



Transition Resource Guide

Revised June 15, 2020

Advocacy and Legal Rights

- **ARC Greater Twin Cities:**
952-920-0855 / <https://arcminnesota.org>
- **Disability Benefits 101:** www.db101.org
- **Disability Linkage Line:** 1-866-333-2466
- **Metropolitan Center for Independent Living:**
651-646-8342
- **Pacer Center:** <https://pacer.org>
- **United Way 2-1-1:** www.211unitedway.org

Career Search Resources on the Web

- **Minnesota Career Education and Job Resource:** www.iseek.org
- **Minnesota Employment and Economic Development:** www.positivelyminnesota.com
- **Minnesota Job Hotline:** www.mnjobhotline.com
- **Minnesota Works:** www.minnesotaworks.net
- **Official U.S. Federal Government Jobs:** www.usajobs.gov
- **One Time Job Search:** www.indeed.com
- **Peace Corps:** www.peacecorps.gov
- **Quint Careers:** www.quintcareers.com
- **Ramsey County Job Line:** www.co.ramsey.mn.us
- **Washington County Job Line:** www.co.washington.mn.us

Cultural Resources

- **African American Family Services:**
1041 Selby Ave., St. Paul, MN
651-642-0043 / www.aafs.net
- **African American Psychological Services:
(Thad Wilderson and Associates)**
475 University Ave., St. Paul, MN
651-225-8997 / <http://thadwilderson.com>
- **Ain Dah Yung-Oyate Nawajin:**
(American Indian)
St. Paul, MN 651-495-1075
- **American Indian & Family Services:**
25 Empire Drive, St. Paul, MN
651-223-8526 / www.aifacs.org
- **American Indian Family Center:**
Healing Generations Project
American Indian Culturally
- **Mental Health Services**
579 Wells St., St. Paul, MN 651-793-3803
- **American Indian Learning Resource Center:**
315 Kirby Plaza, Duluth, MN
218-726-6379 / <https://cehsp.d.umn.edu/ailrc>
- **Chicano Latino Resource Center:**
106 Pleasant St. SE, Appleby Hall
Minneapolis, MN 612-624-6386
- **CLUES (Chicanos Latinos Unidos en Servicio):**
(Spanish speaking cultures)
220 Robert St. S., Suite 102, St. Paul, MN
651-379-4200
- **Community University Health Care Center:**
2001 Bloomington Ave., Minneapolis, MN
612-638-0700

- **Dennis Whynn, MA, LP:**
408 St. Peter St., Suite 429, St. Paul, MN
651-644-2267 Ext. 4
- **Hamm Clinic:** 651-224-0614
- **Hmong & Developmental Disability Therapy for Hmong Men & Women:**
1369 Energy Park Dr., St. Paul, MN 612-872-6165
- **Hmong Culture Center:**
995 University Ave. W., St. Paul, MN
651-917-9937
- **Jewish Community Center:**
1375 St. Paul Ave., St. Paul, MN
651-698-0751 / www.stpauljcc.org
- **Jewish Family Social Services:**
1633 West 7th St., St. Paul, MN
651-698-0767 / www.jfssp.org
- **Kim Tong Translation Services:** 612-724-5962
- **Korean Adoptees Ministry Center:**
P.O. Box 130563, Roseville, MN 651-331-0143
- **La Familia Guidance Center:** (Chicano/Latino)
155 S. Wabasha St., St. Paul, MN 651-221-0913
- **Lao Family Services:**
Robert Barron, PhD. LP Hmong Assessments
651-221-0069 / www.laofamily.org
- **La Oportunidad:**
2700 East Lake St., Minneapolis, MN
612-872-6165 / www.oportunidad.org
- **Professional Somali Interpreting Services:**
612-636-9553 / amahboub@mail.com
- **Ramsey County Mental Health Center:**
(Hmong, Spanish, and more)
1919 University Ave., St. Paul, MN
651-266-7999
- **United Cambodian Associates of MN:**
6415 Carmen Ave., Inver Grove Heights, MN
651-222-3299
- **Wilder South East Asian Program:**
451 Lexington Parkway N., St. Paul, MN
Director: Tony Yang
651-647-9676 / Email: tony.yang@wilder.org

Employment Services/Training Centers

- **Job Corps - Hubert H. Humphrey Job Corps Center:**
Snelling & Arlington, St. Paul, MN
800-934-JOBS / 651-642-1133 / www.jobcorps.gov
- **Labors Training Center:** 651-653-6710
- **Minnesota Workforce Center:**
 - Ramsey County: 651-779-5666
2098 11th Ave. E., North St. Paul, MN
 - Washington County: 651-275-8650
2150 Radio Drive, Woodbury, MN
- **Montessori School of Minnesota:**
St. Paul, MN 651-298-1120 / <http://mtcm.org>
- **Newgate Education Center:**
2900 East Hennepin Ave., Minneapolis, MN
612-378-0177
- **Vocational Rehabilitation – State of Minnesota Program:**
 - North St. Paul, MN: 651-779-5940
2098 11th Ave. E.
 - Woodbury, MN: 651-501-6363
6043 Hudson Rd., Suite 170

Independent Living/Daily Skills

- **Washington County Intellectual and Developmental Disabilities**

Case Management Intake:

651-430-6484 / www.co.washington.mn.us

Advocacy and Legal Rights

- **Disability Linkage Line:** 1-866-333-2466
- **Metropolitan Center for Independent Living (MCIL):**
Information and referral service for people with disabilities. 651-646-8342 / www.mcil-mn.org

- **Minnesota Association for Guardianship and Conservatorship:** 651-292-9131 / www.minnesotaguardianship.org

- **United Way 2-1-1:**
Free and confidential health and human services information. Dial 2-1-1 or 1-800-543-7709

Youth/Young Adult Housing

- **Archdale Apts.:** 612-253-1460
- **Barnabas:** 612-253-0630
- **Booth Brown Foyer Apts.:** 651-251-3502
- **Home Free & Mosaic:**
Must be homeless and have a mental health disability. 651-777-5222
- **Housing Link:**
Affordable rental choices. 612-522-2500 / info@housinglink.org
- **Job Corps:** 800-934-JOBS / 651-642-1133 / www.jobcorps.gov

- **MN Association of Center for Independent Living:** 651-636-4567 / www.macil.org

Other Housing Resources:

- **Bridge to Benefits:** www.bridgetobenefits.org
- **RS Eden:** 612-287-1624 / www.rseden.org
- **Seventh Landing & Lindquist Apts.:** 651-291-3842
- **YouthLink:** 612-252-1200 / www.youthlinkmn.org

Interpreters and Accessibility Resource List

- **Deaf & Hard of Hearing Services:**
Provides free assistance to deaf, deaf-blind, and hard-of-hearing people of all ages, their family members, human service providers, employers, schools, and other interested individuals. Services include information and referral, problem solving, consultation, training, demonstration laboratory of equipment, Library Loan program, and interpreter referral., provides Telephone Equipment Distribution. *This is a fee for service:* Multiple options for billing of services.

Human Services Building
(mailing address) 444 Lafayette Road N., St. Paul, MN 55155-3814

130 E. 7th St., St. Paul, MN 55101

Metro Area: Voice: 651-297-1316 /
TTY: 651-297-1313 / Fax: 651-215-6388

- **Minnesota Children with Special Health Needs:**
85 East 7th Place, P.O. Box 64882
St. Paul, MN 55164-0882
651-215-8956 / Toll-free - V/TTY: 1-800-728-5420

• **Minnesota DeafBlind Technical Assistance Project – Metro ECSU:**

Services include support services for families, workshops, material resource center, technical assistance, and training.

2 Pine Tree Drive, Suite 101, Arden Hills, MN 55112

Voice: 612-638-1531 or 1526 /
Toll-free: 1-800-848-4905 /
www.dbproject.mn.org

• **Minnesota Relay Service (MRS):**

When your call is answered a communication assistant will relay the telephone call for the deaf and hearing individuals.

First National Bank Building, 332 Minnesota St., Suite E820, St. Paul, MN 55101

Voice/TTY: 651-602-9005 /
Voice: 1-800-627-3529 / TTY: 1-888-639-7623 /
Fax: 651-602-9010

• **Minnesota Resource Center – Deaf/Hard of Hearing:**

Services include workshops, special events, and lending library covering topics such as deaf

culture, communication options, sign language, cued speech, lip-reading, and interpreting.
P.O. Box 308, 615 Olof Hanson Drive, Faribault, MN 55021-0308 1-800-657-3936

• **Self-Help for Hard of Hearing People – MN Chapters:**

Services include a monthly newsletter, monthly social events, and chapter/group meetings that focus on education, advocacy, and self-help for people with a hearing loss. MN Chapter #1 meets on the third Saturday of the month from September to May at the Courage Center in Golden Valley at 9:30 a.m.

620 Geranium Ave. East, St. Paul, MN 55301
651-772-4931

• **State Services for the Blind and Visually Handicapped (SSB):**

To get documents translated into Braille, call the main reception desk and ask for the Braille section.

2200 University Ave. W., Suite #240, St. Paul, MN 55114-1840
Reception Desk: 651-642-0500 /
Toll-free: 1-800-652-9000 / Fax: 651-649-5927

Cultural Language Interpreters/Translators

• **African Community Services:**

(Somali & Oromo)
Minneapolis, MN 612-721-9984

• **Betmar Languages:**

(Most other languages)
6260 NE Hwy. 65, Suite #308, Fridley, MN
763-572-9711

• **Dailog One:**

Voice: 651-379-8600 /
Email: rfonts@dialog-one.com

• **International Bureau – Asian Translators:**

4206 Thomas Ave. N., Minneapolis, MN
612-721-5878

• **O’Neill Language Academy, Inc.**

(Languages include: Spanish, French, Portuguese, Japanese, German, Chinese, Russian, and Italian.
Minneapolis, St. Paul, and surrounding suburbs.
Voice: 651-264-0404 / Fax: 651-264-0505
<http://oneilllanguage.com>

• **Sign Language Interpreter and CART Services Locator Assistance Agency MN Dept. of Human Services (DHS):**

Resources to help find sign language interpreters.
85 7th Place E., Suite #105
Golden Rule Bldg., St. Paul, MN
651-431-5940
Email: dhhs.metro@state.mn.us

- **University Language Center:**
4445 W. 77th S., Minneapolis, MN
952-224-5600 / 800-798-6032 /
<http://ulanguage.com>

- **World Interpreting:** 1-800-969-6853 /
Email: info@worldinterpreting.com

Sign Language

- **DVA ASL Interpreting Services:**
Provides in-house and public seminars that enhance communications between deaf and hearing employees, job coaching, consultation on deafness and cultural issues, as well as the ADA and operate ASL Interpreting Services – a referral agency that locates interpreters for companies with deaf employees. The interpreters have

experience with ASL, PSE, SSE, oral, deaf-blind, stenographer, and note taking.

6517 Hunter Road, Corcoran, MN 55340-9632
Voice: 763-478-8963 /
Toll-free: 1-866-275-3323 /
TTY/Fax: 763-478-3093 / <https://aslis.com>

Miscellaneous

- **Disability Benefits 101:**
Free service to see how benefits and income

might change with a job.

1-866-333-2466 / www.db101.org

Military Career Resources

- **U.S. Air Force:** www.airforce.com
- **U.S. Army:** www.army.mil
- **U.S. Coast Guard:** www.uscg.mil

- **U.S. Marine Corp:** www.usmc.mil
- **U.S. Navy:** www.navy.com

Semi-Independent Living Providers (SILS)

(Specialize agencies – requires county funding)

- | | | | |
|--------------------------|--------------|------------------------|--------------|
| • Living Well: | 651-688-8808 | • REM: | 651-644-7680 |
| • New Challenges: | 651-454-0161 | • ResCare: | 651-501-2378 |
| • Outcomes: | 651-483-9500 | • Thomas Allen: | 651-450-1802 |
| • Owakihi: | 651-451-2889 | | |

Specialized Agencies Providing Employment Support Services

(Requires VRS and/or county funding)

- **Alley People Solutions:** 651-641-0709

- **Chrestomathy:**
952-974-0339 / www.chrestomathyinc.org
- **Courage Kenny:**
612-775-2569 / www.allinahealth.org
- **East Suburban Resources:**
651-351-0190 / www.esrworks.org
- **Goodwill Easter Seals:**
651-379-5800 / www.goodwilleasterseals.org
- **Kaposia:** 651-224-6974 / www.kaposia.com
- **Lifetrack Resources:**
651-227-8471 / www.lifetrackresources.org
- **Lifeworks:** 651-454-2732 / www.lifeworks.org
- **Merrick:** 651-789-6200 / www.merrickinc.org
- **Midway Training Services:** 651-641-0709
- **Midwest Special Services:**
651-778-1000 / www.mwsservices.org
- **Minnesota Diversified Industries:** 651-999-8234
- **OP (Opportunity Partners):**
952-938-5511 / www.opportunities.org
- **OS (Opportunity Services):**
651-578-1329 / www.oppserv.org
- **Phoenix Alternatives:**
651-407-7175 / www.phoenixalternatives.org
- **Proact:** 651-686-0405 / www.proactinc.org
- **Rise Inc.:** 763-639-3622
- **TSE:** 651-489-2595 / www.tse-inc.org

Transition for Recreation and Leisure

- **North East Social Program:**
Maplewood Community Center 2-6 p.m.
After school or work program offers young adults the opportunity to swim, play basketball, board games, or crafts. 651-653-0024
- **Pick'n and Grin'n:**
Monthly opportunity to dance, sing, and play along with a small band. 651-266-6366

Serving People With Disabilities

- **Able to Travel:** 1-800-986-0053
- **Off the Beaten Path, Inc.:** (Travel)
1-800-221-3155
- **Apollo:**
Serving people with mental illness.
651-227-6321 / www.peopleincorporated.org
- **People First:** (18+ rec./educational)
651-523-0876
- **Blazing Stars Night:** (Rec. program)
651-739-6584
- **Uniquely Abled Dance:** 651-457-4942
- **The Link Program in Forest Lake:**
Coordinator: Judy Presinger 651-982-8326
- **Ventures Travel:** 952-852-0108 / www.friendshipventures.com

Serving Most People

- **Aamodt's Apple Farm:** 651-439-3127 / www.aamodtsapplefarm.com
- **Afton Cruise Lines:** 651-436-8883
www.aftonhouseinn.com

- **Afton Historical Museum:** 651-436-3500
- **All Season Golf:** (miniature golf) 651-459-2135
- **Birdies Sports Park:** 651-731-3331
- **CGAA Bingo:** 651-459-2217
- **Cottage View Drive-In:** 651-458-5965
- **Dick’s Sporting Goods - Woodbury:** 651-731-0200 / www.dickssportinggoods.com
- **Highway 8 Driving Range:** 651-257-1600
- **Historic Courthouse:** 651-430-6233 / www.co.washington.mn.us
- **Interact Theater:** 612-339-5145
- **St. Croix Boat and Packer:** 651-430-1234 / www.Andiamo-ent.com
- **Tartan Arena:** (ice rink) 651-714-9251
- **Theatre and Movies Listings:** <http://movies.yahoo.com>
- **Vali Hi Drive-In:** 651-436-7464
- **Washington County Historical Society Museum:** 651-439-5956 / www.wchsmn.org
- **Wooddale Rec. Center:** (roller rink) 651-773-6214
- **Woodloch, Inc.:** (horseback riding) 651-429-1303 / www.bunkerparkstable.com
- **Wilderness Inquiry:** (wilderness program) 651-676-9400

There are other options. Don’t forget your neighborhood park, school, and church for activities.

- **ARC Great Rivers:** striving to improve their community.
For a more complete seven-county listing, call:
651-523-0876
 - Cottage Grove: 651-687-0402
- **Jaycee’s:** Provides people age 21-39 the opportunity to develop personal and leadership skills while
- **VFW Flyers Program:** Activities: Arts and crafts, bingo, cooking and parties, open gym. Monday and Wednesday, 6:30-8:30 p.m. 651-487-7966

Transition Resources for Community Participation

Local Transit Solutions

- **Metro Mobility:** 651-602-1111 / www.metromobility.org (for certification)
- **Metro Transit:** 612-373-3333

Miscellaneous

- **Alliance for the Mentally Ill of MN, Inc.:** 651-645-2948 / 888-NAMI-HELPS / <https://namimn.org>
970 Raymond Ave., #105, St. Paul, MN

- **Anodyne Art Center:**
1410 Energy Park Drive, St. Paul, MN
651-642-1684 / www.anodyneart.org

2446 University Ave. W., Suite 110, St. Paul, MN
952-920-0855 / <https://arcminnesota.org>

- **ARC Greater Twin Cities:**
Support and advocacy for persons with developmental disabilities and their families.
Serves seven county metro area. Provides programming, services, and advocacy across the lifespan.

- **Association of Residential Resources in Minnesota (ARRM):**
1185 North Concord St., Suite 424, St. Paul, MN
651-291-1086 / www.armm.org

Ride Sharing Solutions

- **LYFT:** www.lyft.com/rider/signup
- **UBER:** <https://get.uber.com/sign-up>

Transition Resources for Post-Secondary and Training

How to Access Post-Secondary Education Programs

1. **Compile Transition Portfolio:** IEP, with accommodation and assistive technology information, assessment copies, agency information, etc.
 2. **Identify interests and goals.**
 3. **Assess post-secondary choices.**
 4. **Identify college entrance requirements:** assessments, forms, etc.
 5. **Gather information for post-secondary choices:** disability access, contact counselor/disability coordinator, brochures, catalogs, etc. Complete an education plan.
 6. **Seek accommodation for disability-related concerns early in the process.**
For example: assessment test accommodations or assessments should be taken by the time the eighth credit is purchased.
 7. **Identify supports needed:** note taker, tutor, word processor, refresher course(s), etc.
 8. **Self-advocacy:** Have a clear understanding of the campus requirements for this skill. Understand the stress associated with learning the “system” and the need to find help immediately. Parents lose the ability to intervene on the behalf of their “over 18” child because they are at the age of majority.
 9. **Visit the campus and meet the support staff.** Each campus may vary the availability of services.
 10. **Establish a method of communication with your young adult.**
- * NOTE: Colleges accommodate and do not provide modification. Think in terms of student accommodation, not modification.

Occupations and Training

- **Americorps:**
Paid service term and education award.
A federally funded program administered by the Minnesota Commission on National and Community Service.
www.americorps.org
MN Disability Coordinator:
Mischelle.Treboske@state.mn.us

- **Century College – Access Center for Students with Disabilities:**
 - College is Possible:
https://century.custhelp.com/app/answers/detail/a_id/672/~college-possible
 - Disabilities:
www.century.edu

- **Division of Rehabilitation Services (DRS):**
651-779-5940 / TDD/TTY: 1-612-296-3900

- **iseek:**
Education and employment knowledge.
www.iseek.org

- **LD Online:**
A variety of post-secondary resources, e.g., a Post-Secondary Planning Worksheet. Text: Unlocking Potential, College and Other Choices for Learning Disabled People – A Step-by-Step Guide by Barbara Schneiber and Jeanne Talpers. Alder & Alder. ISBN # 0-917561-29-5.
www.ldonline.org

- **Minnesota Career Information System:**
Career and education resources for K-adult. You can obtain user name and password from high school or WorkForce Center.
<https://mncis.intocareers.org>

- **Minnesota Life College - Apartment Living:**
Vocational and life skills training for young adults with learning differences and autism spectrum disorders.
7501 Logan Ave. S., Suite 2A, Richfield, MN
Director of Program Services: Barb Geisel
612-869-7008 /
www.minnesotalifecollege.com

Resources

- **Minnesota Department of Children, Families, and Learning – School-to-Work:**
Publication: Making Connections, Minnesota School-to-Work Resource Guide

- **MNSCU (Minnesota State College and Universities):**
Publication: Go Places, Minnesota State Colleges and Universities; Guidelines for Assistive Technology in Post-Secondary Settings, STAR 1996.
www.minnstate.edu

Web-Based Resources about Services

- **Minnesota Disability Organizations:**
www.pacer.org

Waiver Services Providers

(Requires funding)

- | | | | |
|------------------------------------|-------------------------|-------------------------------|--------------|
| • ACR Homes: | 651-294-4704 | • MDM Rubicon: | 651-731-8621 |
| • CCR: | 952-432-7710 | • Meridian: | 763-450-5010 |
| • Community Living Options: | 763-856-4866 | • New Challenges: | 651-454-0161 |
| • Dependable Care: | 651-779-9810 (ext. 104) | • New Directions: | 651-775-7605 |
| • Dungarvin: | 651-699-6050 | • Northeast Residence: | 651-765-0217 |
| • Fraser: | 612-767-5180 | • Outcomes: | 651-483-9500 |
| • Legacy Endeavors: | 651-717-4477 | • Owakihi: | 651-451-2889 |

- **Partnerships for MN Futures:** 651-774-1508
- **Pathways to Community:** 651-641-4009
- **REM:** 651-644-7680
- **Rudolph:** 952-467-1802
- **Sur La Rue:** 651-772-4657
- **Thomas Allen:** 651-450-1802

Youth/Young Adult Housing

- **Archdale Apartments:** 612-333-9284
 - **Barnabas:** 612-251-3502
 - **Booth Brown Foyer Apts.:** 651-251-3502
 - **Home Free & Mosaic:** 651-777-5222
 - **Housing Link:** 612-522-2500 / www.housinglink.org
- Other Housing Resources:
- **Bridge to Benefits:** www.bridgetobenefits.org
 - **Housing Benefits 101:** <http://hb101.org>
 - **RS Eden:** 612-287-1600 / www.rseden.org
 - **Seventh Landing & Lindquist Apts.:** 612-782-2994
 - **YouthLink:** 612-252-1200 / www.youthlinkmn.org

CTIC Vision Statement

All transition age youth/young adult with disabilities in our community will develop the necessary skills to prepare themselves for successful futures.

CTIC Mission Statement

To connect youth/young adults with disabilities and their families to community resources, empower them to strengthen advocacy skills in order to navigate their life plan.

Special thanks to those organizations who helped make this guide possible:

Washington County School Districts; District 833 Service Center; Department of Vocational Rehab. Services; Washington County IDD Unit; Canvas Health; ARC Great Rivers; Washington County WorkForce Center; East Suburban Resources; Northeast Metro 916 Technical School

Prepared by the Washington County Transition Interagency Committee