

Mental Health Resource Guide 2010



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ABOUT THE MENTAL HEALTH RESOURCE GUIDE

Welcome to the 2010 Mental Health Resource Guide. **Avera McKennan Behavioral Health Services** has once again generously provided the funding, enabling it to be offered at no charge. This Guide was established to help the consumer more readily identify and select licensed/credentialed practitioners and agencies that provide a variety of mental health services in the Sioux Falls area. It provides the community with easily accessible information about those services that are listed.

Organizations and/or Mental Health Practitioners are listed throughout the guide alphabetically, otherwise there are two basic ways to find a specific resource.

To Find a Mental Health Practitioner by Name...

Search alphabetically for the last name of the person you are seeking in the **Practitioner Name Index** on page 6. Listed to the right of their name you will find a page number that will direct you to the organization with which they are associated.

To Find an Organization and/or Mental Health Practitioner by Service Category...

Search by the following service categories: Children/Adolescent Therapy, Christian Based Therapy, Abuse Issues (for children and/or adult victims and survivors), Addiction/Substance Abuse Services, Psychological Testing and Other. The names of the organizations and/or mental health professionals are listed alphabetically in the **Service Category Index** on page 2.



Inclusion in this Guide should in no way be construed to constitute an endorsement of a practitioner, an agency, organization, or its service, nor should exclusion be construed to constitute disapproval. The information and certifications which appear in this publication were self-reported by the organizations and practitioners.

SELECTING A MENTAL HEALTH PRACTITIONER

Choosing among the many options available in mental health care can be a confusing task. As with any type of service there are basic questions that can assist you in becoming an informed consumer. Ask yourself these questions:

- * What are the critical issues for which you would like to obtain help and what are the desired results you hope to see?
- * Do you have a preference regarding type of setting (i.e. inpatient, outpatient, group therapy, etc.) or type of therapeutic approach?
- * Is there a particular time of the day or week that would be best for you in arranging an appointment?
- * Is there coverage offered by your insurance, health care plan, or employer that can offset some or all of the cost of treatment?

With this information in mind, select two or three mental health practitioners and call for a short phone interview. Briefly describe your issues or goals and ask if the provider is skilled in these areas. Ask a few questions about the provider's background and practices.

- * What therapeutic approaches and techniques does she or he most frequently use?
- * How will therapeutic goals be established? How will you know when therapy is complete?

After talking with a potential practitioner, ask yourself:

- * Did you feel a sense of confidence in this person?
- * Did the practitioner's approach seem to make sense to you?
- * And most of all, did you feel comfortable talking with this practitioner?

Glossary of Abbreviations

This is a key to abbreviations used throughout the listings, primarily for professional accreditations and certifications.

AA	Associate of Arts	LMFT	Licensed Marriage & Family Therapist
AAMFT	American Association of Marriage & Family Therapy	LMSW	Licensed Master Social Worker
ABN	American Board of Professional Neuropsychology	LN	Licensed Nurse
ABPP	American Board of Professional Psychology	LP	Licensed Psychologist
ACSW	Academy of Certified Social Workers	LPC	Licensed Professional Counselor
ALSW	Associate Licensed Social Worker	LPCC	Licensed Professional Clinical Counselor
AS	Associate of Public Service	LPC-MH	Licensed Professional Counselor-Mental Health
ATR	Nationally Registered Art Therapist	LSWA	Licensed Social Worker Associate
BA	Bachelor of Arts	MA	Master of Arts
BCBA	Masters Level Behavior Analyst	MAC	Masters Addiction Counselor
BCBA-D	Doctorate Level Behavior Analyst	MAPM	Master of Arts in Pastoral Ministry
BCaBA	Bachelor Level Behavior Analyst	MAT	Master of Art Therapy
BRI	Board Registered Interventionist	MBA	Master of Business Administration
BS	Bachelor of Science	MD	Doctor of Medicine
BSW	Bachelor of Social Work	MDiv	Master of Divinity
CAAC	Certificate of Advanced Addiction Counselor	MEd	Master of Education
CAGS	Certificate of Advanced Graduate Study	MFT	Marriage & Family Therapist
CCDC	Certified Chemical Dependency Counselor	MHR	Master of Human Relations
CCDVC	Clinically Certified Domestic Violence Counselor	MHT	Mental Health Therapist
CCMHC	Certified Clinical Mental Health Counselor	MS	Master of Science
CCS	Certified Clinical Supervisor	MSEd	Master of Science in Education
CCTP	Certified Corrective Thought Practitioner	MSN	Master of Science in Nursing
CCW	Certified Crisis Worker	MSSA	Master of Science & Social Administration
CDCT	Chemical Dependency Counselor Trainee	MSW	Master of Social Work
CEAP	Certified Employee Assistance Professional	NBCDCH	National Board Certified Diplomat of Clinical Hypnotherapy
CH	Clinical Hypnotherapist	NCBF	National Certified Bereaved Counselor
CNP	Certified Nurse Practitioner	NCC	National Certified Counselor
CNS	Certified Nurse Specialist	NCGC	National Certified Gambling Counselor
CPE	Clinical Pastoral Education	NCSC	National Certified School Counselor
CPS	Certified Prevention Specialist	NCSP	National Certified School Psychologist
CPST	Certified Prevention Specialist Trainee	PA	Physician's Assistance
CS	Clinical Specialist	PA-C	Physician's Assistant-Certified
CSC	Certified School Counselor	PhD	Doctor of Philosophy
CSW	Certified Social Worker	PIP	Practitioner in Private Practice
CSW-PIP	Certified Social Worker-Practitioner in Private Practice	PsyD	Doctor of Psychology
CT	Certified Thanatologist	QMHP	Qualified Mental Health Practitioner
DMin	Doctor of Ministry	RD	Registered Dietician
DO	Doctor of Osteopathy	Rh.D	Doctor of Rehabilitation
EdD	Doctor of Education	RN	Registered Nurse
EdS	Education Specialist	RNC	Registered Nurse Clinician
LADC	Licensed Alcohol and Drug Counselor	RPT	Registered Play Therapist
LBSW	Licensed Baccalaureate Social Work	RTC	Reality Therapy Certification
LCSW	Licensed Certified Social Worker	SAP	Substance Abuse Professional
LCSW-PIP	Licensed Certified Social Worker-Practitioner in Private Practice	TFTdx	Thought Field Therapy diagnostics

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Alpha Center

801 E. 41st Street

Sioux Falls, SD 57105

Phone: (605) 361-3500

E-Mail Address: info@alphacenter.org

Internet Address: www.alphacenter.org

Hours: 8:30am - 5:30pm, Monday - Friday / Thursday evening until 8:00pm

Fees: None; donations accepted

Services Offered: Free pregnancy tests, limited ultrasounds, STD testing, options counseling, post abortion counseling, relationship counseling, 24-hour hotline, parenting classes, and medical and community referrals.

Avera McKennan Hospital and University Health Center - Behavioral Health Services

Addiction Recovery Services

Avera Professional Plaza

2412 S. Cliff Avenue, Suite 100

Sioux Falls, SD 57105

Phone: (605) 322-4079

Fax: (605) 322-4080

Internet Address: www.averabehavioralhealth.org

Hours: 9:00am - 7:00pm, Monday - Friday / Evening groups and additional scheduling options available

Fees: Vary with different services; accepts insurance, Medicare, and Medicaid; scholarships available for some programming; payment plan options available

Mental Health Professionals:

James Green, CCDCII

Jennifer Albrecht, MAT, LPC, CDCT

Stacey Brown, MA, LPC, CCDCII

Lana Smith, MA, LMFT, CDCT

Sara Bennetts, MSW, LCSW-PIP, CDCT, QMHP

Stacy Gorman, MS, LPC-MH, CCDCIII, QMHP

Craig Kindrat, MS, LPC, LMFT, CCDCIII

Services Offered: Comprehensive treatment program for individuals, couples, and families affected by substance abuse, compulsive gambling, other addictive behaviors, and interrelated emotional difficulties. Court-approved provider for the assessment and/or treatment of substance abuse and/or gambling-related offenses. Specializing in Co-Occurring services (the treatment of substance abuse/gambling conditions as well as mental health issues such as bipolar disorder, clinical depression and anxiety conditions). The multi-leveled program includes Intensive Outpatient treatment and two Relapse Prevention levels of care. Assistance available for adolescents includes: evaluations, individual and family counseling, and prevention services. Employee Assistance Programs. Offers specialized recovery services for health care practitioners inclusive of physicians, pharmacists, nurses, dentists and other health care professionals with state and/or national licensure/certification credentials. ARP also provides a specialized Pain Management Group and a Facilitated Eating Disorder Support Group.

Avera McKennan Hospital and University Health Center - Behavioral Health Services

Inpatient Services

4400 W. 69th Street, Suite 100

Sioux Falls, SD 57108

Phone: (605) 322-4065 or 1-800-691-4336

Fax: (605) 322-4060

Internet Address: www.averabehavioralhealth.org

Hours: 24 hours a day / 7 days a week

Fees: Vary with different services; accepts insurance, Medicare, and Medicaid

Services Offered: Acute Adult Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression with suicidal behavior, psychotic confusion, manic/bipolar disorder, elopement risks, and patients on emergency detention. Adult Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression, schizophrenia, anxiety disorder, bipolar disorder, post-traumatic stress disorder, and borderline personality. Senior Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression, anxiety disorders, pre-senile disorders, Alzheimer's illness, and panic disorders. Child Inpatient Program - Structured acute care inpatient program for children ages 12 and under. Offers a safe, supportive environment and caring, expert staff who provide specialized treatment to children with a

range of psychiatric difficulties including: depression, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), extreme family difficulties, and other life stressors. Adolescent Inpatient Program - Unit operates on a 24-hour basis. Most of the patients served by the Adolescent Inpatient Program are between the ages of 12-17, and are struggling with depression, suicidal ideation, ADHD, or other mental health diagnoses. The program utilizes an interdisciplinary team approach to care for the social, psychological, and spiritual needs of young people. Free mental health assessments are available that include a level of care determination. This assessment can coordinate inpatient admission, pre-certification, or outpatient referral. Please call (605) 322-4065 or 1-800-691-4336.

Avera McKennan Hospital and University Health Center - Behavioral Health Services Outpatient Clinic

Avera Professional Plaza
2412 S. Cliff Avenue, Suite 200
Sioux Falls, SD 57105

Phone: (605) 322-4079

Fax: (605) 322-4080

Internet Address: www.averabehavioralhealth.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Evening groups and additional scheduling options available

Fees: Vary with different services; accepts insurance, Medicare, and Medicaid; scholarships available for some programming; payment plan options available

Mental Health Professionals:

Ginny Crawford, MSW, CSW-PIP

Laura Schuldt, MA, LPC-MH, NCC

Jon Felock, MSW, CSW

Don Baum, PhD, LP

Mary Wolf, MS, LPC-MH, QMHP, CEAP

Justin Falon, MA, LPC

J. Chris Nordgren, PhD

Michelle McClintic, MSW, CSW-PIP

Mary Ellen Smith, MS, LPC-MH, NCC

Sadie Stellish, MSW, LCSW

Mary Guth, LPC-MH, QMHP, LMFT, CCMHC

Hiedi Roberts, MSW, LCSW

Services Offered: Individual, couples, group and family counseling for all ages and for all mental health-related concerns. Additional services include STEPPS group for people with Borderline Personality Disorder or traits; eating issues counseling, including anorexia, bulimia, and healthy weight loss; grief therapy, psychological testing, chronic pain services, and an Employee Assistance Program. Addresses issues such as Attention Deficit Disorder, family separation/divorce, self-destructive behaviors, self-esteem building, and anger management.

Avera McKennan Hospital and University Health Center - Behavioral Health Services Partial Hospital Program and Intensive Outpatient

4400 W. 69th Street, Suite 100

Sioux Falls, SD 57108

Phone: (605) 322-4056 or (605) 322-4057

Fax: (605) 322-4060

Internet Address: www.averabehavioralhealth.org

Hours: 8:00am - 4:30pm, Monday - Friday

Fees: Accepts insurance and Medicare; limited financial assistance available

Services Offered: Partial Hospital Program is an outpatient, time-limited, intensive and coordinated clinical treatment program that is an integral part of the continuum of Behavioral Health Services. The Partial Hospitalization Program pursues the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Another target population is the individual experiencing acute psychiatric symptoms or decompensating clinical conditions that severely impact their capability to function on a day-to-day basis. Typical partial stay is about 16 days stretched out over one month. The step down program, Intensive Outpatient for Mental Health, is a treatment option in Behavioral Health Services where individuals would attend group therapies for 7-11 hours per week. Prospective clients for both the Partial Hospital Program and Intensive Outpatient Program for Mental Health may be referred through physicians, therapists and counselors or by self-referral. Free mental health assessments are available that include inpatient admission, coordination / pre-certification, and outpatient referral coordination. Please call (605) 322-4065 or 1-800-691-4336.

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Avera University Psychiatry Associates

4400 W. 69th Street, Suite 1500

Sioux Falls, SD 57108

Phone: (605) 322-5700

Internet Address: www.universitypsychiatry.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professionals:

David W. Bean, MD

Nicole Christenson MD

William C. Fuller, MD

Wallace Jackmon, PhD

Beverly J. Gunderson, EdD

Matthew Malone, DO

Karl Oehlke, PA-C

Barbara Palmer, MSW, CSW-PIP

Matthew Stanley, DO

Vinod Bhatara, MD

Heather Chester-Adam, MD

David Hylland, EdD

Garneth Kuiper, CNP

Carol Kuntz, PsyD

Wioleta Mazurczak, MD

Tamara Vik, MD

Timothy J. Soundy, MD

Candice Cummings, MSW, CSW-PIP

Sarah Flynn, MD

John Erpenbach, CNP, RN

Grace LaFollette, CNP

Nancy Wilson, MD

Jay Weatherill, MD

Kent Andre, MD

Brenda Nour, PhD

Constance L. Spicero, EdD

Shawn Van Gerpen, MD

Services Offered: Offers individualized treatment, including psychiatric evaluations, psychological and neuropsychological evaluations, individual, couple or family therapy. Treatment services for children, adolescents, adults, and seniors include, but are not limited to: anxiety disorders, mood disorders, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress disorders, abuse issues, eating disorders, dementia, grief and loss, forensic evaluations, custody evaluations, evaluation and treatment of childhood emotional and behavioral disorders, spirituality, stress management, and executive health.

Bartels Counseling Services, Inc.

3101 W. 41st Street, Suite 203

Sioux Falls, SD 57105

Phone: (605) 310-0032

Fax: (605) 271-0200

E-Mail Address: shanebartels@sio.midco.net

Internet Address: www.bartelscounselingservices.com

Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment

Fees: Sliding fee scale; most insurance accepted; state assistance available

Mental Health Professionals:

Melissa Steever, MA, LPC-MH, CDCT

Leah Rath, MA, NCC, LPC, CCDCIII

Sherry Bartels, MA, LPC-MH, CCDCIII, QMHP

Services Offered: Clinicians are Master's Level, and "dually" educated, credentialed, and experienced in the treatment of addictions and other mental health concerns, such as anxiety & mood disorders, adjustment, spiritual development, addictions, emotional & stress management, and relational issues. Provides individual, couples, and family counseling along with services for adults and adolescents needing assessments, intensive outpatient chemical dependency treatment, aftercare and recovery group. Bartels Counseling Services is accredited by the South Dakota Department of Human Services Division of Alcohol/Drug Abuse.

Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2

Sioux Falls, SD 57105

Phone: (605) 274-1700

Fax: (605) 274-1704

E-Mail Address: mariaegan.bmcs@midconetwork.com

Hours: 8:00am - 7:00pm, Monday - Friday / Saturdays by appointment

Fees: Accepts insurance and Medicaid

Mental Health Professional:

Maria Egan, MS, LPC-MH, QMHP

Services Offered: Services for children, adolescents, adults, individual, groups, couples, and families. Play therapy,

Behavior Modification, Cognitive Behavioral Therapy, diagnostic assessments, depression, generalized anxiety, separation anxiety, school refusal, social phobia/fears, Obsessive Compulsive Disorder, behavior problems, ADHD, grief and loss, Asperger's Syndrome, pediatric Bi-Polar Disorder, anger management, social skills training, Post Traumatic Stress Disorder, behavior problems, selective mutism, and trichotillomania (hair pulling).

Bendewald, Gaylen

4410 S. Tennis Lane
Sioux Falls, SD 57106

Phone: (605) 334-6211

Internet Address: www.marriagefriendlytherapists.com

Hours: 8:00am - 6:00pm, Monday - Friday

Fees: Most insurance accepted

Mental Health Professional:

Gaylen Bendewald, MSW, CSW-PIP, LMFT

Services Offered: Individual, marriage, and family therapy. Emphasis on general anxiety, depression, and relationship concerns.

Bethesda Christian Counseling Midwest, Inc.

400 S. Sycamore Avenue, Suite 105-3

Sioux Falls, SD 57110

Phone: (605) 334-3739

E-Mail Address: bethesdachristian@yahoo.com

Internet Address: www.bethesdachristiancounseling.org

Hours: 8:30am - 5:00pm, Monday - Friday / Evenings by appointment

Fees: Sliding fee scale; accepts most insurance and Medicare

Mental Health Professionals:

Lori Boehm-Shereck, LPC-MH, QMHP

William C. Fuller, MD

William Huisken, MSW, LCSW-PIP

David Nehring, PhD

Dale D. Ellens, MS, LPC, LMFT, QMHP

Joseph R. Goraj, MSW, LCSW

Dean Meeter, MDiv, CPE Supervisor

Sandra Simanton, MSW, LCSW-PIP

Services Offered: Individual, marital, and family counseling offered. Psychological testing is provided. A nationally accredited Clinical Pastoral Education course offered for pastors and other ministry professionals. Also offers services such as child and adolescent counseling, and wellness seminars to interested groups.

Carroll Institute

310 S. 1st Avenue

Sioux Falls, SD 57104

Phone: (605) 336-2556

E-Mail Address: gtuschen@carrollinstitute.org

Internet Address: www.carrollinstitute.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Groups in the mornings, afternoons and evenings

The Arch, Arch II and Changes and Choices are 24 hours a day / 7 days a week

Fees: Sliding fee scale; state assistance available

Mental Health Professionals:

Gary Tuschen, BA

Steve Fodness, BS, CCDCIII

Debbie Klasi, BA, CCDCIII

Kimberly Questad, BS, CCDCIII

Tonya Honomichl, BS, CCDCII

Barry Zachariahs, MA, CDCT

Kyndal Strenge, MS, NCC, CDCT

Amy Hartman, MA, NCC, LPC, CCDCIII

Carolyn Posey, MA, LMFT, CCDCIII, QMHP

Mindy Mashek, BA, CDCT

Rita Eich, BA, CCDCII

Molly McTaggart, MS, CDCT

Mitch Wilson, AS, CDCT

Services Offered: Early Intervention, Intensive Outpatient Treatment for meth addicts, Intensive Outpatient Treatment, and clinically-managed low intensity residential treatment and Safe Driver Class for first time DUI offenders. Services for

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adolescents and adults include treatment needs assessment, treatment planning, individual and group counseling, family therapy, alcohol and other drug education, and case management.

Arch Halfway House for Men

333 S. Spring Avenue
Sioux Falls, SD 57104
Phone: (605) 332-6730

Changes and Choices Recovery for Women

310 S. 1st Avenue
Sioux Falls, SD 57104
Phone: (605) 332-9257

Fees: Sliding fee scale; state assistance available

Services Offered: The Arch Halfway House and Changes and Choices Recovery is for chemically dependent men and women who have received treatment within the last 12 months. Goals include relapse prevention, recovery, and life skills.

Carroll Institute - Project Awareness Prevention Services

310 S. 1st Avenue
Sioux Falls, SD 57104

Phone: (605) 336-2556

E-Mail Address: batwood@carrollinstitute.org

Internet Address: www.carrollinstitute.org

Hours: 8:00am - 5:00pm, Monday - Friday

Mental Health Professionals:

Betsy Atwood, MS, NCC, LPC, CCDCIII
Erin Stolsmark, MS, NCC, LPC, CCDCIII
Barb DeVos, MS, NCC, LPC, CDCT

Joy Parker, MS, NCC, LPC, CDCT
Jen Zerfas, MA, CDCT

Services Offered: Project Awareness counselors provide prevention individual services and chemical dependency counseling to schools and communities throughout eastern South Dakota.

Catholic Family Services

523 N. Duluth Avenue
Sioux Falls, SD 57104

Phone: (605) 988-3775 or 1-800-700-STOP (7867)

Fax: (605) 988-3747

E-Mail Address: mmergen@sfcatholic.org

Internet Address: www.sfcatholic.org

Hours: 8:30am - 5:00pm, Monday - Friday / Evening hours Tuesday / Special arrangements for early morning, other evenings, or Saturdays

Fees: \$99.00 per 45 minute session; sliding fee scale based on income and family size; accepts insurance, Medicaid, and Medicare; some grant assistance

Mental Health Professionals:

Katherine Jerke, LPC-MH, LMFT, QMHP
Marcie Moran, RN, EdD

Georgianne Imberi, MSW
Christina Vander Woude, LBSW

Services Offered: Individual, marital, couple, family, group, and play therapy. Support groups are available for those who are divorced, widowed, separated, and single parents. Grief groups are also available. Provides psychological testing; home studies for custody, domestic and international adoptions; pregnancy counseling; and post adoption services. Focus on issues such as anxiety; depression; behavior problems in children and adolescents; marital issues and enrichment; eating disorders; domestic violence issues; self-esteem; physical, emotional, and sexual abuse; relationship problems at home, in the workplace, and socially; grief and loss; and post abortion trauma. All counselors received special training in Compassion Power for Anger Regulation. Group sessions offered. Outreach offices in Aberdeen, Britton, Brookings, Chamberlain, Gettysburg, Highmore, Hoven, Huron, Madison, Milbank, Mitchell, Pierre, Watertown, Webster, and Yankton.

Center for Family Medicine

1115 E. 20th Street
Sioux Falls, SD 57105

Phone: (605) 339-1783

E-Mail Address: info@centerforfamilymed.org

Internet Address: centerforfamilymed.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professionals:

Michael Bloom, PhD, *Psychologist*

Staff of Family Physicians

Services Offered: Brief therapy - individual, marital, and family therapy.

Centerpeace

3801 S. Western Avenue, Suite 101

Sioux Falls, SD 57105

Phone: (605) 731-1927 or (605) 310-1010

E-Mail Address: phbsynergy@sio.midco.net

Hours: Call for appointment / Some evenings available

Fees: \$65.00 per 50 minute session

Mental Health Professional:

Pam Hansen-Barnard, MS, LPC, LMFT, *Certified Rubenfeld Synergist*

Services Offered: Individual, couples, and group counseling offered in the context of a relaxed healing arts center with access to massage, and energy work. Addresses issues of trauma, abuse, depression, anxiety, body image, career change, and self-empowerment. Rubenfeld Synergy focuses on healing through the integration of body, mind, emotions, and spirit (see www.rubenfeldsynergy.com or www.thelisteninghand.com).

Centers for Equality

3600 S. Minnesota Avenue, Suite 5

Sioux Falls, SD 57105

Phone: (605) 331-1153

E-Mail Address: info@centersforequalitysd.org

Internet Address: www.centersforequality.org

Hours: Call for an appointment Monday - Friday

Fees: Sliding fee scale

Mental Health Professional:

Tina Harp, MS, QMHP, LPC-MH

Services Offered: Offers individual, couples, and family therapy counseling as well as free confidential HIV/AIDS testing and prevention case management. Provides a safe and inclusive environment for the LGBTQA community. Centers for Equality has opened a new youth/adult Drop-in Center which allows space for social events, entertainment, and to hang out with friends.

Children's Care Hospital & School

2501 W. 26th Street

Sioux Falls, SD 57105

Phone: (605) 782-2300

E-Mail Address: cchs@cchs.org

Internet Address: www.cchs.org

Hours: 24 hours a day / 7 days a week

Fees: Dependent upon services provided

Mental Health Professionals:

Dr. David Ermer, *Child Psychiatrist*

Vicki Isler, EdD, BCBA-D

Darcie Knight, EdS, *School Psychologist*

Joel Sonnichsen, EdS, *School Psychologist*

Kimberly Marso, PhD, BCBA-D

Ryan Groeneweg, EdS, *School Psychologist*

Amber Bruns, MA, BCABA

Services Offered: A wide range of behavioral services are available: on-site behavioral consultation (home, school, community environment); behavioral evaluations; autism screening and evaluations; short term inpatient behavioral programming; and extended care services. Assessment and programming options are individualized to the unique needs of the individual child and family. Children's Care utilizes evidence-based research practices focusing on functional analysis of behavior for the reduction/elimination of challenging behaviors, replacement with appropriate behavioral skills, reinforcement of identified replacement skills, and appropriate reactive strategies when problem behaviors occur. On-site training is available upon request.

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Children's Home Society

801 N. Sycamore Avenue
Sioux Falls, SD 57101

Phone: (605) 334-6004

Fax: (605) 335-2776

Internet Address: www.chssd.org

Hours: Residential Treatment, 24 hours a day / 7 days a week

Day School, 8:45am - 3:00pm, Monday - Friday (12 month calendar)

Adoption Program, 8:00am - 5:00pm, Monday - Friday (evening appointments available)

Fees: Vary for each program; Medicaid and school districts are the primary funding sources for residential treatment; limited scholarships are available; Adoption Program services are free

Services Offered: Residential Assessment and Treatment - Residential programs provide a home, school and therapy to children ages 4-13 with emotional and behavioral problems. Treatment includes psychiatric care; adaptive management; individual, group and family therapy; and academic programming. Day Program - The Therapeutic Day program is available to students within driving distance of the Sioux Falls or Black Hills campus. Students receive individualized attention, a modified education program if needed, and therapeutic interventions to address their behavior issues. Students benefit from individual, group and family therapy sessions. Adoption Services - The Adoption Program provides services to families within driving distance of Sioux Falls Children's Home. Services include psychological, psychiatric and educational testing; and individual, family, and home-based therapy.

Children's Inn

409 N. Western Avenue
Sioux Falls, SD 57104

Phone: (605) 338-4880 or 1-888-378-7398 (both are 24-hour crisis lines)

E-Mail Address: childrensinn@chssd.org

Internet Address: www.chssd.org/childrensinn

Hours: Individual counseling sessions by appointment Monday - Friday

Fees: No cost to victims of domestic abuse

Mental Health Professional:

Betty Lundgren, MS, LPC, CCDVC

Services Offered: Offers Women's Support Groups for women who are victims of domestic abuse. Individual and family counseling is offered for current or former adult or child clients of Children's Inn. Counseling services focus on helping the victim heal from the consequences of being victimized in a domestic relationship where physical, emotional, or sexual abuse occurred.

Choices Recovery Services, LLC

629 S. Minnesota Avenue, Suite 101
Sioux Falls, SD 57104

Phone: (605) 334-1822

Fax: (605) 334-1823

Internet Address: choicesrecoveryservices.org

Hours: 9:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment

Fees: Call for information

Mental Health Professionals:

Karen Johnson, CCDCII

Johnny Ray, BSW, CCDCII

Services Offered: Provides intensive outpatient treatment for alcohol, drug, and gambling addictions. Other services include evaluations, individual counseling, aftercare and relapse prevention services, MRT (Moral Reconciliation Therapy), 1st offender DUI classes, and SCRAM Alcohol Monitoring.

Christensen, Barbara RA, LLC

4410 S. Tennis Lane
Sioux Falls, SD 57106

Phone: (605) 362-5803

E-Mail Address: barb.christensen@sio.midco.net



Hours: Various appointment times Monday - Saturday / Including evenings

Fees: Sliding-fee scale, income based; accepts most insurance and Medicaid

Mental Health Professional:

Barbara RA Christensen, MS, NCC, LPC, LPC-MH, QMHP, CCDCIII

Services Offered: Works with children, adolescents, as well as adults with the following issues: depression, anxiety, family issues/divorce, grief, self-injury, adjustment, drug and alcohol, ADD/ADHD, social skills, anger, domestic violence, OCD, relationship, Autism/Aspergers and abuse. Christian based.

Compass Center, The

1800 W. 12th Street, Suite 100

Sioux Falls, SD 57104

Phone: (605) 339-0116 or 1-877-IN CRISIS (24-hour crisis line)

Fax: (605) 336-3874

E-Mail Address: admin@thecompasscenter.org

Internet Address: www.thecompasscenter.org

Hours: 8:00am - 5:00pm, Monday - Wednesday, Friday / 8:00am - 7:00pm, Thursday / 24-hour crisis availability

Fees: No cost to victims of crimes; low cost offender treatment

Mental Health Professionals:

Janet Kittams-Lalley, MA, LPC

Lori Pinkerd, MS, NCC, LPC

Andrew Vos, MDiv

Johna Nielsen, LPC, CCDCIII, RTC

Services Offered: Free individual, group, or family counseling; medical, legal, or personal advocacy; assistance in safety planning; filing protection orders and victim's compensation applications; in person or telephone crisis intervention for all victims of rape, sexual assault, incest, domestic violence, or stalking. Therapeutic and educational domestic violence offender treatment for adults in the Family Violence Project at low cost. Violence assessments for adolescents in the Teen Violence Project. Free children's play therapy program for those that have witnessed or experienced domestic violence and/or sexual assault.

Counseling Resources, Inc.

707 E. 41st Street, Suite 222

Sioux Falls, SD 57105

Phone: (605) 331-2419

Fax: (605) 332-1020

E-Mail Address: cresource@midconetwork.com

Internet Address: www.cresource.net

Hours: 9:00am - 9:00pm, Monday - Thursday / 10:00am - 2:00pm, Friday / Evening and weekend appointments available

Fees: Fixed and sliding scale fees, depending on service

Mental Health Professionals:

Sue Harris, MA, LPC-MH, QMHP, CCDCIII

Stacy Kant, MS, CCDCIII

Christine Peterson, AA, LADC, CDCT

Hallie Peterson, BA, CCDCIII

Rebecca Trobec, MA, MFT, CCDCIII

Joshua Kaufman, BS, CDCT

Services Offered: Counseling staff works with individuals, couples, and families to address a broad range of mental health concerns related to substance abuse. Provides confidential and professional individual and group counseling to adults. Specialty is substance abuse counseling and evaluation. Offers electronic monitoring, drug screening, and in-home breathalyzer services. Works closely with the legal system.

Create Therapeutic Solutions, LLC

2121 W. 63rd Place, Suite 40

Sioux Falls, SD 57108

Phone: (605) 275-5700

Fax: (605) 275-5777

E-Mail Address: morris@createtherapeuticsolutions.com

Internet Address: www.createtherapeuticsolutions.com

Hours: 8:00am - 5:00pm, Monday - Friday / Evenings by appointment

Fees: Most insurance accepted

Mental Health Professionals:

Morris Patzlaff, MSW, CSW-PIP, LMFT

Brenda J. Risty, MSW, CSW

Jan Norby, MEd, MA, LPC

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Services Offered: Individual, couples, and family therapy services are available. Clients are assisted in identifying the current issues that are hindering their lives and implementing strategies to overcome these issues. Assistance is provided with the following issues: depression, anxiety, parenting and co-parenting, blended families, women's issues, life transitions, and mid-life issues.

Crippen Counseling Center

100 S. Spring Avenue, Suite 120

Sioux Falls, SD 57104

Phone: (605) 271-0141

E-Mail Address: drgcrippen@sio.midco.net

Hours: 9:00am - 6:00pm, Monday - Thursday / Fridays by appointment

Fees: \$120.00 per session; Medicaid, and most insurance accepted

Mental Health Professional:

Dr. Gary C. Crippen, EdD, LPC-MH, QMHP

Services Offered: Offers individual, group, and couples therapy with adult clients 18 and older. Includes cognitive-behavior and hypnosis approaches to depression, anxiety, self-esteem, sexual issues for men, stress, anger management, and career testing and counseling. Also offering LPC and LPC-MH supervision.

Dakota Psychological Center

1601 E. 69th Street

Sioux Falls, SD 57108

Phone: (605) 373-9066

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 12:00pm, Friday / Evening and Saturday hours available

Fees: Participate with Medicare, Medicaid and with most other insurance plans

Mental Health Professionals:

Lyn Collver, MS, LPC-MH, QMHP, NCC

Kay McKenzie, RN, MA, LPC

Lyn Shroyer, EdD, LP

Services Offered: Individual, couples, family, and group therapy: depression, anxiety, panic disorder, obsessive-compulsive disorder, grief and loss issues, anger management, anorexia, bulimia, compulsive over-eating, body-image, weight loss, prebariatric surgery psychological assessment, post-traumatic stress disorder, sexual abuse, rape, premarital counseling, women's issues, mid-life issues, postpartum depression, menopause, stress management and relaxation training, parent/adolescent conflict management, cognitive-behavioral therapy, solutions oriented brief counseling, and Christian counseling.

Dakota Psychological Services

707 E. 41st Street, Suite 100

Sioux Falls, SD 57105

Phone: (605) 334-4549

E-Mail Address: dps_kauffman@yahoo.com

Hours: 9:00am - 5:00pm, Monday - Friday

Fees: Call for information

Mental Health Professional:

David W. Kauffman, PhD

Services Offered: Services for adolescents and adults. Psychological evaluations, psychosexual evaluations, ABEL sexual interest assessments, forensic evaluations, group sex offender treatment, and individual psychotherapy regarding general mental health issues. Focus on depression, anxiety, trauma, and sexual abuse issues.

Deen, Bonnie J.

3205 S. Meadow Avenue, Suite 7

Sioux Falls, SD 57106

Phone: (605) 553-3223

E-Mail Address: Bonniideen@live.com

Hours: Call for appointments

Fees: \$105.00 an hour with sliding fee scale available; accepts insurance and Medicaid

Mental Health Professional:

Bonnie J. Deen, MS, NCC, QMHP, LPC-MH

Services Offered: Specialties include family/homebase therapy, brain injury, child/adolescent/adult issues, anxiety, depression, attachment issues, developmental disorders, autism, Aspergers and other neurological disorders.

Dickinson Behavioral Medicine Clinic

6901 Lyncrest Place, Suite 103

Sioux Falls, SD 57108

Phone: (605) 271-7690

E-Mail Address: garydickinsonphd@yahoo.com

Internet Address: garydickinsonphd.com

Hours: 9:00am - 6:00pm, Monday - Friday

Fees: \$300.00 initial assessment; \$175.00 per hour; \$120.00 per 1/2 hour

Mental Health Professional:

Gary L. Dickinson, PhD, *Clinical Psychologist*

Services Offered: Individual, group, marital and family therapy. Behavioral medicine services including biofeedback, hypnosis, and stress management for chronic illness and pain. Management of anxiety, depression, and chemical dependency. Also provides psychological evaluations.

Digatono, Daniel T.

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 362-1506

Hours: Days and evenings by appointment / Intensive weekday and weekend sessions are available

Fees: Sliding fee scale available; most insurance accepted

Mental Health Professional:

Daniel T. Digatono, MDiv, PhD, LMFT, LPC, QMHP

Services Offered: Counseling for individuals, couples, and families. Extensive experience working with education, medical, mental health, and ministry professionals. Individual and group licensure supervision for LPC, LPC-MH, and LMFT candidates. Consultation, training, staff development, and conflict management services are available for businesses and churches.

Dr. O'Connor & Associates, LLC

111 W. 39th Street

Sioux Falls, SD 57105

Phone: (605) 357-8744

Hours: 9:00am - 6:00pm, Monday - Thursday / Fridays and evenings by appointment

Fees: Accepts most insurance, Medicare, and Medicaid

Mental Health Professionals:

Lynda O'Connor-Ohayon, EdD, LP, LMFT Jeni Rae Peters, MS, LPC-MH

Services Offered: Individual, couple, and family therapy available for all ages. Special interests in depression, anxiety, grief, geriatrics, relationship enrichment, and divorce coaching. Adolescent therapy and family issues specialties. Also provides psychological assessments.

Family Institute of the Midwest

520 W. 22nd Street

Sioux Falls, SD 57105

Phone: (605) 338-8003

Hours: Regular business hours plus evenings and weekends by appointment

Fees: \$125.00 per hour; accepts insurance, Medicaid, and Medicare; sliding fee scale for non-insured

2010 Mental Health Resource Guide

Mental Health Professionals:

Tammy R. Lias, MA, LMFT, QMHP

Lisa Freiberg, RN, BS

J. Carol Carlsen, RN, MSN, LMFT, CNS-BC, QMHP, AAMFT Approved Supervisor

Services Offered: Marriage and family therapy; counseling; consulting and training; assessment and treatment; psychiatric services; and outpatient services coordinated with inpatient services, as well as collaboration with necessary professionals. Mediation services and seminars available for businesses on conflict management and team building. Supervision for therapists and counselors. Ryan White Part B Care Program for HIV positive, low-income individuals. Provides assistance in the areas of medication, patient care (home health, outpatient services, mental health, and dental), continuation of health insurance, and case management services. Prevention Case Management for counseling regarding the prevention and spread of HIV.

Family Service, Inc.

2210 W. Brown Place
Sioux Falls, SD 57105

Phone: (605) 336-1974

E-Mail Address: fsisd@msn.com

Internet Address: www.fsisd.org

Hours: 8:00am - 8:00pm, Monday, Thursday / 8:00am - 5:00pm, Tuesday, Friday / 8:00am - 6:00pm, Wednesday

Fees: Sliding fee scale; accepts insurance, Medicaid, and Medicare

Mental Health Professionals:

Dan Deal, MA, CCDCIII, SAP

Bruce Hansum, LPC

Todd Herrbolt, MSW, CSW-PIP

Randee Huber, MSW, LCSW-PIP

Kathy Lemme, MS, LPC, LMFT

James Nardini, MSW, LCSW

Paul Ritter, MS, MDiv, LPC

Angie Zirpel, MS, LPC, CCDCIII, SAP

Susan Dinsmore, MA, LPC

Services Offered: Provides outpatient mental health services including individual, marital, and family counseling. Provides Employee Assistance Program services for employers including mental health, alcohol, and drugs. Family Service, Inc. has operated in Sioux Falls for over 40 years and is a United Way Member agency.

Family Solutions Center

3101 W. 41st Street, Suite 200
Sioux Falls, SD 57105

Phone: (605) 339-0880

E-Mail Address: ksazama.fsc@midconetwork.com

Hours: 9:00am - 6:00pm, Monday - Friday / Evening appointments available

Fees: \$120 per session; most insurance accepted

Mental Health Professional:

Kathy J. Sazama, MS, LMFT, QMHP

Services Offered: Individual, marital, and family therapy. Particular interest in dealing with women's issues, anxiety, depression, and family business.

First Step Counseling Services

4320 S. Louise Avenue, Suite 200
Sioux Falls, SD 57106

Phone: (605) 361-1505

Fax: (605) 361-0481

E-Mail Address: info.fscounseling@midconetwork.com

Internet Address: www.firststepcounseling.net

Hours: Office: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday / 8:00am - 4:00pm Saturday / Monday, Tuesday, Wednesday nights - groups in session from 6:00pm - 9:00pm

Fees: Fixed, please call

Mental Health Professionals:

Lou Ann Tietjen, CCDCIII

Brenda Grimm, CCDCII

Jessica Nieman, CDCT

Debra Gapp, MA, LPC-MH, CCDCIII

Services Offered: Full range of services for chemical dependency and treatment services. Information, referral and assessment. 12-hour Primary Prevention, 24-hour Intensive Prevention, 8-hour to 54-hour Diversion and Intervention Programs, 54-hour Intensive Outpatient Treatment program, and Aftercare.

From a Woman's Perspective

111 W. 39th Street

Sioux Falls, SD 57105

Phone: (605) 339-7190

E-Mail Address: drann@womanspsych.com

Internet Address: www.womanspsych.com

Hours: By appointment

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professional:

Ann McClenahan, EdD, LP

Services Offered: Counseling psychology services including anxiety, stress, depression, grief, marital therapy, psychological evaluations, attention deficit disorder, women's issues, and parenting skills.

Glory House, The

4000 S. West Avenue

Sioux Falls, SD 57109

Mailing Address: PO Box 88145, Sioux Falls, SD 57109

Phone: (605) 332-3273

E-Mail Address: ndvorak@glory-house.org

Internet Address: www.glory-house.org

Hours: 24 hours a day / 7 days a week

Fees: Vary for services

Mental Health Professionals:

Dave Johnson, MS, LPC

T.R. Maves, MS, LPC, CCDCIII

Amy Ryan, MS, NCC, CCDCIII

Monica Jerke, MS, CCDCT

Jennifer Lovik, MS, NCC, CDCT

Jenni Busse, MS, CDCT

Services Offered: Individual, couples, and family counseling. Moral Recognition Therapy, Corrective Thinking, coping skills, healthy relationships, transitional skills, happiness and healing. Chemical dependency services include Aftercare, Red Road, Relapse Prevention, and 3 tracks of Intensive Outpatient treatment: Methamphetamine, Alcohol & Other Drugs, and Native American.

Great Plains Psychological Services

4105 S. Carnegie Place

Sioux Falls, SD 57106

Phone: (605) 323-2345

E-Mail Address: gppssf@aol.com

Internet Address: www.gppssf.com

Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and weekends available by appointment

Fees: Vary; will submit insurance

Mental Health Professionals:

Andre B. Clayborne, EdD, LPC-MH

Kimberly J. Cournoyer, EdS, LPC-MH

Norma Haan, MSSA, CSW-PIP

Kimberly Keiser, MA

Stephan Langenfeld, EdD, LP

Tara Olson-Larson, MA, LPC-MH

Scott Pribyl, EdD, LP

Richard Whitten, PhD

Carolyn Roths, MEd, LPC-MH

Clint Sperle, MA, LPC-MH

David Sundem, MS, LPC

Jeff Trammell, MSW, CSW-PIP

Services Offered: Provides psychological and neuropsychological evaluations; psychosexual evaluations and treatment; forensic and competency evaluations; pre-surgical psychological evaluations; individual therapy; couples/marital therapy; family therapy; child and adolescent services; group therapy; biofeedback therapy; substance abuse counseling/therapy; custody home studies; adoption home studies; critical incident stress debriefing; and Employee Assistance Program services.

2010 Mental Health Resource Guide

Treatment services available for ADHD, anxiety, depression, anger management, stress management, problems with sexuality, physical abuse, sexual abuse, grief/loss issues, oppositional defiant youth, chronic pain, etc.

Haugrud, Stacey

5800 S. Remington Place, Suite 110

Sioux Falls, SD 57108

Phone: (605) 271-9890

E-Mail Address: Stacey@staceylpc.com

Internet Address: www.staceylpc.com

Fees: Medicaid and most insurances accepted

Mental Health Professional:

Stacey Haugrud, MS, NCC, LPC-MH

Services Offered: Confidential and professional individual, family, and group counseling for children, adolescents, and adults. Services offered for depression, anxiety, post-traumatic stress disorder, sexual abuse/incest, domestic violence, behavior problems, and separation/divorce.

211 HELP!Line

1000 N. West Avenue, Suite 310

Sioux Falls, SD 57104

Phone: Dial 211 or (605) 339-4357

Suicide HELP!Line: 1-800-273-TALK (8255)

E-Mail Address: help@helplinecenter.org

Internet Address: www.helplinecenter.org

Hours: 24 hours a day / 7 days a week

Fees: None

Person in Charge: Chad Olson, HELP!Line Manager

Mental Health Professionals:

Staffed by paid professionals who have completed extensive crisis intervention training

Services Offered: 211 HELP!Line is a 24-hour community crisis, information, and listening /support telephone line. 211 HELP!Line maintains a comprehensive listing of social service, non-profit, and governmental programs from which referrals can be made. The 211 HELP!Line is accredited by the Alliance of Information and Referral Systems.

Hemmingson, Lisa A.

3205 S. Meadow Avenue, Suite 7

Sioux Falls, SD 57106

Phone: (605) 366-7427

E-Mail Address: lisa.hemmingson@gmail.com

Hours: 9:00am - 5:00pm, Monday - Friday

Fees: \$105.00 per hour; sliding fee scale

Mental Health Professional:

Lisa A. Hemmingson, MA, LPC-MH, QMHP

Services Offered: Individual and family counseling, child and adolescent behavioral issues, depression, anxiety and mood disorders, and special needs.

Heuermann Counseling Clinic

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 336-1974

Internet Address: fsisd.org

Hours: 4:00pm - 8:00pm, Wednesday / 1:00pm - 4:00pm, Friday

Fees: None to those who qualify financially

Mental Health Professionals:

Counseling is provided by mental health professionals with a masters degree or higher who volunteer their time.

Susan Dinsmore, MA, LPC

Robin Duncan, MA

Brian EcLov, MS
Jan Norby, MA

Shawn Robinson, MFT
Angie Sadowski, MSW

Services Offered: Individual, family, and marriage therapy.

Hohm, Ellen, LLC

4410 S. Tennis Lane
Sioux Falls, SD 57106

Phone: (605) 361-4403

Hours: Days and evenings by appointment

Fees: Accepts most insurances, Medicaid; sliding scale fees provided

Mental Health Professional:

Ellen Hohm, MS, LPC-MH, QMHP

Services Provided: Counseling for adolescents, adults, couples, and families. Specialties include depression, grief, anxiety, PTSD, abuse issues, ADHD, men's issues, women's issues, parenting skills, sexuality issues, addiction, anger management, and premarital therapy. Focus on a healthy mind, body, and spirit.

Integrative Wellness

5000 S. Minnesota Avenue, Suite 200
Sioux Falls, SD 57108

Phone: (605) 271-1348

Fax: (605) 610-1477

Hours: Day and evening hours vary by therapist

Fees: For profit business; accepts Medicaid, Medicare, most insurances and private pay

Mental Health Professionals:

Jeanne Bunkers, MSW, LSCW-PIP

Myra Eben, MS, LPN, LPC

Carl Schmitzer, MSW, LCSW-PIP

Kerry Schmitzer, LPC-MH

Char Skoulund, LPC-MH, QMHP, CCDCIII

Jennifer Gleason-Wilson, MA, LPC

Michelle Van Den Hal, MSW, LCSW-PIP

Christine Ellis, MSW, LCSW-PIP

Dr. Mary Jones, LPC, LPFT

Services Provided: Individual (adults, adolescents and children), marital and family therapy covering topics such as depression, anxiety, grief and loss, addictions, trauma and abuse, family of origin, geriatrics, play therapy, parenting, ADD/ADHD, blended family issues, and divorce. Serving everyday people with everyday problems.

Kannan Clinic, P.C.

5120 S. Western Avenue, Suite 104
Sioux Falls, SD 57108

Phone: (605) 271-3900

Hours: 8:00am - 4:30pm, Monday - Friday

Fees: Accepts private insurance and Medicare

Mental Health Professional:

Hari D. Kannan, MD

Services Offered: Kannan Clinic, P.C. specializes in psychiatric assessment, treatment and management for adult and geriatric patients. Dr. Kannan is a biologically-oriented psychiatrist whose expertise includes the management of a broad spectrum of mental illnesses including depressive/bipolar disorder, Alzheimer's disease and other dementias, anxiety and panic attacks, obsessive-compulsive disorders, schizophrenia/thought disorders, and other psychiatric conditions.

KeySolutions Employee Assistance Program (EAP)

7511 S. Louise Avenue
Sioux Falls, SD 57108

Phone: (605) 334-5850 or 1-888-450-7844

E-Mail Address: keysolutionseap@crchealth.com

Internet Address: www.keysolutionseap.com

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phone answered 24 hours a day

2010 Mental Health Resource Guide

Mental Health Professionals:

Tim Heerts, MA, LMFT, LPC, CEAP
Lori Williamson, MA, CCDCT

Brenda Hansen-Mayer, MS, NCC, LPC-MH, CCDCIII

Services Offered: Designed to assist employers with employees who may be suffering from personal problems that interfere with a productive life at home or at work. By assisting employees who may be having personal problems, it is possible to return them to a satisfactory job performance level. Supervisory skills training, mediation, chemical dependency and intervention services also provided. KeySolutions Employee Assistance Program is directed by a Nationally Certified Employee Assistance Professional. KeySolutions is affiliated with Keystone Treatment Center.

Keystone Treatment Center (Inpatient)

1010 E. Second Street
Canton, SD 57013

Mailing Address: PO Box 159 Canton, SD 57103

Phone: (605) 987-2751 or 1-800-992-1921

E-Mail Address: cregier@crchealth.com

Internet Address: www.keystonetreatment.com

Hours: Telephone answered 24 hours a day / 7 days a week

Fees: Call for information

Mental Health Professionals:

Carol Reiger, RN, CCDCIII
E.R. Regier, MD
Dr. Chris Davidson, *Psychiatrist*
Robert Bogue, CCDCIII, CCSII

Robert Perkinson, PhD, CCDCIII, NCGC
Luther Hegland, MD, *Psychiatrist, Addictionologist*
Gary Dickinson, PhD
Christy Alten, CCDCIII

Services Offered: Inpatient alcohol, drug, and gambling treatment with separate programs for adults and adolescents. Accredited by CARF and licensed by the State of South Dakota. Treatment services for detox, dual diagnosis, cognitive disorders (such as FAE/FAS), methamphetamine, and inhalant abuse. Specialized Native American tract available. Nursing care provided 24 hours a day.

Keystone Treatment Center (Outpatient)

7511 S. Louise Avenue, Suite 100
Sioux Falls, SD 57108

Phone: (605) 335-1820

E-Mail Address: keysolutions@crchealth

Internet Address: www.keystonetreatment.com

Hours: 8:00am - 6:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phones answered 24 hours a day

Fees: Call for information

Mental Health Professionals:

E.R. Regier, MD
Dr. Robert Perkinson, CCDCIII, NCGC, *Psychologist*

Bob Brown, CCDCII, SAP

Services Offered: Day and evening intensive outpatient treatment for alcohol, drug, and gambling, with separate programs for adults and adolescents. DUI class and Adolescent Prevention Program also provided. Licensed by the State of South Dakota and accredited by CARF. Individual, couples, family, and group therapy provided.

Knapp Counseling & Associates

2121 W. 63rd Place, Suite 100
Sioux Falls, SD 57108

Phone: (605) 373-9330

Fax: (605) 373-9218

Hours: 9:00am - 5:00pm, Monday - Friday / Evenings and some Saturday mornings available by appointment

Fees: Sliding fee scale; most insurances accepted

Mental Health Professionals:

Kristi Hamilton, MA, LPC-MH, QMHP
Christine Knapp, CSW-PIP
Deb Thompson, MA, LPC-MH

Linda Richardson, MA, NCC, CDCT
Susanne Nelson, MSW, CSW-PIP
Stacy Dixon, LMFT, QMHP

Jari Johnson, MA, LMFT, QMHP
Sanna Moke, MA, CFLE

Ann Flynn-Growe, MSW, CSW-PIP
Tandra Steskal-Baker, LPC-MH, QMHP, CCDCIII, TFTdx

Services Offered: Individual, marital, and family therapy; women's issues, abuse, aging, loss, depression, PTSD, anxiety, family of origin issues, and transition/adjustment issues. Therapy with children and adolescents, parenting, step-family issues and divorce; ADHD and other behavioral disorders; chemical and behavioral addictions, mood disorders, career/life transition issues, chronic/terminal illness, grief and loss issues. Addiction groups and adult women with childhood sexual abuse issues group.

Lighting A New Way Counseling Services

3300 E. 26th Street, Suite 104

Sioux Falls, SD 57103

Phone: (605) 361-0114

Hours: Monday - Friday / Some evenings available

Fees: Comparable rates; insurance and Medicaid accepted

Mental Health Professional:

Lisa Stellinga, MS, QMHP, LPC-MH CCDCIII

Services Offered: Specialties include family and attachment coaching (post-adoption), anxiety, and depression.

Lutheran Social Services - Sioux Falls Area Counseling Center

705 E. 41st Street, Suite 100

Sioux Falls, SD 57105

Phone: (605) 357-0131 or 1-800-568-2401

E-Mail Address: mharrin@lsssd.org

Internet Address: www.lsssd.org

Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday

Fees: Sliding fee scale based on household annual gross income

Mental Health Professionals:

Mel Harrington, CSW-PIP

Kelly Bass, MSW, CSW-PIP

Patricia Brady, RN, LPC-MH

Chad Neilson, CCDCIII

Linda Logan, MA, LPC-MH

Penny Virchow, MS, NCC, LPC

Sarah Alexander, MSW, CSW-PIP

Colleen Brazil, MSW, CSW-PIP

Brandi Brintall, MA, NCC, LPC

Sara Miller, MS, NCC, LPC

Colleen Miller, MS, LPC, LMFT

Scott Moeller, MS, LPC-MH, LMFT

Dave Mendel, MSW, CSW

Angela Nolz, MS, NCC

John Korkow, CCDCIII

Serene Thin Elk, MA

Jessica DeSchepper, MS, NCC

Services Offered: Provides individual, couple, and family counseling to assist children and adults in dealing with life challenges. Provides Employee Assistance counseling services, addiction assessments, educational and therapy groups including anger management groups for young men and adults; youth violence offender groups; marital preparation classes; child custody evaluations; mediation services, and critical incident stress debriefings. Services also available on-site in Mitchell, Yankton, and Brookings. Consumer Credit Counseling Services also available.

Marriage and Family Therapy Clinic

2109 S. Norton Avenue

Sioux Falls, SD 57105

Phone: (605) 334-2696

Fax: (605) 339-9944

E-Mail Address: sfps@sfseminary.edu

Internet Address: www.sfpsychological.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 12:00pm, Friday

Fees: Sliding fee scale based on household annual income; no health insurance

Mental Health Professionals:

Del Donaldson, DMin, LMFT, QMHP

Bobbi Rysdon, LMFT

Pamela Beck, MA, LMFT, QMHP

Services Offered: Provides affordable therapy to individuals, couples, and families who come with limited to no funds and have no health insurance. Masters level students provide therapy under the direct supervision of highly qualified and experienced marriage and family supervisors/faculty from Sioux Falls Seminary. This program is part of Sioux Falls Psychological Services and has been United Way funded since 1996.

2010 Mental Health Resource Guide

Mental Health Associates

2900 E. 26th Street, Suite 306

Sioux Falls, SD 57103

Phone: (605) 339-6949

Hours: 9:00am - 7:00pm, Thursday / Other times available by special arrangement

Fees: \$125.00 per hour; most insurance accepted; Medicare approved

Mental Health Professional:

Richard Seaman, MEd, CCMHC, LPC, LMFT

Services Offered: Individual and family therapy for depression, anxiety, grief and loss, divorce adjustment, life transitions, stepfamilies, aging, stress management, business/church consultation, caregivers, and relationship issues.

Midwest Psychiatric Medicine

4400 W. 69th Street, Suite 500

Sioux Falls, SD 57108

Phone: (605) 322-7580

Hours: 8:00am - 4:30pm, Monday - Friday

Fees: Accepts insurance; does not have a sliding-fee scale

Mental Health Professionals:

Berne B. Bahnson, MD

Patrick McNeil, MSW, CSW-PIP, QMHP

Scott A. Schneider, MD

Laura Withorne, CNP

William Knoflicek, PhD

Cynthia L. Pilkington, PhD

Connie Sweatman, PsyD

Services Offered: Provides diagnosis and medical management of a full spectrum of psychiatric disorders in children and adults including depression, anxiety disorders, bipolar disorders, schizophrenia, attention deficit disorder, dementia, post-traumatic stress disorder, and electro-convulsive treatment. Psychological services include: neuropsychological and personality testing, marital counseling, individual psychotherapy, psychological assessment, play therapy and ADHD assessment in children. Also provides clinical hypnosis for smoking cessation and relaxation and stress reduction.

NAMI South Dakota

PO Box 88808

Sioux Falls, SD 57109

Phone: 1-800-551-2531

E-Mail Address: namisd@midconetwork.com

Internet Address: www.nami.org/sites/NAMISouthDakota

Services Offered: Offers practical support, useful education and understanding to people who are living and coping with brain based diseases. There are nine local affiliate groups located across the state in Aberdeen, Brookings, Huron, Pierre, Rapid City, Sioux Falls, Sturgis, Watertown and Yankton. The NAMI Family-to-Family Education Program is a free 12-week course for family caregivers of individuals with severe brain disorders (mental illnesses). NAMI Connection is a free weekly support group for adults who have a mental illness. In Our Own Voice is a free educational presentation for civic groups, schools, etc. given by persons who have a lived experience with mental illness.

Neuropsychology Consultants, LLC

1500 W. 51st Street, Suite 105

Sioux Falls, SD 57105

Phone: (605) 271-4492

E-Mail Address: office@neuropsychconsultants.com **Internet Address:** www.neuropsychconsultants.com

Hours: 8:00am - 5:00pm, Monday - Friday / By appointment

Fees: Accepts most insurance, Medicare, and Medicaid

Mental Health Professionals:

Kate Andal, MA

Marie Volbrecht, PhD, ABN

Michael McGrath, PhD

Services Offered: Specializing in neuropsychological and psychological assessment. Special interests in geriatrics, head

injury and forensics. Provides psychotherapy/psycho-education to individuals and families dealing with physical/neurological illnesses and injuries as well as psychological and emotional difficulties.

New Day Counseling Services, LLC

316 E. Holly Boulevard

Brandon, SD 57005

Phone: (605) 582-7418

E-Mail Address: newday@alliancecom.net

Internet Address: www.newdaysd.com

Hours: Flexible / Evenings and Saturdays available by appointment

Fees: Accepts insurance and Medicaid

Mental Health Professional:

Kara L. Williams, MS, LPC-MH

Services Offered: Offers client-centered and cognitive-behavioral counseling for children, teens, adults, and families. For children, play-therapy addresses many issues: physical/sexual abuse, grief/loss, anxiety, depression, recovery from traumatic events, divorce, and foster/adoptive situations. Individual and family counseling for children and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Flexible scheduling allows for sessions to be held in the office, home or other community setting.

New Haven

27213 473rd Avenue

Sioux Falls, SD 57108

Phone: (605) 743-2228

Fax: (605) 743-5132

E-Mail Address: newhaven@newhavenlighthouse.org **Internet Address:** www.newhavenlighthouse.org

Hours: 9:00am - 5:00pm, Monday - Friday

Fees: Sliding fee scale

Services Offered: Counseling covering areas such as anger, fear, anxiety, depression, grief, stress, communication, abuse - physical, emotional, and sexual, family issues, guilt/shame, post abortion syndrome (PAS), sexuality, drug/alcohol abuse, co-dependency, eating disorders, premarital counseling, marriage issues, divorce, child rearing, finances, areas of spirituality, etc.. Biblical counseling center striving to help each person understand and resolve their need with the resources of Christ.

Parent & Family Coaching

PO Box 90306

Sioux Falls, SD 57109

Phone: (605) 271-1999

E-Mail Address: henkin@sio.midco.net

Internet Address: www.parentandfamilycoaching.com

Hours: Flexible for families

Fees: Vary by coaching contract

Mental Health Professional:

Ann L. Henkin, MS, LPC, *Certified Educator and School Counselor*

Services Offered: On-site or distance coaching. Learning-based, interactive, team approach for successful parenting, effective communication and healthier families. Coaching for parents, children and teens.

Phillips Mental Health Services

2500 W. 49th Street , Suite 215

Sioux Falls, SD 57105

Phone: (605) 274-1944

Fax: (605)274-1945

E-Mail Address: cphillips.pmhs@midconetwork.com **Internet Address:** www.phillipsmentalhealth.com

Hours: 9:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment

Fees: Sliding fee scale; accepts most insurance

2010 Mental Health Resource Guide

Mental Health Professional:

Connie Fritz-Phillips, MS, NCC, LPC, CCDCIII

Services Offered: Mental Health and Addiction Recovery Services are provided to children, adolescents, adults, couples, and families. Treatment services offered for depression, anxiety, parent-child conflicts, behavior problems, ADHD, ODD, adjustment disorders, OCD, PTSD, grief, separation/divorce, couples and family issues, stress management, and anger management. Services include: mental health assessments/screenings, cognitive behavior therapy, behavior modification, and play therapy. Alcohol and drug screenings/assessments, and individual outpatient services are available.

Prairie View Prevention

822 E. 41st Street, Suite 235

Sioux Falls, SD 57105

Phone: (605) 331-5724

E-Mail Address: darcyj@prairieview.net

Internet Address: www.prairieview.net

Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and Saturdays by appointment

Fees: Services provided at no cost to adolescents and families in contracted school districts; call for more information

Mental Health Professionals:

Contact Darcy Jensen, Director, for list of mental health professionals available to provide services

Services Offered: Provides alcohol and drug screenings, updates, and assessments. Group, family, and individual sessions focus on alcohol, tobacco, drugs, violence, depression, and eating disorders. Brief therapy with referrals to mental health service providers. Also provides violence threat assessments. Prairie View Prevention's services are only for adolescents.

Price, Dr. Thomas

6810 S. Lyncrest Avenue

Sioux Falls, SD 57108

Phone: (605) 274-1119

E-Mail Address: drprice@inbox.com

Internet Address: www.drthomasprice.com

Hours: 8:00am - 6:00pm, Monday / 8:00am - 5:00pm, Tuesday - Friday

Fees: Accepts insurance; fees vary with different services; legal fees differ from counseling fees

Mental Health Professionals:

Dr. Thomas L. Price, MA, PhD, LP, LPC, LMFT, QMHP, *School Psychologist, National Certified Psychologist*

Services Offered: Psychological Evaluations: ADHD, Autism, learning disabilities, mental retardation, personality, memory, chemical dependency, eating disorder, Bipolar Disorder. Medical-Related: Biofeedback therapy (headaches, TMJ, chronic pain, other). Pre-surgical screenings (stomach/bariatric, gender-related, pain pump) chronic pain treatment. Legal-related: child custody/home study, guardianship, psychosexual, criminal responsibility, parents rights termination, Independent Medical Evaluation (IME; workers comp), Disability Social Security, VA, Fitness-for-Duty, attorney consultation. Psychotherapy: general, all ages, individual.

Priority One Resources

6901 S. Lyncrest Place, Suite 103

Sioux Falls, SD 57108

Phone: (605) 336-3691 or 1-800-888-1429

Fax: (605) 336-1097

E-Mail Address: Karla.por@q.com

Internet Address: www.priorityoneresourceseap.com

Hours: 9:00am - 5:00pm, Monday - Friday / Evenings and Saturdays by appointment

Fees: Contractual fees for managed behavioral healthcare services; EAP clients are free (employer paid) 5-session model; standard fees apply outside of EAP

Mental Health Professionals:

Carol Knudtson, MEd, LPC

Don Tripp, CEAP, BRIII

Services Offered: CoCare: managed behavioral healthcare services for client companies. Case management services to Third Party Administrators, insurance coalitions, organizations, and companies. Utilizing the core technology standards adapted from Employee Assistance Professional Association (EAPA). Clinical case management; individual, couple, family,

and group therapy are provided; management training; workplace mediation; chemical dependency or other addictions intervention services. Don Tripp is a board registered interventionist with AISCB. Provider of specialty groups for impaired professionals, executives, and other needs. Priority One Resources has offices and counselors in Sioux Falls, Chamberlain and Yankton.

Psychological Solutions of South Dakota Inc.

6810 S. Lyncrest Avenue, Suite 201

Sioux Falls, SD 57108

Phone: (605) 274-1119

Hours: 8:00am - 5:00pm, Monday - Thursday / Friday, Saturday and evening hours available by appointment

Mental Health Professionals:

Dr. Ericka Kemper, LP

Dr. Elizabeth Larson, LP

Dr. Tom Price, LP

Megan Spawn, MA, LPC-MH

Janel M. Schmidt, MS, LPC-MH

Services Offered: Individual, couples, family, children, and group therapy. Focusing on depression, anxiety/panic, men's and women's issues, grief and loss issues, sexual abuse/rape, PTSD, body image and eating disorders, medical issues, pain management, women's health and pregnancy concerns, anger management, forensic evaluations, child custody evaluations, psychosexual evaluations, violence risk, and bio-feedback therapy. Assessment and treatment of childhood and adolescent problems and disorders including ADHD and parent-education services.

Psychology Associates

2900 E. 26th Street, Suite 306

Sioux Falls, SD 57103

Phone: (605) 330-0341

Hours: 8:00am - 6:00pm, Monday - Friday / Some Saturday appointments available

Fees: \$170 initial consultation, \$120 per session, \$75 per half hour session

Mental Health Professional:

Dr. Roger C. Hartman, LP

Services Offered: Therapy provided for anxiety, depression, stress, anger, loss and grief, co-dependency, couples conflict, men's and women's issues, sexuality issues, and divorce adjustment. Family therapy also provided.

Psychotherapy Associates of Sioux Falls

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 332-1700

E-Mail Address: fsisd@msn.com

Internet Address: www.fsisd.org

Hours: 8:00am - 7:00pm, Monday - Friday

Fees: \$115.00 - \$120.00 per hour; most insurance accepted

Mental Health Professionals:

Connie Nelson, MA, LPC-MH, CCDCIII

Mary Eggleston, MSED, LPC, LMFT, CCDCIII

Shelley L. Sandbulte, EdD, LP

Services Offered: Individual, couples and family therapy is provided for children, adolescents and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and PTSD. Psychodrama and EMDR treatments are available.

Ritzman Counseling Services

5800 S. Remington Place, Suite 110

Sioux Falls, SD 57108

Phone: (605) 274-1574

E-Mail Address: kellylpc@sio.midco.net

Hours: 8:00am - 7:00pm, Monday - Friday / Some Saturday appointments available

2010 Mental Health Resource Guide

Fees: Accepts most insurance, and Medicaid; sliding fee available

Mental Health Professional:

Kelly Ritzman, MS, NCC, RPT, LPC-MH

Services Offered: Individual, family and couples counseling. Children, adolescents, and adults served. Specialties include depression, anxiety, play therapy, and trauma/abuse.

Rysdon, Bobbi (Barbara)

4410 S. Tennis Lane
Sioux Falls, SD 57106

Phone: (605) 362-1959 or (605) 359-9005

E-Mail Address: rboobil@qwestoffice.net

Hours: 9:00am - 6:00pm, Tuesday, Wednesday, Thursday / 9:00am - 4:00pm, Friday

Fees: Sliding fee scale provided; accepts most insurances.

Mental Health Professional:

Bobbi Rysdon, RN, LMFT, QMHP

Services Offered: Depression, anxiety, adjustment disorders, grief/loss issues, women's issues, abuse issues, marital, couples and blended family conflicts, and anger management for adults. Member of American Association of Christian Counselors, Clinical Member of AAMFT, and an AAMFT Approved Supervisor.

Sanford Behavioral Health

1621 S. Minnesota Avenue
Sioux Falls, SD 57105

Phone: (605) 328-4700

Fax: (605) 328-4702

Internet Address: www.sanfordhealth.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professionals:

David Ermer, MD

James Wick, EdD

Becky Palogyay, MSW-PIP

Rhonda Smith, EdD

Linda Kauker, PA-C

Benita Timpe, RN, CNP

Rajesh Singh, MD

Services Offered: Individualized treatment including psychiatric and psychological evaluations; individual, couple, and family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to: anxiety disorders, mood disorders, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress disorders, abuse issues, eating disorders, addictions, dementia, grief and loss, stress management, executive health, and the evaluation and treatment of childhood emotional and behavioral disorders including Attention Deficit/Hyperactive Disorders.

Sanford Clinic Women's Health Internal Medicine

5019 S. Western Avenue, Suite 200
Sioux Falls, SD 57108

Phone: (605) 328-9700

Internet Address: sanfordwomenshealth.org

Hours: 8:00am - 7:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday

Fees: Accepts insurance; call for more information

Mental Health Professional:

Mary Dressing, LPC-MH, RD, LN

Services Offered: Adult and adolescent therapy. Specialties in eating disorder issues, depression, anxiety, life changes, and adjustments. Medical nutrition therapy available.

Shaeffer Counseling

2310 S. 1st Avenue
Sioux Falls, SD 57105
Phone: (605) 338-5383
Hours: Flexible

Fees: Call for information

Mental Health Professional:

Glenda Shaeffer, MA

Services Offered: Private counseling practice. Help for relationship and family issues, spiritual issues, grief, divorce, and addictions counseling for addicts and their families.

Sioux Empire Christian Counseling, Inc.

2000 S. Sycamore Avenue, Suite 101
Sioux Falls, SD 57110

Phone: (605) 271-0261

Fax: (605) 271-0263

E-Mail Address: tonyboer.secc@midconetwork.com **Internet Address:** www.siouxempirechristiancounseling.com

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday

Fees: \$105.00 per hour; most insurance and Medicaid accepted

Mental Health Professionals:

Tony Boer, MSW-PIP, QMHP

Ken Smith, MA, LPC

Ronda Maass, MA, LPC-MH

Services Offered: Children's, adult, individual, marital, and family counseling. Experience in ADHD, Asperger's disorder, depression, anxiety, marital therapy, divorce adjustment, spiritual issues, step-families, affairs, past abuse, pre-marital counseling, court evaluations, ABEL sexual interest assessments, and treatment groups.

Sioux Falls Psychological Services

2109 S. Norton Avenue
Sioux Falls, SD 57105

Phone: (605) 334-2696

Fax: (605) 339-9944

E-Mail Address: sfps@sfseminary.edu

Internet Address: www.sfpsychological.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 12:00pm, Friday

Fees: For service rendered; also accepts insurance, Medicare, and SD Medicaid

Mental Health Professionals:

Douglas L. Anderson, PsyD, LMFT

Pam Beck, MA, LMFT, QMHP

Mark Bonnema, MA, Therapist Intern

Del Donaldson, DMin, LMFT, QMHP

Robin Duncan, MA

Gretchen Hartmann, MA, Therapist Intern

Stephanie Klemme, PsyD

Ann Marie Rossing, MA, LMFT, QMHP

Jerry Vander Lee, MA, LMFT, QMHP

Dee Wacker, RN, MA, LPC

Michael Wheaton, MA, Therapist Intern

Nancy Wise-VanderLee, PhD

Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP

Services Offered: A full range of psychological services including individual, marital, and family therapy to children and adults. Psychological testing is available.

Sioux Falls VA (Department of Veteran Affairs) Medical Center

2501 W. 22nd Street
Sioux Falls, SD 57117

Mailing Address: PO Box 5046 Sioux Falls, SD 57109

Phone: (605) 336-3230

Hours: 8:00am - 4:30pm, Monday - Friday / 24-hour emergency services

Fees: No fees to eligible veterans; eligibility must be established before treatment services can be offered

2010 Mental Health Resource Guide

Mental Health Professionals:

Board Certified Psychiatrists
Clinical and Counseling Psychologists
Psychiatric Nurses and Case Managers

Clinical Social Workers
Addiction Therapists

Services Offered: Provides a variety of services to eligible veterans that includes an addictions treatment program, inpatient services, outpatient mental health, psychiatry primary care, and smoking cessation. Also provides specialized services for patients with Post-Traumatic Stress Disorder (PTSD).

Siouxland Counseling Services

2212 S. Sherman Avenue

Sioux Falls, SD 57105

Phone: (605) 310-0124

E-Mail Address: wesgarcia@sio.midco.net

Hours: Call for information

Fees: \$35 per person; \$60 per couple

Mental Health Professionals:

Rev. Wes Garcia, MA-MFT, MDiv

Dena Smith, BA

Services Offered: Seminars and workshops for individuals and couples covering basic mental health issues. Check website for additional information on topics, dates, times, and locations. Seminars and workshops for business professionals on topics such as diversity and motivational speaking.

Sorenson, Dianna Spies

4608 S. Briarwood Avenue

Sioux Falls, SD 57103

Phone: (605) 332-7601

E-Mail Address: drdianna@sio.midco.net

Hours: Variable upon request including evenings and weekends

Fees: Variable depending on services

Mental Health Professional:

Dianna Spies Sorenson, PhD, RN, CNS

Services Offered: Individual, group, and family therapy including: treatment of post-traumatic childbirth experiences, conflict resolution, problem solving, interpersonal communication and healthy relationships, crisis intervention, self-esteem/self-perception, eating disorders, depression, anxiety, parenting, step-families, health promotion and illness prevention, stress management and biofeedback, life transitions, developmental changes, and addictive processes. Experience working as a case manager to assist clients to work within and between health care providers and systems.

South Dakota Urban Indian Health

711 N. Lake Avenue

Sioux Falls, SD 57104

Phone: (605) 339-0420

Internet Address: www.sduih.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Insurance is accepted; if not available, payment will be based on the individual's ability to pay

Mental Health Professionals:

Marilee Johnson-Geary, MA, LPC-MH, QMHP, CCDCI, NCC

Melissa Hemmestad, MS, LPC, CCDCI, NCC

Services Offered: Individual, family, couples, and group therapy for children and adults. Substance abuse counseling, individual aftercare, and treatment needs assessments are also offered.

Southeastern Behavioral HealthCare - Community Support Services (formerly 5th Street Connection)

100 W. 5th Street

Sioux Falls, SD 57104

Mailing Address: 2000 S. Summit Sioux Falls, SD 57105

Phone: (605) 336-0503

Fax: (605) 335-0973

Internet Address: www.southeasternbh.org

Hours: 8:00am - 5:00pm, Monday - Friday / Evenings by appointment

Fees: Fees for services based on availability of funding and type of service

Mental Health Professionals:

Susan Cavanaugh, MD

Tiffany Butler, MA, QMHP

Joy West, BS

Brett Johnson, BA

Jill Jones, RN

Rachelle Broveleit, PA-C

Wade McIntyre, MS, LPC, QMHP, NCC

Jeff Yarbrough, BA

Kristi Jacobsma, AA, CCDCI

Delores Lipp, BS

Services Offered: A full range of treatment and rehabilitation services for adults with severe, long-term psychiatric problems, the goal of which is to prevent hospitalization and to provide support and education, which in turn promote optimal levels of independence in living and working in the community. Services include psychiatric and medication management services, case management, supportive counseling, assisted living, psychological rehabilitation, vocational services, homeless outreach program, IMPACT, and liaison services to the Human Services Center.

Southeastern Behavioral HealthCare - Counseling and Children's Services

2000 S. Summit Avenue

Sioux Falls, SD 57105

Phone: (605) 336-0510

Internet Address: www.southeasternbh.org

Hours: 8:00am - 8:00pm, Monday / 8:00am - 6:00pm, Tuesday - Thursday / 8:00am - 12:00pm, Friday

Fees: Based on family income; private insurance, Medicaid, and Medicare accepted

Mental Health Professionals:

David Ermer, MD

Rajesh Singh, MD

Tiffany Butler, MA, QMHP

Lindsey Garvey, BA

Rachel Beck, BA, BSW

Kristy Ekhoﬀ-Speck, MA, LPC, QMHP

Brian Ecklov, MS, NCC

James Cady, MA, NCC

Sarah Varilek, MA, NCC

Urania Roque Vanyo, MS

Susan Cavanaugh, MD

Shawn VanGerpen, MD

Matthew Wolthuisen, MA, LPC, QMHP, NCC

Heidi Jans, BS, MFS

Kris Graham, MS, LPC, QMHP, NCC

Erin Weber, MA, LPC, NCC, QMHP

Dana Sherrill, BA, BSW

Brenda Stahl, MS

Helena Dufault, BS

Diane Cogley, LCSW-PIP, LMFT, QMHP

Services Offered: Provides traditional outpatient therapy from masters-level counselors to individuals, families, children, couples, and groups as well as psychiatric evaluations and medication management. Additionally, children's case management/home-based provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Specializations in depression, anxiety, grief, parenting issues, attention-deficit hyperactivity disorder, oppositional defiant disorder, stress management, and abuse are noted. Other services include play therapy, Employee Assistance Programs, and educational presentations. CCS serves Lincoln, Turner, McCook, and Minnehaha counties.

Sozo Counseling Care, Inc.

Located in Destiny Family Medical Clinic

2701 S. Minnesota Avenue, Suite 3

Sioux Falls, SD 57105

Phone: (605) 339-3378

Hours: Days and evenings by appointment

2010 Mental Health Resource Guide

Fees: Sliding fee scale available; Medicaid and most insurance accepted

Mental Health Professionals:

Dianne S. Heynen, MS, LPC-MH, BCPCC, QMHP, CEAP

Jan Schmidt, MA-MFT, Therapist Intern

Services Offered: Individual, couple, family, and group counseling. Focus on Mind-Body-Spirit connection, depression, anxiety, stress, blended families, chronic illness, workplace issues, trauma, grief, post-abortion stress, spiritual/Christian concerns, Eye Movement Desensitization and Reprocessing (EMDR), and Theophostic method of inner healing. Services offered to adolescents, adults, and seniors. Employee Assistance Programs (EAP), educational workshops, professional training and development also offered.

Stronghold Counseling Services, Inc.

625 S. Minnesota Avenue, Suite 201

Sioux Falls, SD 57104

Phone: (605) 334-7713

E-Mail Address: info@strongholdcounseling.com

Internet Address: www.strongholdcounseling.com

Hours: 9:00am - 8:30pm, Monday - Thursday / 8:00am -12:00pm, Friday / Some Saturday appointments available

Fees: Arranged with individual therapist; insurance claims filed

Mental Health Professionals:

Kristina Benson, MA, LMPT, QMHP

Nick Buus, MA

Eleanor Larson, MA, LMFT, QMHP

Linda Mabee, MS, LPC-MH, QMHP, NCC

Marlene Ruff, MA, LPC, LMFT, QMHP

Earl Witt, MA, LMFT, QMHP

Larry Dancler, MS, LPC-MH, QMHP

Jamie C. Chambers, EdD, LP, LMFT, LPC, CCDCIII

Teresa Henrickson, MA, LPC-MH, QMHP, CCDCIII

Dianne Heynen, MS, LPC-MH, QMHP, CEAP, BCPCC

Patricia Lavelle, EdS, LPC-MH, LMFT, QMHP

Gary Hofman, EdD, LPC-MH, NCC, CCDCIII, QMHP

Services Provided: Assessments and therapy for individuals, groups, families, children, adolescents, and adults. The following concerns are addressed: alcohol abuse/addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent/child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Suicide Prevention HELP!Line

1000 N. West Avenue, Suite 310

Sioux Falls, SD 57104

Phone: 1-800-273-TALK (8255) or Dial 211 or (605) 339-4357

E-Mail Address: helpline@helplinecenter.org

Internet Address: www.helplinecenter.org

Hours: 24 hours a day / 7 days a week

Fees: None

Mental Health Professional:

Harriet Scott, PhD, ACSW, CSW-PIP

Services Offered: The Suicide Prevention HELP!Line provides a variety of prevention services. These include providing direct crisis intervention services through the National Suicide Prevention Lifeline (1-800-273-TALK) for the entire state of South Dakota. Other services include suicide prevention trainings, a one-and-one-half hour training to increase awareness and recognize, intervene and refer persons at-risk of suicide (QPR), a two-day suicide intervention skills training (ASIST), and an exploration session to help mobilize a community's resolve to help prevent suicide (Suicide TALK). The Suicide Prevention HELP!Line also provides direct services to survivors of suicide (persons who have lost a loved one to suicide). These services include a nine-week course, a monthly support group, a newsletter, informational packets and an outreach team. The Suicide Prevention HELP!Line is accredited by the American Association of Suicidology. Inquiries welcome.

Transitional Living Corporation and TLC Tallgrass

Mailing Address: 2601 S. Minnesota Avenue, Suite 105-378 Sioux Falls, SD 57105-4750

Phone: (605) 368-5559

E-Mail Address: info@TLCSiouxFalls.org

Internet Address: TLCSiouxFalls.org

Hours: 24 hours a day

Fees: \$5600.00 for 30 Day Residential Recovery Program; \$450.00 a month for Residential Sober Home Member Resident Fees

Mental Health Professionals:

Jim Stoneall, CCDCII

Mike Jamison, LADC

Services Offered: Residential campus utilizing the Big Book of Alcoholics Anonymous and the way of life contained therein. Self-governing Sober Living Homes that provide a safe living environment in early recovery with continued emphasis on applying the 12-steps of recovery to their daily life over a period of 3-12 months. Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools; while building alliances with organizations that share our mission of advocacy for and implementation of the 12-step approach to recovery. An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.

Vande Braak, Catherine

Our Redeemer Lutheran Church

2200 S. Western Avenue

Sioux Falls, SD 57105

Phone: (605) 366-7838

Hours: Monday - Friday by appointment / Evenings available

Fees: Sliding fee scale with a free initial session

Mental Health Professional:

Catherine Vande Braak, MA, MFT

Services Offered: Individual, family, and couples counseling from a Christian perspective. Some issues addressed in counseling include depression, stress, communication, parent/child conflict, pre-marital counseling, family issues, marriage issues, and others.

Vet Center

601 S. Cliff Avenue, Suite C

Sioux Falls, SD 57104

Phone: (605) 330-4552

E-Mail Address: brian.wallin@va.gov

Hours: 8:00am - 4:30pm, Monday - Friday / 8:00am - 8:00pm, Tuesday / Or by appointment

Fees: None

Mental Health Professionals:

Brian Wallin, MA

Ruth Kaspar, MSW

Nicholas Rinehart, PhD

Orlando George, BA

Services Offered: Provides a broad range of counseling, outreach and referral services to veterans and their families in order to help these veterans make a satisfying post-war readjustment to civilian life. The specific counseling services are: individual, group, marital, and family. Provides assistance with job search, veterans benefits, and basic needs.

Volunteers of America, Dakotas - Heisler Chemical Dependency Treatment Program

1401 W. 51st Street

Sioux Falls, SD 57105

Mailing Address: PO Box 89306 Sioux Falls, SD 57109-9306

Phone: (605) 334-1414 or (605) 322-4065 or 1-800-365-8336 **Fax:** (605) 335-3121

E-Mail Address: c.sandvig@voa-dakotas.org

Internet Address: www.voa-dakotas.org

Hours: Vary, depending on services

Fees: Fixed and sliding fee scale depending upon service; funds available for those meeting income guidelines; most insurances accepted

Mental Health Professionals:

Chris Sandvig, BA, CCDCII

Teresa Peratt, AS, CCDCII

Angie Brown, RN

John Stoddard, MA, CCDCIII

Denis Kronaizl, BSW, CCDCII

Marcy Ruger, MS, CCDCIII

2010 Mental Health Resource Guide

Janice Falk, BS, CCDCIII
Darryl Knight Schafer, BS, CPS, CDCT
Malia Luttmann, BS, CCDCII

Erin Steensma, CCDCIII
Anne Marie Goraj, MA, CPS, CCDCIII

Services Offered: A full continuum of chemical dependency services for youth ages 12 to 18. Services include evaluation and assessments, day treatment, individual and family counseling, intensive outpatient treatment, inpatient treatment, halfway house/transitional care, and aftercare counseling. Evaluations and assessments for adults are also available. Services for adults include intensive outpatient treatment and aftercare. Training, in-services, and workshops for groups and agencies are also provided.

Volunteers of America, Dakotas - Lifemarks Counseling & Mediation Services

1401 W. 51st Street
Sioux Falls, SD 57105

Mailing Address: PO Box 89306, Sioux Falls, SD 57109-9306

Phone: (605) 332-6128 - for appointments; (605) 334-1414 - for 24-hour crisis line

E-Mail Address: c.knudtson@voa-dakotas.org **Internet Address:** www.voa-dakotas.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday

Fees: Sliding fee scale; also accepts insurance, Medicare, and Medicaid

Mental Health Professionals:

Bruce S. Fogas, PhD
Carol Knudtson, MEd, LPC
Stephan Langenfeld, EdD
Rajesh Singh, MD
Gretchen Starnes, MA, LPC

Irina Goubanova, MS
Darcy Lassigard, MSW, PIP
Ryan Ostgaard, MS, NCC, LPC-MH
Jodi Williams, LPC-MH
Sarah Thoms, MS, LPC

Services Offered: Assessments, individual and group counseling for youth, adults, couples, and families on issues involving depression, grief, loss, challenging behaviors, alcohol and drug addiction, abuse, conflict, and crisis situations. Assessment, mediation, family crisis intervention services, custody evaluations, and parent coordination services are also available.

WellSpring Therapy Center

6901 S. Lyncrest Place, Suite 105
Sioux Falls, SD 57108

Phone: (605) 335-1516

E-Mail Address: wellmona@aol.com

Internet Address: www.wellspringtherapysf.com

Hours: 8:00am - 5:00pm, Monday - Friday / Tuesday, Wednesday, Thursday evenings

Fees: Accepts insurance and private pay

Mental Health Professionals:

Ramona Wade, MA, LMFT, QMHP
Roy Conrad, PhD, LPC-MH, RPT, QMHP, NCC

Shirley Jones, MSW, CSW-PIP, QMHP

Services Offered: Provides individual, couple, and family therapy for the treatment of various family adjustment problems and psychological disorders. Special areas of expertise include: pain management, stress management, two-career couples, complicated grief and loss, spirituality issues, aging issues, chronic and terminal illness, anxiety, PTSD, play therapy with children, and parent education.



Strengthening individuals, families and community by bridging people with resources and support.

211 HELP!Line

Information, Referral, & Crisis HELP!Line • FREE • 24 Hours
Social Services • Government Information • Community Information
Financial Assistance • Donation Information • Shelter • Food
Substance Abuse • Crisis Intervention • Counseling • Support Groups

Child Care HELP!Line

Resources & Referrals for Parents & Providers • Access to Current Child Care Openings • Dial 211

Volunteer HELP!Line

Over 350 Volunteer Opportunities for Families, Groups and Individuals at over 150 Agencies
Volunteer Solutions Database at www.helplinecenter.org • Dial 211 for Personalized Assistance
Serve & Learn Student Association (SALSA)

Suicide Prevention HELP!Line

1-800-273-TALK • 24 Hours
Crisis Intervention • Suicide Prevention Training • Suicide Information
Support for Family & Friends Who Lost a Loved One to Suicide

HELP!Line Center Directories

Parent Resource Directory • Senior Directory • Mental Health Resource Guide
Basic Needs Resource Guide • Online Databases



Get Connected. Get Answers.

www.helplinecenter.org

For more information or to support the HELP!Line Center, please contact us at:

HELP!Line Center • 1000 N West Avenue • Suite 310 • Sioux Falls, SD 57104 • Dial 211 or (605) 339-4357



2010
Mental Health Resource Guide



1000 N West Avenue, Suite 310
Sioux Falls, SD 57104

Dial 211 or 605-339-4357

www.helplinecenter.org



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