



# Chemical Health Guide: Informational, Treatment, and Support Group Resources

Please contact **Julia Geigle**, Chemical Health Specialist, at **651.351.8198**, or email [geiglej@stillwaterschools.org](mailto:geiglej@stillwaterschools.org) with any questions about resources and/or chemical health related issues. Resources are available at Stillwater High School in room D-203 (Wellness Center).

## Online Informational Resources for Parents/Guardians

National Institute on Drug Abuse (NIDA): <http://www.drugabuse.gov/parents-educators>

Partnership for Drug Free Kids - Parent Toolkit: <http://www.drugfree.org/the-parent-toolkit/>

Just Think Twice – US Drug Enforcement Administration: <http://www.justthinktwice.com/>

Youth Substance Abuse Prevention: <http://youth.gov/youth-topics/substance-abuse>

Signs and symptoms of teen chemical use: <http://timetoact.drugfree.org/think-look-forsigns.html>

Signs, symptoms, and help for drug abuse and addiction:

[http://www.helpguide.org/mental/drug\\_substance\\_abuse\\_addiction\\_signs\\_effects\\_treatment.htm](http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm)

## Crisis Services

**Canvas Health** – 24 hour phone line available for Washington County residents

651-777-5222, <http://www.canvashealth.org/crisis-support/>,

<http://www.co.washington.mn.us/index.aspx?NID=800>

**Crisis Connection** – 24 hour confidential and free phone counseling support and referral

866-379-6363 or 612-379-6363, <http://www.canvashealth.org/crisis-support/crisis-connection/>

## Local Substance Use Assessment and Treatment Services for Adolescents

Online/Phone Support in Locating Treatment Services – 1-888-315-5649 -

<https://www.mentalhelp.net/care/substance-abuse/mn/>

*Please note this is a varied list of local assessment, treatment services, and longer-term placements. Stillwater Area Public Schools do not endorse any particular chemical health organization.*

**Anthony Louis Center & On-Belay House** – Outpatient (Woodbury), Residential treatment services (Plymouth – males only / Eden Prairie – females only / Blaine – males and females) -Accepts 18 year olds on a case by case basis

763-542-9212, <http://www.anthonylouiscenter.com/>

**Canvas Health** – Outpatient treatment services (Stillwater, Cottage Grove), Substance use evaluations (Stillwater, Oakdale)

651-777-5222, <http://www.canvashealth.org/>

**CLUES** (Comunidades Latinas Unidas En Servicio) – Comprehensive treatment services to Latino youth and families (St. Paul)

651-379-4200, <http://www.clues.org/>

**Fairview Behavioral Health Services** – Outpatient dual diagnosis treatment services (Maplewood), Substance abuse residential services (Chisago City)

612-672-2736, <http://www.fairview.org/Services/BehavioralHealth/index.htm>

**Hazelden** – Residential and outpatient treatment services (Plymouth), Outpatient treatment services (St. Paul)

763-509-3800, [http://www.hazelden.org/web/public/alcohol\\_drug\\_rehab\\_youth.page](http://www.hazelden.org/web/public/alcohol_drug_rehab_youth.page)

**Maple Lake Recovery Center** – Residential long-term gender-specific treatment services (Maple Lake)

612-267-2493 (Outpatient Assessment), 651-338-3317 (Residential Program Admissions), <http://www.mlrecovery.org/>

**Minnesota Adult and Teen Challenge** - Residential treatment services (Minneapolis), Long term residential program for boys (Minneapolis)

612-373-3366, <http://www.mntc.org/programs-offered>,  
<http://www.mntc.org/programs/forteenagers>

**Nystrom & Associates, LTD** – Intensive outpatient treatment services (Woodbury)

651-501-3350, <https://www.nystromcounseling.com/>

**Omegeon Residential Treatment Center** – Short-term (3-4 months) and long-term (6-9 months) dual diagnosis residential treatment services (Minnetonka)

952-541-4738, <http://www.voamn.org/Learn-About-our-Services/Family-and-Childrens-Services/Omegeon-Inc-Residential-Treatment-Center>

**Phoenix Recovery Programs** – Residential treatment services for males up to age 19 (Maplewood)

651-209-0560, 877-901-0532, <http://www.phoenixrecoveryprograms.com/>

**Options Family and Behavior Services** – Intensive outpatient dual diagnosis and substance abuse treatment services, Continuing care program (Roseville)

952-564-3000, <http://optionsfamily.com/adolescent-day-treatment/>

**Washington County** – Alcohol and Drug Abuse Services (*limited financial resources*)

651-430-6561, 651-430-8326 Ext 3, <http://www.co.washington.mn.us/index.aspx?NID=746>

**WINGS Adolescent Treatment Center** – Residential treatment services (Litchfield)

320-593-0440, <http://wingsats.com/home/>

## Self-Help Group Support

**Alateen/Al-Anon** (Alateen meeting in Maplewood on Tuesdays at 7:30 PM at Alano Club (1955 Prosperity Road Maplewood))

651-770-2208, <http://www.al-anon-alateen-msp.org/>

**Alcoholics Anonymous Intergroup (AA)** (Youth meeting in Stillwater on Wednesdays at 6:30 PM at Saint Croix Alano Club (208 S 3<sup>rd</sup> St) – Call 651-439-5039 for more information)

651-227-5502, <http://www.aastpaul.org/>

**Health Realization (HR)** – community based support groups welcoming all in recovery. HR focuses on what is positive in your life, shows you the power of living in the moment, and promotes examining the reactions to your thoughts that have previously led to poor choices

651-777-5222 (Stillwater, Cottage Grove), Shoreview (651-207-3339),

<http://inrecovery.co/twincities-metro-area-meetings/health-realization-3-principles/>

**Narcotics Anonymous (NA)** – Minnesota Region (Youth meeting in Stillwater on Wednesdays at 7:30 PM at Saint Croix Alano Club (208 S 3<sup>rd</sup> St) – Call Marah L at 715-338-5895 for more information)

<http://na.org/>, <http://www.naminnesota.org/>,  
<http://www.naminnesota.org/index.php/meeting-list-pdf/localnacomunities/area-of-hope>  
(meetings in St. Paul area)

### Sober High Schools

**P.E.A.S.E Academy** (Peers Enjoying A Sober Education) – recovery high school that offers a variety of supports to assist students in maintaining their sobriety (Minneapolis) 612-378-4889, <http://www.peaseacademy.org/>

**Insight Program** (White Bear Lake Area Schools) - provides a supportive learning environment for recovering teens that nurtures their mind, body, and spirit, and encourages healthy decision making (White Bear Lake) 651-773-6400, 651-773-6401, <http://www.whitebear.k12.mn.us/ALC/index.asp?ID=2592&DocID=1104>

### Community Advocacy Group

**CONNECT** (formerly CHAC) – community group committed to preventing and reducing youth alcohol, tobacco, and drug use through partnership, education, intervention and community change - <http://www.connect2chac.org/>

For more information, contact Sarah Holmboe (Parent Education Coordinator at Youth Service Bureau, Inc.) at [sarah.holmboe@ysb.net](mailto:sarah.holmboe@ysb.net) or 651-735-9534

### Books for Parents/Guardians

**How to Raise a Drug-Free Kid:** The straight dope for parents by Joseph A. Califano, Jr.

**Recovering My Kid:** Parenting young adults in treatment and beyond by Joseph Lee, M.D.

**Dangerous Drugs:** An easy-to-use reference for parents and professionals by Carol L. Falkowski