

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

Agency Name	Ages		Address	Phone	Website/Email	Primary Services
	0-5	6-18				
Arc Northland	0-5	6-18	424 West Superior Street Duluth, MN 55802	218-726-4728	bcaya@arcnorthland.org	<ul style="list-style-type: none"> <li>- Family/Community Services and Support</li> <li>- Advocacy/Agency Connections</li> <li>- Parent/Family Support</li> <li>- Information on Specific Disabilities</li> <li>- Technological Enhancements</li> </ul>
Carlton County Health & Human Services	0-5	6-18	1215 Avenue C Cloquet, MN 55720	218-878-2503	karen.milbarth@co.carlton.mn.us	<ul style="list-style-type: none"> <li>- Case Management</li> <li>- Mental Health Referral</li> <li>- Home Visits</li> <li>- Crisis Services</li> <li>- Parent Support</li> </ul>
Carlton County Public Health - Parent/Child Health Team	0-3	teen mothers	30 10th Street North Cloquet, MN 55720	218-878-2870	joan.peterson@co.carlton.mn.us	<ul style="list-style-type: none"> <li>- Home Visits</li> <li>- Parenting Support and Education</li> <li>- Prenatal and Pregnancy Counseling</li> <li>- Screening for drugs, tobacco, violence, etc.</li> <li>- Case Management</li> </ul>
Carlton County Sexual & Domestic Abuse Program (RWA)	0-5	6 and up	P.O. Box 562 (317 Chestnut Ave) Carlton, MN 55718	218-384-8927	advocateswojo@yahoo.com	<ul style="list-style-type: none"> <li>- Domestic Violence Services</li> <li>- Crisis Services</li> <li>- Family/Community Services and Support</li> </ul>
Carlton County WIC Program	0-5		30 10th Street North Cloquet, MN 55720	218-878-2853	kathy.blais@co.carlton.mn.us	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Family Support</li> <li>- Community Services and Support</li> <li>- Parent Education</li> </ul>
Duluth Psychological Clinic	3-5	6-18	205 West 2nd Street Suite 437 Duluth, MN 55802	218-722-2005	www.duluthpsychologicalclinic.com/index.html	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Outpatient Services</li> <li>- Psychological Assessment</li> <li>- Psychological Therapy</li> </ul>

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Gateway Family Health Clinic	0-5	6 and up	4570 County Hwy 61 Moose Lake, MN 55767	218-485-4491	www.gatewayclinic.com/	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Parenting Support</li> <li>- Psychiatric Consultation</li> <li>- Outpatient Services</li> <li>- Day Treatment</li> </ul>
Heartland Kids	3-5	6-20	324 West Superior Street Suite 204 Duluth, MN 55802	218-727-4411		<ul style="list-style-type: none"> <li>- In-Home Counseling</li> <li>- Individual and Family Skills Support</li> <li>- Diagnostic Assessments</li> <li>- Family/Community Services and Support</li> <li>- Home Visits</li> </ul>
Human Development Center	0-5	6-18	40 11th Street Cloquet, MN 55720	218-879-1834	www.humandevlopmentcenter.org /	<ul style="list-style-type: none"> <li>- Parenting Group</li> <li>- Mental Health Screening &amp; Assessment</li> <li>- Family Services</li> <li>- Case Management</li> </ul>
Lakes & Pines Community Action Council Headstart	0-5		1700 Maple Avenue Mora, MN 55051 (offices in Carlton County)	320-679-1800	tamarak@lakesandpines.org	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Crisis Services</li> <li>- Family/Community Services and Support</li> <li>- Therapeutic Classrooms</li> <li>- Early Care and Education</li> </ul>
Little Learners Enrichment Center	0-5	6-18	714 West College Street Duluth, MN 55811	218-724-8815	jwinkelslagerl@northwoodchildren.org	<ul style="list-style-type: none"> <li>- Day Treatment</li> <li>- In-Home Counseling</li> <li>- Parenting Support</li> <li>- Case Management</li> <li>- Family/Community Services and Support</li> </ul>
LSS/Carlton Youth Shelter	0-5	6-17	531 Slate Street Cloquet, MN 55720	218-879-1527	Katherine.evers@lssmn.org	<ul style="list-style-type: none"> <li>- Crisis Services</li> <li>- Supervised Visitation</li> <li>- Safe Exchange</li> <li>- Parent Education</li> </ul>
Mercy Hospital & Health Care Center			710 Kenwood Avenue S Moose Lake, MN 55767	218-485-4481	dkorpela@mercy mooselake.org	<ul style="list-style-type: none"> <li>- Office of the Human Development Center located at Mercy Hospital</li> </ul>
North Homes Adoption Services	0-5	6-18	1880 River Road Grand Rapids, MN 55744	218-327-3000	carmen.hagen@northhomes.org	<ul style="list-style-type: none"> <li>- Parenting Support</li> <li>- Family/Community Services and Support</li> <li>- Prenatal/Pregnancy Counseling</li> <li>- Crisis Services</li> <li>- In-home Counseling</li> </ul>
North Homes Children and Family Services	0-5	6-21	1880 River Road Grand Rapids, MN 55744	218-327-3000	www.northhomesinc.org/	<ul style="list-style-type: none"> <li>- In-Home Family Services</li> <li>- Diagnostic Assessments ages 2-5</li> <li>- Individual and Family Play Therapy</li> <li>- Filial Therapy</li> <li>- Fostercare/Respite Services</li> </ul>

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Northern Lights Special Education Cooperative	0-5	6-22	302 14th Street Cloquet, MN 55720	218-879-1283	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>
<b>Early Childhood Family Education (ECFE) offered at the following locations:</b>						
Barnum ECFE & School Readiness	0-5		Barnum Elementary School 3813 E North Street Barnum MN 55707	218-389-3001	Sandy Raisanen sraisane@barnum.k12.mn.us Kristi Wickstrom kwickstrom@barnum.k12.mn.us	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Family/Community Services and Support</li> <li>- Parent Education</li> <li>- Early Care and Education</li> </ul>
Carlton ECFE & School Readiness	0-5		Carlton Elementary 530 Stine Drive Carlton, MN 55718	218-384-4464	Lori Cawcutt lcawcutt@carlton.k12.mn.us;	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Family/Community Services and Support</li> <li>- Parent Education</li> <li>- Early Care and Education</li> </ul>
Cloquet ECFE & School Readiness	0-5		Cloquet Middle School 509 Carlton Ave Cloquet, MN 55720	218-879-9291	Grace Hall ghall@CLOQUET.k12.mn.us	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Family/Community Services and Support</li> <li>- Parent Education</li> <li>- Early Care and Education</li> </ul>
Esko ECFE & School Readiness	0-5		Esko Early Childhood Family Education 2 W. Hwy 61 Esko, MN 55733	879-4038 x4	Shannon Matzdorf smatzdorf@esko.k12.mn.us	<ul style="list-style-type: none"> <li>- Mental Health Referral</li> <li>- Family/Community Services and Support</li> <li>- Parent Education</li> <li>- Parenting Support</li> <li>- Early Care and Education</li> </ul>
Moose Lake ECFE & School Readiness	0-5		Moose Lake Elementary School 413 Birch Ave Moose Lake, MN 55767	218 485-4834 x1025	Julie Duesler jduesler@k12.mooselake.mn.us	<ul style="list-style-type: none"> <li>- Screening</li> <li>- Assessments</li> <li>- Parent Education</li> <li>- Family Community Services</li> <li>- Parenting Support</li> </ul>
Wrenshall ECFE & School Readiness	0-5		Wrenshall School 207 Pioneer Dr Wrenshall, MN 55797	218-384-4274 x 5		<ul style="list-style-type: none"> <li>- Screening</li> <li>- Assessments</li> <li>- Parent Education</li> <li>- Family Community Services</li> <li>- Parenting Support</li> </ul>

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## 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))

### 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.

**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

For more information about the Early Childhood Coalition in Carlton County contact:

**Donna LeKander**

**Carlton County Early Childhood Coalition/Carlton County Children & Family Services Collaborative**

**30 10<sup>th</sup> Street North, Cloquet, MN 55720**

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