

Health Services

The C.A.R.E. Directory (Coordinating Area Resources Effectively) is a compilation of non-profit corporations, groups, organizations, services clubs, and service providers operating in Crow Wing County.

This reference manual is always accepting more information. If your organization fits into one of our headings, please call or email us with your information so we can keep our CARE directory up to date.

Brainerd Community Action
213 S. 5th Street
Brainerd, MN 56401
Office: 218.829.5278
E-mail:
holly@brainerdcommunityaction.org

Abbott Northwestern Hospital Transportation Services

800 East 28th Street
Minneapolis, MN 55407
Contact: 612-863-4000
Toll-Free: 800-258-1210
www.abbottnorthwestern.com

Abbott Northwestern Hospital's transportation program provides van service to the hospital and affiliated metropolitan area physicians' offices for patients coming from Greater Minnesota and western Wisconsin. Offers a Park and Ride Plan for patients who live more than 40 miles from the hospital, and a convenient payment option where riders can pay for their van fee with a credit card, rather than cash or check. Please call for further information.

ADAPT - Area Drug & Alcohol Programs of MN

324 S 5th Street
Brainerd, MN 56401
Contact: 218-829-1063
Toll-Free: 1-888-829-1063
www.holisticpsychological.com

Adapt of Minnesota (Brainerd) In Brainerd, Minnesota is an alcohol rehab program focusing on a health and substance abuse services mix. Providing substance abuse treatment with outpatient care. Adolescents or teens are supported for drug treatment. State financed payment, private health insurance, and self-payment is accepted.

Alzheimer's & Memory Loss Family Support/Resources

14387 Edgewood Drive N
Baxter, MN 56425
Contact: 218-829-9238
Toll-Free: 1-888-221-5785

Support group meets monthly at Good Neighbor Home Care. Provides education and support for those who are caring for loved ones who have chronic conditions such as Alzheimer's, Dementia, stroke or other disabling conditions.

Ambulance and Emergency Care - Cuyuna Regional Medical Center

320 East Main Street
Crosby, MN 56441
Contact: 218-546-7000
Toll-Free: 888-487-6437

Advanced life support ambulance service staffed by paramedics serving the eastern half of Crow Wing County. In emergency, access via 911. Emergency room has 24-hour physician coverage.

Barnabas Health Care

223 Washington St.
Brainerd, MN 56401
Contact: 218-829-0901

Each life is precious and has purpose. Each of us needs God's grace and the support and help of others to reach our full potential.

Home health care provides a compassionate option for children and adults needing help with illness, injury or disability. Statistics show that home care is cost effective with more rapid healing and lower incidence of infection, medication errors, anxiety and other unwanted complications.

Breast Cancer Survivors Support Group - Brainerd

523 North 3rd St.
Brainerd, MN 56401
Contact: Pat Hassett, 218-829-1683

For breast cancer survivors who are residents of North Central Minnesota. Meets the second Friday of each month from 11:30 am to 1:30 pm at St. Joseph's Medical Center. (Lunch on your own.)

Cancer Survivors Support Group – CRMC-Crosby

320 East Main Street
Crosby, MN 56441
Contact: Jill Wittrock, 218-546-4319

Meets 2nd Thursday at 3 pm at the Cuyuna Regional Medical Center.

Cardiac & Pulmonary Rehabilitation- Cuyuna Regional Medical Center

320 East Main Street
Crosby, MN 56441
Contact: 218-546-7000 ext. 2446
www.cyunamed.org

Rehab option with chronic lung illness or cardiac problems to build endurance so patients with these illnesses can live more comfortably and independently. Also work with people at risk for cardio-vascular disease.

Cuyuna Regional Medical Center-Crosby Clinic

318 E. Main St.
Crosby, MN 56441
Contact: 218-546-7462
Toll-Free: 1-888-420-2778

Hours: Monday – Friday 7:30am-5pm

Located on the Medical Campus in Crosby, the clinic is a family-focused, multi-specialty physician clinic representing Family Practice, Internal Medicine, Podiatry, Orthopaedics, Audiology, Psychology, General Surgery, Orthopedics, Obstetrics/Gynecology and Pain Management.

Other specialties/services include Audiology, Psychology, Dermatology, ENT, ENT/Plastics, Oncology, Rheumatology, and Urology. The clinic has been a premier provider of healthcare services in the north central region of Minnesota for nearly 50 years.

CPR/First Aid Training-American Red Cross

2029 S. 6th St.
Brainerd, MN 56401
Contact: 218-829-4004
Toll-Free: 1-866-299-4004

Classes on site, at your location or can train your trainers to teach.

Crow Wing County Child Support and Collections

204 Laurel St #13
Brainerd, MN 56401
Contact: 218-824-1260

Provide federally-mandated services to establish and enforce orders for child support, medical support and childcare; establish paternity and locate absent parents. This department is also responsible to collect all debts owed to the social service agency; establish and collect out-of-home placement reimbursement claims and investigate all allegations of welfare fraud.

Crow Wing County Health Department

204 Laurel St., Ste. 12
Brainerd, MN 56401
Contact: 218-824-1080
Toll-Free: 1-877-724-1080

www.co.crow-wing.mn.us/health/health.htm

Protect and promote health of general population by emphasizing prevention of disease, injury, disability and preventable death through promotion of effective coordination and use of community resources and extend health services to community. Pregnancy testing is available.

Crow Wing County Social Services

PO Box 686
Brainerd, MN 56401
Contact: 218-824-1140

Child protection assessment, services to children in need of protection, services to parents under 18, adoption, children's mental health services, licensing of foster care and day care homes and custody studies. Various medical programs, such as Medical Assistance, General Assistance Medical Care, Senior Drug Program, Minnesota Care, Elderly Waiver, TEFRA, Childcare Assistance and Employed Persons with Disabilities.

Crow Wing County Social Services- Adult Protection

204 Laurel Street
Brainerd, MN 56401
Contact: 218-824-1140

Central Entry Point (CEP) for Vulnerable Adult reports. Screening and assessments to determine abuse, neglect or financial exploitation of vulnerable adults. Interventions to reduce risk of further harm to the individual.

Crow Wing County Social Services- Mental Health Services

204 Laurel Street
Brainerd, MN 56401
Contact: 218-824-1140

Provides a wide array of services including crisis assistance, community education and prevention, assessment, case management, community support, day treatment, residential treatment, foster care and referral to available community resources.

Crow Wing County Veteran's Service Office

204 Laurel St., Ste. 14
Brainerd, MN 56401
Contact: 218-824-1058

The Crow Wing County Veterans Services Office is committed to providing professional and courteous service to veterans and their dependents, while striving to ensure they receive the maximum benefits and services they are entitled to. Individual right to privacy and confidentiality is always respected.

We provide assistance and clerical support to veterans and their dependents with a diverse array of benefits and services. This includes claims assistance, benefit counseling, and advocacy. The Veterans Service Office can also assist in obtaining military discharge and upgrades is also provided.

Transportation service to the St. Cloud and Minneapolis Veterans hospital medical appointments are available by calling the office to reserve a seat on the van. This service is available on a first-come, first-served basis. The van will travel whenever there are 2 or more passengers and by reservation only. The van departs Westgate mall at 4:45 am.

Cuyuna Regional Medical Center- Outreach Educ. Dept.

320 East Main Street
Crosby, MN 56441
Contact: 218-546-7000
1-888-487-6437
info@crosbymed.org
www.cuyunamed.org

Cuyuna Regional Medical Center's Outreach Education Department is a resource for the community, small businesses and industry, as well as health care providers. Course offerings include: American Heart Association CPR at all levels, First Aid, First Responder and refresher, EMT and refreshers, paramedic refresher and Safe Sitter.

Diabetes Education, CRMC

320 East Main Street
Crosby, MN 56441
Contact: 218-546-4378
Toll-Free: 1-888-487-6437

Cuyuna Regional Medical Center diabetes education staff strives to provide quality education, care and resources to patients, health care professionals and community members to empower individuals to learn to live well with diabetes.

Diabetes Resource Program- SJMC-Essentia Health Brainerd Clinic

2024 S. 6th St
Brainerd, MN 56401
Contact: Teri Veith, RN, 218-828-7412
teri.veith@sjmcmn.org

Offers group and individual sessions to people with diabetes and their families. We strive to help you cope with the day-to-day challenges of living with diabetes. Sessions are individualized and taught by a Diabetes Nurse Educator and a Registered Dietitian. Must have a doctor's referral. Call for information or a brochure.

Dialysis Unit - St. Joseph's Medical Center

523 3rd St. N.
Brainerd, MN 56401
Contact: 218-825-8964

Center hours: Monday-Saturday 6:00 AM to 8:30 PM. Now located at Brainerd Medical Center.

Essentia Health-St Joseph's Medical Center

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-829-2861
www.sjmcmn.org

Nonprofit agency providing in-patient general acute hospital and outpatient/inpatient surgery services. Same-day Care provides outpatient care that will help control health care costs. Same-day Care services include: occupational therapy, physical therapy, cancer care, kidney dialysis, laboratory services, x-ray services, outpatient surgery, and cardiac rehabilitation.

Emergency Care - St. Joseph's Medical Center

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-828-7557

Toll-Free:

24-hour emergency service. Air and ground transport, if more specialized medical care is needed.

Essentia Health-St Joseph's Medical Center

2024 South 6th St.
Brainerd, MN 56401
Contact: Appts: 218-828-2880
Toll-Free: 1-800-277-8262
essentahealth.org

Essentia Health St. Joseph's-Brainerd Clinic, one of Essentia Health's many Catholic facilities, provides a broad range of medical specialties, as well as in-house ancillary patient-care services. Specialties include Allergy, Audiology, Diabetes Care, Ear, Nose & Throat, Family Practice, Gastroenterology, Imaging, Internal Medicine, Neurology, Nutrition Counseling, and Podiatry. St. Joseph's Brainerd Clinic also offers an on-site pharmacy.

Essentia Health Convenient-Care Brainerd (CUB Foods)

417 8th Avenue NE
Brainerd, MN 56401
218-454-5800

Hours: Monday – Sunday 8am-8 pm

The medical team at Essentia Health Convenient Care-Brainerd can treat a variety of medical needs that need immediate attention, but are not life threatening. Our care team will diagnose, evaluate and treat your condition while ensuring your regular doctor receives information for any follow-up care.

Essentia Health St. Joseph's-Baxter Clinic

13060 Isle Drive
Baxter, MN 56425

Hours: Monday – Friday 8am-8pm

Saturday & Sunday – 9am-4pm

The medical team at Essentia Health St. Joseph's-Baxter Clinic can treat a variety of medical needs that need immediate attention but are not life threatening. Our care team will diagnose, evaluate and treat your condition while ensuring your regular doctor receives information for any follow-up care.

If you have a medical need that requires immediate treatment, but is not life threatening, our walk-in care, urgent care and convenient care teams can provide prompt and personal treatment to help you feel better. Our teams offer walk-in care without an appointment for a variety of minor illnesses.

Essentia Health Convenient Care-Baxter (CUB Foods)

14133 Edgewood Drive
Baxter, MN 56425
218-454-5802

Hours: Monday – Sunday 8am – 8pm

The medical team at Essentia Health Convenient Care-Baxter can treat a variety of medical needs that need immediate attention but are not life threatening. Our care team will diagnose, evaluate and treat your condition while ensuring your regular doctor receives information for any follow-up care.

Essentia Health St. Joseph's Crosslake Clinic

35205 County Road 3
PO Box 470

Crosslake, MN 56442

Contact: 218-692-1010

An outpatient facility affiliated with Essentia Health-St. Joseph's Medical Center in Brainerd. Family practice physician providing family health care. Clinic hours: Monday-Friday 8 am to 4:30 pm.

Essentia Health-Lakeland Psychiatry Clinic

523 3rd Street North
4th floor North

Brainerd, MN 56401

218-828-7394

Essentia Health-Lakeland Psychiatry Clinic, Brainerd, MN provides outpatient psychiatry services, including psychotherapy, medication management and electroconvulsive therapy (ECT) services for children, adolescents and adults, we also provide services for geriatric patients.

Essentia Health St. Joseph's-Pequot Lakes Clinic

4317 West Woodman Street
Pequot Lakes, MN 56472

Contact: 218-568-4416

Outpatient clinic affiliated with St. Joseph's Medical Center at Brainerd. Family practice physicians provide medical care to the community. Clinic hours: 8 am to 4:30 pm Monday-Friday.

Follow Along Program-TCC

2410 Oak St.
Brainerd, MN 56401
Contact: 218-829-2410
tccbrd@tccaction.com
www.tccaction.com

An Early Childhood Intervention System sponsored by the Crow Wing County Family Services Collaborative. Helps parents know if their child is playing, talking, growing, moving and acting like other children the same age. Fun activities, referrals to services, if needed. No cost to participate. Call for free brochure.

Good Beginnings OB Clinic, Essentia Health-St. Joseph's Medical Center

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-828-7688
Toll-Free: 1-888-829-2861

Provides outpatient obstetric service and WIC program. Clinic hours: 8 am to 4 pm Monday-Friday. Please call for further information.

Lakes Country Counseling

7251 Excelsior Rd
Baxter, MN 56425
Contact: 218-454-0878
Toll-Free: 1-888-420-2778
lakescountrycounseling.com
admin@lakescountrycounseling.com

The mission of Lakes Country Counseling is to provide mental health services that foster and inspire hope, compassion, personal growth, and healing for individuals and families by coming alongside people in times of need; offering genuine respect and empathy for individuals on their spiritual, emotional, and mental health journeys. We offer unique, comfortable, and welcoming experience by finding creative ways to meet diverse needs of individuals, families and communities. Please call or email us for individual, couples, or family therapy consultation today.

The Insight Network

601 NW 5th St., Suite 4
Brainerd, MN 56401
Contact: 218-839-3095
theinsightnetwork.com

The Insight Network is a collaborative of independent/autonomous mental health professionals that provide counseling and therapy that comes right to you in your own home (including assisted living or nursing homes).

Do you suffer from many losses, have you experienced painful life changes, painful memories, or relationship issues? We can help you with this.

The Insight Network is not strictly limited to older adults. We can serve any age client who prefers to receive service in the privacy of their home.

You are eligible for services if you have difficulty getting to a clinic or uncomfortable in a clinic setting or just prefer to receive services in your home. A doctor's order is not necessary to receive services. Please check out our website for more information.

Man to Man: Prostate Cancer Support

523 North 3rd St.
Brainerd, MN 56401
Contact: 218-828-7421

Education meetings and sharing. Loved ones invited to attend. Meets all months except Dec, Jan, and March.

Medi-Van, Inc.

Detroit Lakes, MN 56502
Contact: 218-847-1729
Toll-Free: 1-800-422-0976
Email: imedivan@tekstar.com

A professional, specialized transportation system designed to transport patients from their residence or nursing homes to scheduled appointments. Advance scheduling notice is recommended. Primarily for patients who have physical/mental disabilities (i.e. wheelchair-bound) and who have difficulty getting to and from appointments. Have ICC permission to transport across state lines. 24-hour, 7 day per week service. Our staff handles billing with MA, Health Plan, or the individual.

Minnesota AIDS Project—Twin Cities

2577 Territorial Road
St. Paul, MN 55114
Contact: 612-341-2060
Toll-Free: 1-800-243-4057
www.mnaidsproject.org
info@mnaidsproject.org

HIV/AIDS prevention education. Case management services for individuals living with HIV/AIDS.

Minnesota CARE

540 Cedar St.
St. Paul, MN 55101
Contact: 651-297-3862

State subsidized healthcare plan. 8:30am – 4 pm
Monday thru Friday.

Minnesota Neurorehabilitation Hospital - BRHSC

11615 State Ave
Brainerd, MN 56401
Contact: 218-855-8759

A licensed and accredited 15-bed rehabilitation hospital serving adult traumatic brain injury survivors with severe neurobehavioral issues. Clinical problems such as organic mental illness and chemical dependency complicated by cognitive deficits are treated by a team of specialists. The hospital offers a full range of inpatient and outreach services to increase the survivor's functioning and independence.

Minnesota Psychological Resources (MPR)

PO Box 413
Pequot Lakes, MN 56472
Contact: 218-568-4500
www.mnpr.com

Licensed Rule 29 Mental Health Clinic offering services to all ages. Treats individuals, families, couples and offers several therapy groups. Assessments & testing. Accepts many major insurance policies and offers a sliding fee scale. Also offers seminars and public presentations.

Minnesota State Services for the Blind & Visually Impaired

1919 South 6th Street
Brainerd, MN 56401
Contact: 218-828-2490
Toll-Free: 1-800-652-9000

Rehabilitation services for those with visual handicap including resource center for educational materials. Partners in the MN Workforce Center.

Grace Unit

523 North 3rd St.
Brainerd, MN 56401
Contact: 218-828-7437

Adult and geriatric acute inpatient psychiatric care. 24-hour referral available. Provider for most insurances, Medicare & MA, financial assistance/sliding fee available.

Northern Pines Mental Health Center, Inc.

520 5th St NW
Brainerd, MN 56401
Contact: 218-829-3235
Toll-Free: 1-800-566-3235

Provides broad-spectrum mental health services, including outpatient counseling, psychiatry and medication management, psychological testing, day treatment, in-home services, emergency intervention, EAP services, and public education/prevention programs. Serves all persons in need of our services, regardless of the client's ability to pay.

Nystrom & Associates, Ltd.

13021 Evergreen Drive
Baxter, MN 56425
Contact: 218-829-9307
www.nystromcounseling.com

Christian-based, licensed Rule 29 outpatient mental health clinic providing individual, marriage, and family therapy, psychiatric services, including medication management, psychological testing (children and adults), group therapy, workshops and seminars.

Ombudsman for Mental Health & Mental Retardation

11800 State Highway 18
Brainerd, MN 56401
Contact: 218-828-2366
Toll-Free: 1-800-657-3506
www.ombudmhmr.state.mn.us

Mediates/advocates on behalf of persons receiving services for mental illness, mental retardation or related conditions, chemical dependencies or emotional disturbances. Consultation regarding rights and treatment issues with individuals, programs and facilities. Reviews circumstances surrounding deaths or serious injuries of persons in residential or acute care facilities.

Out Patient Clinics – Esentia Health-St. Joseph's Medical Center

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-828-7558

Services provided include: specialty medicine, outpatient services, neurological, cardiac, ET (enterostomal and skin), neuro-surgery and plastic surgery.

Professional Family Based Division (PFBD)

13021 Evergreen Drive
Baxter, MN 56425
Contact: 218-829-7453

Professional Family Based Division (PFBD) is a division of Nystrom & Associates, LTD. (NAL). PFBD provides intensive in-home psychotherapy to SED/EBD youth and their families eligible for mental health case management services through their local county. Experienced therapists from a variety of disciplines work with parenting skills, abuse issues, crisis situations.

Radiation Therapy Center- Esenta Health-St. Joseph's Medical Center

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-828-7585

A radiation therapy center for cancer patients. This service is located at St. Joseph's Medical Center; provided by Minneapolis Radiation Oncology.

Rainbow Healing Center

224 North 5th Street
Brainerd, MN 56401
Contact: 218-825-7723
rainbowdove@hotmail.com

Please call for more information on services provided.

Reach for Recovery

523 North 3rd St.
Brainerd, MN 56401
Contact: 218-828-7611
1-800-227-2345 (To get matched with a Reach To Recovery volunteer)

The Reach To Recovery program has been helping people cope with their breast cancer experience-as early as the first possibility of a diagnosis and continuing for as long as breast cancer remains a personal concern to them.

Rehabilitation Services- Cuyuna Regional Medical Center

320 East Main
Crosby, MN 56441
Contact: 218-546-2315
www.cyunamed.org

The Rehabilitation Services Department at Cuyuna Regional Medical Center offers a coordinated team approach that promotes fast recovery and the return to home and recreational activities. CRMC's team of rehabilitation specialists consists of highly trained and skilled professionals who take pride in being on the cutting edge of rehabilitation services. These experienced professionals provide comprehensive inpatient and outpatient rehabilitation services with the state of the art equipment. The unit includes speech, physical and occupational therapy for all ages, as well as cardiac and pulmonary rehabilitation.

Road to Recovery (American cancer society)

3721 23rd Street S. Suite 102
St. Cloud, MN 56301
Contact: 320-255-0220
800-227-2345

Rides to radiation or chemotherapy treatments and other medical needs. Serves many communities such as: Crosslake, Merrifield, Ideal corners, Jenkins, Fifty Lakes, Emily, Pequot Lakes, Nisswa, Breezy Point, Crosby-Ironton, Garrison, Brainerd and Baxter.

Safe Place for Newborns

Essenti Health-St. Joseph's Medical Ctr.
523 North 3rd St.
Brainerd, MN 56401
Contact: 218-828-7550

A place for parents to bring an unharmed newborn where the baby will receive care, medical attention and appropriate placement. Go to the emergency room of these hospitals; tell the personnel that you want your baby left with "Safe Place". Confidential. Also help is available before the baby is born. Call Social Services at 218-824-1140, or Crisis Line at 218-828-4357 or 1-800-462-5525. We are also located in Crosby: Cuyuna Regional Med. Ctr. 320 East Main St., Crosby, MN 56441 Phone Number: 218-546-7000

Sight and Hearing Association

674 Transfer Road
St. Paul, MN 55114
Contact: 651-645-2546
Toll-Free: 1-800-992-0424
mail@sightandhearing.org
www.sightandhearing.org

Also known as the Minnesota Society for the Prevention of Blindness and Preservation of Hearing. Provides educational information, products, and referral services for a variety of vision and hearing related topics.

Shriner's Hospital for Children – Northern Orthopedics

2014 S 6th Street
Brainerd, MN 56401
Contact: Gloria- 218-829-7012

If you know a child Shriners Hospitals for Children-Twin Cities may be able to help, please contact Norther Orthopedics. Appointments are scheduled for Tuesday's with Dr. Lelwica. The Shriners Hospital provides Free medical treatment for handicapped or burned children to age 18. Includes certain transportation, parent housing and education.

St. Gabriel's Hospital

815 SE 2nd Street
Little Falls, MN 56345
Contact: 320-632-5441
www.stgabriels.com

A non-profit community hospital offering a broad range of inpatient and outpatient services

United Cerebral Palsy of Minnesota

Gillette Children's Specialty Healthcare
200 University Ave East
St. Paul, MN 55104
Contact: 651-265-7361
Toll-Free: 1-800-719-4040
info@ucpmn.org
www.ucpmn.org

Co-producers of "Disability Viewpoints" a cable television show that provides information about disability related services.

WIC Program-Crow Wing County Public Health Department

204 Laurel St., Suite 12
Brainerd, MN 56401
Contact: Bethany, 218-824-1073
Toll-Free: 1-877-824-7484
bethany.mayer@crowwing.us

A supplemental nutrition program for women, infants and children. Nutrition education is provided monthly through one-to-one counseling. Appropriate referrals are made to other health care providers or financial assistance agencies. Vouchers for certain foods and formulas are issued to qualified applicants which are redeemable at participating grocery stores.