



Promoting the Healthy Social and Emotional
Development of Our Youngest Children

Duluth-Proctor-Hermantown Infant & Early Childhood Mental Health At-A-Glance Resource Directory

ARC Northland			
Contact ARC Northland if you have questions about your child's behavior or if you have a child with a disability and are looking for help or support.			
424 W. Superior St. Ste. 201 Duluth MN 55802	218-726-4725	rengstrom@arcnorthland.org www.arcnorthland.org	<ul style="list-style-type: none"> - Parent Support and Education - Education Advocacy - Home Visits - Mental Health Referral
Arrowhead Psychological Clinic			
Arrowhead Psychological Clinic is proud to have on staff several clinicians specifically trained to work with families and children from ages 1-5 and older.			
324 W. Superior St. Ste. 600 Medical Arts Bldg. Duluth MN 55802	218-723-8153	drdave@mnpsych.com or drcarver@mnpsych.com www.mnpsych.com	<ul style="list-style-type: none"> - Mental Health Services 0-5 yrs - Outpatient Services - Psychological Consultation - Psychological Testing - Parenting Support
Brenda L. Bergman, PLLC			
Provides counseling and skill building for children and parents when parents are concerned about their child's behavior, emotions, or development.			
306 W. Superior St. Ste. 608 Duluth MN 55802	218-740-3060	bbergman@uslink.net	<ul style="list-style-type: none"> - Outpatient Services - Parenting Support - Psychological Consultation
Center for American Indian Resources (CAIR)			
Fond du Lac Human Services Public Health Nursing Department serves American Indian families from preconception, pregnancy, and parenting a child from birth to age 2, living in SE St. Louis and Carlton Counties.			
211 W. 4th Street Duluth MN 55806	218-279-4112	daniellebongort@fldrez.com www.fdlrez.com	<ul style="list-style-type: none"> - Tribal Nurse-Family Partnership Home Visiting Program - Family Home Visiting - Child and Teen Check Up - Birth/Postpartum Doula Support - Breastfeeding Peer Helper Support
Child Care			
<ul style="list-style-type: none"> • Little Treasures Childcare & Family Center 			
Child care for ages 6 weeks up to kindergarten in a family focused setting including parent education.			
4002 London Road Duluth MN 55804	218-728-2044	peg@littletreasurescenter.org www.littletreasurecenter.org	<ul style="list-style-type: none"> - Childcare - Parent Education and Support - Family Community Support - Early Childhood Education
<ul style="list-style-type: none"> • Proctor Public Schools – Child Care Connections 			
Child Care Connections is a child care program for children 33 months through kindergarten age, offered by Proctor Public Schools at the Early Childhood Center in Proctor and at Pike Lake Elementary School.			
5365 W. Arrowhead Road Hermantown, MN	218-729-0744 218-391-8698	nordwac@hermantown.k12.mn.us brands@proctor.k12.mn.us	<ul style="list-style-type: none"> - Childcare - Parent Education and Support - Family Community Support - Early Childhood Education

Duluth Family Practice Center			
DFPC is a family oriented medical clinic. We serve all ages and most insurances.			
330 N. 8th Avenue E. Duluth MN 55805	218-723-1112	bkeeling@dfprp.org www.duluthfamilypracticecenter.com	- Health Care
Early Childhood Family Education (ECFE)			
• Duluth ECFE			
You should contact ECFE for parent support and education as well as a place to enroll your young preschool child, birth to age 3 in a classroom setting.			
2102 Blackman Avenue Duluth MN 55811	218-336-8890	barb.farrell@duluth.k12.mn.us www.duluth.k12.mn.us	- Parent Education - Early Childhood Education 0-3 yrs - Parenting Support - Home Visits and Lending Library - Nutrition and Health Education
• Proctor/Hermantown ECFE			
Proctor/Hermantown ECFE offers weekly parenting classes for children birth to age 5. Classes offer an informal opportunity for gaining information, support, and building friendships.			
5028 Miller Trunk Highway Hermantown MN 55811	218-729-9563	lucycarlson@hermantown.k12.mn.us www.hermantown.k12.mn.us	- Early Childhood Education 0-5 - Parent Education - Transition to Kindergarten - Baby Classes - Support to Child Care Providers
Early Childhood Screening			
Free health and developmental screening, required by the State of MN before entering Kindergarten, recommended at age 3.			
• Duluth Public Schools			
2102 Blackman Avenue Duluth MN 55811	218-336-8816	kathryn.johnson@duluth.k12.mn.us www.duluth.k12.mn.us	- Developmental Screening for 3-5 year olds
• Proctor and Hermantown Public Schools			
202 5 th Street Proctor MN 55810	218-628-4958 ext. 1	kristiplante@hermantown.k12.mn.	- Developmental Screening for 3-5 year olds
Early Childhood Special Education (ECSE)/Help Me Grow			
• Duluth, Proctor, and Hermantown Public Schools			
Please contact us if you have questions or concerns about your child's growth and development.			
If your child is 0-5 years and resides in the Duluth Public School District contact:			- Developmental Screening - Early Intervention - Family Supprt - Connection to Community Services
215 N. 1st Avenue E. Duluth MN 55802	218-336-8744	carol.cheslak@duluth.k12.mn.us www.duluth.k12.mn.us	
If your child is 0-2 years and resides in the Proctor or Hermantown Public School Districts contact:			
302 14 th Street Cloquet MN 55720	218-879-1283	Dkneeland@nlsec.k12.mn.us	
If your child is 3-5 years and resides in Proctor School District contact:		If your child is 3-5 years and resides in Hermantown School District contact:	
8708 Vinland St Duluth MN 55810	218-628-4949	jl Larson@proctor.k12.mn.us www.proctor.k12.mn.us	4307 Ugstad Road Hermantown MN 55811
			218-729-9313 ext.1008
			jennybouchie@hermantown.k12.mn.us

Essentia Health - Children's Services			
Essentia Health Children's Services offers integrated inpatient and outpatient health services to children and their families.			
407 E. 3rd Street Duluth MN 55805	218-786-5366		<ul style="list-style-type: none"> - Primary Health Care - Specialty Health Care including Pediatrics, Neurology, Orthopedics, Physical Medicine, and Rehabilitation
Essentia Health - Fetal Alcohol Spectrum Disorder (FASD) Clinic			
Evaluates patients exposed to alcohol during pregnancy for deficits related to that exposure and diagnoses them based on that evaluation.			
400 E. 3rd Street Duluth MN 55805	218-786-3400	mstevenson@smdc.org	<ul style="list-style-type: none"> - FASD Diagnosis - FASD Intervention - Speech, OT, Behavioral (Health Therapy)
Essentia Health - Polinsky Medical Rehabilitation Center			
Essentia Health - Polinsky Rehabilitation Center provides comprehensive outpatient rehabilitation services to children and adults. Accepts all insurance, including Medicare and Medicaid.			
530 E. 2nd Street Duluth MN 55805	218-786-5307	mari.wagner@essentiahealth.org www.essentiahealth.org	<ul style="list-style-type: none"> - Outpatient Health Care - Mental Health Referral - Case Management (0-16 years) - Parenting Support - Community Resource and Referral
Fathers and Children Together (FACT)			
The FACT program has outreach workers that meet with dads and provide education about child development, safe and appropriate parenting practices, job training, and housing information. We facilitate support groups and help guide dads through the legal process; such as paternity, custody, parenting time, and child support.			
32 East 1st Street Duluth MN 55802	218-391-8330	fact.josh@gmail.com www.FathersandChildrenTogether.org	<ul style="list-style-type: none"> - Early Childhood Education - Family and Community Support - Mental Health Referral - Parent Education - Parenting Support
Feel Better - Connect with Life			
Short-term (up to 3 sessions and 1 follow-up) sand play therapy sessions for children dealing with a specific trauma/loss/change that is negatively affecting their lives - to express the inexpressible.			
7622 Bayhill Trail Duluth MN 55807	218-733-9903	calarsen@charter.net calarsen.blogspot.com/	<ul style="list-style-type: none"> - Short Term Therapy
Habitat Program			
Contact Habitat if you are enrolled in the Duluth Public Schools and are a pregnant and/or a parenting student needing support services to complete high school.			
Denfeld School 401 N. 44 th Avenue W. Duluth MN 55811	218-733-2140	deidre.quinlan@duluth.k12.mn.us	<ul style="list-style-type: none"> - Child Care - Parent Education - Parent Support Services - Transportation - Health Care/Mental Health Care
Harbor City Psychological Association			
Provides individual and family mental health and psychological evaluations for children, teens, and adults.			
314 W. Superior St. Ste. 702 Duluth MN 55802	218-722-4058		<ul style="list-style-type: none"> - Outpatient Services - Psychological Consultation - Domestic Violence - School-Based Mental Health

Head Start			
<ul style="list-style-type: none"> Arrowhead Head Start 			
Head Start is a comprehensive early childhood program with services for pregnant women, children birth to age 5 and their families (Federal income guidelines apply)			
5028 Miller Trunk Highway Duluth MN 55811	218-729-5509	barbara.fedora@aeoa.org www.aeoa.org/head-start	<ul style="list-style-type: none"> - Early Childhood Education - Family Support - Preventative and Ongoing Services (education, nutrition, referrals, and screenings)
<ul style="list-style-type: none"> Duluth Head Start 			
Head Start is a program for preschool children and their families who meet Federal poverty guidelines.			
2102 N. Blackman Ave. Duluth MN 55811	218-336-8815	pamela.rees@duluth.k12.mn.us	<ul style="list-style-type: none"> - Early Childhood Education - Parent Education - Parent Support - Nutrition/Health Information - Family Community Support
Human Development Center (HDC)			
HDC's early childhood mental health team works with parents and children ages 3-5 using evidence based intervention including Parent-Child Psychotherapy and Parent-Child Interaction Therapy.			
1401 E 1st St/215 N Central Ave Duluth MN 55805/55807	218-728-4491 or 888-412-9764	humandevlopmentcenter@gmail.com www.humandevlopmentcenter.org	<ul style="list-style-type: none"> - Parent-Child Interaction Therapy - Outpatient Mental Health Services - Psychological Consultation - Parenting Support/Education - Psychiatric Consultation
Lutheran Social Service - Bethany Crisis Shelter			
LSS Bethany Crisis Shelter is an emergency shelter for children ages birth - 17 referred by county social services, the court system, or law enforcement due to some type of crisis in their lives.			
9239 Idaho St. PO Box 7105 Duluth MN 55807	218-626-2726	dshykes@lssmn.org www.lssmn.org	<ul style="list-style-type: none"> - Crisis Services - Mental Health Referral - Diagnostic Assessment - Self-Referral Runaway Program
Lutheran Social Service - Crisis Nursery			
LSS Crisis Nursery provides free short term emergency childcare for children birth - 12 yrs old.			
424 W. Superior St. Ste. 105 Duluth MN 55802	218-302-6879	jessica.ollhoff@lssmn.org www.lssmn.org	<ul style="list-style-type: none"> - Short Term Emergency Daycare and Overnight Care - Information and Referral - Children's Clothing and Diapers
Lutheran Social Service - Explore! Program			
Contact LSS Explore! if you desire parenting support and information. No income guidelines.			
424 W. Superior St. Ste. 105 Duluth MN 55802	218-529-2246	jessica.ollhoff@lssmn.org www.lssmn.org	<ul style="list-style-type: none"> - Parenting Support - Family Community Support
Lutheran Social Service - First & Second Year Programs			
Contact the LSS First Year Program if you are a first-time parent (18+ yrs) who is pregnant or has an infant.			
424 W. Superior St. Ste 105 Duluth MN 55802	218-529-2246	jessica.ollhoff@lssmn.org www.lssmn.org	<ul style="list-style-type: none"> - Parent Education - Mental Health Support - Home Visits - Early Childhood Education - Parenting Support

Minnesota Autism Center			
You should contact the Minnesota Autism Center when looking for intensive therapy for your child with autism.			
5710 Baker Road Minnetonka, MN 55345	952-767-4204	kgranowski@mnaulism.org www.mnaulism.org	<ul style="list-style-type: none"> - Early Childhood Education - Family Support - In-Home Counseling - Parent Education - Therapeutic Classrooms
Minnesota Department of Health - NE District Office			
Information provided on a broad range of resources including health care, mental health, specialty care, family support, and advocacy.			
302 W. 2nd St. Ste. #703 Duluth MN 55802	218-723-2353	jean.larson@state.mn.us www.health.state.mn.us	<ul style="list-style-type: none"> - Consultation Related to Health Care Access Including Mental Health
Northern Lights Special Education Cooperative			
State and Federal laws require school districts to be responsive to families who are concerned about their child's growth and development and we are charged by law to identify prekindergarteners who are at risk for developmental delay.			
302 14th Street Cloquet MN 55720	218-879-1283	mnelson@nlsec.k12.mn.us www.nlsec.k12.mn.us	<ul style="list-style-type: none"> - Developmental Screening - Educational Evaluation - Early Intervention Services - Service Coordination - Parent Education and Support
Northwood Children's Services - Little Learners Enrichment Center			
Little Learners Enrichment Center provides early therapeutic, behavioral, and supportive services to preschool aged children.			
714 W. College Street Duluth MN 55811	218-728-7165	Jwinkelshagerl @northwoodchildren.org www.northwoodchildren.org	<ul style="list-style-type: none"> - Day Treatment - Case Management - Family Community Support - Psychiatrist Consultation - Other Services - Polinsky Speech, OT, PT Onsite
Nystrom & Associates, Ltd			
Contact Nystrom & Associates for individual and/or family therapy along with intensive skills training.			
332 W. Superior St. Ste. 300 Duluth MN 55802	218-722-4379	pjohnson@nystromcounseling.com www.nystromcounseling.com	<ul style="list-style-type: none"> - Family Community Support - In-Home Counseling - Outpatient Services - Parent Education - Skills Training
School Readiness			
<ul style="list-style-type: none"> • Duluth Public Schools 			
Contact School Readiness if you want your preschool age child to be in a classroom setting that helps prepare them for Kindergarten.			
2102 Blackman Ave. Duluth MN 55811	218-336-8890	barb.farrell@duluth.k12.mn.us www.duluth.k12.mn.us	<ul style="list-style-type: none"> - Pre-K Program - Parenting Support - Mental Health Referral - Preschool Screening Referral - Sliding Fee Scale
<ul style="list-style-type: none"> • Proctor/Hermantown Public Schools 			
School Readiness is a preschool program with a focus on helping children begin Kindergarten with the skills and behaviors needed to progress and flourish.			
5028 Miller Trunk Highway Hermantown MN 55811	218-729-9563	lucycarlson@hermantown.k12.mn.us www.hermantown.k12.mn.us	<ul style="list-style-type: none"> - Pre-K Program - Special Events/Field Trips - Transition to Kindergarten Sessions - Parenting Support - Mental Health Referral

Scottish Rite Clinic for Childhood Language Disorders			
If you are concerned about your child's speech, language, and/or hearing abilities, contact us.			
28 W. 2nd St. Duluth MN 55802	218-720-3911	crobe93109@aol.com www.scottishriteclinicduluth.org	<ul style="list-style-type: none"> - Direct Intervention - Assessment Speech and Hearing - Parent Education - Outreach Services - Consultations
St. Louis County Health & Human Services - Children's Mental Health			
If you have a child with serious mental health issues and want help with finding and coordinating services to meet their needs, you may request Children's Mental Health Case Management Services.			
320 W. 2nd St. Duluth MN 55802	218-726-2012	www.stlouiscountymn.gov	<ul style="list-style-type: none"> - Case Management - Family Community Support - Mental Health Referral - Parenting Support - Parent Education
St. Louis County Health & Human Services - Family Outreach Service			
Family Outreach is designed to work with families in their homes and communities. Services focus on finding solutions identified by the family. Family Outreach workers may work with the family to acquire basic needs.			
320 W. 2nd St. Duluth MN 55802	218-726-2012	www.stlouiscountymn.gov/children services	<ul style="list-style-type: none"> - Assist Families in Stabilizing & Maintaining Family Unit - Mental Health Referral - In-Home Counseling - Crisis Services - Parent Support and Education
St. Louis County Public Health			
Maternal and Child Health Home Visiting Program strives to improve the health status of children, youth, women, and their families through education & support. Nurse - Family Partnership program is for women who are having their first baby.			
325 W. 1st St. Ste 300 Duluth MN 55802	218-725-5210	www.stlouiscountymn.gov	<ul style="list-style-type: none"> - Home Visits - Maternal & Child Health Home Visits - Nurse - Family Partnership - Parent Education and Support - Resource and Referral
St. Luke's Mental Health Services			
Provides psychotherapy, individual and family, on a fee for service basis billed to your insurance and coordinates with your other medical providers.			
220 N. 6th Ave. E. Duluth MN 55805	218-249-7000	lelse@slhduluth.com www.slhduluth.org	<ul style="list-style-type: none"> - Outpatient Individual and Family - Psychotherapy - Psychological Testing - Mental Health Referral
St. Luke's Pediatric Associates			
As your child's primary health care resource, St. Luke's Pediatric Associates offer everything from well-baby visits and immunizations to the diagnosis and treatment of illness backed by the specialists and resources of St. Luke's.			
1000 E. 1st St. Ste. 105 Duluth MN 55805	218-249-7870	www.slhduluth.org	<ul style="list-style-type: none"> - Well-Baby Visits/Immunizations - Routine Check-Ups - Sports Physicals - Health Education
United Way 2-1-1			
United Way 2-1-1 provides information on, and referrals to community, health, and social service resources.			
424 W. Superior St. Ste 402 Duluth MN 55802	2-1-1 or 800-543-7709	211@unitedwayduluth.org www.unitedwayduluth.org	<ul style="list-style-type: none"> - Information and Referral

Minnesota Parents Know is a resource filled with convenient and trusted child development, health, and parenting information. 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

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; and
- 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.

(From 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.

About the Duluth-Proctor-Hermantown Thrive Initiative

In 2007, the Northland Foundation and the five other Minnesota Initiative Foundations (MIF) launched a statewide demonstration project focused on infant and early childhood mental health. The **Minnesota Thrive Initiative...Promoting the Social and Emotional Development of Our Youngest Children** was created in response to Greater Minnesota communities calling for a voiced need for stronger resources to support the social and emotional well-being of infants, toddlers, and preschoolers, and their families - and help families to better access those resources. Pilot sites were established in each of the six MIF regions, with the Duluth, Proctor, and Hermantown communities selected as the northeastern Minnesota site.

The Duluth-Proctor-Hermantown Thrive Initiative has created an intentional avenue - one that did not previously exist - for professionals across disciplines to share their work, learn from one another, identify creative strategies, and implement new approaches and practices. This in turn has helped promote the healthy social and emotional development and school readiness of young children. Most importantly, the relationship-building that has occurred across diverse sectors will continue to help communities promote the healthy social and emotional development of infants, toddlers, and preschoolers.

About the Northland Foundation's KIDS PLUS Program

The Northland Foundation created its operating program, KIDS PLUS, in 1990 as a way to have more direct impact within its Children, Youth & Families priority area. Today, KIDS PLUS includes an array of initiatives that value, teach, mentor, and nurture the next generation, from the first years of life to adulthood. For more information visit www.northlandfdn.org/KidsPlus/

**For more information about the Duluth-Proctor-Hermantown Thrive Initiative
or other KIDS PLUS Programs contact Lynn Haglin, Vice President/KIDS PLUS Director,
lynn@northlandfdn.org or (218) 723-4040**



NORTHLAND
FOUNDATION

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