

## Aitkin County Infant & Early Childhood Mental Health Resource Directory

Agency Name	Ages		Address	Phone	Website/Email	Primary Services
	0-5	6-18				
Aitkin Children's Center	0-5	No	225 2nd Avenue SW Aitkin, MN 56431	218-927-4838 x202	jmiller@aitkin.k12.mn.us	<ul style="list-style-type: none"> <li>- Screening</li> <li>- Parent Education</li> <li>- Mental Health Referral</li> <li>- Home Visits</li> <li>- Assessments</li> </ul>
AADA/Remnica House	0-5	6-18	PO Box 153 Aitkin, MN 56431	218-927-2238	aada@aadamn.com	<ul style="list-style-type: none"> <li>- Supervised Visitation and Exchange Services</li> </ul>
Aitkin County Health & Human Services	0-5	Yes	204 1st Street NW Aitkin, MN 56431	218-927-7200	www.co.aitkin.mn.us	<ul style="list-style-type: none"> <li>- Case Management</li> </ul>
Childcare Resource & Referral	For childcare referrals		900 4th Street SE Pine City, MN 55063	800-890-5399	ccr&r@pinetech.edu	<ul style="list-style-type: none"> <li>- Parent Education to Choose Quality Child Care</li> <li>- Assist Parents Searching for Child Care</li> </ul>
Cross Lake MOPS	0-5	None	17990 Greer Lake Road Crosby, MN 56441	218-838-8602		<ul style="list-style-type: none"> <li>- Parent Education/Support</li> <li>- Child Care</li> <li>- Early Childhood Support</li> </ul>
Grand Itasca Clinic & Hospital	0-5	Yes	1601 Golf Course Road Grand Rapids, MN 55744	218-326-5000	www.granditasca.org	<ul style="list-style-type: none"> <li>- Health Care</li> <li>- Screening</li> <li>- Prenatal/Pregnancy Counseling</li> <li>- Outpatient Services</li> <li>- Mental Health Referral</li> </ul>
Hill City Early Childhood and Early Start	0-5	None	500 Ione Avenue Hill City, MN 55748	218-697-2394 x177	kcarroll@hillcity.k12.mn.us	<ul style="list-style-type: none"> <li>- Parent Education</li> <li>- Parenting Support</li> <li>- Screening</li> <li>- Family/Community Services and Support</li> </ul>
Lakes and Pines, CAC, Inc. - Headstart	0-5	None	1700 Maple Avenue E Mora, MN 55051	320-679-1800	beckyh@lakesandpines.org	<ul style="list-style-type: none"> <li>- Crisis Services</li> <li>- Outpatient Services</li> <li>- In-Home Counseling</li> <li>- Therapeutic Classrooms</li> <li>- Mental Health Assessments/Evaluations</li> </ul>
McGregor ISD #4	0-5	None	PO Box 160 McGregor, MN 55760	218-768-2111	mguida@mcgregor.k12.mn.us	<ul style="list-style-type: none"> <li>- Early Care and Education</li> <li>- Parent Education</li> <li>- Screening</li> <li>- Mental Health Referral</li> <li>- Family/Community Services and Supports</li> </ul>
Northern Lights Special Education Cooperative	0-5	6-22	302 14th Street Cloquet, MN 55720	218-879-1285	mnelson@nlex.k12.mn.us	<ul style="list-style-type: none"> <li>- Developmental Screening</li> <li>- Educational Evaluation</li> <li>- Early Intervention Services</li> <li>- Service Coordination</li> <li>- Parent Education &amp; Support</li> </ul>

This directory is made possible with the generous support of the Medica Foundation and Northland Foundation in partnership with the Aitkin County Early Childhood Coalition.

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Nystrom and Associates, Ltd	0-5	6-18	13021 Evergreen Drive Baxter, MN 56425	218-829-9307	gloe@nystromcounseling.com	<ul style="list-style-type: none"> <li>- In-Home Counseling</li> <li>- Outpatient Services</li> <li>- Assessments</li> <li>- Domestic Violence Services</li> <li>- Family/Community Services and Support</li> </ul>
Support Within Reach Sexual Violence Research Center	3-5	6-18	204 2nd Street NW Aitkin, MN 56431	218-927-6226 866-747-5008	aitkin@supportwithinreach.org	<ul style="list-style-type: none"> <li>- Basic Counseling and Support for Parents</li> <li>- Information Referral</li> <li>- 24-Hour Crisis Line</li> <li>- Legal Advocacy</li> <li>- Prevention Education</li> </ul>

## About the Minnesota Early Childhood Initiative

The Northland Foundation's KIDS PLUS Program is committed to improving the well being of children and youth from birth to adulthood. In 2003, the Northland Foundation launched the Early Childhood Initiative in northeastern Minnesota. This regional effort is part of the larger statewide [Minnesota Early Childhood Initiative...A Campaign for Our Youngest Children](#), which is a collaboration of the Northland Foundation and the five other Minnesota Initiative Foundations. The overall goal of the Early Childhood Initiative is to ensure young children thrive and have a healthy life of learning, achieving, and succeeding. There are 12 early childhood coalitions in northeastern Minnesota:

- Hermantown-Proctor
- Two Harbors
- Aitkin County
- Hibbing
- Silver Bay
- Ely
- Carlton County
- Quad Cities Area
- Itasca Area
- Cook County
- Mesabi East School District
- Koochiching County

### What is Infant and Early Childhood Mental Health?

Infant and early childhood mental health is the developing capacity of a child from birth to age five to:

- Experience, regulate, and express emotions
- Form close and secure interpersonal relationships
- Explore the environment and learn

Infant mental health refers to how these issues affect development in the first three years of life. Early childhood mental health is synonymous with healthy social and emotional development.

([www.zerotothree.org](http://www.zerotothree.org))

**Minnesota Parents Know** is a resource filled with convenient and trusted child development, health, and parenting information. The Minnesota Parents Know website is founded on the belief that parents are the first and most important teacher in a child's life. Parents are likely to benefit, however, from the aid and support of experts' information on child health, development, nutrition, and safety in raising strong and healthy children.  
<http://parentsknow.state.mn.us/> or call 866-693-GROW

### Infant and Early Childhood Mental Health Continuum of Care

**Promotion/Prevention** - Activities and opportunities available to all young children and their families, through a variety of community settings, to promote positive social and emotional development.

**Early Intervention** - Services for families with young children who present behavioral concerns but have not had a mental health diagnosis.

**Intervention** - Services for families with young children with a mental health diagnosis but who continue to function in the community with appropriate supports.

**Intensive Intervention** - Services for families and their young children with severe mental health issues who have difficulty functioning well in the community.

**For more information about the Aitkin County Early Childhood Coalition contact:  
Lisa Kruse, Aitkin County Coalition Coordinator • 218-768-2111 x233**



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