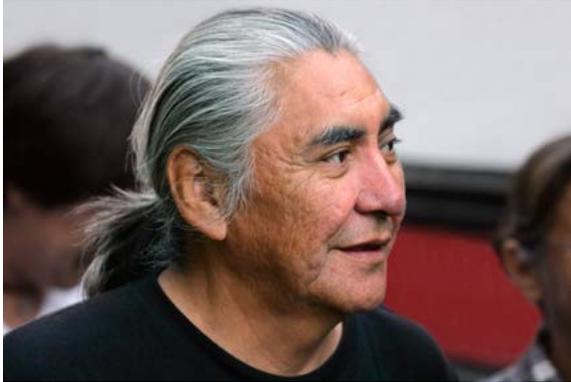


Tribal and Urban Resources for Native Americans in Minnesota





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Bois Forte Band of Chippewa

Human Services Overview

It is the mission of the Human Services Department to nurture the growth of clients, colleagues, and the community by providing comprehensive, quality services in an environment of respect, fairness and integrity.

Services

Chemical dependency/New Moon supportive housing: Services provided include:

- Chemical dependency assessments (Rule 25)
- Transportation for those in need of services within an 85-mile radius
- Step-up case management
- Outpatient treatment
- Step-down case management
- Phase II relapse prevention
- Individual counseling
- community gatherings
- Sobriety feast
- Prevention services
- Activities for youth within the Bois Forte community
- Satellite office that provides prevention services and after school activities in the International Falls area.

Mental health: Offers one-on-one counseling, group counseling, community education, referrals, services for all ages, support, advocacy and anger management.

Victim services: Offers services to domestic violence and sexual assault victims, emotional support, safety planning, legal advocacy, emergency shelter, referrals, filing Orders for Protection and Harassment Restraining Orders, providing community education both one-to-one or support group sessions.

Elderly services program: Services include nutritious meals served Monday thru Friday at the Nett Lake and Vermilion community centers, with home delivered meals available to Elders unable to get to the nutrition sites. Monthly newsletters are distributed to all Elders in the surrounding areas to keep them informed of planned activities, i.e., concerts, pow-wows, etc., and other information. Other programs are Wisdom Steps (preventative health program for Elders), transportation for shopping (monthly), Needs Program for Bois Forte Band members residing in Minnesota who are disabled or over age 55, access and referral to other programs such as the Equipment Distribution program and Social Security, etc.

Located in the Community Center, 5322 St. Mary's Drive, Nett Lake, Minn.

Phone: 218-757-3790

The Vermilion site is in the Vermilion Social Center, Tower, Minn.

Phone: 218-753-4542.

Food distribution: The Food Distribution program provides services to as many eligible participants as possible within the service area, which includes the Vermilion sector of the Bois Forte Reservation.

Deliveries are made to Vermilion on the 10th of every month and also to Elders living on the reservation. Program eligibility is based on income guidelines. Office hours are Monday thru Friday, 8:00 a.m. to 4:00 p.m., with the last day of every month closed for inventory.

Located at 5316 St. Mary's Drive, Nett Lake, Minn. 55772
Phone: 218-757-3504, toll free: 877-698-0595, Fax: 218-757-0166.

Contact

Nett Lake Bois Forte Human Services, 13071 Nett Lake Road, suite B, Nett Lake, Minn. 55771
Phone: 218-757-3295 or 1-800-747-1218, Fax: 218-757-0109
Vermilion Bois Forte Human Services, 1195 County Road 77, Tower, Minn. 55790
Phone: 218-753-2347.

Fond du Lac Band

Tagwii – Overview

According to the Fond du Lac Anishinabe, Tagwii is the star that appears every month beside the new moon and is the star that means one need never walk alone.

Services

The Tagwii program:

- Works with county agencies, court system and corrections. Once a person completes treatment, in most cases, all felony charges are dropped.
- Offers medical care and wraparound services. Each client has a case manager, a recovery coach and a mental health worker.
- Has case managers assist with finding housing, obtaining jobs and driver's licenses, working with the court and corrections (to stay out of jail).
- Is a proactive program that is solution-focused.
- Has clients undergo chemical dependency, mental health, medical/dental and nutrition screening and criminal background checks.
- Offers 12 or 18 weeks, and up to one-year to 18-month programs.
- Has early recovery groups, relapse prevention programs, family education, family therapy, individual counseling, wellness groups, cultural and spiritual activities including sweat lodge, pipe ceremonies and talking circles.
- Assisted 30 people to obtain employment.
- Had mothers who gave birth to seven non-dependent babies in 2015 with the use of abstinence and culture.
- Makes pregnant women a priority. In 2014, there were 70 babies born to tribal mothers.
- Has daily in-house dispensing of Sub Oxone. It has treatment groups as part of the MAT.
- Is culturally based.
- Has a medicine drum that is utilized for healing clients and families.
- Welcomes back clients who have gone through the program so they stay part of the recovery community.

Community Addiction Support Groups

Drug and Alcohol Recovery Support Group

Tagwii Recovery Center, Tuesdays at 6:00 p.m., east end conference room
Phone: 218-878-3877

Gamblers Support Group

Tagwii Recovery Center, Tuesdays at 3:00 p.m., east end conference room
Phone: 218-878-3858

Drug and Alcohol Recovery Support Group

Tagwii Recovery Center, Thursdays at 6:00 p.m., east end conference room
Phone: 218-878-3877

Drug and Alcohol Recovery Support Group

Brookston Center ENP, Fridays at 5:30 p.m.
Phone: 218-878-2141.

Methamphetamine, Stimulants, and Prescription Drug (MSPD) Outpatient Treatment Program Overview

Methamphetamine is a powerful man-made drug that affects the brain, body, mind and spirit. It not only destroys the lives of people, but it also destroys families, communities and the environment. Treatment is valued over punishment. Providing treatment to methamphetamine, stimulant, and prescription drug addicted or abusing persons helps to make the community safe. It is much safer for community agencies to provide treatment rather than have a person released into the community without treatment.

Program mission and principles: The mission of the Fond du Lac Methamphetamine, Stimulant, and Prescription Drug Treatment Program is to elevate the health and social well-being of Indian people living in the service area through provision of services, research and education. Drug abuse complementary to methamphetamine use, especially prescription drug abuse, is a problem familiar to program staff. Measures to identify and treat complementary drug abuse will always be taken. A rigorous treatment protocol is followed for the first four months; clients have daily contact with staff. Clients receive two set and two random urine analysis, and a suspicion urine analysis a week. Client/staff contact relaxes as treatment goals are reached and client progresses in their sobriety.

Services

Recovery is attainable. The treatment program uses a person's strengths and culture — utilizing a Cognitive Behavioral and Motivational treatment model. This model moves a client into a better life away from methamphetamine, stimulants and prescription drug use. Engaging family, friends, and community is an important part of the healing process. Participants will receive consultation and monitoring from counselors, caseworkers, physicians, physical fitness instructors, spiritual healers and/or clergy, probation officers and dietitians. During the pre-admission stage, clients will undergo chemical dependency, mental and physical health and nutrition screenings, as well as criminal background checks.

The program lasts a minimum of 48 weeks, in addition to a two-week pre-admission. The first 16 weeks (phase I) consists of an intensive methamphetamine, stimulants and prescription drug outpatient treatment program based on a person's assessment and recommendation of staff. Phase I has three steps:

- Step one lasts eight weeks with 23 – 25 contact hours per week

- Step two lasts four weeks with 17 – 19 contact hours per week
- Step three lasts four weeks with 10 contact hours per week.

Phase II of the MSPD, at Min No Wii Jii Win, lasts 32 weeks, consisting of two steps:

- Step one lasts 16 weeks, requiring 2.5 contact hours per week
- Step two lasts 16 weeks, requiring one — 2.5 contact hours per week.

While attending treatment, persons will participate in the following groups or individual sessions:

- Early Recovery group
- Relapse Prevention group
- One-on-one counseling
- Family education
- Family therapy (optional)
- Sober support groups for clients and family members
- Wellness group
- Nutrition
- Exercise
- Cultural and spiritual activities.

Clients are engaged in relapse prevention activities, community service, and drug-free recreational activities on weekends. During weekends, staff members maintain phone contact with clients, screen for drug use, are available for crisis intervention and supervise community service activities.

Drug testing: Clients are drug tested at the start of the program to develop a baseline, and tested twice a week as a group, and twice a week randomly. Staff do suspicion testing at any time a client’s sobriety is in question.

Confidentiality: The Fond du Lac Methamphetamine, Stimulants, and Prescription Drug Treatment Program treats the information pertaining to clients with the highest regard for confidentiality. The remote location of Min No Wii Jii Win is well suited to protect client identity. Any suspected violations of patient privacy must be reported immediately.

Safety: The safety of the community, clients, and staff is a primary concern. Clients may have conditions imposed by the Fond du Lac chief of police after background checks are completed. Level III sex offenders are not permitted in the program. Clients will be supervised at all times while at the treatment center, and during activities conducted by the program in the community. Threatening or violent behaviors are not permitted; gang signs, symbols, or gang indicators are not tolerated.

Eligibility: American Indian adults, male or female, living in the Fond du Lac service area.

Contact

Min No Wii Jii Win, 1629 Airport Road, Cloquet, Minn. 55720
 Phone supervisor: 218-878-3875, case manager: 218-878-3874

Community Health – Family Services Overview

Community Health Services provides education and resources to the Fond du Lac community.

Services

Arrowhead Juvenile Center: Public health nurses provide health check-ups, referrals and assistance for youth incarcerated at this Duluth juvenile facility.

Breastfeeding and lactation consultant: Babies are born ready to be breastfed. Public health nurses specially trained in lactation counseling offer education and support during the prenatal and post-partum period to help mothers get a good start with nursing. If challenges arise, an internationally board certified lactation consultant (IBCLC) is available for one-on-one consultation. The Breastfeeding Peer Helper program links experienced breastfeeding mothers with mothers who are interested in receiving increased support.

Car seat education: Car seats are available for sale at a nominal rate to encourage proper child restraints. Education to review proper installation, as well as how to properly secure a child in a car seat, is provided to persons requesting a new car seat. Changes in car seat installation are often required with different vehicles due to the variety of seat belts. Contact the Community Health Services department for information on how to install car seats.

Child birth education classes: Soon-to-be parents learn about pregnancy and delivery practices. Health topics covered during classes include what to do when labor starts, methods to control discomfort and infant feeding.

Child and teen check-up: Public health nurses work with medical providers to ensure thorough health check-ups for children birth to age 21. Special emphasis is placed on screening for health concerns, and education to prevent health problems.

Family planning: Individual or group setting education sessions are provided on family planning methods. Whether trying to prevent or promote pregnancy, it can be beneficial to meet with a public health nurse. Education about birth control methods, good physical health before and during pregnancy, sexually transmitted diseases and other concerns are explored.

Home safety: Public health nursing staff is available to perform a home safety check for families with young children. A limited number of safety items are available free following a home safety check, if needed. Instruction on how to properly use equipment will be provided, although nursing staff cannot install equipment for families.

Immunizations: Life-threatening diseases may be prevented for children and adults by being properly immunized. The Public Health Nursing department provides information and immunization clinics for all ages.

Maternal child health home visiting: Public health nurses (PHNs) are available for individual visits with parents and their baby any time during pregnancy or throughout an infant's first year of life. PHNs offer assistance with many health topics which may include child birth education, nutrition, breastfeeding and infant feeding, growth and development, well baby care, parenting techniques and home safety evaluations.

Nurse Family Partnership: PHNs partner with families to help them reach their goals of a healthy pregnancy, birth and parenting experience. Families may enroll in the Nurse Family Partnership program

any time before their 28th week of pregnancy, and may continue working with a PHN until a child's second birthday. Topics covered may include personal health, infant health, positive parenting, home safety, utilizing community resources and individualized goal-setting.

Nutrition education assistant: The nutrition education assistant helps families by providing basic nutrition education, including improving dietary quality, food security and safety, and shopping behaviors.

Parenting education: Children do not come with an instruction book, and parenting can be challenging. Public health nursing staff meet with parents to provide age-specific parenting education, explain developmental stages that children go through, and discuss alternative ways to discipline children.

Women, Infants and Children (WIC) program: Food supplements are given to pregnant or breastfeeding women and their children, depending on health needs. The program is designed to promote good health and prevent disease through good nutrition.

Blood drive: Community health representatives (CHRs) coordinate the Min No Aya Win Human Services Employee Blood Drive. The CHRs recruit up to 40 donors from Human Services Department staff, guaranteeing that blood will be available for patients in area hospitals.

CPR and first aid: CPR classes are offered to community and staff members on the latest life saving techniques for infants, children and adults. The course will include choking, CPR, rescue breathing, airway/breathing/circulation (ABCs) and check/call/care. First Aid is a basic course on bandaging, slings, head/neck/back immobilization, safety precautions and checking for injuries. Certifications are given after course completion.

Diabetes prevention (On the Move): Exercise and food preparation classes, and information designed to promote awareness of diabetes and preventing diabetes in people at risk of developing it. Fitness classes include yoga, stretching, weight lifting and walking.

Injury prevention: Injuries are the leading cause of death for American Indians and Alaska Natives from ages 1-44 years, and the third leading cause of death overall. The Fond du Lac Injury Prevention program offers services to the community through education and outreach. Elder fall prevention classes are offered annually in spring. A Matter of Balance is an evidence-based Elder fall prevention program.

Personal trainer: Certified personal trainers help individuals increase their knowledge of exercise, fitness and physical health. Personal trainers help clients find a program to fit their needs and activity levels.

Tobacco cessation: Is designed to help clients quit smoking through four one-hour individual sessions. Clients learn about the challenges of quitting tobacco and ways to overcome them so they can quit. The tobacco cessation educator uses a carbon monoxide Smokerlyzer to help see the immediate effects smoking has on their body, as well as the immediate benefits of quitting. Tobacco cessation aides such as nicotine patches, Wellbutrin, Chantix, acupuncture, herbal remedies and self-hypnosis are available for those eligible.

Doula program: Doulas support pregnancy, birth and beyond. A doula is a woman experienced in child birth who provides continuous physical, emotional, and informational support to mothers before, during and after child birth. Doulas are trained to help families during pregnancy, birth and new baby period, and can help families in their home after the birth of their baby. Examples include light housekeeping, meal preparation, an ear for listening, and helping those wishing to breastfeed get a good start.

Contact

Phone: Public health nurses Allison Bustrak: 218-279-4109, Jenni Godbold: 218-279-4108.

Social Services Overview

The overall goal of the Social Services department is to provide programs that are sensitive and responsive to the cultural values of Indian clients. The services offered emphasize promotion of a healthy lifestyle by helping clients search for wellness through prevention/intervention activities, and maintenance techniques to promote restoration of family systems.

Services

Child Care Assistance Program: Provides eligible parents with financial assistance to continue an approved plan in a productive activity such as employment or education and training. Limited funds (sliding fee scale) are available for American Indian families who reside on the Fond du Lac Reservation, and not eligible for other child care assistance programs or funding through Carlton or St. Louis counties' human services.

Daycare licensing: Is available to qualified applicants living on the reservation. The Fond du Lac Reservation Business Committee has adopted an Ordinance of Standards and Licensing Procedures, determining eligibility.

On-reservation foster care: The Fond du Lac on-reservation foster care licensing program recruits Indian families residing within reservation boundaries. The agency assists in the licensing process, supported by the Fond du Lac ordinance, and provides support, training and monitoring of foster parents.

Off-reservation foster care: The Fond du Lac off-reservation Foster Care Licensing and Placement agency recruits Indian families residing outside of northern Minnesota reservation boundaries. The agency assists in the state licensing process and provides support, training and monitoring of foster parents.

Advocacy Program Overview

Fond du Lac advocates provide caring, culturally sensitive advocacy for clients. Advocates assist community members in times of crisis, and can advocate for them during court appearances. The police or sheriff's department contacts advocates, as needed, or requested by clients.

Services

Domestic abuse/sexual assault prevention and general crime: Advocates assist Indian women with support, education, networking, court advocacy, self-help groups, information resources and referral. Advocates and trained volunteers assist community members by:

- Receiving crisis calls
- Reporting crimes to law enforcement
- Providing Orders for Protection and Harassment Orders
- Seeking/obtaining community resources
- Seeking reparations
- Providing court advocacy
- Facilitating support groups
- Providing group support at county jails
- Providing school prevention presentations.

Community advocate: This program focuses on meeting the needs of male and female offenders, adult and/or adolescent, their family members who are released from correctional facilities and other placements, who live on or near the reservation. Social, cultural and recreational events are held. Other services include:

- Pre- and post-release activities
- Advocacy
- Mentoring
- Restorative justice
- Job placement
- Housing and life skills
- Jail groups
- Individual service plan development
- Collaboration with corrections and other agencies
- Information and referral
- Support groups
- Court attendance and advocacy.

Mediation program: The Alternative Dispute Resolution program is an effort to address the needs of community members by offering a safe and private setting for participants to voluntarily come together with a trained mediator to resolve disputes. Mediation is not for everyone, but for many it can be an alternative to court action or having their disputes settled in a public forum. Mediation is a voluntary program and all parties must be willing to come together to work out their differences. Participants must rely on mutual cooperation and respect to meet their goals. Mediation benefits everyone directly and indirectly involved in a dispute. It is an opportunity for people to be directly involved in the decision-making process that affects their lives. Mediation is informal and less time-consuming than legal proceedings. Family Group Decision Making and Youth in Transition conferences, and Parallel Protection Process, are also scheduled, as needed.

Homelessness program: Through education, advocacy, outreach, referral and support, staff assist clients to end long-term homelessness. Clients may self-refer or be referred by others.

Supportive housing: Fond du Lac provides 24 units of quality housing with supportive services for eligible people moving from homelessness to independence. Supportive housing helps homeless people live in an affordable, stable home, and gain more control over decisions that affect their lives.

Veteran's supportive housing: Fond du Lac provides 10 units of quality housing with supportive services for eligible veterans moving from homelessness to independence. As with general supportive housing, monthly activities and events are coordinated.

Adult service workers: Serve adults and families to provide protection services, court advocacy, crisis intervention, case management, referrals and meet the needs of clients. Family court/child custody are referred to appropriate resources.

Emergency assistance: Provides assistance for medical appointments out of the service area for lodging, meals, medical mileage reimbursement for enrolled Fond du Lac Band members obtaining medical services and referrals through either the Min No Aya Win or CAIR sites. Medical mileage is approved for pre-

arranged and confirmed appointments more than 200 miles round trip at the medical mileage reimbursement rate.

Family First Program Overview

Resolving family issues and keeping families together, according to the federal Indian Child Welfare Act (ICWA), are major goals for the Fond du Lac Social Services department. Fond du Lac caseworkers provide services to protect the best interests of Indian children.

Services

Child protection services include:

- Crisis intervention
- Case management
- Out-of-home placement supervision
- Referral services
- Assistance in obtaining resources
- Court advocacy
- ICWA compliance
- Transportation
- Networking with agencies that provide resources.

Indian child welfare caseworkers: Serve high-risk families and provide child protection services in an effort to protect the best interests of Indian children. Child protection services include crisis intervention, case management, out-of-home placement supervision, referral services, and networking with agencies that provide resources. Child protection staff assists county caseworkers in serving Indian children who have been victims of abuse and/or neglect. They also help the court understand the unique characteristics of Indian clients so it can make sound decisions.

Families First: Caseworkers provide intensive, short-term, in-home crisis intervention and family education services to preserve Indian families and avoid children being placed out of the home. Staff is on-call 24 hours a day, seven days a week, to work with eligible families. Involvement is usually no longer than four to six weeks, as families are expected to become increasingly self-reliant. Services include:

- Individual problem-solving skills
- Communication and negotiation skills
- Parenting education
- Child development training
- Homemaking
- Advocacy
- Job readiness training
- Developing helping relationships with community resources

Support for Emancipation and Living Functionally (SELF) program: This program offers support groups for independent living skills development for youth ages 14-21. Group education and recreational activities are planned and carried out to help youth learn about healthy lifestyles.

Community resources specialist: Works with youth within the Arrowhead Regional Corrections system who reside within St. Louis County.

Grand Portage Band of Chippewa

Services and Contact Information

Within the community there are many services and programs to provide for the needs of Grand Portage Band members, including:

Health clinic	218-475-2235
Community services/Moccasin Telegraph	218-475-0111
Community Center	218-475-2653
Daycare	218-475-2564
Education office	218-475-2812
Elementary school	218-475-2112
Elderly Nutrition Center	218-475-2655
Human Services	218-475-2453
Food distribution	218-475-2480
Department of Motor Vehicles	218-475-2826
Housing Authority	218-475-2552
Head Start	218-475-2234
Trading Post	218-475-2282

Leech Lake Band of Ojibwe

Women’s Services Program Overview

Women and children are sacred. This grows out of stories and teachings. When something is held as being sacred, it is to be respected, honored and held with the high regard of its power. This means that when women and children are treated with respect, they are given messages in words and actions that show that they are valued, loved and treated with care. This is what everyone should expect.

The Women’s Services program provides sensitive cultural services to those in need of chemical dependency services and domestic violence prevention. It provides a professional treatment service response that promotes recovery and change for a healthy lifestyle without chemical abuse or dependence, helping individuals, families and communities, and empowering all to promote freedom from violence. This program offers group and individual counseling, crisis intervention, emergency shelter, along with providing numerous needs of women clients.

Services

Services include:

- Individual and group counseling.
- Day and evening group counseling.

- Transportation services to and from outpatient treatment, continuing care and medical appointments.
- Referrals to medical and mental health for women and their children.
- Referrals to prenatal and post-partum check-ups.
- Bi-weekly case management follow-up sessions.
- Referrals for immunizations for women and their children.
- Continuing care on Wednesdays, 11:00 a.m. – 2:00 p.m.
- Talking circle.
- Traditional education.
- Positive parenting education.
- Living skills.
- Special issues education: HIV, FAS, FAE, women's health issues.

Eligibility requirements: Rule 25, chemical use assessment, age 18 or older. Intake procedure: Call to talk with a staff member.

Contact

Family violence prevention program coordinator
 Phone: 218-335-3562
 Family violence prevention advocate
 Phone: 218-335-3568, 218-308-4430
 Family violence prevention legal system/advocate
 Phone: 218-335-7270, 218-766-1741.

Addictions and Dependency Program Overview

The Leech Lake Band of Ojibwe Addictions and Dependencies (A & D) program is responsible for providing assessment and treatment for substance use disorders, and domestic violence prevention services for Leech Lake Band members and other Native Americans residing on the Leech Lake Reservation. The goal of the A & D program is to promote recovery and wellness for individuals, families, and communities through empowerment and freedom from violence and chemical abuse/dependency in a culturally sensitive environment while utilizing community resources, when available, to help achieve this goal. The Human Services Division is committed to the Ojibwe communities' well-being with holistic, integrated, community-based services that offer hope, encouragement and inspiration to individuals, families and communities.

A team of counselors is available to assist clients with developing concrete plans to help begin and build recovery in a culturally specific treatment setting, while adhering to Rule 31 treatment standards for delivery of services.

Scheduling an appointment: Offers chemical health assessments via Rule 25 assessment to members of the Leech Lake Band of Ojibwe seeking substance abuse/chemical dependency treatment.

Serenity Prayer

*Gichi Manidoo
 daga
 wiidookawishin weweni
 ji naanaagadawendamaan
 ji
 odaapinamaan
 iniw
 ge - gashkitoosiwaan
 ji
 aanjisidooyaan
 j
 de - apiichide' eyaan
 ji
 aanjisidooyaan
 ge-gashkitooyaan
 ji
 - de - apiichinibwaakaayaan
 ji
 gikendamaan
 ono*

*Translated into Ojibwe by
 Rick Gresczyk and Jim Clark*

Phone the Rule 25 Assessment Unit: 218-335-8382 to schedule an appointment.

Services

The following services are available:

- Civil commitments and Rule 25 assessments and recommendations for various levels of treatment
- Culturally specific treatment programming
- Outpatient, methadone support and relapse prevention, recovery maintenance
- Family violence prevention for adults and adolescents
- Residential halfway house for men and women
- Group therapy, individual sessions, and family counseling services
- Integrated treatment approach for co-occurring disorders
- Sweat Lodge, Talking Circles, cultural/spiritual advisor
- Transportation.

Insurance accepted: Consolidated Chemical Dependency Treatment Fund and Medical Assistance.

Assessment Unit Overview

The Assessment Unit provides Rule 25 chemical health assessments for Native Americans living within the boundaries of the Leech Lake Reservation for ages 11 and older. Treatment is funded through the Consolidated Chemical Dependency Treatment Fund; clients must qualify under income guidelines. Referrals are self-referrals; courts; probation; child welfare; and through detox centers, hospitals and schools. It works with approximately 45-50 providers statewide, as well as referrals to the various Leech Lake chemical dependency programs. Clients are referred to inpatient or outpatient treatment, aftercare and relapse prevention programs and halfway houses. Staff collaborate with treatment centers, caseworkers, probation officers, hospital and school staff to ensure the best plan for clients to obtain and maintain sobriety. Priority assessments are for pregnant women and adolescents, and civil commitments for clients who are very ill due to chemical/alcohol use. Data privacy and confidentiality are strictly adhered to.

Eligibility requirements include:

- Enrolled in a federally recognized tribe
- Live within Leech Lake Reservation boundaries
- Non-Natives living with Native families
- Twelve years old – adult
- Income guidelines apply
- Intake procedure includes:
 - Call to make an appointment; an appointment and referral is needed
 - A Rule 25 appointment is set with an assessor
 - Complete the Rule 25 assessment
 - Treatment services provided.

Fees: No fees, funded through the Consolidated Chemical Dependency Treatment Fund.

Family Violence Prevention Program Overview

Program staff believe that violence presents itself in many forms, and that all forms have destructive effects on not only the victim, but also families, communities, the reservation and society. Violence can affect all aspects of its victims and can be deadly. The responsibility for violence lies with abusers, not victims. Staff believe that violence is a learned behavior, and as such, can be unlearned. Staff help to prevent the cycle of violence. The Leech Lake Family Violence Prevention Program strives to do its best in supporting persons affected by family violence in a respectful, non-judgmental manner, seeking the empowerment of each individual in gaining freedom from violence and abuse.

Living in Balance is the Anishinabe way. If someone is being abused, help by:

- Believing the victim.
- Taking the abuse seriously.
- Not blaming the person on whom the violence was committed.
- Realizing the severity and danger of abuse.
- Letting victims and abusers know that assault is a crime.
- Being a "safe" and available individual to a victim and their children.
- Not giving up on a victim or stop giving support.
- If angry with a victim or hurt by what has been seen, talk to someone about feelings. Do not blame a victim for what is happening, or leave them to deal with a problem alone.

Services

The Family Violence Prevention program provides:

- Services to domestic violence victims
- Free, confidential help
- Safe, caring environment
- Individual support
- Emergency transportation to safety
- Weekly support group
- Education
- Orders for Protection
- Harassment restraining orders
- Referrals
- Legal advocacy
- System advocacy
- Seven day/24-hour crisis call assistance.

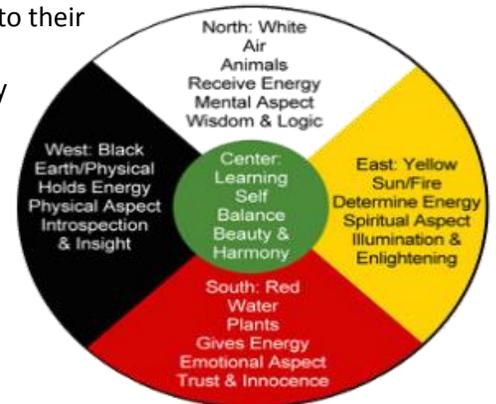
Phone: 218-766-1741 or 218-766-1205.

A 24-hour notice is required for transportation to support groups; call during regular business hours. Eligibility requirements: Applicants may need to meet eligibility requirements to qualify for certain programs. Requirements may change as determined on an individual basis.

Anishinabe Women's Halfway House Overview

The Leech Lake Anishinabe Women's Halfway House treatment component is a seven-bed facility designed to work with clients as a "whole," in a Native American 12-step approach. It provides individual group counseling and cognitive behavioral therapies, service coordination, relapse education, as well as incorporating women's issues, with a focus on trauma, grief and loss for 15 hours per week.

This is the time to silence the world around victims and to put the focus on themselves and their recovery; a chance to build a relationship with themselves and the Creator (higher power of choice). It helps victims to grow and strengthen as individuals in preparation for returning back to their home, family and community, and share their healing experiences with others. As a team, everyone works together, as women with a vast array of experience and heart knowledge to reach out to those who are hurting. The program has an open door policy; no problem too big, no question too small. It provides sober living conditions to promote self-worth and self-esteem. The philosophy is all about community, which is vital to the tribe. The Leech



Lake Anishinabe Women's Halfway House provides a sense of family and sisterhood.

Contact

Box 414, 113 7th St. NW, Cass Lake, Minn. 56633. Hours: 24 hours, seven days per week
Phone: 218-335-8288, Fax: 218-335-7272.

Halfway House

Eligibility: Alcoholic or chemically dependent females; all women enrolled in a federally recognized tribe, age 18 or older. Documents requested: Updated Rule 25, medical insurance. Intake procedure includes:

- Call to make an appointment; a referral is needed
- A Rule 25 assessment appointment is set with an assessor
- Complete the Rule 25 assessment
- Placed according to Rule 25 assessment.

The building and playground are protected by a fence and camera surveillance, providing safety for children and clients.

Relapse Prevention and Recovery Maintenance

Relapse prevention and recovery maintenance are both primarily abstinent-based, culturally sensitive adult treatment continuum of care programs. Clients identify challenges in recovery and develop coping skills and strategies for overcoming them. Through integrating group therapy and individual counseling, including cultural education in beliefs and values, plus connecting with community resources, help clients in the healing process.

Recovery maintenance (formerly aftercare) provides a curriculum that includes cultural traditional tools of healing blended with continuing review of relapse prevention education and utilizing community resources. This group also focuses on Alcoholics Anonymous/Narcotics Anonymous (steps six-12) philosophies with Native American principles. The program facilitates a semi- (Talking Circle) that involves self-disclosure of how they are maintaining sobriety and sustaining positive skills to prevent substance use, which

encourages group members to provide constructive input/feedback and learn from each other. It also provides opportunity for motivating support and developing communication skills.

Practicing cultural spirituality, for example, "Smudging" is part of therapeutic activity, and is optional. Videos of historic content are viewed with discussion to help clients understand perspective of "why we are and where we are today," then "what vision" is in the future, helping them to be positive role models for the young. Society and times change, but living the same principles ancestors lived by will help maintain sobriety and gain strength spiritually. Monthly trips are taken to attend area Sobriety Feasts and speaker meetings, a part of each client's support to recovery. This is encouraged to gain support, interact and socialize with others recovering. Other examples of cultural teaching to help clients maintain sobriety may be learned through reading about Wellbriety and the seven philosophies, teaching of the Medicine Wheel and the 12 steps, Anishinaabe – seven teachings, etc.

The second half of a group session generally brings in a guest speaker (Elders, spiritual advisors, cultural leaders or educators) who volunteer their time to share gifts of knowledge and wisdom to a group, with Anishinaabe traditions and teachings. This helps clients apply these as coping skills/strategies to prevent chemical use. This program is up to 12 months, pending progress and accomplishing goals in individualized recovery plans.

Relapse prevention provides components of a curriculum that includes an emphasis on the relapse process. Clients gain knowledge that relapse is not the event of using drugs/alcohol, but starts long before using occurs. Early recognition and identification of personal warning signs, symptoms, and other triggers that create the urges and cravings to use is important for clients to understand recidivism and relapse issues. They develop insight and build strength to help improve awareness and identify risk factors to prevent substance abuse. Implementing coping skills and strategies in personal recovery to prevent relapse are a few of the basic ingredients towards helping learn how to prevent use. This program is intermediate in intensity, between outpatient treatment and recovery maintenance. It is comprised of structured one-day per week, two-hour sessions, with a curriculum that blends culture with the abstinent-based model of recovery. The program utilizes group and individual therapy.

Participants gain knowledge and awareness of effective coping strategies used in traditional ways and teachings from community members who are speakers. Examples of group discussions include identifying high-risk situations and social pressures, including other triggers and symptoms. Other examples of issues covered are anger and how it can be a trigger, and how to manage and cope with it in sobriety; stress management; nutrition; balancing lifestyle physically, mentally, emotionally and spiritually; and recreation and leisure time activities.

Seeking help and finding a sponsor and attending Alcoholics Anonymous/Narcotics Anonymous meetings or other self-help groups is encouraged. Once clients complete relapse prevention programming, they may be referred to recovery maintenance for continuum of chemical dependency services. Areas served include Leech Lake Reservation and Beltrami, Cass, Hubbard and Itasca counties.

Eligibility requirements: Individuals are referred to these programs from a Rule 25 or a chemical dependency primary treatment care provider.

Intake: Referral needed, call for more information.

Contact

Mailing address: 190 Sailstar Drive NW, Cass Lake, Minn. 56633

Physical address: 16126 John Moose Drive, Cass Lake, Minn. 56633

Hours: Monday – Friday: 8:00 a.m. - 4:30 p.m.
Phone: 218-335-8302, 866-216-7245, Fax: 218-335-8307.

Leech Lake Child Protection Services Overview

In 2008, the Leech Lake Tribal Council, the Minnesota Department of Human Services, and the counties that border the reservation entered into a Memorandum of Understanding giving the Leech Lake Child Welfare Department the responsibility of providing all child protection services for Leech Lake members' eligible children who live within reservation boundaries. Leech Lake Child Protection, a program within the Child Welfare Department, receives intakes, conducts assessments, provides case management services, and arranges customary adoptions. Priorities are to reduce the high rates of out-of-home placement, allow Leech Lake to make decisions for its members, and to provide consistent services, not fragmented by county of residence. The goal of child protection is to provide services that ensure the safety, permanency and well-being of children. Services offered through child protection include intake, assessment, case management and family support. Service area: Leech Lake Reservation. Hours: Monday – Friday, 8:00 a.m. – 4:30 p.m.

Contact

Mailing address: 190 Sailstar Drive NW, Cass Lake, Minn. 56633
Physical address: 6035 161 St. NW, Cass Lake, Minn. 56633
Phone: Urban office: 612-721-0331
Phone: 218-335-8270 or 218-335-3768, Fax: 218-335-3779
child.welfare@llojibwe.org

Eligibility requirements: Services are provided to families identified through an incoming child maltreatment incident report on a child who is a member of the Leech Lake Band of Ojibwe. Reports initiated within Leech Lake Reservation boundaries are the sole responsibility of Leech Lake Child Welfare Department's child protection. Reports in the U.S., outside Leech Lake Reservation boundaries, are the joint responsibility of the county in which a child resides and Leech Lake Child Welfare Department.

Services outside of Leech Lake Reservation boundaries may be provided by the Urban Child Welfare Program or Leech Lake child protection, depending on court jurisdiction. County agencies outside of Leech Lake Reservation boundaries are required by the Indian Child Welfare Act to notify tribes when a child protection case has been opened within a county that involves a tribal member.

Intake: Receive and screen incoming reports. Intake workers gather information from child maltreatment reports made by community members and mandated reporters to determine if circumstances should be investigated, or if a family is in need of resources to prevent a child from being placed out of the home. It has a 24-hour/day response system.

Assessment: Conduct investigations and assessments, evaluating the safety and well-being of children. Assessment workers investigate child maltreatment reports and determine if there is a need to remove a child from the home due to unsafe conditions, or if a household needs resources to prevent family disruption.

On-going case management: Case managers provide comprehensive services for the best interest of a child. Services may be offered to families who have had children placed out of the home with the ultimate goal of reunifying a family, or to connect families with resources that will assist them in providing a safer

environment for their children. The family support staff assists families with transportation to appointments relating to their case plan, completing applications for essential resources, provide supervised visitations, and other services that support families in strengthening their structure.

Urban office monitors ICWA compliance of metro county agencies; offers child welfare services.

Legal: Provides legal advice to the Leech Lake Child Welfare Department on all matters involving child welfare. Provides legal representation in state and tribal courts.

ICWA Commission: Makes permanency recommendations and provides guidance; comprised of Tribal Council and community members, and representatives from other human services divisions.

Lower Sioux Indian Community

Overview

Lower Sioux Health and Human Services is a collaboration of five departments: Chemical dependency, the Lower Sioux Clinic, Community Health, recreation center and social services. Lower Sioux Health and Human Services encompasses professional staff administering multiple federal and state funded programs. The mission is to provide for the operation and administration of all health-related services for the Lower Sioux Indian Community.

Woniya Kini Overview

Mission statement: Woniya Kini is a culturally based treatment facility that provides chemical dependency, mental health, alcohol and drug treatment. This facility provides treatment services specific to the needs of clients and their families.

Vision statement: Woniya Kini promotes physical, emotional and spiritual wellness for Native Americans through comprehensive treatment and the traditional teachings of ancestors. Efforts of the Lower Sioux Indian Community are to:

- Promote healthy families and individuals
- Promote healthy communities
- Provide Indian country with services for chemical and mental health needs.

An array of services for individuals experiencing mental health problems are offered at Woniya Kini.

Services

The mental health coordinator also works in collaboration with area social services, medical agencies, and tribal programs to provide comprehensive services which include:

- Individual counseling
- Case management
- Medical referrals
- Assistance with mental health and chemical dependency commitments
- Group counseling
- Referrals

Referrals are made to [Western Mental Health Center](#) for:

- Diagnostic assessments
- Medication review
- Psychological counseling
- Healing and leadership

Access is provided for traditional cultural and spiritual leaders to facilitate healing and leadership through educational groups and individual grief counseling. An array of services for individuals experiencing alcohol or other drug problems are offered at Woniya Kini, including:

- Chemical dependency services
- Group therapy
- Early intervention
- Individual counseling sessions
- Support groups
- Information and referral
- Rule 25 assessments
- Inpatient and outpatient treatment options
- Long-term sobriety

Services have a special emphasis on Native American cultural and spiritual values and beliefs, and are interwoven with the 12-step approach. Both the White Bison and the 12-step approach are implemented at Woniya Kini to ensure clients have the best chance to gain and maintain long-term sobriety.

Treatment days and times are as follows:

- Outpatient: Monday and Wednesday, 1:00 p.m. – 3:30 p.m.
- Relapse prevention: Monday and Wednesday, 1:00 p.m. – 3:30 p.m.
- Aftercare: Tuesday, 1:00 p.m. – 2:00 p.m.
- Lower Sioux Alcoholics Anonymous (in church hall): Thursday, 12:00 p.m.

Admission requirements: Chemical assessment, clean and sober upon admission, interview with Woniya Kini intake staff person. No person in Indian Country will be turned away due to lack of funding.

Contact

Lower Sioux Health and Human Services, 39527 Res. Highway 1, Morton, Minn. 56270

Hours: Monday — Friday 8:30 a.m. – 4:30 p.m.

Phone: 507-697-8600, 507-697-6288, Fax: 507-697-9111.

Indian Child Welfare Act

The Indian Child Welfare Act (ICWA), effective in 1978, governs the practices and procedures of the state juvenile courts, social services and private adoption agencies. Prior to 1978, a large number of Indian children were being removed from their homes and tribes without the appreciation of their cultural or traditional child-rearing practices. Congress declared national policy to protect the best interest of Indian

children, and to promote stability and security of Indian tribes and families. This law set a minimum standard for the removal of Indian children from their families, and preferably placed into a relative placement, which reflects the values of the indigenous culture. ICWA is applied to four separate proceedings:

- **Foster care placement:** The removal of an Indian child from their parents or Indian custodian for temporary placement in a foster home, institution, or the home of a guardian/conservator, where the parent or custodian cannot have their child returned upon demand, and parental rights have not been terminated.
- **Termination of Parental Rights (TPR):** Means any action resulting in the termination of the child/parent relationship.
- **Pre-adoptive placement:** Means temporary placement of a child in a foster home or institution after a TPR, but prior to an adoption.
- **Adoptive placement:** Permanent placement of a child for adoption, including any action resulting in a final decree of adoption.

ICWA does not apply to the following proceedings:

- Divorce proceeding
- Interfamily disputes
- Delinquency proceedings
- Voluntary placements
- Judicially created exceptions

Lower Sioux Social Services was a major participant in the most recent Tribal State Agreement re-negotiation, signed March 2007 at the Minnesota State Capitol. The Tribal State Agreement applies these rules to Minnesota judicial systems and Social Service Manual, ensuring that these systems comply with federal law. This law ensures Native family rights are being addressed and also ensures Native self-determination is promoted through use of the Indian Child Welfare Act and the Lower Sioux tribal court system.

Contact

Lower Sioux Social Services and ICWA Center, P.O. Box 308, Morton, Minn. 56270
Phone: 507-697-9108, Fax: 507-697-9111.

Mille Lacs Band of Ojibwe

Health and Human Services Overview

The Mille Lacs Department of Health and Human Services strives to make high-quality health and social programs and services more accessible to everyone in the community.

Public Health

The Public Health Department provides a full range of services to the Mille Lacs Band community.

Traditional healing: Traditional health practitioners come to the clinic every week; dates and times are posted at the clinic.

Prenatal visits: During prenatal visits, public health nurses will discuss normal body changes, nutritional needs and health choices during pregnancy, and make referrals for other services.

Post-partum visits: Visits with a public health nurse after delivery of a baby are available whether or not a nurse was seen during pregnancy. Topics include:

- Normal body changes after pregnancy
- Breastfeeding support
- Family planning and birth control methods
- Information on infant development, weight and measurement
- Parenting techniques
- Car seat safety
- Sleep safety
- Referrals for other services

Well-child services: Public health nurses are available during regularly scheduled appointments. Topics covered during these visits include:

- Baby's height, weight and development
- Feeding a baby (breastfeeding, bottle feeding, starting solids)
- Sleep habits
- How to play with a baby and activities that stimulate development
- Referrals for other services.

Family planning: Individual or group education sessions about family planning methods are available. Whether trying to prevent or promote pregnancy, it may be beneficial to meet with a public health nurse. Information about birth control methods, good physical health before and during pregnancy, and sexually transmitted diseases is available.

Breastfeeding counseling/child birth education/Family Spirit: Babies are born ready to breastfeed. Public health nurses specifically trained in lactation counseling offer education and support during the prenatal and post-partum period to help mothers get a good start on nursing, one-on-one childbirth education and Family Spirit education.

Home safety: Public health staff is available to perform home safety checks for families with children or for Elders. A limited number of safety items may be available following a home safety check. Instruction on how to use safety equipment will be provided, although nursing staff cannot install equipment.

CPR classes: CPR classes are offered to Band members and staff on the latest life-saving techniques. The classes include information on responding to choking, CPR, rescue breathing techniques, airway/breathing/circulation (ABC), and check/call/care procedures. Certifications are given after successful completion of courses. Call a month in advance to take the class, which is limited to six students, and scheduled according to staff availability.

Parenting education: Children do not come with an instruction book, and parenting can be challenging. Public health staff will meet with parents to provide age-specific parenting education, explain developmental stages that children go through, and discuss alternative ways to discipline children.

Women, Infants and Children (WIC) program: Eligible individuals include pregnant and breastfeeding women, those who have a baby younger than 6 months old, and infants and children up to 5 years old. Individuals must also be eligible for services through the Mille Lacs Band of Ojibwe, at nutritional risk, and meet liberal income guidelines. Voucher pick-up certifications, re-certifications and mid-certifications are available in District:

- I — weekly every Tuesday (except if there is a fifth Tuesday in a month)
- II — once monthly, the first Thursday of every month
- III — the second and fourth Wednesdays of every month.

The following are services offered by the WIC program:

- Nutrition education
- Information on other programs and referrals
- WIC vouchers for food to supplement food supply
- Equal treatment
- Fairness
- Confidentiality

Contact

Phone: 320-532-7821, all districts.

Family Spirit: The Family Spirit program is an evidence-based and culturally tailored home- visiting intervention delivered by Native American paraprofessionals as a core strategy to support young Native parents from pregnancy to three years post-partum. Parents gain knowledge and skills to achieve optimum development for their pre-school age children across the domains of physical, cognitive, social-emotional, language learning and self-help. The Family Spirit program consists of 63 lessons to be taught from pregnancy up to a child's third birthday. This in-home parent training and support program has been designed, implemented, and rigorously evaluated by the Johns Hopkins Center for American Indian Health in partnership with the Navajo, White Mountain Apache and San Carlos Apache tribes since 1995.

Mothers and Children (MAC) program/nutrition assistance program for seniors (NAPS): These programs provide supplemental food and nutrition education to eligible post-partum mothers and their children. It also provides supplemental food to those Elders age 65 and older who qualify under income guidelines. This program is sponsored by Second Harvest.

Phone: Program coordinator at 320-532-7821.

Community health representatives (transportation): Community health representatives (CHRs) provide transportation to medical, dental and optical appointments, only after all other resources are exhausted. Appointments should be confirmed with a CHR's schedule to ensure that clients arrive on time. No one under age 18 will be transported without a parent. There is a strict two-day prior notice for scheduled

appointments. Same-day or transports not scheduled two days prior to an appointment are by availability only.

Phone: 320-532-7815.

Rule 25 chemical dependency assessments: Assessors determine the length and type of treatment needed by individuals with chemical dependency problems. Call to schedule chemical dependency and mental health appointments.

Phone: 320-532-7868.

Alcoholics Anonymous (AA): This group intervenes and supports individuals battling chemical dependency, with meetings as follows:

- District I – every Monday, 7:00 p.m. and Tuesday at 6:30 p.m. at the Chemical Dependency Outpatient building
- District II – every Monday, 6:00 p.m. at the East Lake Community Center
- District III – Wellbriety AA every Wednesday, 6:00 p.m. at the Hinckley Corporate Commission building
- Every Tuesday at noon at the Aazhoomog Clinic.

Relapse prevention/aftercare program: This group works toward preventing relapses in individuals recovering from chemical dependency with group meetings as follows:

- District I – every Wednesday, 6:00 p.m. at the Redbrick Building; outpatient counselor: Phone 320-532-3083
- District II – every Tuesday, 3:30 – 4:30 p.m. at the East Lake Community Center; outpatient counselor: Phone 218-768-2431
- District III – every Thursday, 1:00 p.m. at the Aazhoomog Clinic, Lake Lena; chemical dependency counselor: Phone 320-384-0149
- Every Monday, 4:00 p.m. at the Hinckley Corporate Commission building
- Adolescent chemical health group: This support group helps youth who are trying to stay chemical free, or who need support because a family member is abusing drugs or alcohol.

Phone: 320-532-3080.

Chemical dependency outpatient treatment program: This program allows individuals to reside at home and be employed while participating in outpatient chemical dependency treatment. Referrals are accepted from either county or tribal Rule 25 chemical dependency assessors/counselors.

Halfway house program: This program provides a clean and sober living environment for adult Native American men suffering from the effects of alcohol and/or drug addiction.

Sobriety feast: A sobriety feast is held at the District I Community Center the last Tuesday of each month, and at the District IIA (Isle) Community Center the last Thursday of each month. Contact Behavioral Health

Services for the speaker/presenter, as well as times and locations for Districts II and III.

Mental health services: Evaluations and counseling are provided to individuals and families. Programing and counseling services include: Batterers' intervention, anger management, children's play therapy and mental health case management.

Phone 320-532-7868.

Family services: The Family Services Department provides social services to Mille Lacs Band members and American Indians who reside in identified service areas of the Band. This department also provides state and federal government services.

Phone 320-532-7776.

Elder/disabled care coordination: This program provides long-term care consultation services to Band members, spouses, and other household members living in Aitkin, Benton, Crow Wing, Kanabec, Mille Lacs, Morrison and Pine counties. The program also administers Elderly Waiver, Alternative Care, Community Alternative Care, Community Alternatives for Disabled Individuals and Traumatic Brain Injury programs.

Wewinabi Early Education Overview

Head Start, Early Head Start, and daycare services are available for infants, toddlers and preschoolers ages birth-5 in District I. Districts II and III offer Early Head Start and Head Start to children ages birth-5.

Services

Parent education evenings: Parents and children participate in activities to improve parenting and education skills. This includes family activity nights, positive Indian parenting and fatherhood events.

Family activity events: Held once a month, these events are open to parents and families of early education children who want to learn about topics such as child development, nutrition and family stress.

Contact

Phone early education director: 320-532-7590.

Child Protection Services

This program conducts child protection investigations for all neglect and abuse complaints within the Band's jurisdiction.

Intake and referral: This program conducts in-depth assessments and screenings of all child welfare reports. Staff members provide referrals to services to meet client needs.

Indian child welfare: This program monitors the welfare of all Band children and first-generation descendants outside the Band's designated service area under the Indian Child Welfare Act.

Child protection case management: Provides ongoing child welfare case management and prevention services to Band members, first-generation descendants, and American Indians within the Band's designated service area.

Outreach and prevention services: Provides services to clients, and education, training, awareness and enrichment activities in the community.

Independent living and life skills program: Provides child welfare support services to Band members, first-generation descendants, and American Indians who are 14-21 years old and live within the designated service area. It also provides independent living assistance to Band members, first-generation descendants, and American Indians who are 16-21 years old and live within the Band's designated service area.

Supportive services: The Family Services Department offers several supportive services for open and active cases, which include:

- Parent assistant: One-on-one parenting assistance using the Positive Indian Parent Model
- Tutor: One-on-one education assistance
- Mentor: One-on-one positive role model for youth
- Crisis stabilizer: One-on-one crisis support
- Job coach: One-on-one formal employment assistance
- Independent life skills coach: One-on-one formal assistance in developing independent life skills
- Transporter: Assists with transportation requests
- Benefits assistant: Assists families who need to enroll in Medical Assistance and Medicare
- Homemaker: Assists with general and light homemaking needs.

Foster care program: Licenses and trains foster care providers within the Band's designated service area. Any American Indian or community member with strong ties to the Mille Lacs Band may apply to become a licensed foster care provider.

Community support services: Programs consist of Elder services, family violence prevention, Elder abuse, criminal justice, women's shelter, sexual assault prevention, community advocates, food distribution, food shelf, emergency loan, greenhouse, nutrition education and wraparound.

Contact

Phone director: 320-532-7539 or 320-630-2687.

Elder Services Program Overview

Elder Services provides social nutrition, congregate dining and home delivered meals, Elder/disabled energy program, information and referrals, advocacy and outreach for Elders only, Elder activities, education conferences and Wisdom Steps.

Services

The Elder energy program was designed to ensure that Mille Lacs Band Elders/disabled who need financial assistance get help to pay utilities if they fall behind financially in basic living needs, and exhausted the state energy program. To apply for the energy program, contact the Elder energy program technician, or pick up an application at any of the assisted living units. If pre-enrolled or have been a participant, applications are automatically mailed annually.

Cultural activities: Elder services does not provide cultural activities, but is trying to implement culturally based activities for Mille Lacs Band Elders that would not involve excessive funding or insurance risks.

Contact

Phone Elder services coordinator: 800-709-6445, ext. 7854, direct: 320-532-7854

Family Violence Prevention Program Overview

The Family Violence Prevention Program (FVPP) provides services for Mille Lacs Band community members and surrounding communities. The FVPP services provided are shelter in an emergency situation; information and referral for services that victims may need in an effort to remain in the home, or if they choose to leave home; general and legal advocacy; safety planning; crisis intervention; emotional support; transportation; limited financial assistance; court support; assistance with filing protection orders; and safety options. It has a women's shelter, sexual assault prevention program, criminal justice program and recently added the Elder Abuse program. The Family Violence Prevention Program is staffed with trained domestic and sexual violence prevention advocates; staff provides services to all, regardless of race, financial status, gender preference, physical or mental capabilities or religion. The shelter and community advocate staff are Mille Lacs Band members, as well as advocates trained in the Anishinabe traditions, and practice these traditions with Band members and non-members.

Services

Women's shelter: The shelter houses women and their children in an emergency situation if issues in the home are not safe for them. It can house up to 18 people in an individual apartment setting, with options for community dining and support groups. It provides advocacy counseling, safety planning, crisis intervention, emotional support and options, with advocates on call 24 hours a day. A 24-hour crisis line is also available.

Sexual Assault Prevention Program: This program collaborates closely with the Family Violence Prevention Program. It is responsible for education and information of sexual assault issues; the coordinator is contacted every time there is or has been a sexual assault with clients. Weekly education is provided for women, and a girls' camp is held every year with education and discussion in a delicate manner. The subjects are drug and alcohol use, sexual assault and sexually transmitted disease, and other issues that young women are faced with that may need discussion. It provides one-on-one sexual assault prevention advocacy, crisis intervention, emotional support, information and referral, advocacy during related medical procedures, support during related law enforcement investigations, assistance accessing emergency family services, and filing restitution or reparation claims. These services provide opportunities to participate in safe and supportive groups.

Community advocates: Although staff has direct duties they fulfill, all are in a dual role and provide services to women and their children in any situation, which may include emergencies in which a woman may have to leave their home for safety reasons. Staff educate and support all women who may come in for help. Support groups are provided for women in District I. Children's Justice Initiative program staff go into jails in the counties served and do Talking Circles, in which advocates utilize traditional methods for purifying the area for women and educate them on issues of domestic violence and/or sexual assault.

The women's shelter provides an option in emergency situations; but if it is full, there is an agreement with Grand Casino hotels, as well as the Country Meadows Hotel. Although work is primarily with women, staff have also worked with men in similar situations. Staff do not advocate for breakup of a family, but work with the Batterer's Intervention program, which provides services to batterers if they will change behavior to live a healthier lifestyle for the betterment of their families.

Cultural activities: Family Violence Prevention Program provides Talking Circles for women in county jails,

support groups for women at District I, Hinckley, Aazhoomoog, and teen girls at upper school and expanding to local schools.

Contact

Phone Medwegaanoonan, FVPP administrator: 320-532-7793 or 320-630-2449.

Wraparound Program Overview

The Mille Lacs Band Wraparound program is a unique system of coordinated services and care for families. It utilizes a philosophy and approach that focuses on strength-based, individualized care. Combined with a unique organizational structure, Mille Lacs Band Wraparound program delivers a comprehensive and flexible array of services to Band members and their families. The Mille Lacs Band Wraparound program is in the Community Support Services Department of Health and Human Services. Access is provided to specialty staff to provide input on cases and ensure that Band members get access to all possible services needed. There are 10 standard principles in the Mille Lacs Band Wraparound program designed to create self-efficiency and stabilize families for long-term results. The 10 principles are as follows: Family Voice and Choice; Team-based, natural supports; collaboration; community-based; culturally competent; individualized, strength-based, persistence- and outcome-based.

Services

The Mille Lacs Band Wraparound program collaborates with all department service providers to coordinate care and services, and facilitates effective delivery of services and other supports to families using a strength-based, highly individualized wraparound approach. Care coordination takes place in phases over a typical timeline of six to 12 months, or may be extended. This allows for all phases of engagement, implementation, and transition to be successful. It ensures that clients are clear that the Mille Lacs Band Wraparound program will help them based on needs, and timelines reflect needs. The Mille Lacs Band Wraparound program involves families at all levels of the system, and aggressively monitors quality and outcomes. It operates from a value-base that emphasizes building strengths to meet needs; one family, one plan.

Contact

Phone coordinator: 320-292-1942.

Prairie Island Indian Community

Family Services Contacts:

- Family services manager: 651-267-4027
- Chemical dependency counselors: 651-267-4015 or 651-385-4197
- Family services specialist: 651-385-4122
- Caseworker: 651-385-4157
- Family services specialists: 651-267-4032 or 651-267-4011.

Health Services Contacts:

- Contract Health Services (CHS) administrator: 651-385-4187
- CHS administrative assistant: 651-385-4143
- Community health representative: 651-385-4148.

Red Lake Nation

Overview

The mission of the Red Lake Chemical Health program is to enhance the well-being of all Red Lake Nation members through alcohol and drug abuse prevention, education, intervention and treatment. All programs are based on Anishinaabe culture and philosophy to strengthen the minds, bodies, and spirits of Red Lake Reservation members, families and communities.

Services

Chemical Dependency Outpatient program services include:

- Individualized treatment plan.
- Individualized counseling.
- Outpatient group counseling – Tuesday, Wednesday and Thursday at 1:00 p.m.
- Peer support meetings – Monday, Wednesday, Friday at 9:00 a.m.
- Alcohol/chemical dependency education.
- Aftercare planning and referrals.
- Rule 25 assessments.
- Case management.
- Mental health referrals.
- Spirituality and guidance, upon request.
- Relapse prevention.
- Physical abuse prevention referral.
- Sexual abuse prevention referral.
- Transportation to attend counseling sessions.
- Sobriety potluck feast, last Thursday of each month, 5:00 p.m. at Little Rock round house.
- Ponemah outpatient offers Monday night Alcoholics Anonymous at 7:00 p.m.
- On call 24 hours, seven days a week.

Eligibility: Age 16 and older; court or self-referral.

Contact

Red Lake Outpatient program, P.O. Box 114, Red Lake, Minn. 56671
Phone: 218-679-3995, Fax: 218-679-3976 or supervisor: 218-679-1542.

Alcohol Rehabilitation Program services include:

- Alcohol, drug and tobacco curriculum in the schools
- Individualized counseling
- Alcohol and chemical dependency education
- Rule 25 assessments
- **Cultural camps:** Berry, Hunting, Sugar Bush and Wild Rice camps
- Back to School Fest
- Fishing derby
- New Year's Eve gathering
- On call 24 hours, seven days a week.

Contact

Box 114, Red Lake, Minn. 56671

Phone: 218-679-3392, Fax: 218-679-2450, or supervisor at 218-679-1546

chemicalhealth@redlakenation.org.

Indian and Free Drug Prevention/Treatment Program: This program strengthens efforts to provide alternatives for youth and adults on the Red Lake Reservation to promote social and behavioral skills needed to live a chemical free lifestyle. It promotes a healthy lifestyle to all four communities: Ponemah, Little Rock, Redby and Red Lake. This is the only federal block grant awarded to an Indian reservation. Services include:

- Individualized counseling
- Group counseling Tuesday and Thursday at 3:30
- Family counseling
- Individualized treatment planning
- Educational seminars
- Coping/survival skills
- Aftercare planning
- Rule 25 assessments
- Peer mediation/counseling
- Adolescent drug prevention support meetings
- Seasonal recreation activities
- Red Lake Nation youth co-ed softball league
- Youth conference
- Drug and gang activity prevention summit
- New Year's Eve gathering
- Traditional gathering
- Educational seminars
- Traditional singing and drumming
- Summer youth employment
- Community health day
- On call 24 hours, seven days a week.

Contact

Red Lake Indian and Free Drug Prevention/Treatment Program
Box 100, Red Lake, Minn. 56671
Phone: 218-679-3321, Fax: 218-679-2727
Supervisor email: chemicalhealth@redlakenation.org.

Pregnant Women and Families program services include:

- Individualized treatment plan
- Individualized counseling
- Outpatient group counseling Tuesday, Wednesday and Thursday at 1:00
- Alcohol/chemical dependency education
- Aftercare planning and referrals
- Rule 25 assessments
- Case management
- Mental health referrals
- Spirituality and guidance, upon request
- Relapse prevention
- Physical abuse prevention referral
- Sexual abuse prevention referral
- Creative art therapy/native crafts
- Prevention education on Fetal Alcohol Spectrum Disorder
- Transportation provided to group counseling
- On call 24 hours, seven days a week.

Contact

Red Lake Pregnant Women and Families Program
Box 114, Red Lake, Minn. 56671
Phone: 218-679-3331, Fax: 218-679-3302
Supervisor email: chemicalhealth@redlakenation.org.

Red Lake group home: Referrals to the Red Lake group home are usually initiated by the court system and/or social services to provide troubled youth an opportunity for change. Most referrals are youth having difficulty at home, school or within the community. The group home gives these youth an opportunity to explore their behavior/attitudes, and a chance to discover a healthier and more positive lifestyle. The goal is to provide quality care to each resident, and to promote a positive transition back into their homes and community. Services include:

- Individualized treatment plan
- Individual counseling
- Group counseling
- Family counseling
- Alcohol/chemical dependency prevention education and services
- Coping and survival skills
- In-house school program
- Recreational activities

- Aftercare planning and referrals
- Independent living skills.

The target population is American Indian youth, however, it will accept non-Indian adolescents who need placement in a structured program. The following is needed prior to admission:

- Funding source
- Placement order
- Copy of physical exam within the past six months
- Copy of immunization record
- Academic record

Contact

Red Lake Outpatient Program
 Box 114, Red Lake, Minn. 56671
 Phone: 218-679-3868, Fax: 218-679-3398
 Supervisor email: chemicalhealth@redlakenation.org.

Resources

- Red Lake Tribal Council
- Red Lake Alcohol Rehab
- Red Lake Outpatient Program
- Red Lake Indian and Free Drug Abuse Program
- Red Lake Halfway House
- Indian Health Services
- Red Lake and Bemidji Mental Health
- Medical services
- Psychological services
- Red Lake school district
- Red Lake Tribal Social Services
- Red Lake Tribal Court
- Tribal police department

Gii-Waa-Din (Northern Winds) Treatment Center, Oosh-kii-mii-kah-nah (New Roads) Halfway House:

The mission of the Red Lake Nation Oosh-Kii-Mii-Kah-Nah Halfway House is to provide the best quality chemical dependency primary treatment services to all Red Lake Nation enrolled members, and all federally recognized tribal members residing on/off the Red Lake Nation Reservation. This is achieved by treating every client individually and blending Native American traditions and beliefs with the 12-Step Alcoholics Anonymous program, in accordance with Minnesota Statutes.

Oosh-Kii-Mii-Kah-Nah does not discriminate regardless of race, color, religion, sex, sexual orientation, age or disabilities. Oosh-Kii-Mii-Kah-Nah is under the direction of the Red Lake Chemical Health Program and governed by the Red Lake Band Tribal Council. Oosh-Kii-Mii-Kah-Nah is a 15-bed co-ed facility: 10 male, five female.

Medical services: The tribe has an agreement with Indian Health Services to provide the following:

- Medical examinations
- Eye exams
- Emergency services
- Mental health services
- Pharmacy services

Services include:

- Individualized treatment plan
- Individualized counseling
- Group counseling
- Alcohol/chemical dependency education
- Aftercare planning and referrals
- Rule 25 assessments
- Case management
- Mental health referrals
- Spirituality and guidance
- Cultural events
- Recreational therapy
- Relapse prevention
- Nurses on duty 40 hours a week
- Medication management
- Transportation
- Alcoholics Anonymous, 6:00 p.m. Tuesdays
- Anger management
- Physical abuse prevention referral
- Sexual abuse prevention referral

Contact

Red Lake Northern Winds/Red Lake Halfway House
P.O. Box 114, Red Lake, Minn. 56671
Phone: 218-679-3387, Fax: 218-679-2888.

Funding sources: Self pay, Minnesota Consolidated Treatment Funds, tribal funds, county funds, Minnesota Department of Corrections, Federal Bureau of Prisons.

Admission criteria: Age 16 or older; be assessed as a chemically dependent person; chemically free of alcohol and drugs, unless prescribed; and medically stable.

Persons not eligible: Convicted sex offenders; persons under the influence of alcohol or drugs, unless prescribed; those who may pose substantial threat of harm to themselves or others.

Resources for Red Lake MOMS

Helping Hands: A collaborative community effort to support pregnant women using illegal drugs and alcohol.

Red Lake Indian Health Services Hospital: Phone: 218-679-0200

Red Lake Hospital Behavioral Health: Phone: 218-679-0168

First Steps to Healthy Babies — Red Lake: Phone: 218-679-1223

Chemical Dependency Outpatient Program: Phone: 218-679-3995;

Ponemah: 218-554-7401; email: chemicalhealth@redlakenation.org.

Red Lake Pregnant Women and Families Program: Phone: 218-679-3331

Red Lake Alcohol Rehab Prevention Program: Phone: 218-679-3392

Red Lake Family Spirit Program: Phone: 218-679-3316

Anishinabe Women's Halfway House: Phone: 218-335-8288

Mewinzha Ondaadiziike Wiigaming (Long ago, giving birth at home or lodge)

Phone: 218-308-1589

Web: <http://www.mewinzha.com>.

Contact

Red Lake chemical health programs

Box 114, Red Lake, Minn. 56671

Phone: 218-679-3995, Fax: 218-679-3976

Supervisor: 218-679-1546, executive director: 218-679-1545, project director: 218-679-1543

Email: chemicalhealth@redlakenation.org.

Shakopee Mdewakanton Indian Community

Departments

Family and Children's Services: Works to protect Native American children and families who reside in Scott County with the following services:

- A wide range of parenting classes
- Family outreach
- In-school support programs
- Life skills programs
- Supervised visit/visit exchanges managed, when needed
- Information and referral for families for additional support
- Car seat safety for new families.

Contact

Shakopee Mdewakanton Sioux Community, 2330 Sioux Trail NW, Prior Lake, Minn. 55372

Phone: 952-496-6192

Nancy Martin, director, Nancy.martin@shakopeedakota.org.

Psychiatry/Psychology/Behavioral Health Services Overview

Psychiatry/psychology services oversees adult psychiatry and psychology and child psychiatry services provided to members. Behavioral Health provides services that touch community members across a wide range of ages and situations with the following:

- Child therapy beginning at age 4
- Chemical dependency counseling for adults
- Mental health services for the elderly
- Couples counseling
- Parent coaching
- Family therapy
- Assessment and treatment for depression and anxiety.

The Wellness Department offers the following services:

- Health coaching
- Mammograms
- Urgent care
- Physical therapy
- Acupuncture
- Medical massage
- Blood glucose and blood pressure checks
- Immunizations
- Nutrition education
- Tobacco cessation
- Weight loss support
- Dental hygiene and oral cancer screening
- Orthodontics
- Prescriptions
- Annual eye exams.

Upper Sioux Community

Social services

Social services includes the following service providers:

- Indian child welfare manager and parental network coordinator
- Chemical health caseworker/Rule 25 assessor
- ICWA youth specialist
- Tobacco prevention coordinator
- Tobacco education and policy grant coordinator
- Recreation.

Indian Health Services includes the following providers:

- Health director
- Health benefits administrator
- Community health representative
- Home health aide
- Diabetes coordinator
- SHIP coordinator

Urban Programs

Bright Beginnings

The goal of the Bright Beginnings Recovery Support Program is to help American Indian women achieve and maintain recovery to:

- Keep families intact (together)
- Support a healthier environment for families.

The program provides services to American Indian:

- Pregnant women or those who have recently delivered and have a history of substance abuse
- Women who have had prior experience with the child welfare system.

Contact

Minneapolis American Indian Center, 1530 E. Franklin Ave., Minneapolis, Minn. 55404

Phone: 612-879-1786

Website: www.maicnet.org.

Indian Child Welfare Law

The ICWA Family Advocacy Center is a multi-disciplinary program for Native American families impacted by the child welfare system. It provides comprehensive services as follows:

- Legal advocacy
- Social work advocacy
- Parent mentoring
- Intensive family support to empower Native families and provide services for reunification
- Intensive interventions and legal advocacy intended to keep families together.

Contact

Family Advocacy Center, Suite 104
1730 Clifton Place
Minneapolis, Minn. 55403
Phone: 612-879-9165
Email: info@icwlc.org.

Ninde Collaborative

The Ninde Collaborative is an ad-hoc group concerned with maternal and infant health in the Native American community. The focus is addressing the impact of the opioid epidemic on the community. Collaborative members include staff from the following agencies:

- Division of Indian Work
- Minnesota Indian Women's Resource Center
- City of Minneapolis
- Allina Hospital
- Children's Hospitals and Clinics of Minnesota
- Great Lakes Inter-Tribal Epidemiology Center
- Hennepin County Medical Center
- Indian Health Board
- Minneapolis American Indian Center Bright Beginnings Program
- Minnesota Department of Human Services
- American Indian Family Center
- White Earth MOMS project
- Indian Child Welfare Law Center.

Its work includes conducting focus groups in the community around opioid use and training, hiring and supervising doulas. Meetings are typically held at 10:00 a.m. on the second Tuesday of each month at the:

Division of Indian Work, 1001 East Lake Street, Minneapolis, Minn. 55407
Phone: 612-722-8722, ext. 370.
Contact Louise Matson at lmatson@diw-mn.org

Minnesota Indian Women's Resource Center (MIWRC)

A culturally grounded, multi-service organization serving Native American women and their families. Programs include the following:

- Family stabilization and parenting support programs
- Healing sexual abuse/assault
- Intimate partner violence prevention
- Community violence prevention
- Historical trauma
- Anti-trafficking outreach and diversion programming

- Two Spirit/Native LGBTQ social and support group
- Safe Harbor youth work
- Clinical mental health services for adults and children
- Learning Center Library and training programs for service professionals working with Native families
- Nokomis Endaad (grandmother's house) outpatient chemical dependency treatment program
- Onsite Section 8 rental housing units (13).

ICWA Collaborative: Provides support services and case monitoring to American Indian families involved in child protection. MIWRC's Indian Child Welfare Act program's goal is to improve positive outcomes for Native American children by strengthening and reunifying families with children who have been or are at risk of being removed from their home.

Contact

Phone: 612-728-2012

Email Marie Isais: misais@miwrc.org.

The ICWA Kinship Program: Is a partnership with the ICWA Law Center that helps to prepare extended family members to serve as foster care placements.

Contact

Address: 2300 15th Ave. South, Minneapolis, Minn. 55404

Phone: 612-728-2000 (main number)

Email Karen DeJesus, ICWA kinship worker: kdejesus@miwrc.org

Phone: 612-728-2022.

Indian Health Board

The focus of the Indian Health Board is preserving and promoting Native American heritage and identity, while embracing all other cultures with acceptance and compassion. It offers:

- Medical, dental, counselling and support clinics
- Pediatric care
- OB/GYN/women's health care
- Care coordination and connection to resources
- Numerous health education/counselling and support groups
- Sliding fee discount and MNsure health care insurance assistance
- Transportation.

Contact

1315 E. 24th St.

Minneapolis, Minn. 55404

Phone: 612-721-9800

Website: www.indianhealthboard.com.

White Earth Nation

Overview

The Maternal Outreach and Mitigation Services (MOMS) program: Has a goal of tapering the medication Sub Oxone down over time so a mother can maintain sobriety. Most clients can taper off in 18 months. Overall, it is focused on building positive relationships in a safe and judgement free environment.

Services

The following services are provided through the MOMS program:

- Intensive out patient
- Case management
- Mental health services
- Parenting groups
- Cultural groups, circles, beading, crafts
- Medication-assisted Treatment referrals
- Prenatal care
- Harm reduction services
- Links to spiritual services
- Parenting, early childhood education
- Cooking and nutrition classes
- Support services for infants and children

Contact

Phone: 218-936-2442

Email: julie.williams@whiteearth-nsn.gov.

Oshki Manido (New Spirit. New Life.) Overview

The Oshki Manidoo Center (OMC) is owned, operated and licensed by the White Earth Reservation Tribal Council. It offers a 90-day residential treatment program for youth, as well as a 90-day women's Wellbriety treatment program for adult females. Oshki Manidoo's treatment programs are culturally specific; culture is practiced throughout all aspects of campus life. OMC employs staff trained in a variety of substance use prevention methods, cultural competency and living skills. Oshki Manidoo's main goal is to keep clients it serves sober, and provide the tools needed to maintain sobriety when returning to their community.

Contact

1741 15th Street N.W, Bemidji, Minn. 56601

Phone: 218-751-6553, Fax: 218-751-1846.

Women's Wellbriety Center Overview

White Earth's Women's Wellbriety Center is a primary inpatient, extended care (three, six or nine months) chemical dependency treatment center for Native and non-Native women. It can serve seven clients plus their children (ages 11 and under). Under special circumstances, it works to accommodate mothers and their children to ensure they are relocated to a safe environment.

The Wellbriety Center provides a safe place where women and their children can learn to live a healthy and addiction-free lifestyle. The philosophy is based on the Medicine Wheel/Wellbriety model. It practices a holistic approach to treating clients. For those who prefer a non-Native approach, it also performs step work and uses clients' higher power beliefs.

Contact

Women's Wellbriety Center, 1741 15th St. NW, Bemidji, Minn. 56601

Indian Child Welfare

Indian child welfare programs and services include:

- Child protection
- Family preservation/child welfare
- Intake processing
- Assessments
- Independent living skills/Support for Emancipation and Living Functionally (SELF)
- Educational neglect program
- Attorney
- Visitation

Contact

White Earth Indian Child Welfare, P.O. Box 358, White Earth, Minn. 56591
Phone: 218-983-4647, Fax: 218-983-3712

Circle Back Center Overview

The Circle Back Center is tribally licensed under the White Earth Substance Abuse Treatment Standards and funded by a grant from the Office of Juvenile Justice and Delinquency Prevention. Its purpose and intended outcomes are to:

- Develop and implement substance abuse prevention and treatment services, including those that address the needs of drug-endangered children
- Protect White Earth Reservation children from alcohol and drug use by providing culturally validated and appropriate substance abuse prevention services
- Integrate tribal, federal, state, and local services to provide culturally appropriate treatment services for juvenile offenders and their families

- Provide community-based juvenile delinquency prevention services through the White Earth Circle Back Center to reduce the disproportionate number of White Earth Reservation youth being placed in correctional settings off the reservation.

This project will improve functioning of the tribal court by decreasing the number of alcohol- and drug-related child protection and truancy case hearings annually. All child protection and truancy cases involving White Earth children are heard in tribal court. It will also decrease the number of juvenile and felony delinquency cases in three county courts, since these cases are heard in county court because Minnesota is a Public Law 280 state.

Family support and community impact: Understanding the importance of parents and other family member involvement, special efforts are made to involve family members in the healing process, and equip parents with knowledge and the necessary resources to successfully work with and support their children. Continued care, recovery and relapse prevention services are provided for families and youth in the transition from residential to community-based services/home setting.

Services

Staff and partners work with troubled children and their families, when possible, to prevent behavior that leads to alcohol/substance abuse-related crimes. Successful prevention, early intervention, screening and assessment services ensure children and their families receive appropriate, culturally validated, and timely support and treatment services. The proposed project will get youth who commit status offenses off the street, and also out of unsafe home environments during crisis situations involving alcohol/substance abuse. The support and treatment services provided to children will guide them into making wise choices early in life, and keep them safe.

Referral process: Circle Back Center clients may be referred through Indian child welfare; law enforcement; tribal courts; tribal authority; county social services; tribal, county and state corrections; Rule 25 assessors; substance use disorder programs; and private referral sources, including self and family referral. Initial telephone, fax and mail referrals are accepted. To protect client confidentiality, do not indicate client names or identifying information via email or website.

The Circle Back Center intends to access the Consolidated Chemical Dependency Treatment fund to cover the cost of care for eligible and authorized youth. Other funding sources may be available and determined on an individual basis.

Admission criteria: The White Earth Circle Back Center serves three distinct need areas for youth, including:

- Males and females, 10-18 years of age, needing community-based continuing care following successful completion of a primary alcohol/substance dependency treatment program or correctional stay
- Those needing protective services based on vulnerability needs and lack of other sober/safe housing at home or with relatives
- Those needing protective services based on behavioral issues such as status offenses, including truancy, curfew violations, runaway, and other behavioral-related difficulties as a result of alcohol/substance abuse.

The White Earth Circle Back Center primarily accepts clients of Native American background, however, non-Native American persons viewed by staff as being able to benefit from this program are welcome. Youth admitted for substance use disorder treatment services must have a Rule 25 assessment indicating the need for outpatient chemical dependency services.

Hours of operation

The Circle Back Center centralized intake is 24 hours per day/365 days per year. Program staff are onsite:

- 8 a.m. to 10 p.m. Monday through Friday
- 3 p.m. to 10 p.m. Saturday
- 3 p.m. to 10 p.m. Sunday

Assigned program staff are designated as on-call responders when staff are not onsite.

Outpatient substance use disorder treatment: 1 p.m. to 8 p.m., Monday through Friday, excluding holidays, inclement weather, and other regional treatment center closings. Hours are subject to change.

Contact

White Earth Circle Back Center, 35708 County Highway 21, Ogema, Minn. 56569

Phone: 218-983-3285, ext. 6404

After hours/emergency, contact: White Earth dispatch: 218-983-3201, Fax: 218-983-3027

Website: www.circlebackcenter.com

Email: info@circlebackcenter.com.

Health Education Overview

Vision: To encourage a safe and healthy community.

Mission: To improve the health of residents by providing community support for adopting a wellness lifestyle. The goals are to provide:

- Prevention education that reduces the risk of disease
- Opportunities and positive alternatives that help create healthy behaviors
- Holistic services that include physical, mental, spiritual and cultural components.

The Health Education program works in all settings including schools, communities, homes and clinics.

Services

The Child and Passenger Safety program has educated families on the proper use of, and distributed more than 4,000, car seats to families living on the reservation. This service is available Mondays and Thursdays at the Indian Health Service Clinic.

Phone: 218-983-6343 to schedule an appointment.

The Tobacco Free Communities grant: Is funded by the Minnesota Department of Health and coordinated locally. The White Earth Nation (ishkonon i'u bemaadiizid, Save that Life) Tobacco Coalition has existed since 2003. It is known that tobacco use is the single most preventable cause of disease, disability and death. Native Americans have the highest rate of cigarette use in the nation. Tobacco is a sacred medicine, but this grant enables tribes to continue to work for the good health of the next generation. Some highlights of the work in tobacco prevention and education are:

- Creating smoke-free policies/policy enforcement
- Education about smoking, second-hand, third-hand smoke
- Help smokers quit by offering cessation support and resources
- Offer traditional tobacco for community funerals and events
- Encourage growing and harvesting of traditional tobacco
- Offering signage to support smoke-free policies
- Encourage youth to use tobacco in a traditional way.

The S.O.S program: Is a collaborative effort among many programs to provide education and support for families and individuals to live healthy and addiction-free lifestyles. Throughout the year, many activities, workshops and events take place.

Supplemental Nutrition Assistance Program (SNAP) education: A nutrition education assistant is provided to ensure that those eligible for SNAP can make informed decisions about their nutrition. Providing educational materials on health and nutrition, healthy recipes, using food dollars wisely, and shopping tips are part of the SNAP nutritionist's work.

Niin Gikenjige: Is a coalition of representatives from White Earth Tribal Health, Sacred Spirits, White Earth Indian Health Service, Minnesota Department of Health, Midwest Aids Training and Education Center, Indigenous Peoples Task Force and Rural Aids Action Network. Niin Gikenjige's mission is to break down the stigma surrounding HIV and Hepatitis C so that more people get tested. Niin Gikenjige provides education, prevention programming, testing and referrals to medical services, as appropriate.

Wisdom Steps: Is a health prevention program for Native Elders to promote and maintain good health. Elders participate in health screenings, educational programs and physical activity events. Those who participate are recognized at the annual Wisdom Steps Conference.

Health Education Program: Staff host many different healthy lifestyle events, and also speak at events on different health topics in various venues. Examples are health fairs, cancer awareness programs, heart health programs, pain management programs, nutrition education, caregivers conferences, etc. The Health Education Program helps provide sexual abuse prevention classes in Head Start, as well as provide puberty education for Pine Point, Naytahwaush and Circle of Life students.

Contact

White Earth Health Education, P.O. Box 327, White Earth, Minn. 56591

Phone: 218-983-3286, ext. 1356, Fax: 218-983-3984

Email: larayea@whiteearth.com

Website: <https://whiteearth.com/programs/>.

White Earth Tribal Mental Health Overview

The White Earth Tribal Mental Health program is designed to meet the mental health needs of White Earth tribal members and their families who reside on, or near the White Earth Reservation. The program provides a comprehensive plan for counseling, education and support. It strives to provide culturally appropriate services with the goal of increasing positive family interactions, with the ultimate goal of healthier lifestyles and positive communication for all community members.

Services

The Medicine Wheel: This program utilizes traditional and cultural concepts when working with individuals and families. The Medicine Wheel concept is used to keep balance in people's lives and communities.

Merger: The White Earth Tribal Mental Health program is taking over mental health services at the White Earth Health Center. Consumers can expect the same service as usual with their provider. Consistency and continuity of care are both program's top priority. The transition of mental health services under White Earth Tribal Mental Health is the result of the Tribal Council's call for mental health services that are united and free of obstruction and duplication.

This transition is within the Tribal Council's vision of tribally operated programs leading and guiding services that are culturally appropriate, and address the unique needs of White Earth Nation. During this transition period and beyond, both programs will be working as one to ensure that ease of accessibility, continuity of care, and quality of care remain the top priority. The merger also allows for future development of service capacity with the potential of extending service hours into evenings for both the community-based and clinically based programs. White Earth can utilize third party billing for services such as substance abuse, mental health, home health and transportation.

Contact

White Earth Tribal Mental Health, P.O. Box 300, White Earth, Minn. 56591
Phone: 218-983-3286, toll free: 800-950-3248, Fax: 218-983-4236
Email: angelab@whiteearth.com.

White Earth Substance Abuse Program Overview

Mission: Combining the wisdom of yesterday with the knowledge of today, the White Earth Substance Abuse program strives to provide individuals the tools to achieve manageability, to find happiness, fulfillment and value in the gift of tomorrow.

Services

Nursing assessment: A certified public health nurse or registered nurse completes a health and wellness assessments for children and parents in the home.

Education: Nurses deliver services utilizing the Nurse Family Partnership model (NFP), which is an evidence-based community health program. NFP's outcomes include long-term family improvements in health, education and economic self-sufficiency. Helping to break the cycle of poverty plays an important role in helping to improve the lives of society's most vulnerable members, building stronger communities, and leaving a positive impact on this and future generations. See [the NFP model](#).

A nurse and family share information related to:

- Infant care
- Child growth and development
- Positive parenting
- Disease prevention
- Family planning
- Community resources
- Developmental assessments
- Referrals to appropriate programs
- Home safety assessments
- Budgeting and home management

Intervention: Nurses begin making home visits during a woman’s pregnancy and continue after the birth of a child, through age 2. Interventions focus on a mother’s or caregiver’s personal health, quality of care provided for a child, and parents’ life-course development and goals. After a child’s third birthday, they transition to the Parent Mentor Program through the Child Care program.

Incentives: Families receive points to use at the Caring for Kids store. Families can use the points to purchase essential safety and developmentally appropriate items to facilitate education and promote interaction between caregiver and child. Nurses model healthy development and functioning within the family unit. Incentives provided through the Caring for Kids store are fun and age appropriate, and used to promote parent-child interaction. Examples include developmental activities, baby care items, home safety supplies and educational materials.

To make a referral to the LIFE program, contact LIFE Program, P.O. Box 496, White Earth, Minn. 56591
Phone: 218-983-3286, Fax: 218-983-3724.

Contact

White Earth Substance Abuse Program, P.O. Box 435, White Earth, Minn. 56591
Phone: 800-950-3248, ext. 1297; 218-983-3286, ext. 1297; Fax: 218-983-3729
Email: patm@whiteearth.com.

White Earth Urban Substance Abuse Program

1730 Clifton Place, Minneapolis, Minn. 55403
Phone: 612-872-8207, Fax: 612- 872-2950
Email: linda.anderson@whiteearth.com.

Minnesota Treatment Facilities

Building Resilient Families: 1826 Chicago Ave. So., Minneapolis, Minn. 55404
Phone: 612-752-8092.

Chemical and mental health outpatient treatment, Mille Lacs: 1506 1st St., Princeton, Minn. 55371
Phone: 763-243-1200.

Journey Home: 1485 10th Ave. NE, Sauk Rapids, Minn. 56379
Phone: 320-259-9149.

My Home Inc: 651 University Ave., St. Paul, Minn. 55104

Phone: 651-659-0359.

Recovery Plus adult program – St. Cloud Hospital: 713 Anderson Ave., St. Cloud, Minn. 56303
Phone: 320-229-3761.

Resource: 1900 Chicago Ave. So., Minneapolis, Minn. 55404
Phone: 612-752-8050.

ShareHouse Stepping Stones: 102 Miller, P.O. Box 219, New York Mills, Minn. 56567
Phone: 218-385-2991.

Wayside Family Treatment Center: 2120 Clinton Ave. So., Minneapolis, Minn. 55404
Phone: 612-871-0099.

Wellcome Manor Family Services: 114 W. Pleasant St., Garden City, Minn. 56034
Phone: 507-546-3295.
