The HI-C Program
Together, Creating a Healthier Life.

Central MN Mental Health Center in partnership with CentraCare Clinic Midtown

CMMHC in partnership with CentraCare Health is providing healthcare integration collaboration with the support of a Primary and Behavioral Healthcare Integrative SAMHSA grant. Participants will be asked to participate in anonymous data gathering to further substantiate these needed services. Participation is voluntary. Receiving primary care services is not dependent on participation with the grant.

Want to feel better?

Hours: 8-4:30
Monday-Friday
320-257-4222

Midtown Square
3333 W Division Suite 218
St. Cloud, MN 56301
Use main entrance off of 33rd Ave. N
Take stairs to second level (elevator available)

Central MN Mental Health Center
A time to heal, a place to start.
Imagine...

...walking into a safe space where your needs are met with compassion and respect.

...a medical provider who takes time to listen and specializes in the physical healthcare of people experiencing mental health concerns.

...the option for all your providers to consult for the best care possible.

...meeting with a peer wellness coach who understands your struggles.

...groups that are based on what you need and want.

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Health and Wellness Services provided for adult individuals with serious mental illness.

The HI-C program offers both individual and group services.

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“Hi-C promotes an accessible, client-driven, integrated alliance; while using a whole person approach to promote health, wellness, & recovery.”

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CentraCare Clinic Midtown
Nicole Zenk, APRN, CNP
Kim Duke, RN

Central MN Mental Health Center
Cindy Rondeau, LSW, MHP
Co-occurring Substance Use Disorder Counselor
Tracy Wallack
Certified Peer Wellness Coach

Come on in... We look forward to seeing you!