

Statewide Resource List as updated due to COVID-19

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[AA/NA – Recovery Groups](#)

[American Indian OIC's](#) campus remains closed, but we have adjusted our service delivery so we can provide distance support to people who need **education, vocational training, and employment services to find success in today's economic reality**. If you or someone you know needs help, please refer to the contacts outlined below.

Takoda Prep Alternative High School is following Minneapolis Public Schools' [distance learning plan](#) and distance learning will begin on Monday, April 6. Third quarter work will be accepted through Friday, April 10. Daily instruction is provided on Google Classroom, families with technology barriers should email christyi@takoda.org or call 612.389.8751.

[Adult Basic Education/GED](#) classes are provided online. To be connected with this resource, email ness@takoda.org.

[The Takoda Institute of Higher Education](#) will begin its spring [Patient Services](#) and [Computer Support](#) training programs on Monday, April 13. The school is prepared to provide remote instruction throughout the quarter. For questions or to enroll, email erinw@takoda.org

[Our career counselors](#) are providing virtual assistance to clients who are experiencing unemployment as a result of COVID-19 or other circumstances. To get help, email barbarah@takoda.org. Please note, we encourage prospective participants to apply for [unemployment benefits](#) as soon as possible.

[Canvas Health](#) - provide services to people struggling with mental illness, substance use, abuse, crisis, unstable housing, and trauma. Holding Tele-health sessions.

[Care Counseling](#) – Telehealth therapy appointments

[The Drivers Diversion Program](#) is in operation for applicants to be processed. The DDP required classes are being done through teleconferences. In the end, DVS offices hours are restricted, but an applicant can proceed to get license reinstated based on DVS office hours. There is NO cost and No obligation to completing the application (waiver). It does however permit the applicant to have a resource to call and discuss their driver's license issues with an advisor that will work with them in navigating the steps that they need to take. Waiver located [here](#).

[Fast-Tracker](#) Your link to mental health and substance use disorder resources – searchable directory and real time assistance with resources.

[Goodwill Easter Seals](#) - Ramsey County WIOA (Job search for Ramsey County Adults) Minneapolis Works (Job Search for Minneapolis Adults), and Dislocated worker are all taking enrollments right now.

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[Healthcare for Re-Entry Veteran \(HCRV\) Program](#) - **Veterans released from incarceration will have a successful re-entry into their communities, families, and achieve the best possible outcomes.**

Contact:

John Moore, LICSW
HCRV Specialist
Minneapolis VA Healthcare System
Community Resource and Referral Center (CRRC)

1201 Harmon Place
Minneapolis, MN 55403
612-313-3263

[Him4Her Ministries](#) – **Mentoring/Housing for Women**

- continues to offer supportive services
612-760-4300

[HousingLink](#) – **COVID-19 Resources for Renters and Landlords**

HousingLink is tracking the impact of COVID-19 on renters and landlords. We created two resources pages to help both parties navigate this crisis.

- Our [COVID-19 page for renters](#) features the following information:
Evictions: Specifically tracking the executive orders of MN Governor Tim Walz
Unemployment Insurance
Emergency Assistance
Food
Utilities
Internet
Effective communication with landlords
- [COVID-19 page for landlords](#) features the following information:
Evictions: Specifically tracking the executive orders of MN Governor Tim Walz.
Emergency preparedness for apartment firms.
Recommendations from the Minnesota Multi Housing Association to show flexibility during this time.
Ideas for landlords to support renters
Minnesota Department of Public Safety Driver and Vehicle Services Offices

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MNDHS

- Housing and Homelessness assessments

A youth is anyone under 24 years old: Safe Zone: 651-224-9644

www.ysnmn.org

Ramsey County Residents:

Single Adults: Call: 651-647-2377 or 651-602-7549

Families: Call: 211 or 651-215-2262, 651-266-7818

Hennepin County Residents: Call: 612-283-2567 or 612-790-7827

Dakota County Residents: Call: 651-554-5751 Adults press 1, youth under 24 yrs press 2

Washington County Residents:

Single Adults: Call: 651-430-6488

Families: Call: 651-430-6488

Anoka County Residents: Call: 763-324-1215

Scott County Residents: Youth: 952-865-0195 Singles/Families: 952-496-2125

Mn Adult & Teen Challenge- Residential and Outpatient Telemedicine SUD Treatment

- **Continuing to accept new clients in each of our 11 residential facilities**, with necessary protocols in place to protect and safeguard our community. In addition, we are now providing outpatient services via doxy.me, a virtual HIPAA-compliant telemedicine platform. Telemedicine services are available for anyone sheltered or at home who requires treatment and support for addiction and recovery while adhering to mandates for social distancing.

Call 612-373-3366(FREEDOM) to make a referral or to schedule an assessment.

Locations:

Minneapolis – Men and Women – 612-373-3366, Fax 612-823-4913

Rochester – Men and Women – 507-288-3733, Fax 855-545-2217

Brainerd – Men only – 218-833-8777, Fax 218-833-8778

Duluth – Men Only - 218-529-3733, Fax 218-740-4330

Buffalo – Adolescent Boys 13 -18 – 844-768-8336, Fax 855-894-0427

Minnesota Assistance Council for Veterans - Operational and serving Veterans and their families who are homeless or at risk of becoming homeless with Housing, Employment, and Legal Assistance. Please call us for assistance at 833-222-(MACV) 6228

MN SUD Treatment Programs that are/are not accepting new clients

Nuway – Intensive outpatient and Residential Treatment -Continues to accept referrals to all programs

NUWAY's residential programs, including Cochran Recovery Services, are still accepting referrals and admitting clients and just a reminder, all of NUWAY's programs are:

Co-occurring

GLBTQIA+ safe & friendly

Medication-assisted treatment/recovery friendly

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Trauma informed

RESIDENTIAL CONTACT INFORMATION

NUWAY I, II & III and Cochran Recovery Services

Residential Admissions Team - Office: 612-767-0309 Fax: 612-870-3796 o David Joubert, Residential Admissions Supervisor (david.joubert@nuway.org)

Ryan Splett – Residential Admissions Coordinator (ryan.splett@nuway.org)

Robyn Seguin, Residential Admissions Counselor (robyn.seguin@nuway.org)

For more information on how to enroll an individual in to telehealth outpatient services at NUWAY, please contact any of our outpatient sites directly. Their contact information can be found [here](#).

[Nystrom and Associates:](#)

- Continues to accept new clients

ALL appointments/programs will be done by phone EXCEPT: First-Time Appointments with a Psychiatry Provider and All Injection Appointments must take place in-person at the scheduled clinic location.

contactus@nystromcounseling.com

[Partners in Recovery](#) – provides traditional Outpatient treatment and integrated ‘Trioccurring’ Outpatient with the option of Sponsored Lodging through the Roseville location

MINNESOTA LOCATIONS:

ROSEVILLE

1611 County Rd B, Suite 102

P: 888.648.7652 ext 4

F: 651.348.8349

HIBBING

704 East Howard St., Suite C

P: 888.648.7652 ext 1

F: 651.348.8349

VIRGINA

216 North 5th Avenue West

P: 888.648.7652 ext 2

F: 651.348.8349

[RAMSEY COUNTY SNAP ENROLLMENT](#)

Ramsey County Residents should call: 651-266-4444

All documents should be faxed to: 651-266-3942

Documents can also be dropped off in the drop box outside the building, or other designated drop-off locations.

[SMART Recovery USA](#) is fully operational at this time

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Meetings are taking place, but some local meetings have moved from in-person to online

Check meeting list (<https://www.smartrecovery.org/local/>) to confirm local meeting format (in-person or online)

You can also join national online meetings (<http://www.smartrecovery.org/srol-2/>)

Send Coronavirus questions to importantnews@smartrecovery.org

[SOAR Career Solutions –](#)

SOAR Career Solutions is still offering services

SOAR has transitioned from face to face meetings to phone calls with the capability to host video meetings too.

For new clients just being released from incarceration, they should contact SOAR via phone at 218.722.3126 or e-mail us at info@soarcareers.org to get added to a case managers meeting calendar.

[Portico](#)

- **They can now help people apply for MNsure online** even if they don't have internet. MNsure has allowed them to create online accounts for clients as we talk with them on the phone.
651-603-5100
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[Vinland National Center](#)

- Continuing daily operations and clinical care through telehealth

Loretto, MN - Currently full, with an estimated two week wait for an opening. Will remain open and ready to serve new clients (and conducting Rule 25 and Rule 82 – Gambling

Outpatient Clinic in NE Minneapolis - Conducting Rule 25 and Rule 82 – Gambling

Official Websites & Resource documents

- [CDC Covid-19 Updates Page](#)
 - [En Español](#)
- [Minnesota Stay at home except for essential needs order](#)
 - [PSAs multiple languages!](#)
- [MN Dept of Health Updates page](#)
 - [Print/PDF resources](#) (*multiple languages*) on preventing the spread
- State Covid-19 Hotline: 651-201-3920 or 1-800-657-3903 7 a.m. to 7 p.m.
- [City of Minneapolis update page](#)
 - 3-20 update: [Mpls Mental Health Fund](#) (provider apply to provide mental health services to priority communities)
- [Hennepin County update page](#)
- [Minneapolis Public Schools update page](#)
 - [Mental Health Support Hotline: 612-767-4158](#)
 - Southside Community Education Resource Document ([English](#) and [Spanish](#))
- [St. Paul Public Schools update page](#)
- [Metro Transit schedule impacts](#)

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- [Minneapolis Park and Recreation Board COVID-19 FAQs and updates](#)
- [Find Help](#) a resource database that sorts based on zip code and services needed
- [UMN Medical School Resource Document](#) (updated daily)
- Minneapolis Youth Coordinating Board [updates](#)
- [National Parent Helpline](#): 1-855-427-2736
- [Postpartum Support International Helpline](#): 1-800-944-4773
- [National Domestic Violence Hotline](#): 1-800-799-7233 | TTY 1-800-787-3224
- [Immigrante Informado](#)
- Federal Legislation Updates
 - Family First Coronavirus Response Act [Overview](#)
 - [Article: summary about potential benefits](#)

Unemployment & Financial Support:

- Apply online: uimn.org
 - Reserve phone lines for those who don't speak English
 - Q & A about Unemployment [here](#)
 - Executive order unemployment updates:
 - Waiting period waived;
 - may not have to look for employment to get benefits;
 - sick/quarantined/home because of work outbreak, you qualify;
 - stay home due to lack of child care, you qualify
- [Minneapolis Community Financial Aid request](#)
- [MN Disabled/Elderly/Caregiver Aid request](#)
- [Other City of Mpls resources for workers](#)

Health Care

- Finding low cost health care resources [doc](#)
 - Available in multiple resources (scroll down) [here](#)
- MNSure: [special Covid-19 enrollment period](#) for those without health insurance
 - Help applying (language services available): 612-668-4222
- MPS [Mental Health Support Hotline](#): 612-767-4158
- MN Department of Health
 - [Mental Health Promotion](#)
 - [Behavioral Health and Emergency Preparedness](#)
- General health info
 - [WSJ: Facts about boosting your immune system](#)
 - [Tips for maintaining mental health and crisis line info](#)
 - [CNN Covid-19 Health Podcast](#)
 - [Quick tips to take care of your wellbeing during the Covid-19 Pandemic](#)

Food:

- [Mpls Public School food pickup information](#)
 - Starting 3/30, switching to *weekly meal pickup*: 50 sites across MPS, 10 meals at a time. See map of locations and weekly schedule [here](#)
 - Through 4/3 MPS will provide meals to students at 20 locations around the city while schools are closed due to COVID-19; [see where these sites are and related information.](#)
- [Hunger Impact Partners](#)

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- As public schools and community meal sites are closed, free nutritious school meals for kids 18 and under are only a click away. Starting immediately, the **Free Meals for Kids** mobile app will help families and kids in need find and access free meals at nearly 400 schools and other sites across Minnesota.
- [**DOWNLOAD**](#) (iOS)
- [**DOWNLOAD**](#) (Android)
- [Food resources by school district](#)
- [Meals for kids](#) (statewide resource collection from Hunger Solutions)
- Food banks:
 - Hunger Solutions: [Local Foodbank search database](#)
 - Helpline for food resources or SNAP signup support (translation services available): 1-888-711-1151
 - Feeding America: [Find your local food bank](#)
 - [Second Hand Harvest](#)
 - [Sheridan Story](#)
 - [CAPI](#) (Asian-American family focus)
 - [Pillsbury United Food Shelves](#)
 - Continuing [free community meals](#), takeout only! No ID required, quick check in about family numbers for amount of food.
 - At Oak Park Center: Tuesdays-Thursdays 4-6 pm, 1701 Oak Park Ave N and at Waite House Community Center: Mondays-Fridays 11am-12:30pm, 232311th Ave S, Minneapolis, MN 55404.
 - Urban Ventures:
 - FREE CURBSIDE HOT MEAL PICKUP (drive-through food distribution)
 - 11a - 2p Thursday, March 26 (and starting next week, every Tues/Thurs/Fri during the Coronavirus shutdown). A partnership between Urban Ventures and Hope Breakfast Bar
 - Example dishes: Chicken sandwiches, burgers, sides. **All are welcome! Meals for all ages!**
 - Location: Urban Ventures Colin Powell Center, 2924 4th Ave S., Mpls, MN 55408
 - Questions? Call 612-638-1000
- Metro Restaurants providing free food for kids:
 - [Twin Cities Eatery list](#)
 - [KSTP list](#)
 - [Bring me the news list](#)
- Restaurants with [curbside pickup](#):
- Orgs doing meal delivery (have pay-it-forward purchase options)
 - [Wandering Kitchen](#)
 - [Common Roots](#)

Internet access:

- City of Minneapolis WIFI [updates and map](#)
 - USI

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Opens their WIFI network in Minneapolis for those that may need temporary Internet access

Select the “City of Minneapolis Public “WIFI” or “USI Wireless” network on your mobile device and you will be connected. The process is similar to using Wi-Fi at a coffee shop or the airport. No password or credit card is required to sign in.

These networks are available throughout the City of Minneapolis. Check the signal strength for your best option based on your location.

[Contact US Internet](#) for more information or to get help over the phone.

- Comcast
 - Opens Xfinity WIFI network and is offering unlimited data for free
 - For a map of Xfinity WIFI hotspots, visit www.xfinity.com/wifi. Once at a hotspot, select the “xfinitywifi” network name open your Internet browser.
 - [Internet Essentials is free to new customers](#)
 - Refer to [Comcast's COVID-19 resources](#) for additional details and how to get help.
- **Charter:**
 - People without a Spectrum broadband subscription can get free broadband and Wi-Fi for 60 days with the installation fees waived. Low income households without children may still be eligible for the Spectrum Internet Assist. Charter will open it’s Wi-Fi hotspots across our footprint for public use.

Arvig

New customers in homes with K-12 or college students can sign up for free internet with Arvig. Service will be free until school year resumes.

Bills

- 3-20: Updated [list](#) of which utility companies are suspending disconnections
- No cutoffs from Xcel or CenterPoint (article [link](#))
- No water cutoffs from City of Minneapolis through at least April 13th
- Heat: No cutoff between Oct 15-April 15.
 - The **Energy Assistance Program** (EAP) helps pay for home heating costs and furnace repairs for income-qualified households
- Renters: **HOME Line** Free legal assistance for renters OR 612-728-5767
- Consumer issues: MN Attorney General’s Consumer Hotline (651) 296-3353

Housing

- State of Minnesota Housing Questions
 - Single-family residences: 651-296-8215
 - Multi-family residences: 651-297-4455
- [MN Housing Updates](#)
 - Executive order: suspending evictions
- [Minnesota Multihousing Authority](#)
- [Resources for renters \(including legal resources\)](#)
- [FAQs on suspension of evictions](#)
- [Minneapolis Public Housing COVID-19 information](#)

Other / Business

- Law Help MN [resources](#)
- City of Minneapolis Small Business Owner contact

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- Mónica Romero, 612-673-5992
- Small business [resources](#), compiled by Davis Law Offices
- Small business loans: US Chamber of Commerce [brochure](#) and Schusterman Foundation [information doc](#)