October
November
December
2020

Program Guide

Of Tubman Services, Classes, and Groups

Get Help: 612.825.0000
Give Help: 612.825.3333
www.tubman.org

Due to COVID-19, some service availability has changed. Please visit tubman.org or call 612.825.0000 for the most current information.

Tubman Programs, Services, Classes and Groups

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Due to COVID-19, some service availability has changed, and some services are now being offered virtually. For the most up-to-date information, please visit www.tubman.org.

This Program Guide is updated quarterly: January, April, July, and October. To find the most recent version or to download an electronic copy, please visit www.tubman.org, then click "Get Help."

For any questions about listed services or their availability, please call our 24-hour crisis and resource line at 612.825.0000.

About Tubman

Our Vision

Thriving people, healthy relationships, peaceful communities.

Our Mission

To advance opportunities for change so that every person can experience safety, hope, and healing.

Our Values

INTEGRITY: We model authenticity, and hold ourselves accountable to be good stewards of the agency's reputation, relationships, resources, and future.

RESPECT: We affirm the strengths and innate worth of all people.

INNOVATION: We commit to excellence and creativity, evolving through reflective learning and improved practice.

PARTNERSHIP: We collaborate to build collective expertise, and welcome diverse perspectives.

SOCIAL JUSTICE: We challenge our own biases, and work with courage and tenacity to build inclusive and equitable communities.

What We Do

Each year Tubman helps about 25,000 people of all ages, genders, and cultural backgrounds who are facing relationship violence, sexual assault, exploitation, homelessness, addiction, mental health challenges, or other forms of trauma.

More information can be found at www.tubman.org.



All are welcome here

Tubman partners with **many culturally specific organizations** in our community and can make referrals as needed. We work with **ThinkSelf** to strengthen our advocacy services for survivors who are deaf or hard of hearing. In 2013, Tubman completed work on a three-year project in partnership with the **Minnesota Brain Injury Alliance** to develop best practices for serving domestic violence survivors with seen and unseen disabilities, and has continually focused on making our organization more accessible, safe, and welcoming.

Countless Ways to Help

Are you passionate about making a difference?

Tubman relies on volunteers and interns to make a difference in every facet of our work. From our childcare champions who play with little ones while their parents receive services, to Resource Counseling Advocates who provide supportive counseling, safety planning, and community resources on the crisis line, to administrative volunteers who lend their office skills behind-the-scenes to keep us organized… the passion and energy of our amazing volunteers and interns is essential to the daily work of our organization and to the support of our clients and community.

Volunteer and Intern Training

Tubman's Volunteer and Intern Services team provides an in-depth orientation and training series that all volunteers, interns, and staff attend. Topics include professionalism and boundaries, self-care, relationship violence, family law, crisis intervention, and de-escalation techniques.

The five-part series—offered in January, May, and August—allows all volunteers and interns to gain an understanding of Tubman as an organization, understand Tubman's philosophy and guidelines for interacting with those we serve, meet other new volunteers and interns, and cultivate skills needed for their new positions.

Will you join us?

Contact us today about volunteering or interning at Tubman. You can give us a call directly at (612) 767-6680, email us at volunteer@tubman.org, or check out our current volunteer and internship opportunities and complete an application at www.tubman.org.

Family Violence Safety Planning

We can help you develop a safety plan that is unique to your family's situation. This planning includes safety procedures that may be adapted for home, work, social media, childcare, and more. Safety plans can also be made specific for youth of all ages.

For more information: Call the 24-hour line at (612) 825-0000.

Resource Counseling

Resource Counseling Advocates are available by phone, appointment, or walk-in at each of our two locations (in Minneapolis and Maplewood) to help people find the resources and support they need, either at Tubman or by making referrals to other community options.

Call the 24-hour crisis and resource line at (612) 825-0000.

Hennepin County Family Violence Waivers

Families that receive MFIP (Minnesota Family Investment Program) assistance and that are also experiencing domestic violence may quality for a Family Violence Waiver, which exempts families from the 60-month MFIP time limit while they have this waiver. For residents of Hennepin County, Tubman can assist with this process.

For more information, call (612) 825-6633.

Safe at Home address confidentiality

Tubman staff can assist with applying for the Safe at Home program, Minnesota's address confidentiality program administered by the Office of the Minnesota Secretary of State. It is open to people who are survivors of domestic violence, stalking, sexual assault, or to those otherwise who fear for their safety. Safe at Home assigns an alternate address that they can legally use for all their interactions in Minnesota.

For more information, call (651) 789-6730 and leave a message with your name and phone number.

Safe Shelter and Transitional Housing

Family Violence Emergency Shelter

Tubman is Minnesota's largest provider of domestic violence shelter services. **Shelter is available for people of all ages and all genders who are victims of domestic violence.** Clients have the opportunity to participate in domestic violence support groups, safety and goal planning, and will be connected to other community resources to best support their goals. Staff include a mental health therapist, parent support specialist, housing navigator, and child and youth specialists. Other Tubman programs, including legal services or help with mental and/or chemical health issues, are also available to residents. *Some programming is currently on hold or different due to safety precautions during the COVID-19 pandemic.*

For more information: Call the 24-hour line at (612) 825-0000.

Community-Based Supportive Housing (Hennepin County)

Tubman provides up to one year of housing for families and single adults who identify as victims of relationship violence. We help people find a safe place to live in the community as part of the Rapid ReHousing program, and also provide comprehensive support services, including additional resources and referrals if needed. ***All referrals to this program are managed through the Hennepin County Coordinated Entry System, which can be reached at (612) 348-4111.***

For more information: Call the 24-hour line at (612) 825-0000.

Safe Journeys Youth Transitional Housing

Tubman provides transitional housing for youth and young adult victims of violence and exploitation, including sex trafficking, through the Safe Journeys program. The program offers on-site housing at Harriet Tubman Center East in Maplewood or supportive community-based transitional housing. A full range of safety planning and support is provided.

For more information: Call the 24-hour line at (612) 825-0000.

Tubman's Legal Services

Criminal Court Advocacy

Victims of domestic assault and related crimes in **suburban Ramsey County** (misdemeanor and gross misdemeanor) and **Washington County** (misdemeanor, gross misdemeanor, and felonies) can receive help from a legal advocate. Advocates provide information on the court process and meet with victims at court.

For more information, call (651) 789-6730.

For criminal court advocacy in Hennepin County: Please contact the Day One hotline at 1-866-223-1111.

Orders for Protection (OFP)

Tubman legal advocates can write and file Orders for Protection in Ramsey, Washington and Hennepin counties, and can assist at Order for Protection hearings in Washington, Hennepin, and suburban Ramsey counties.

The OFP Process: An advocate will help the client (petitioner) write the statement describing the abuse (affidavit). The affidavit will go to a judge, and if the judge signs it an emergency OFP is in place immediately. This order is then served on the abuser (respondent), who has a right to request a hearing. The client may need to go to court, so keeping documentation (police reports, photos, texts, e-mails, etc.) is helpful.

For more information, call (651) 789-6730.

The Safety Project

This service provides quality pro bono (free) legal representation to low-income victims of domestic violence, sexual assault, and stalking who are seeking Orders for Protection and Harassment Restraining Orders in Hennepin, Ramsey, and Washington counties. Advocates at victim services agencies refer clients. Tubman partners with volunteer attorneys in representing clients. **For more information, call (612) 870-2424 or email safetyproject@tubman.org.**

Family Law Pro Bono Representation

Tubman staff attorneys and volunteer attorneys provide pro bono (free) legal representation to low-income people with family law cases in Hennepin, Washington, and Ramsey counties. Tubman screens clients, gathers case information, and refers cases to volunteer attorneys who can then represent clients at their hearings. **For more information: Call (612) 870-2400.**

Law Clinics

Volunteer attorneys meet one-on-one with clients for 30-minute sessions concerning family law, child protection law, and unmarried couples' legal issues. Sessions are held at Tubman sites and other community locations. There is a $15 fee when you pre-register, or $20 at the door. It is free for people with qualifying low incomes. **For more information, call (612) 870-2426.**

Due to COVID-19, clinics are being held over the phone and the fee is being temporarily waived.

Self-Represented Legal Clinics

Volunteer attorneys meet one-on-one with clients for a two-hour session designed to help people represent themselves in family law cases. Tubman screens clients and gathers case information. Volunteer attorneys will write court documents, provide legal advice, and help clients prepare for mediation, court conferences, and court hearings. There is a $15 fee when you pre-register, or $20 at the door. It is free for people with qualifying low incomes. ***Volunteer attorneys do not make court appearances or provide ongoing representation.*** **For more information: Call (612) 870-2400.**

Due to COVID-19, clinics are being held over the phone and the fee is being temporarily waived.

Attorney Referrals

Tubman provides clients with the names and phone numbers of multiple private attorneys who have legal experience and knowledge that matches the client's legal issues. Clients are encouraged to contact the attorneys and choose the one who best fits their needs. **For more information, call (612) 870-2400.**

Sexual Assault Legal Clinics at the Aurora Center

Tubman partners with the Aurora Center at the University of Minnesota to provide on-campus legal advice and representation to University of Minnesota and Augsburg College students who have experienced dating violence and/or sexual assault. The U of M's Aurora Center provides advocacy and education services. **For more information, call Tubman at (612) 870-2424 or the Aurora Center at (612) 626-9111.**

Legal Services for Immigrant Families

Tubman has a multi-year partnership with Immigrant Law Center of Minnesota and Casa de Esperanza to provide comprehensive legal advice, brief services and legal representation to immigrant families fleeing relationship violence. Tubman provides these services through the Safety Project, Family Law Pro Bono Representation, and Self-Represented Legal Clinics described above. **For more information, call (612) 870-2400.**

Clinical Services

Tubman Chrysalis Center provides chemical and mental health services for clients in the community. Tubman employs professional, experienced, and qualified staff with diverse interests, specialties, and degrees, including:

- Licensed psychologists
- Licensed independent clinical social workers
- Licensed marriage and family therapists
- Licensed clinical nurse specialist
- Licensed alcohol and drug counselors
- Youth and adolescent therapists
- Masters and doctoral level interns

More about our clinical team can be found online at www.tubman.org.

Payment options

Most mental health and therapy services are billed directly to health insurance:

- Insurance/HMO
- Medicare
- Medical Assistance
- Rule 25 funding for chemical health assessments and treatment
- Self-pay/private pay (Call for rates)
- Limited sliding fee scale, based on income guidelines

Chemical health (Rule 25) assessments

Chemical health (Rule 25) assessments are completed for people with insurance and for people in need of public funding to help pay for chemical health treatment. Assessments can be completed during walk-in hours or by appointment.

Location: Tubman Chrysalis Center
Fee: Can be billed to health insurance or ask about our rates
Who: 15 years and older, all genders
For more information: Call (612) 870-2426

Individual, couples, or family mental health therapy

Individual mental health therapy is offered at two Tubman locations. We provide individual therapy for people of all gender identities and ages, as well as couples and families.

Location: Tubman Chrysalis Center and Harriet Tubman Center East
Fee: Can be billed to health insurance or ask about our rates
Who: All genders
For more information: Call (612) 870-2426

Mental health assessments

A mental health assessment provides an overall picture of how well clients feel emotionally and how well they are able to think, reason, and remember (in other words, assessing their cognitive functioning). The assessment includes social and biographical information. Clients will be asked questions both in writing and in person with a mental health therapist. During the assessment, a mental health therapist will ask questions about how clients get along with other people, including their family and friends. Currently, Tubman Chrysalis Center does not offer psychological testing services. A mental health assessment is done to:

- Find out about and check on mental health concerns, such as anxiety, depression, schizophrenia, and other common mental health concerns.
- Help tell the difference between mental and physical health problems.
- Evaluate a person who has been referred for mental health treatment because of problems at school, work, home, etc.
- Check the mental health of a person who has been placed in an institution or arrested for a crime, such as drunken driving, physical abuse, etc.

Location: Tubman Chrysalis Center
Fee: Can be billed to health insurance or ask about our rates
Who: All genders
For more information: Call (612) 870-2426

Psychiatric Medication Services (Evaluation and Management)

A Licensed Clinical Nurse Specialist completes a psychiatric assessment with a client to determine medication needs, and then the client receives ongoing management of psychiatric medications. ***Please note: This service is for people who are involved in one of Tubman Chrysalis Center's mental health or chemical health programs, and clients must be referred by their therapist or counselor.*** **For more information: Call (612) 870-2426**

Relationship Violence Intervention Program

Due to COVID-19, groups are being held virtually.

This is a 21-week treatment program for people who struggle with anger or have been abusive. Participants learn to understand their reactions, and learn skills to manage difficult situations without responding abusively. Individuals can refer themselves or be referred by court, probation, child protection, or other agencies. Groups are divided by gender, with day and evening options.

Location: Tubman Chrysalis Center and a St. Paul location option
Fee: Can be billed to health insurance or ask about our rates
Who: All genders, with separate groups by gender
For more information: Call (612) 870-2426

Co-Occurring Disorders (COD) Outpatient Program

Due to COVID-19, groups are being held virtually.

Tubman's COD outpatient program is a licensed treatment program for adult women who have both chemical dependency (drugs or alcohol) and mental health concerns. Components of the program are:

- Both individual chemical health and mental health counseling and therapy
- Treatment group
- Skills training group
- Parenting group, as it applies
- Case management
- Psychiatric medication evaluation and follow-up medication management

A chemical health (Rule 25) assessment is required to enter the COD program. These can be done on-site at the Tubman Chrysalis Center. Referrals made by assessors from other agencies are accepted.

Location: Tubman Chrysalis Center
Fee: Can be billed to health insurance or covered by Rule 25 funding
Who: Individuals who identify as female only
For more information: Call (612) 870-2426

Parenting Group

Due to COVID-19, groups are being held virtually.
Our parenting group is a trauma-informed group that provides women with a safe space to process the complexities of parenting through various traumatic life challenges, including substance abuse recovery, recovery from trauma caused by domestic violence, involvement with Child Protective Services, and child-parent separation and reconciliation. Each group member is offered support and feedback from other group members during weekly check ins. Learning happens largely through group conversation which is facilitated by therapists who weave evidence based parenting knowledge into the group dialogue.

Location: Tubman Chrysalis Center
Fee: Can be billed to health insurance or ask about our rates
Who: Individuals who identify as female only
For more information: Call (612) 870-2426

Trauma Skills Group

Due to COVID-19, groups are being held virtually.

This psycho-educational therapy group is a closed 12-week group for people who want to learn and practice skills to manage and reduce the disturbances to daily life caused by traumatic experiences. Individuals can use this group to address trauma from their past or present. This group focuses on symptom management rather than processing trauma. Individual therapy is required before starting this group. This group is offered every 12 weeks. A Trauma Process Group is also available as a next level of care.

Location: Tubman Chrysalis Center
Fee: Can be billed to health insurance or ask about our rates
Who: All genders
For more information: Call (612) 870-2426

Trauma Process Group

Due to COVID-19, groups are being held virtually.

This therapy group is an ongoing process group for women who have completed the Trauma Skills Group. Women interested in this group must be referred by the facilitators and be seeing a therapist for individual therapy before starting this group.

Location: Tubman Chrysalis Center
Fee: Can be billed to health insurance or ask about our rates
Who: Individuals who identify as female only
For more information: Call (612) 870-2426

Dialectical Behavior Therapy (DBT) Program

This program offers group and individual DBT services to adults who want to learn how to "take control" of emotional aspects of their life. We welcome all genders, and offer all gender groups and an open and affirming LGBTQ+ Queer group. Participants become more aware of their emotions and learn about and develop skills to manage their emotional reactions and responses to difficult situations. They develop skills such as mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. This is a Minnesota Department of Human Services-certified program. Individual therapy with a DHS-certified therapist is required while in this program.

Location: Tubman Chrysalis Center
Fee: Can be billed to health insurance or ask about our rates
Who: All genders, with co-ed groups and an LGBTQ+ group available
For more information: Call (612) 870-2426

DBT Grad Group

Due to COVID-19, groups are being held virtually.

This DBT group is for all individuals who have successfully graduated from a DBT Program at Tubman Chrysalis Center or in the community and who wish to continue practicing skills and receiving support. Weekly attendance is required.

Location: Tubman Chrysalis Center
Times: Monday, 10 a.m.—12 p.m.
Who: All genders, with separate groups by gender
For more information: Call (612) 870-2426
Free childcare is available if reserved one-week in advance. Call (612) 870-2426 to register and reserve childcare.

Melissa's Connections Group

Due to COVID-19, this group is temporarily paused.

Melissa's Connections Group is a free drop-in support group for women experiencing chemical health and mental health issues or concerns. No registration or fee is required. This group is for women who:

- Are waiting to begin individual or group counseling
- Need extra support during a difficult period
- Are seeking counseling that does not require insurance
- Are looking for access to additional community resources

Location: Tubman Chrysalis Center
Hours: 1:30—3:00 p.m. Thursdays
Who: Individuals who identify as female only

Family and Concerned Others Support Group

Due to COVID-19, groups are being held virtually.

For Tubman Co-Occurring Disorders (COD) program members and their support people. This is a free drop-in support group offering education and support around recovery for current COD program clients to attend with their family and friends. You must be 18 years or older to attend.

Location: Tubman Chrysalis Center
Who: All genders with co-ed groups
Hours: 4:00—5:00 p.m. Wednesdays

Youth and Young Adult Programs

Tubman's youth and family services programs provide violence prevention, intervention, support, outreach services, and leadership opportunities for youth in Tubman residential and community settings.

Youth Safety Plans

Tubman staff can help develop specialized safety plans for youth ages 4-18. This service is available to Tubman residents, as well as the community through phone support, residential services, and walk-ins at shelter sites. **For more information, call (612) 825-0000.**

Safe Journeys Youth Transitional Housing

Tubman provides transitional housing for youth and young adult victims of violence and exploitation, including sex trafficking, through the Safe Journeys program. The program offers on-site housing at Harriet Tubman Center East in Maplewood or supportive community-based transitional housing. A full range of safety planning and support is provided.

For more information: Call the 24-hour line at (612) 825-0000.

Kids in Transition (KIT)

Due to COVID-19, groups are being held virtually.

KIT is a six-week closed support group for youth who have experienced violence, relationship transitions, and/or grief and loss. Groups are offered to youth in two age groups: 5-12 and 13+.

Location: Tubman Chrysalis Center in Minneapolis and NorthStar Youth Outreach Center at the Maplewood Mall
Register: Online at tubman.org, in the "Get Help" section, Youth Programs, Kids in Transition
Fee: Free of cost
For more information: Call (612) 870-2426

Movement for Violence Prevention (MVP)

Tubman's Movement for Violence Prevention (MVP) series helps youth organize around violence prevention and healthy relationships. This class helps teens expand their knowledge about violence prevention strategies and gives them the tools to provide presentations to other youth so that they can create safer communities. Participants receive a flash drive with a pre-loaded PowerPoint presentation and a certificate recognizing graduates of Tubman's MVP action team after they have completed the two-day course. Participation in this course also serves as a great resume and college application builder that showcases leadership skills and a commitment to making a difference.

Location: *Virtual!*
Times: Times vary. Please call (612) 825-3333 for more information.
Cost: Free to attend.
Register: Online at tubman.org or call (612) 825-3333. You can also set up a training for your group.
For more information: Email teens@tubman.org or find us on Facebook

Voices in Prevention (VIP)

This six-week violence prevention curriculum provides students with tools for maintaining healthy relationships and serves schools and community programs. Other services offered by VIP include support groups, one-on-one sessions, peer mediation, and service learning.

Location: Schools and community locations upon request
For more information: Call (612) 825-3333 or email teens@tubman.org

Youth and Young Adult Outreach and Advocacy

This program assists young people of all genders between the ages of 10 and 24 who have experienced relationship violence, sexual assault or exploitation, stalking, or homelessness.

Location: Community and in-home as requested
For more information: Call or text (612) 656-YAYA (9292), or email yayaprogram@gmail.com. **For immediate assistance, call 612-825-0000.**

Inspiring Youth

Tubman's youth workers provide comprehensive and culturally responsive one-on-one mentorship and support, access to resources, and connections to positive activities and leadership opportunities for youth ages 10-17. Additional support is provided as needed.

This program is by closed referral only. **If you are not a referral source, call (612) 825-0000 for other options for youth.**

mydefinition.org

mydefinition.org is a website that provides resources, information, and youth -led media messages focused on preventing violence and engaging youth in the important work of creating safer communities.

NorthStar Youth Outreach Center

Due to COVID-19, hours and availability are shortened. Please call to connect with available resources and support.

The NorthStar Youth Outreach Center provides services to youth and young adults of all genders, ages 10-24, and their children. Resources include advocacy, safety planning, and connections to a range of additional community resources provided by Tubman and partnering agencies. Other resources that are provided include counseling; housing, career, and educational assistance; food; as well as access to a computer lab, laundry, and clothing closet.

Location: Maplewood Mall, 3001 White Bear Ave, Space #2006
Hours: 11 a.m.—7 p.m. Monday, Wednesday, Friday;
1 p.m.—4 p.m. Saturdays
For more information: Visit tubman.org/NorthStar or call (651) 748-4010.

Community Support Services

Harriet's Closet

Due to COVID-19, the clothing closet is temporarily closed.

Harriet's Closet is a clothing boutique that offers new and gently used clothing for youth and adults at no cost. The closet is open and affirming to all genders, and is possible to shop based on your gender/gender identity. Volunteers work directly with individuals to select up to three complete outfits every 30 days.

For all days and locations, clients must arrive 30 minutes prior to close.

Location: Harriet Tubman Center East in Maplewood
Hours: Tuesday and Thursday, noon —3 p.m.
For more information: (612) 825-3333

Tech Center for Youth & Young Adults

A free Tech Center provides access to reliable computers in a safe environment. People ages 10-24 can check emails, look for a job, or just keep up to date on news and events.

Location: North Star Outreach Center in Maplewood Mall
Hours: 11 a.m.—7 p.m. Mondays, Wednesdays, Fridays;
1 p.m.—4 p.m. Saturdays.
For more information: (651) 748-4010

Housing Resources and Referral Options

Contact Tubman for support and resources in finding affordable housing for adults and families.

For more information: Call (612) 870-2400

Financial Planning Services

Meet with a Financial Specialist for support to meet your financial goals. This service is free. Registration is required.

Location: Tubman Chrysalis Center in Minneapolis
Hours: 6:00—8:00 p.m. Second Tuesday of every month
For more information and to register: (612) 870-2426

Jobs, Education, and Finance (JEF) Services

JEF services support people with employment, educational, or financial goals. Various career, finance, and education related workshops are offered, as well as one-on-one appointments with JEF volunteers and staff.

For more information: (612) 825-3333

Pieces of Peace Support Group

This is an ongoing drop-in support group for people who are experiencing or have experienced relationship abuse, including emotional, verbal, physical, sexual, or financial abuse. Participants at all stages of healing are welcome. There is no fee for this group.

Location: *Virtual!*
Hours: 6:30-8 p.m. Tuesdays
Who: All genders, co-ed groups
For more information: (651) 789-6770; or sign up at tubman.org/get-help/workshops-support-groups/pieces-of-peace-support-group.html

Our Locations



Tubman Chrysalis Center

4432 Chicago Avenue South

Minneapolis MN 55407

M-TH 7:30 a.m. to 8 p.m.

F 8:30 a.m. to 3 p.m.



Harriet Tubman Center East

1725 Monastery Way

Maplewood MN 55109

M-TH 8 a.m. to 5 p.m.

F 8 a.m. to noon

GET HELP: 612.825.0000

TUBMAN.ORG

GIVE HELP: 612.825.3333