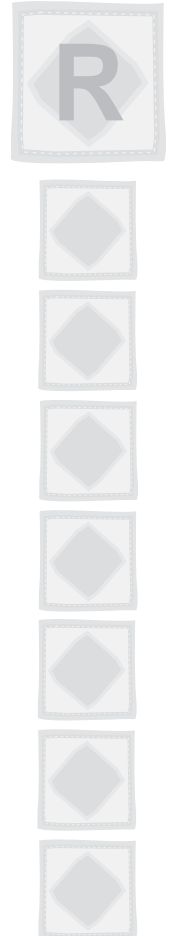
Transportation: Provided as appropriate

Intake Procedures: Call 651-266-4184 or if needing consultation, contact Ed Frickson

Services Provided:

- Project ASSIST is designed primarily as outreach-based, with the vast majority of assessments being completed in youths' homes or schools.

Ramsey County Project ASSIST continued next page





Ramsey County Project ASSIST continued

- Prevention and early identification focus.
- Assessments range from functional assessments up to and including limited psychological testing.
- Case plans are developed with the aid of the family.
- Program staff provides follow-up to increase the likelihood that approved plans will be implemented. Involvement may last from one or two initial meetings to over several months.
- Components of Project ASSIST include: Community-Based Intervention (county-wide service), Safe Schools/Healthy Students (targets 5 East Side schools), and Project ASSIST for the Homeless (focus is on children and families currently without housing).

Regions Hospital-Center for International Health

640 Jackson Street | Saint Paul, MN 55101
651-254-5575 | Fax: 651-254-3801

Contact Person: Kathy Lytle, LICSW

Staff: We have Hmong-speaking clinic staff, including medical assistant and physician assistant. Other staff include:

- Greorgi Kroupin, LP (full-time staff)
- Kathy Lytle, LICSW
- Dr. Karen Ta, Vietnamese-speaking psychiatrist (works one day per week)
- Dr Bruce Field, Spanish-speaking psychiatrist (works four 1/2 days a week)

Interpreters: Phone line and on-site interpreters available in the following languages: Cambodian, French, Hmong, Lao, Russian, Somali, Spanish, Thai and Vietnamese.

Eligibility/Fees: We accept most health insurance (i.e., MA, HealthPartners, Blue Plus, Medica, and UCare Seniors). We also see self-pay clients. No sliding fee scale. However, there are financial counselors on site to assist with insurance questions and applications.

Hours: Monday through Friday, 8am - 5pm

Referral Process: Call 651-254-4858 to make an appointment

Services Provided:

- Individual, marital, and family therapy
- Vietnamese Men’s Group
- Assist clients in obtaining services and navigating the health care and social service system
- Medication management
- Additional services include: Internal medicine, tropical medicine, travel medicine, women’s health care, new-arrival screening exams for adults and children, and Immigration and Naturalization Service (INS) Adjustment of Status exams





Reuben Lindh Family Services, Family Partnership Program

2438 18th Avenue South | Minneapolis, MN 55404
612-722-0762, ext. 138 | Fax: 612-722-0787

Contact Person: Katherine Haskin, Director, MA, LMFT

Staff: One Hmong-speaking staff (Joua Tsu Thao), who is a family support worker.

Interpreters: Not needed due to bilingual staff

Eligibility: Hennepin County resident, family with children under 18 years

Hours: Monday through Friday, 7am - 5pm. Flexible hours in meeting with families on in-home basis.

Fees: County-funded family work with families in crisis

Transportation: Provided through agency

Intake Procedures: Call agency director

Services Provided: We are an intensive in-home service, providing parenting support and education for families in crisis. We also provide individual, couple, and family therapy, although there is no Hmong worker qualified for this role at this time. We help families connect to appropriate community resources as well.



Roosevelt Homes Clinic

1575 Ames Avenue | Saint Paul, MN 55106
651-793-6502 | Fax: 651-793-6507

Contact Person: Mary O'Connell

Staff: Our staff is ethnically diverse. Our Hmong-speaking staff work in various roles and have varying degrees (as follows): MD, RN, social worker, medical assistants, health educators, interpreters. We also have a psychiatrist on staff at our main clinic.

Interpreters: On staff

Eligibility: Anyone qualifies for services

Hours: Mon, Tues, Thurs, & Fri, 8am - 4:30pm; Wed, 9am - 5:30pm

Fees: All insurance accepted. Sliding fee scale available.

Transportation: Provided through agency

Intake Procedures: Call for appointment, as it depends on diagnosis

Services Provided: Family Practice Clinic, Mental Health



Saint Paul Youth Services – Mobile Crisis Team

1167 Arcade Street | Saint Paul, MN 55106
651-771-0076 | Fax: 651-771-2542



Staff: All of our staff must have a Bachelor's degree, plus experience.

Mobile Crisis Team has one full-time employee who speaks Hmong. We also have access to other Hmong-speaking fill-in staff.

Interpreters: Available for Hmong and Spanish through agency

Eligibility: Resident of Ramsey County

Hours: In-home response team available from 2pm to midnight. Phone counseling available 24 hours – 365 days.

Fees: Free

Intake Procedures: Any resident of Ramsey County or service providers can call the Mobile Crisis Team at 651-771-0076

Services Provided: Offers support to youth (0-18) and their families during a time of crisis.

- Crisis intervention – Telephone, in home or in office
- Short term family services – Planning/goal-setting to prevent future crises
- Transportation to shelters or services, during a crisis
- Referrals to other resources

Kathryn McGraw Schuchman, MA, LP (Private Practice)

Address: Various clinics in the Saint Paul area
612-991-6405 | Fax: 612-824-7551

Contact Person: Kathryn McGraw Schuchman

Staff: Licensed Psychologist provides assessment and therapy; Bilingual Mental Health Liaison provides interpretation and care coordination

Interpreters: Available

Eligibility: Services provided to children, adolescents, adults, and families

Hours: Monday through Friday, 8am-5pm

Fees: Some sliding fee available. Insurance accepted.

Transportation: Assist with arranging transportation through insurance

Intake Procedures: Call to schedule an appointment

Services Provided:

- Specialize in services to diverse ethnic communities and immigrants and refugees
- Specialize in services to children and families
- Individual, group, and family therapy
- Psychological and cognitive testing



Southeast Asian Health Services, Inc.

421 North Dale Street, Suite B | Saint Paul, MN 55103
651-222-2889 | Fax: 651-222-2515

Contact Person: Shong Yang

Staff: Three Hmong-speaking staff in positions of president, office administrator, and interpreter.

Interpreters: Available through agency

Eligibility: Must have medical need and receive Medical Assistance

Hours: Monday through Friday, 8am - 5pm

Fees: Must be MA eligible or have private insurance

Intake Procedures: Need physician referral

Services Provided: Personal care services, RN supervision, Interpretation



State Agency Office of Ombudsperson for Families

1450 Energy Park Drive, Suite 106 | Saint Paul, MN 55108
651-643-2514 | Fax: 651-643-2539

Contact Person: Bauz L. Nengchu

Staff: One Hmong-speaking staff, Bauz Nengchu

Interpreters: Provided upon request as needed

Eligibility: Any family with a child under the age of 18 who is of Asian-Pacific descent

Hours: Monday through Friday, 8:30am - 4:30pm

Fees: None. This is a state government agency.

Intake Procedures: You may call, write, or fax.

Services Provided: Service for families with children under the age of 18 to ensure that all laws governing the protection of children are implemented in a culturally competent manner and that decision making processes are in compliance with the laws that protect children of color in the State of Minnesota.



Upper Midwest Community Policing Institute/ Hmong Circles of Peace

1600 University Ave West, Suite 508 | Saint Paul, MN 55104
651-917-2255 | Fax: 651-917-2253

Contact Person: Chu Y. Wu

Staff: We have one Hmong-speaking staff, the Project Director, who has a Masters degree in conflict resolution.

Interpreters: Available on-site

Eligibility: Open to the public. Serves Minnesota, Iowa, Wisconsin and North Dakota

Hours: Monday through Friday, 8:30am - 4:30pm

Fees: Negotiable

Intake Procedures: Call or fax information to Upper Midwest Community Policing Institute

Services Provided: Train professional staff how to work with families in the areas of problem-solving, healing, supporting and repairing damages.

Hmong Circles of Peace – A restorative justice and conflict-resolution program that helps individuals, families, and the entire community to recover from the harm of crime and conflict. Circle members join with the affected parties and involved agencies to repair disrupted social relationships through peaceful exchanges that lead to mutual understanding and concern for the well-being of others. The following services are provided under Hmong Circles of Peace:

- Sentencing Circle – Serves certain criminal cases.
- Peacemaking Circle – Works with individuals, families, or community to repair and heal wounds. Also, works directly with families to resolve personal and social causes.
- Community Circle – Offers dialogue for the neighborhoods to come and share issues that harm the entire community.
- Victim-Offender Mediation – Works closely with the victims and offenders to assist them in resolving their differences and needs.
- Training in the following areas: Restorative justice, conflict resolution, problem solving, mediation, facilitation, law enforcement, legal system, and domestic violence.





West Side Community Health Services

153 Concord Street | Saint Paul, MN 55107 | 651-222-1816

Contact Person: Nan Brumbaugh, MSW, LICSW
Staff: Nan Brumbaugh, MSW, LICSW; Hli Lo Xiong, LSW. Psychiatrist part-time.

Interpreters: Available through agency

Eligibility: Generally needs to be a patient of West Side, which includes McDonough and Roosevelt Homes

Hours: Monday through Thursday, 8am - 5pm; Evening hours until 7pm

Fees: Sliding fees, accept most insurance and MA

Transportation: Provided on limited basis

Intake Procedures: Call for appointment at 651-222-1816 or McDonough at 651-558-2191; or Roosevelt at 651-793-6502

Services Provided: Individual and group therapy. Other services include medical and social work. Population served includes Hmong, Latino, Caucasian, and African American.



Wilder Foundation – Community Assistance Program: Hmong Men’s Domestic Violence Program

650 Marshall Avenue | Saint Paul, MN 55104
651-287-2400 | Fax: 651-224-1578

Contact Person: Yia Her or Hmong Men’s Domestic Violence Program Coordinator

Hmong Staff: Two Hmong-speaking staff with college degrees in human service-related fields. Both counselors are male.

Interpreters: Available through agency

Eligibility: Ramsey County residents

Hours: Monday evenings

Fees: Take insurance

Intake Procedures: The Hmong Men’s program is usually referred by the court system. We also accept self-referrals.

Services Provided: The Hmong Men’s Domestic Violence Program provides culturally specific counseling, prevention, and intervention service to Hmong men who have been abusive in their relationships. The goal of the Hmong Men’s Domestic Violence Program is to help men eliminate abusive behavior and learn to use healthy communication skills in their relationships. Each man participates in a 16-week psycho-educational group process facilitated by Hmong counselors. During the weekly 2 1/2-hour-long group sessions, participants explore the psychological and cultural dynamics of abuse and learn non-violent methods of expressing feelings and resolving conflict.



Wilder Foundation – Community Assistance Program: Nam Tub Kaaj Sab Program

650 Marshall Avenue | Saint Paul, MN 55104
651-287-2400 | Fax: 651-224-1578

Contact Person: Yer Yang or Nam Tub Kaaj Sab Program Coordinator

Staff: We are staffed with 7-8 Hmong-speaking staff with college degrees in human service-related fields. The counselors are of both genders. The program is supervised by a LICSW social worker.

Interpreters: Available through the agency

Eligibility: Ramsey County residents. Other county residents are welcome, but on a first-come-first-served basis.

Hours: Hours vary. Please contact program coordinator.

Fees: This program is grant-funded and free to families

Transportation: Provided to Saint Paul residents. Others will need to provide their own.

Intake Procedures: Self-referrals

Services Provided: Wilder's Nam Tub Kaaj Sab Program (Hmong Women and Children Domestic Abuse Program) is an educational and support group for Hmong women and children affected by family violence. The goal is to stop the intergenerational cycle of violence by strengthening the relationships in the family. Further, this program aims to help clients better understand the effects and dynamics of violence on Hmong women and the impact of family violence on children. The programs provide 12 weeks of group counseling, including a family fun night and a blessing ceremony. The group meets once a week for 1½ hours. Children learn problem-solving skills, practice non-violent alternatives to resolving conflict, and begin working to improve family and other social relationships. While children are participating in the program, their mothers also receive counseling and support in separate groups.

Wilder Foundation – Community Assistance Program: Voices and Choices

650 Marshall Avenue | Saint Paul, MN 55104
651-287-2400 | Fax: 651-224-1578

Contact Person: Laura Nesphor or Amy Laird

Staff: There are two people who co-facilitate the Voices and Choices Group

Interpreters: Available through agency

Eligibility: Ramsey County residents, although other counties are welcome but are not eligible for any grant funds

Voices and Choices continued next page





Voices and Choices continued

Hours: There are two groups that run on Thursday evenings. One group runs from 3:30 - 5pm and the second from 5:30 - 7pm

Fees: Most clients utilize their insurance for payment. Limited amount of grant funds may be available for Ramsey County residents.

Transportation: Bus tokens may be provided.

Intake Procedures: Self-referral, probation referral, social service referral

Services Provided: Voices and Choices is one of the Community Assistance Program's group of violence-prevention programs for youth. Voices and Choices provides prevention services and support for young women, ages 13 to 17, who have experienced or exhibited violence in their relationships. It is a 12-week group that aims to help young women increase their use of positive coping skills to resolve conflict and express anger. Day care is provided for parenting young women.



Wilder Foundation - Community Assistance Program: Young Men's Anger Management Program

650 Marshall Avenue | Saint Paul, MN 55104

651-287-2400 | Fax: 651-224-2578

Contact Person: Brent Keeney, LGSW (coordinator)

Staff: There are no Hmong-speaking staff who work specifically in the adolescent boys' anger management program. However, there have been many adolescent Hmong males who have successfully completed the anger management program and reported success in their ability to cope and to manage their anger as a result.

Interpreters: We have Hmong-speaking staff. However, they work in other programs and are not generally available to interpret for this program.

Eligibility: 10- to 18-year-old at-risk young men with identified emotional control difficulties. Residents of all counties accepted, with focus on Saint Paul and suburban Ramsey County. No income criteria. Many of the adolescents meet diagnostic criteria for oppositional defiant disorder, conduct disorder, ADHD, dysthymic disorder, depression, anxiety, and so on. There is, however, no specific diagnostic criteria. Due to the strong relationship-based intervention of this program and the needs of adolescents with more severe mental health issues and developmental disabilities, this program is usually not an appropriate referral for them. Please call to discuss particular issues and clients.

Hours: 10 to 12-year-old boys, Thursdays, 4 - 5:30pm; 13- to 14-year-old boys, Thursdays, 3:30 - 5pm; 15 to 18-year-old boys, Wednesdays, 5:30 - 7pm

Fees: \$98.25 per intake; \$73.50 per group session; total for 12-week program \$980.00. We accept HealthPartners, Medica, UCare, MA, and some Blue

Young Men's Anger Management continued next page



Young Men's Anger Management continued

Cross/Blue Shield, TEAM (employee assistance program) and some other insurance. Sliding fee determined on case-by-case basis. Some county reimbursement (Ramsey County Human Services and Child Protection).

Transportation: Some bus tokens are available on a very limited basis.

Intake Procedures: Referrals can be made through parents, social workers, probation officers, other social services personnel and a variety of other sources. Intake required before beginning with group. Intake should be attended by client and at least one parent.

Services Provided: The program is anger management for boys ages 10 to 18 of all ethnic backgrounds. We provide group therapy. We do not do ongoing individual therapy at this facility. Our facility specializes in general violence prevention and intervention with a focus on domestic violence counseling for both victims and offenders.

Wilder Foundation - Social Adjustment Program for Southeast Asians (SEA)

450 North Syndicate Street, Suite 285 | Saint Paul, MN 55104
651-647-9676 | Fax: 651-644-1170

Contact Person: Polly Schrom

Staff: Linda Gensheimer, MSW, LICSW, Director; Richard Podvin, MSW, LICSW. We have Hmong-speaking, Vietnamese-speaking, and Khmer-speaking staff in case management and social service positions.

Interpreters: Bilingual staff work as mental health staff. We do not provide interpretation services as a stand-alone service.

Eligibility: Clients who reside in the East Metro area – Ramsey, Dakota, Washington, and Anoka counties. Adults and children qualify. There are specialized programs that have additional requirements for admission.

Hours: Monday through Friday, 8:30am - 5pm, evenings by appointment.

Fees: Sliding Fee Scale, MA/PMAP; third-party payment whenever possible. Southeast Asian services are supported by a variety of grants and insurance/third party payment is used whenever possible.

Transportation: Staff assist in arrangement of transportation

Intake Procedures: Phone call to the contact person listed above. If a Hmong-speaking person calls, their call is transferred to a Hmong-speaking staff person.

Services Provided: Assessment and referral for SEA mental health needs, mental health

Wilder–SEA continued next page





Wilder – SEA continued

services to children and adults; mental health case management for children and adults; early mental health screening and referral; best practice models for family strengthening and youth violence prevention.

The specific services are as follows: Mental health assessment, individual counseling, group counseling, family counseling, case management, school-based youth services, self-sufficiency training, best-practices programs in family strengthening and youth violence prevention, community education, information dissemination and referral.

Wilder Foundation - Wilder Child Guidance (CGC)

919 Lafond Avenue | Saint Paul, MN 55104
651-642-4014 | Fax: 651-659-6048

Contact Person: Lori Martin

Staff: Our mental health professionals have the following degrees: MSW, LICSW, RN, CNS, PhD, LMFT. We also have mental health practitioners, case managers, school-based therapists, and school-based family outreach workers. Psychiatrist on staff, with limited availability.

Interpreters: Our staff are not Hmong-speaking. However, we do arrange interpreters via the client's health care coverage for clients who do not speak English. For those without insurance, we arrange for interpreters through other sources.

Eligibility: Clients who reside in the East Metro area plus Hennepin residents who have health insurance that covers the service requested. We provide services to children 2 to 18 years old and their families. There are specialized programs that have additional requirements for admission.

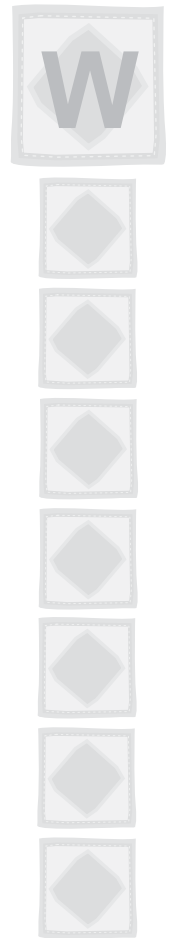
Hours: Monday through Friday, 8:30am - 5pm, evenings by appointment.

Fees: For Ramsey County and East Metro residents, sliding fee scales may apply. Insurance and third party payment used whenever possible.

Transportation: Arranged through client's insurance.

Referral Process: Phone call to the contact person listed above.

Services Provided: Psychiatric services; psychological evaluation: cognitive and personality assessments; diagnostic assessments; individual, family and group therapy; professional home-based mental health service, primarily for Medical Assistance (MA)/Pre-paid Medical Assistance Program (PMAP) clients; school-based mental health services, including diagnostic assessment and therapy; early intervention program; early mental health screening and referral; medication management; Children's Mental Health Case Management – Initial Response.





Wingspan Life Resources: Tsev Laus Kaj Siab

948 Rice Street | Saint Paul, MN 55113 | 651-488-2768

Contact Person: Chad V. Her, Site Director

Interpreters: Our staff are Hmong-speaking

Eligibility: Older Hmong adults who are frail and at risk of nursing home placement

Hours: Monday through Friday, 8am - 4pm, with flexible hours for families who drop off participants

Fees: Medicaid waiver programs. Also, private pay accepted.

Transportation: Provided through agency

Intake Procedures: Call contact person.

Services Provided: Tsev Laus Kaj Siab is a culturally responsive adult day program that creates a bridge between the Hmong and American cultures through providing support and education to participants.

Xoua Thao Medical Center

796 East 7th Street | Saint Paul, MN 55106

651-774-0347 | Fax: 651-774-2385

Contact Person: Shirley Yang

Staff: We have all Hmong-speaking staff (MD, physician assistant, nurse, and assistant manager)

Interpreters: All staff are Hmong-speaking

Hours: Monday through Friday, 9am - 5pm

Fees: Accept all insurance including; Blue Cross/Blue Shield, UCare, MA, Medica, Preferred One and some HealthPartners. Sliding fee of \$65.00 per office visit, if no insurance

Intake Procedures: Per medical insurance

Services Provided: Family practice



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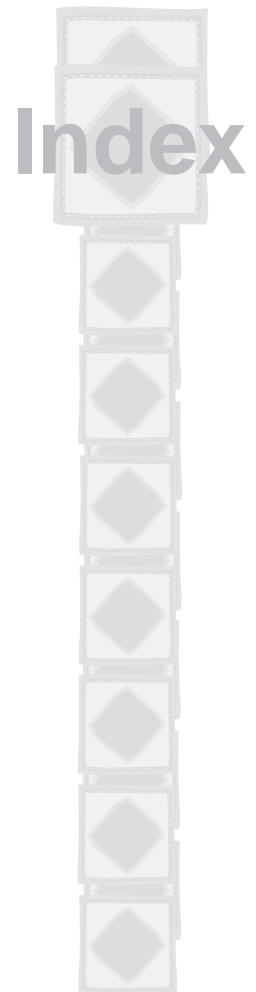
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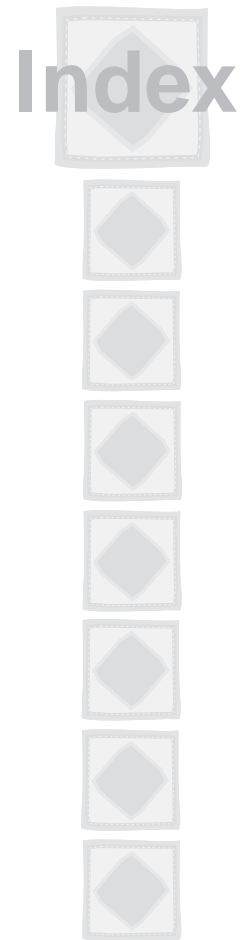
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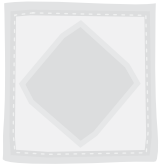
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Minneapolis/St. Paul, Minnesota

Children's Hospitals and Clinics, Psychological Services

Hmong Mental Health Initiative

345 North Smith Avenue, Saint Paul, MN 55102

(651) 220-6028