Tubman

JANUARY
FEBRUARY
MARCH
2023

PROGRAM GUIDE

of Tubman Services, Classes, and Groups

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

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 20,000 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.

Safety Planning & Resources

Family Violence Safety Planning

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

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

Resource Advocacy

Resource Advocates are available 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 or email resources@tubman.org.

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

Tubman provides up to two years of housing for families and single adults who identify as victims of relationship violence in Hennepin County. In the Twin Cities metro area, Tubman also provides housing for youth heads of household who have experienced violence and exploitation, and their children. We help people find a safe place to live in the community as part of the Rapid Re-Housing 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. 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

The following legal services are offered for income eligible clients, dependent on staff and volunteer attorney capacity. In the initial screening process, staff will determine what, if any, services we are able to offer based on your situation. An additional screening may be required for direct representation.

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. Resources are available to assist with remote court hearings.

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, and can assist at Order for Protection hearings in Hennepin, Washington, and suburban Ramsey counties. Resources are available to assist with remote court hearings.

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, protective orders for yourself and your children, 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.

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.

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 Esperanza United 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.

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.

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 (Virtual at this time)

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 Therapy (Virtual at this time)

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

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

Healthy Relationships Group: Including Parenting, Partnerships, and Family Relationships

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

An open therapeutic group for individuals who identify as female. We offer a flexible, validating, and safe space that incorporates a blend of supportive discussion and psychoeducation. Our weekly group topics are tailored to what group members identify would be helpful based on their current challenges and successes. Topics often include- maintaining and setting boundaries; relationship safety; child development; relationship violence cycle; self-care; emotion regulation skills; and effective co-parenting. Facilitators pull from a few therapeutic modalities including DBT, strength-based, and person-centered approaches.

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

Expressions of Healing Group

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

This psychotherapy group is a closed 12-week group that includes mindfulness meditation, guided expressive therapeutic exercises, group process, and somatic resourcing. Clients must have an individual therapist to join.

When: 10 a.m. to noon Wednesdays
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

Mental Health Assessments (Virtual at this time)

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

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, this group is currently on hold.

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 Program (Virtual at this time)

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, this group is currently on hold.

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 (Virtual at this time)

Melissa's Connections Group is a free drop-in support group for people of all genders experiencing chemical health and mental health issues or concerns. No registration or fee is required. This group is for people 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: 5:30-6:30 p.m. Tuesdays
Who: All genders, experiencing chemical health and mental health issues or concerns

Family and Concerned Others Support Group

Due to COVID-19, this group is currently on hold.

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 Safe Journeys Youth Worker office at (651) 789-7130.

Kids in Transition (KIT)

Groups are being held virtually. Dates & Times Vary. Call for more information.

KIT is a free 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
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 free course also serves as a great resume and college application builder that showcases leadership skills and a commitment to making a difference.

Location: Options for virtual or in-person programming
Times: Times vary. Please call (612) 825-3333 for more information.
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 Instagram, TikTok, Twitter, and Facebook.

Voices in Prevention (VIP)

These violence prevention lessons provide youth with tools for maintaining healthy relationships and serves schools, community programs, and faith groups. Other services offered by VIP include support groups, one-on-one sessions, peer mediation, and service learning.

Location: Schools and community locations upon request, *with virtual options also available*
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 teens@tubman.org. **For immediate assistance, call our 24/7 line at: 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.

For more information: Email inspiringyouth@tubman.org or you can register online at www.tubman.org/get-help/youth-programs/inspiring-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

Hours and availability vary. 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. Join us so we can stay open as much as possible!

Location: Maplewood Mall, 3001 White Bear Ave, Space #2006
Hours: 11 a.m.—3 p.m. Wednesdays, Thursdays, Fridays
1—4 p.m. Saturdays
For more information: Visit tubman.org/NorthStar or call (651) 748-4010.

Community Support Services

Harriet's Closet

Harriet's Closet is a clothing boutique that offers new and gently used clothing at no cost for youth and adult Tubman clients.

Location: Harriet Tubman Center East in Maplewood
Hours: Hours vary, call for more information.
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. We are also accepting volunteers for this program! To learn more about volunteering, call 612.825.3333, or check the website.

Location: North Star Youth Outreach Center in Maplewood Mall
Hours: Hours vary. Call or check website for details.
For more information: (651) 748-4010

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

Economic Advancement Program (Hennepin County)

Nearly all people impacted by violence have also experienced financial hardships. Tubman's Economic Advancement Program in partnership with Hennepin County, aims to reduce or remove the negative impacts of these hardships for survivors of domestic violence. People will develop short-term and long-term financial plans that address hardships with the goal of promoting long-term financial stability and wealth-building. Direct client assistance will help reduce barriers and meet short-term needs. People will be connected to other services by Tubman, community partners and other resources to meet additional needs.

The Economic Advancement Program serves survivors of domestic violence from Hennepin County with little or no income, who are receiving public benefits or who have stopped receiving public benefits which is causing further financial difficulty. Our focus will be on survivors who identify as BIPOC and we serve all genders, including people who do not identify as a specific gender and people who identify as LGBTQ+.

To qualify for the program, people must meet the definition of being eligible for Minnesota Department of Human Services Consolidated Funding, or families with earnings below 200% of Federal Poverty Guidelines (FPG) and who meet any of the following criteria:

- Families on MFIP;
- Family households with a minor child (under the age of 18);
- Pregnant woman; or
- Non-custodial parents of a child receiving MFIP.

For more information, call (612) 767-6633.

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

GIVE HELP: 612.825.3333

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