



MENTAL HEALTH & CHEMICAL DEPENDENCE TREATMENT RESOURCE LIST: SOUTHEASTERN, MN

Click on the name of the organization to view their website. If the agency does not have a website, their name is in black.

MENTAL HEALTH ORGANIZATIONS FOR EDUCATION, ADVOCACY, RESEARCH AND SUPPORT

American Foundation for Suicide Prevention (AFSP) SE MN	800-273-8255
National Alliance on Mental Illness (NAMI) SE MN	507-287-1692

MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES

Location: Austin, MN

Cedar House Inc.	507-334-1983
Cedar River Counseling	507-433-6482
Gerard Academy	507-434-4366
Mayo Clinic Psychiatry and Psychology	507-433-8758
Mower County Health and Human Services	507-437-9701

Location: Northfield, MN

Allina Health Northfield Clinic	507-663-9000
Aperture Health Services	612-568-8483
Center for Healing and Resilience	507-645-9304
Centered Practice, Northfield MN	507-649-7294
Daniel Dimick, MA, LP, LMFT	507-645-6575
MN Mental Health Consulting	612 203-2961
Neurofeedback Center: Intellect LLC	507-581-8015
Paula J. Detjen, MA, LMFT, LPC	507-581-0430
Rice County Services	507-645-9576
Secure Base Counseling Center	507-301-3412

MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES CONTINUED...

Location: Owatonna, MN Area

Allina Health Faribault Clinic	507-334-3921
Associates in Psychiatry & Psychology	507-455-0992
Catholic Charities Southern MN	507-455-2008
Dr. Dana Phenix, DMFT, LMFT	507-273-3768
Experiencing Moore-Owatonna	507-676-6834
Fernbrook Family Center	507-446-0431
Mental Health Professionals	507-446-8123
South Central Human Relations	507-451-2630

Location: Red Wing, MN

Dr. Bill Clifton, PsyD, L.P, LLC	651-385-9131
Fernbrook Family Center	651-212-7429
Hiawatha Valley Mental Health Center	651-327-2270
Mayo Clinic Psychiatry and Psychology	651-385-3260

Location: Rochester, MN

ABC Child & Family Therapy	507-536-7662
Achievement Therapy Services	507-226-8844
Associates in Psychiatry & Psychology	507-288-8544
Bluestem Center for Child and Family Development	507-282-1009
Consultants in Psychological Health	507-289-5110
Decision Point	507-261-7080
Empower CTC	507-292-1379
Family Service Rochester	507-287-2010
Fernbrook Family Center	507-216-8350
Highland Meadows	507-288-6978
Hope Ranch	507-281-3033
Jason Schweitzer, LLC	507-271-0467
Johnson Psychological Services, PLLC	507-205-5031
Minnesota Autism Center	952-767-4204
Mission 21	507-208-4600
Mayo Clinic Psychiatry and Psychology	507-538-3270
Nystrom & Associates	507-516-0030

MENTAL / BEHAVIORAL HEALTH TREATMENT SERVICES CONTINUED...

Location: Rochester, MN Continued...

Olmsted County Community Services	507-328-6400
Olmsted County Public Health Services	507-328-7500
Olmsted Medical Center- Southeast Clinic	507-288-3443
Perspectives Therapy Center	507-322-6755
Psychological Consultants	507-252-9292
PrairieCare Medical Group	507-218-3701
Riverstone Psychological Services	507-923-7321
Rochester Autism Center	507-424-3234
Serene Spirit Mental Health Care, LLC	507-322-6564
Transitions Therapies	507-288-5818
Youth Behavioral Health, LLC	507-206-3370
Zumbro Valley Health Center	507-289-2089

Location: Winona, MN

Acumen Counseling Services, LLC	855-855-6776
Counseling Associates, LLC	507-452-5033
Counseling Resource Center	507-454-3880
Empower CTC	507-292-1379
Family and Children's Center	507-453-9563
Hiawatha Valley Mental Health Center	507-454-4341
Lawrence J Green & Associates	507-452-1164
Winona Health Psychiatry and Counseling	507-454-3650
Winona Counseling Clinic, Inc.	507-454-3900

CHILDREN AND ADOLESCENT GROUP HOMES AND RESIDENTIAL TREATMENT CENTERS

Avanti Center for Girls	763-230-7470
Bar None-Volunteers of America	763-753-2500
Children's Residential Treatment Center (CRTC)	612-870-4300
Eau Claire Academy	715-834-6681
Gerard Academy- Boys Residential	507-433-1843
Gerard Academy- Girls Residential	507-433-1843
Heartland Girls Ranch	320-843-4815
Mille Lacs Academy	320-532-4005
North Homes Children and Family Services	888-430-3055
Northwood Children's Services	218-728-7164
Rogers Behavioral Health	763-318-2800
Von Wald Group Home	612 813-5006

EATING DISORDER RESIDENTIAL TREATMENT (ALL AGES)

Melrose Center/Park Nicollet (closest locations are near the Twin Cities)	952-993-6200
The Emily Program (closest locations are near the Twin Cities)	866-702-0767

CHEMICAL DEPENDENCY TREATMENT

Location: Austin, MN

Outpatient Services

Mayo Clinic: Fountain Centers	507-434-1890
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Residential Services

Austin Manor	507-433-5569
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Location: Dodge Center, MN

Outpatient

Nehemiah Family Services	507-374-9047
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CHEMICAL DEPENDENCY TREATMENT CONTINUED...

Location: Northfield, MN

Outpatient Services

Omada Behavioral Health	507-664-9407
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Residential Services

West Hills Lodge	507-451-1172
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Location: Owatonna, MN

Outpatient Services

Family Focus Chemical Dependency	507-334-6413
Mayo Clinic: Fountain Centers	507-451-0511
South Central Human Relations	507 451-2630

Residential Services

Beauterre Recovery Institute	855-211-5869
West Hills Lodge	507-451-1172

Location: Red Wing, MN

Outpatient Services

Common Ground	507-281-0023
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Peer Support Agencies

Alcoholics Anonymous (A.A.)	https://www.aadistrict1.org/groups-by-city
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Location: Rochester, MN

Peer Support Agencies

Alcoholics Anonymous (A.A.)	https://www.aadistrict1.org/groups-by-city
Recovery is Happening (Peer Support, Support Groups)	507-218-4773

CHEMICAL DEPENDENCY TREATMENT CONTINUED...

Location: Rochester, MN Continued...

Outpatient

Common Ground	507-281-0023
Empower CTC	507-292-1379
Mayo Clinic: Fountain Centers	507-434-1890
Olmsted Medical Center Department Psychiatry and Psychology: Perkins Counseling Center	507-529-1758
PrairieCare Medical Group (Adolescent Only)	507-218-3701
Rochester Metro Treatment Center	877-284-7074
Wenden Olmsted County Correction Recovery	651-385-0600
Zumbro Valley Mental Health Center	507-289-2089

Detox

ZVMH Connects and Referral Unit (CRU)	507-289-2089
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Residential Chemical Dependency Treatment Centers

Minnesota Adult and Teen Challenge	612-FREEDOM
Oakridge (Men Only)	507-289-2753
Pathway House	507-287-6121
The Gables (Women Only)	507-282-2500

Half-Way Houses / Sober Living

The Cronin Home	507-282-1204
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Location: Winona, MN

Outpatient Treatment

Common Ground	507-281-0023
Empower CTC	507-292-1379
Hiawatha Valley Mental Health Center	800-657-6777
Wenden Recovery Services Inc	507-454-2839
Winona Counseling Clinic Inc Chemical Dependency Services	507-454-3900

AREA SUPPORT GROUPS

Support Type	Support Group	Address	Contact	Details
Alcoholic Anonymous	Alcoholic Anonymous Rochester, MN		507-281-1747	-This number will connect you with an answering service and will provide meeting times and locations. -Allow 24 hours when a return call is requested.
Alcoholic Anonymous	Al-Anon	P.O. Box 7274 Rochester, MN 55903	507-281-4729	-Phone line open 24 hours/day. -Call for specific dates and times.
Alzheimer's Disease and Related Dementia Support Group	Mayo Alzheimer's Disease Research Center/Alzheimer's Association	4111 Highway 52 North Rochester, MN 55901	507-284-4059 or 507-289-3950	-Caregiver Support group: 1st Thursday of each month 1:30-3:00pm and 3rd Thursday from 5-6:30pm at Assisi Heights. -Support group series for people with early stage memory loss, MCI or Early Alzheimer's Disease: 10 week series offered once a year. Call for more information.
Caregiver Support Group	Elder Network	1130 ½ 7th Street, Suite 205 Rochester, MN 55901	Laurie Marrell or Holly Brown 507-285-5272	-Open to the public. -Caregiver Support Group: for all types of caregivers (not disease specific), 1st Tuesday of each month from 1:30-2:30pm at the Elder Network office. -Care Conversations: for those caring for a loved one with cancer, 2nd Wednesday & 3rd Monday of each month from 7:00-8:30pm at Hope Lodge in Rochester, 411 2nd St. NW. -Senior Crime Victim Support Group: Last Monday of each month from 3:00-4:00pm at Mayowood House, 1025 Mayowood Rd. SW.
Disability Support Group	Southeastern Minnesota Center for Independent Living (SEMCIL) Support Groups	2720 North Broadway, Rochester, MN 55906	Ann Peterson at 507-285-1815	-Brain Injury Support Group: Offered the 1st and 3rd Monday of month from 7:00-8:30 p.m. -Call the Disability Linkage Line at 1-866-333-2466 for information on other disability related support groups such as: <ul style="list-style-type: none"> • MS Support Group • Spinal Cord Injury Support Group • Lupus Support Group • Fibromyalgia Support Group
Divorced, Widowed, Separated Support Group	The Beginning Experience: Divorced, Widowed, Separated	P.O. Box 6874 Rochester, MN 55903	Jerry Madsen at 507-289-6053	-Christian based support group. -Weekday and weekend sessions offered. -Call for dates and times.
Epilepsy Support Group			Sue Ringhoffer at 507-287-2103	-Call for dates and times

AREA SUPPORT GROUPS CONTINUED...

Family Support Group	NAMI Family Support Group	Mayo Clinic, St. Mary's Hospital, Generose Building Room 3-108 (Rome Library) Contact NAMI SE MN for parking pass: 507-287-1692	507-287-1692	-For family members of a loved one who has a mental illness. -Meetings led by a facilitator with their own lived experience. -1st and 3rd Monday of each month, 5:30-7:00 pm
Family Support Group	NAMI Family Support Group	NAMI SE MN, Suite 105 (The Nolte Room), 1700 Broadway Ave North, Rochester (Use Entrance B on the North side of the building)	507-287-1692	-For family members of a loved one who has a mental illness. -Meetings led by a facilitator with their own lived experience. -2nd and 4th Wednesdays for each month, 7:00 – 8:30 pm
Fibromyalgia Support Group	Fibromyalgia Support Group	Fontaine Towers (102 2nd St SE)	507-206-0587 or hope0073@yahoo.com	-Meets the 3rd Sat. of each month at 1pm
Grandparents Parenting Again Support Group	Child Care Resource and Referral	126 Woodlake Dr. SE Rochester, MN 55904	Contact: 507-287-2020	-Groups are offered the 1st Tuesday of every month from 11:30 a.m. to 1:00 p.m. and the 3rd Tuesday of every month from 5:30 p.m. to 7:00 p.m. *Note: Child care is provided during the evening group.
Grief Support Group	Mayo Hospice Grief Support Group		507-284-1690	-Groups offered over an 8-week time period. -Sessions offered during both the afternoon and evening. -Pre-registration required. -No cost.
Grief Support Group	Heartland Hospice Grief Support Group		507-292-1170	
Grief Support Group	Season's Hospice Grief Support Group		507-285-1930	-Groups offered over an 8-week time period. -Sessions offered during both the afternoon and evening. -Pre-registration required. -No cost
Heart Disease Support Group	Rochester Coronary Club		Kathy Zarling at 255-8405	-Group meets the 2nd Wednesday of each month from 7:00-9:00 p.m. at the Rochester Senior Center. -Anyone interested in learning about heart disease and its prevention may attend.
Macular Degeneration Support Group	Macular Degeneration Support Group	121 North Broadway Rochester, MN 55906	Jeannine Richter at 287-1469	-Group meets the 2nd Monday of each month at 10:30 a.m. at the Senior Center
Parkinson's Disease Support Group	Realife Cooperative	825 Essex Parkway Rochester, MN 55901		-Group is for both the caregiver and care receiver. -Offered the 3rd Thursday of each month from 1:00-3:00pm

AREA SUPPORT GROUPS CONTINUED...

Prostate Cancer Support Group	Prostate Cancer Support Group-Methodist Hospital:	Rochester, MN	507-284-2691 or 507-288-1197	-Meet in Weld Auditorium, Room 3-145, third floor of Methodist Hospital. -Offered the 2nd Wednesday of each month at 12:30 p.m.
Recovery Support Group	NAMI Connection Recovery Support Group	First Presbyterian Church, 101 6th Ave. NW, Kasson	507-287-1692	-Peer-led meetings facilitated by an individual with their own lived experience. -Tuesdays, 7:00-8:30 pm
Recovery Support Group	NAMI Connection Recovery Support Group	NAMI SE MN, Suite 103 (Lighthouse), 1700 Broadway Avenue North, Rochester (Use Entrance B on the North side of the building)	507-287-1692	-Peer-led meetings facilitated by an individual with their own lived experience. -Wednesdays, 7:00-8:30 pm
Suicide Support Group	Survivor of Suicide (SOS) Support Group	Evangel United Methodist Church (Fireside Room) 2645 North Broadway, Rochester	Barb Powell 507-226-8095	-Suicide survivors share support. -Meetings facilitated by individuals who are survivors of suicide loss themselves. -Meet 3rd Thursday of each month, 7:00 p.m. - 8:30pm
Survivors of Suicide Grief Support Group	Adult Survivors of Suicide	Seasons Hospice /Center for Grief Education and Support 1696 Greenview Drive SW, Rochester	507-285-1930 ext. 1202	-Led by trained professionals who can assist in the healing process. -There is no cost to attend the groups however registration is required. -3rd Wednesday of each month, 6:00-7:30 pm
Survivors of Suicide Grief Support Group	Teen Survivors of Suicide (12 to 18 yrs old)	Seasons Hospice /Center for Grief Education and Support 1696 Greenview Drive SW, Rochester	507-285-1930 ext. 1202	-Led by trained professionals who can assist in the healing process. -There is no cost to attend the groups however registration is required. -3rd Wednesday of each month, 6:00-7:30 pm