

# Sioux Falls Mental Health Guide 2016



  
**helpline**  
center  
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“Making lives better by giving support, offering hope and creating connections all day, every day.”



## IN THE TOP 10% NATIONWIDE FOR **PATIENT SATISFACTION**

\*Press Ganey

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- Partial hospitalization program, outpatient mental health & addiction recovery program
- Specialized ECT suite
- Avera Institute for Human Genetics
- TMS therapy—transcranial magnetic stimulation services

**Avera**   
Behavioral Health Center

Free 24-hour, confidential  
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[www.AveraBehavioralHealth.org](http://www.AveraBehavioralHealth.org)  
4400 W. 69th St., Sioux Falls, S.D. 57108

BHCS-5858-REVJA1413

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### Outpatient Services:

- Individuals, Couples, Families, Children
- Play Therapy
- Pain Management
- Bariatric Assessments
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### Partial Hospital Day Program:

- Alternative to hospitalization
- Individualized group sessions, family sessions and physician oversight
- Monday–Friday, 8:15 a.m.–3:30 p.m.

### Addiction Recovery Program:

- Individuals, Couples, Families, Adolescents
- Chemical Dependency Assessments
- Intensive Outpatient Program
- Relapse Prevention Program

### Employee Assistance Program:

- Professional training for leaders and staff
- Consultation and mediation services

**Avera**   
McKenna Hospital  
& University Health Center

Behavioral Health Outpatient Services

MKTG-11462-REVFE2312

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# SELECTING A BEHAVIORAL HEALTH PRACTITIONER

*The following list provides a brief description for the various kinds of Behavioral Health Professionals. Learn more about South Dakota licensing requirements by visiting the Licensing Boards page at [dss.sd.gov](http://dss.sd.gov) for alcohol and drug professionals, counselors, psychologists, and social workers or [doh.sd.gov](http://doh.sd.gov) for physicians and nurses.*

**Counselor** - Counselors are trained in therapeutic technique and theory. They provide “talk therapy” as opposed to medication to help people with their concerns. Some counselors have extra focus on a specific topic such as marriage and family. In the behavioral health setting, counselors can be found providing therapy or case management services.

**LPC** - This is an abbreviation for Licensed Professional Counselor. Counselors with this licensure meet at least minimum state standards to provide counseling services to the public.

**LPC-MH** - This is an abbreviation for Licensed Professional Counselor - Mental Health. It is a higher level of licensure requiring more training and supervision. The LPC-MH level may be required for insurance or Medicaid reimbursement.

**LMFT** - Licensed Marriage and Family Therapists are master's level or doctorate level trained and licensed to provide counseling for all mental health disorders. They work with individuals, couples, and families.

**Chemical Dependency Counselor** - Works with people to overcome an addiction to drugs or alcohol in individual or group settings. They may also assist families of people with addictions to better understand addiction and how to help their loved one.

**Psychiatrist** - A psychiatrist is a physician with additional specialized training in psychiatry. In the behavioral health setting, psychiatrists prescribe medications and engage patients in therapy. Under the supervision of a physician, physician's assistants and certified nurse practitioners can also prescribe medications.

**Psychologist** - Licensed psychologists complete a standardized training program at the doctoral level. Training involves understanding the development of personality, learning, and interpersonal relationships. Using tests to evaluate individuals is usually a major emphasis, but they also conduct individual, family and group therapy.

**School Psychologist** - Works in the school setting to help individual students resolve learning and behavioral challenges that are affecting academic performance and to help teachers improve the learning process. School psychologists are trained in both psychology and education.

**Social Worker** - Social workers are trained to complete a variety of tasks and are found in many areas outside of behavioral health services. In the behavioral health setting, social workers might provide talk therapy, case management, or connect people to resources.

**SWA** - This is an abbreviation for the licensure title of Social Work Associate. Social workers with this credential have met minimum state standards to practice social work.

**SW** - This is an abbreviation for the licensure title of Licensed Social Worker. Some social workers indicate this licensure as LSW to match the paper license they received when they became licensed. Social workers with this licensure most likely completed a bachelor's of social work (BSW) degree.

**CSW** - This is an abbreviation for the licensure title of Clinical Social Worker. Social workers with this licensure have completed a master's of social work (MSW) or a doctorate of social work (DSW) degree.

**CSW-PIP** - This is an abbreviation for Clinical Social Worker - Practitioner in Private Practice. It is a higher level of licensure requiring more training and supervision. The CSW-PIP license may be required to bill certain insurance providers.

## Selecting a Behavioral Health Practitioner

Choosing among the many options available in behavioral 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 to arrange 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 behavioral 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?
- \* Did you feel comfortable talking with this practitioner?

## Glossary of Abbreviations - Degrees

This is a key to abbreviations used throughout this guide, of professional accreditations and certifications.

AA	Associate Degree
AS	Associate of Science
BA	Bachelor of Arts
BS	Bachelor of Science
BSW	Bachelor of Social Work
DMin	Doctor of Ministry
DO	Doctor of Osteopathy
EdD	Doctor of Education
EdS	Education Specialist
MA	Master of Arts
MAT	Master of Arts in Teaching
MD	Doctor of Medicine
MDiv	Masters in Divinity
MEd	Master of Education
MFS	Master of Forensic Sciences
MS	Master of Science
MSEd	Master of Science in Education
MSSA	Master of Science in Social Administration
MSW	Master of Social Work
PhD	Doctor of Philosophy
PsyD	Doctor of Psychology
RD	Registered Dietitian
RN	Registered Nurse

# Glossary of Abbreviations - Certifications and Licenses

This is a key to abbreviations used throughout this guide, primarily of professional accreditations and certifications.

ABN	American Board of Professional Neuropsychology
ACS	Approved Clinical Supervisor
ACSW	Academy of Certified Social Workers
ACT	Addiction Counselor Trainee
BCPCC	Board Certified Professional Christian Counselor
CAC	Certified Addictions Counselor
CBCP	Compassionate Bereavement Care Provider
CCDC	Certified Chemical Dependency Counselor
CCDCI	Certified Chemical Dependency Counselor, Level 1
CCDCII	Certified Chemical Dependency Counselor, Level 2
CCDCIII	Certified Chemical Dependency Counselor, Level 3
CCMHC	Certified Clinical Mental Health Counselor
CCSII	Certified Clinical Supervisor
CCTT	Certified Corrective Thought Therapist
CDBT	Certified in Dialectical Behavioral Therapy
CDCT	Chemical Dependency Counselor Trainee
CEAP	Certified Employee Assistance Professional
CFLE	Certified Family Life Educator
CNP	Certified Nurse Practitioner
CNS	Clinical Nurse Specialist
CPC	Certified Professional Coach
CPS	Certified Prevention Specialist
CSW	Certified Social Worker
CSW-PIP	Certified Social Worker - Practitioner in Private Practice
FNP-BC	Family Nurse Practitioner (Certified by ANCC)
ICADC	Internationally Certified Alcohol and Drug Counselor
LAC	Licensed Addiction Counselor
LCSW	Licensed Certified Social Worker
LCSW-PIP	Licensed Certified Social Worker - Practitioner in Private Practice
LICSW	Licensed Independent Clinical Social Worker
LMFT	Licensed Marriage & Family Therapist
LP	Licensed Psychologist
LPA	Licensed Psychological Associate
LPC	Licensed Professional Counselor
LPC-MH	Licensed Professional Counselor-Mental Health
LSW	Licensed Social Worker
MSW-PIP	Master of Social Work - Practitioner in Private Practice
Nbcc	National Board Certified Counselor
NCC	National Certified Counselor
NCGC	National Certified Gambling Counselor
NCSC	National Certified School Counselor
NP-C	Certified Nurse Practitioner
PA-C	Physician's Assistant Certified
PMHNP	Psychiatric Mental Health Nurse Practitioner
QMHP	Qualified Mental Health Practitioner
RN-BC	Registered Nurse - Board Certified
RPT	Registered Play Therapist
RPT-S	Registered Play Therapist - Supervisor
SAP	Substance Abuse Professional
SWA	Licensed Social Worker Associate

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[www.helplinecenter.org](http://www.helplinecenter.org)

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**Agapé Counseling Center, LLC**

316 E. Holly Boulevard

Brandon, SD 57005

**Phone:** (605) 582-4722

**Website:** [www.agapecounselingsd.com](http://www.agapecounselingsd.com)

**Fees:** Accepts most insurance, call for information

**Hours:** 8:00am - 6:00pm, Monday - Friday / Evenings and weekends by appointment

**Services Offered:** Counseling and therapy services include marriage, couples, and family. Focus areas include depression, anxiety, grief, chemical dependency, body image, spirituality, and life transitions.

**Mental Health Professionals:**

Erin Sanford, MA, LPC-MH, NCC, QMHP

**Mailing Address:** PO Box 41

Brandon, SD 57005

**Fax:** (605) 582-3197

**E-mail:** [agapecounselingbrandon@gmail.com](mailto:agapecounselingbrandon@gmail.com)

Jennifer Zerfas, MA, NCC, LPC, LAC, QMHP

**Avera Internal Medicine for Women**

116 W. 69th Street

Sioux Falls, SD 57108

**Phone:** (605) 322-5890

**Fax:** (605) 322-5891

**Website:** [www.avera.org](http://www.avera.org)

**Fees:** Accepts most insurance, call for information

**Hours:** 8:00am - 5:00pm, Monday - Tuesday / 9:00am - 6:00pm, Wednesday - Thursday / 8:00am - 12:00pm, Friday

**Services Offered:** Individualized treatment for adults and adolescents. Specialties in eating disorders, depression, anxiety, women's issues, life changes and adjustments, and medical nutrition therapy.

**Mental Health Professionals:**

Mary Dressing, LPC-MH, RD, LN

Virginia Lemme, PA-C

**Avera McKennan Hospital and University Health Center Behavioral Health Services - Addiction Recovery**

2412 S. Cliff Avenue, Suite 100

Sioux Falls, SD 57105

**Phone:** (605) 322-4079

**Fax:** (605) 322-4080

**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)

**Fees:** Vary with services, accepts most insurance, Medicare, and Medicaid, payment plan options available

**Hours:** 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Groups: Monday - Friday, day and evening

**Services Offered:** Comprehensive treatment program for individuals, couples, and families affected by substance abuse, compulsive gambling, other addictive behaviors, and corresponding emotional difficulties. Specializing in co-occurring services (the treatment of addictive behaviors as well as mental health issues such as bipolar disorder, clinical depression, and anxiety). Specialized programs include: Court approved provider for assessment and treatment of substance abuse and gambling related offenses; Pain management groups and counseling; Adolescent program includes evaluations, individual and family counseling, and prevention services; Employee assistance programs offers specialized recovery services for health care practitioners

**Mental Health Professionals:**

Craig Kindrat, MS, LPC, LMFT, LAC

James Green, LAC

Jennifer Albrecht, MAT, LPC-MH, LAC

Jill Walerius, LCSW, CDCT

Joseph Block, LAC

Lana Smith, MA, LMFT, QMHP, LAC

Leah Rath, MA, LPC, LAC

Malia Holbeck, MSW, LCSW, LAC

Melissa Roby, MS, LPC, LAC

**Avera McKennan Hospital and University Health Center Behavioral Health Services - Adolescent Group Therapy**

4400 W. 69th Street, Suite 100

Sioux Falls, SD 57108

**Phone:** (605) 322-4057 or (605) 322-5142

**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)

**Fees:** Accepts most insurance, call for information

**Meeting time:** 4:00pm - 5:45pm, one afternoon each week for eight weeks

**Services Offered:** Psychotherapy group meeting for adolescents age 13 to 18 (still in school), facilitated by a trained mental health professional. Group uses a combination of cognitive behavioral therapy, dialectical behavioral therapy, and coping skills to help adolescents develop strategies to manage daily stress and emotional and behavioral difficulties.

**Mental Health Professional:**

Amber Reints, PMHNP



## 2016 Sioux Falls Mental Health Guide

### 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 (800) 691-4336

**Fax:** (605) 322-4060

**Hours:** 24 hours a day, 7 days a week

**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)

**Fees:** No-cost initial assessment, accepts most insurance, Medicare, and Medicaid.

#### Services Offered:

- **Adult Inpatient Program:** Short-term acute programs, with length of stay based on your needs. Treatment programs include group and individuals therapy and continued care as needed.
- **Child and Adolescent Inpatient Program:** Structured acute care inpatient program for children and adolescent. Treatment programs include family meetings, therapy, case management, educational programming, and education on coping skills.
- **Senior Inpatient Program:** Group and individual therapy offered with the support of a collaborative treatment approach under the direction of a psychiatrist with nursing staff, residents, physicians, social workers, dietitians, and any additional support to best meet the patient's needs.

#### Mental Health Professional:

Thomas Otten, MA, LPC-MH

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

2412 S. Cliff Avenue, Suite 100

Sioux Falls, SD 57105

**Phone:** (605) 322-4079

**Fax:** (605) 322-4080

**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)

**Fees:** Vary, accepts most insurance, Medicare, and Medicaid, some scholarships available, and payment plan options

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

**Services Offered:** Individual, group, couples, and family counseling for all ages . Program focus includes borderline personality disorder, anorexia, bulimia, and healthy weight loss, grief, biofeedback, attention deficit / hyperactivity disorder; chronic pain, family separation, divorce, self-destructive behaviors, self-esteem, and anger management. Offering neuropsychological and psychological testing. Employee assistance program provider.

#### Mental Health Professionals:

Amber Lehman-Meyers, MSW, MDiv, LCSW-PIP

Amy Chitwood, MSW, LCSW-PIP

Chris Nordgren, PhD, LP

Chris Pudwill, MSW, LCSW, QMHP

Donald Baum, PhD, LP

Erik Anderson, CSW-PIP

Hiedi Roberts, MSW, LCSW-PIP

Jeri Nelson, MSW, LCSW-PIP, QMHP

Kelsey Sjaarda, MSW, CSW-PIP

Larry Ling, MSW, CSW-PIP

Lindsay Neth, MSW, LCSW, QMHP

Mary Ellen Smith, MS, LPC-MH, NCC, QMHP

Mary Wolf, MS, LPC-MH, CEAP

Megan Engdahl, MSW, LCSW, QMHP

Michael Falconer, MSW, LCSW, QMHP

Nancy Wise-Vander Lee, PhD, LP

Thomas Shaffer, PHD, LP

Tim Heerts, LPC, LMFT, CEAP

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

4400 W. 69th Street, Suite 100

Sioux Falls, SD 57108

**Phone:** (605) 322-4056 or (800) 691-4336

**Fax:** (605) 322-4009

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

**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)

**Fees:** No-cost initial assessment, accepts most insurance and Medicare, limited financial assistance available

**Services Offered:** An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Services are also available for those experiencing acute psychiatric symptoms or deteriorating clinical conditions that severely impact the ability to function on a day-to-day basis.

#### Mental Health Professional:

Kathleen McKenzie, MA, LPC, RN

## Avera Medical Group Midwest Psychiatric Medicine

4400 W. 69th Street, Suite 500

Sioux Falls, SD 57108

**Phone:** (605) 322-7580

**Fax:** (605) 322-7579

**Fees:** Accepts most insurance

**Website:** [www.avera.org](http://www.avera.org)

**Hours:** 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:30pm, Friday

**Services Offered:** Provides diagnosis and management of psychiatric disorders in children, adolescents, and adults. Treatment areas include depression, anxiety, bipolar disorder, schizophrenia, attention disorders, and dementia.

### Mental Health Professionals:

Berne Bahnson, MD  
 Connie Sweatman, PsyD  
 Karua Withorne-Maloney, CNP  
 Lezlee Gregunson-Lund, PhD

Patrick McNeil, MSW  
 Scott Schneider, MD  
 Tony Sorensen, PsyD  
 William Knoflicek, PhD

## Avera Medical Group University Psychiatry Associates

4400 W. 69th Street, Suite 1500

Sioux Falls, SD 57108

**Phone:** (605) 322-5700

**Website:** [www.avera.org](http://www.avera.org)

**Fees:** Accepts most insurance, Medicare, and Medicaid

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

**Services Offered:** Individual, couples, or family therapy for the treatment of children, adolescents, adults, and seniors focusing on issues including, but are not limited to anxiety, mood, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post traumatic stress, abuse issues, eating disorders, dementia, grief and loss, childhood emotional and behavioral disorders, spirituality, stress management, and executive health. Evaluations available include psychiatric, psychological, neuropsychological, forensic and custody.

### Mental Health Professionals:

Ann Bowden, MD  
 Anthony Vaca, MD  
 Benjamin Kohls, LPC-MH  
 Beverly J. Gunderson, EdD  
 Brenda Nour, PhD  
 Bryce Gammeter, MD  
 Carol Kuntz, PsyD  
 Christopher Hanley, MD  
 Constance L. Spicero, EdD  
 David Hylland, EdD  
 David Whaley, MD  
 Garneth Kuiper, CNP  
 Grace LaFollette, CNP

Heather Chester-Adam, MD  
 Hillary Hanson, MD  
 Jay Weatherill, MD  
 John Erpenbach, CNP, RN  
 Karl Oehlke, PA-C  
 Kenneth Hasseler, PhD  
 Kent Andre, MD  
 Matthew Stanley, DO  
 Melissa Spanggaard, DO  
 Meredith Powell, MD  
 Michael Bergan, MD  
 Michael Reiners, MD  
 Nancy Wilson, MD

Nicole Christenson, MD  
 Sarah Flynn, MD  
 Saruabh Jauhari, MD  
 Shawn VanGerpen, MD  
 Tamara Vik, MD  
 Thomas Holtberg, LPC-MH  
 Timothy J. Soundy, MD  
 Tracee Hofer, CNP  
 Vinod Bhatara, MD  
 Wallace Jackmon, PhD  
 William C. Fuller, MD  
 Wioleta Mazurczak, MD

## Barbara RA Christensen, LLC

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

**Phone:** (605) 362-5803

**Fax:** (605) 362-5803

**Fees:** Sliding fee scale

**Website:** [www.barbarachristensencounseling.com](http://www.barbarachristensencounseling.com)

**Hours:** 8:00am - 1:00pm, Monday and Friday / 8:00am - 6:00pm, Tuesday - Thursday

**Services Offered:** Christian counseling for children, adolescents, and adults specializing in: depression, anxiety, family issues and divorce, grief, self-injury, adjustment, drug and alcohol, attention deficit / hyperactivity disorder, social skills, anger, domestic violence, abuse, obsessive compulsive disorder, relationship, autism and Asperger's syndrome.

### Mental Health Professional:

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

## Bartels Counseling Services, Inc.

6330 S. Western Avenue, Suite 140

Sioux Falls, SD 57108

**Phone:** (605) 310-0032

**Additional Location:** 101 S. Reid Street

Sioux Falls, SD 57103

**Fax:** (605) 271-0200

**Website:** [www.bartelscounselingservices.com](http://www.bartelscounselingservices.com)

**Fees:** Accepts most insurance; sliding fee scale; assistance available for those who qualify

**Hours:** 8:00am - 9:00pm, Monday - Friday / 8:00am - 3:00pm, Saturday

**Services Offered:** Individual, couples, and family assessment, therapy, and treatment for concerns including addiction, anxiety, depression, mood disorders, adjustment, abuse, spiritual development, emotional and stress management, family issues, grief, personality disorders, and relational issues. Provides addiction assessments, early intervention,

## 2016 Sioux Falls Mental Health Guide

intensive outpatient treatment, and aftercare services for adults and adolescents.

### **Mental Health Professionals:**

Alyssa Boscaljon, MS, NCC, ACT  
Jennie Mayer, MS, NCC, LPC, LAC

Sherry Bartels, MA, QMHP, LPC-MH, ACS, NCC, LAC

### **Behavior Management Counseling Services**

3610 S. Western Avenue, Suite 2

Sioux Falls, SD 57105

**Phone:** (605) 274-1700

**Fax:** (605) 274-1704

**Fees:** Accepts most insurance and Medicaid

**Website:** [www.mariaegancounseling.com](http://www.mariaegancounseling.com)

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

**Services Offered:** Individual, groups, couples and families therapy for all ages. Specializing in play therapy, behavior modification, cognitive behavioral therapy, and diagnostic assessments for depression, generalized and separation anxiety, school refusal, social phobia, social skills training, obsessive compulsive disorder, anger management, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, post traumatic stress, attention deficit / hyperactivity disorder, Asperger's and autism spectrum, and pediatric bipolar disorder.

### **Mental Health Professional:**

Maria Egan, MS, LPC-MH, QMHP

### **Bethesda Christian Counseling Midwest, Inc.**

400 S. Sycamore Avenue, Suite 105-3

Sioux Falls, SD 57110

**Phone:** (605) 334-3739 or (800) 463-4005

**Fax:** (605) 334-7552

**Website:** [www.bethesdachristiancounseling.org](http://www.bethesdachristiancounseling.org)

**E-mail:** [info@bethesdachristiancounseling.org](mailto:info@bethesdachristiancounseling.org)

**Fees:** Sliding fee scale, accepts most insurance, Medicare, and Medicaid

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

**Services Offered:** Faith based outpatient behavioral health, pastoral education, and church health services, including counseling for all ages, psychological testing, relationship enhancement retreats, group wellness seminars, and clinical pastoral education course for pastors and ministry professionals.

### **Mental Health Professionals:**

David Nehring, PhD  
Denise Pulido, MSW, CSW-PIP  
Joseph R. Goraj, MSW, CSW

Sandra Simanton, MSW, CSW-PIP  
William C. Fuller, MD  
William Huiskens, MSW, CSW-PIP

### **Brenda Hansen-Mayer Professional Therapy**

1601 E. 69th Street, Suite 306

Sioux Falls, SD 57108

**Phone:** (605) 330-9997

**Fax:** (605) 330-9998

**Website:** [www.bhmtherapy.com](http://www.bhmtherapy.com)

**E-mail:** [brenda@bhmtherapy.com](mailto:brenda@bhmtherapy.com)

**Fees:** Accepts most insurance and Medicaid

**Hours:** Monday - Friday, by appointment

**Services Offered:** Individual, couple, and family counseling services on issues including, but not limited to trauma, addiction and recovery, stress management, depression, anxiety, anger management, grief and loss, and career direction. Specializing in cognitive behavioral therapy, dialectical behavior therapy, eye movement desensitization and reprocessing, and Gottman method couples therapy.

### **Mental Health Professional:**

Brenda Hansen-Mayer, MS, LPC-MH

### **Carissa Palmberg Counseling**

25337 470th Avenue

Crooks, SD 57020

**Phone:** (308) 830-0247

**Website:** [www.carissapalmbergcounseling.vpweb.com](http://www.carissapalmbergcounseling.vpweb.com)

**Fees:** Visit website for details

**Hours:** Sessions offered 9:00am - 5:00pm, Thursday / Contact 9:00am - 5:00pm, Monday - Friday

**Services Offered:** Equine assisted psychotherapy is an alternative option for those who struggle to feel successful in traditional talk therapy. Offers individual, couples, family, and group sessions for those struggling with symptoms of post traumatic stress, trauma, addiction, grief and loss, depression, anxiety, and mood disorders. Team building and professional development workshops are also available.

### **Mental Health Professional:**

Carissa Palmberg, MS, LPC, LAC

## Carroll Institute - Intensive Outpatient Services

310 S. 1st Avenue  
Sioux Falls, SD 57104

**Phone:** (605) 336-2556

**Website:** [www.carrollinstitute.org](http://www.carrollinstitute.org)

**Fees:** Sliding fee scale; state assistance available

**Hours:** 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Morning, afternoon, and evening groups available / Residential services provided 24 hours a day, 7 days a week

**Services Offered:** Services for adolescents and adults including early intervention, treatment needs assessment and planning, individual and group counseling, family therapy, Safe Driver Class for first time DUI offenders and other drug education, and case management for those struggling with addiction.

### Mental Health Professionals:

Alex Vis, BS, ACT  
Alicia Hibbison, BA, CAC  
Ann Marie McDonald, BA, ACT  
Carrie Dau, MA, ACT  
Debbie Klasi, BA, LAC  
Gary Tuschen, BA  
Henry Scere, MDiv, ACT  
Janice Falk, BS, LAC  
Kimberly Questad, MS, NCC, LAC, LPC - MH, QMHP

Kristi Jacobsma, AA, CAC  
Lynn Husby, MS, LAC  
Michelle Worden, MA, LAC  
Rachael Miedema, MS, ACT  
Sara Jerke, BS, ACT  
Shane Gerlach, BS, ACT  
Sheri Nelson, MA, LAC  
Susan Kern, BS, ACT

## Carroll Institute - Project Awareness Prevention Services

**Services Offered:** Prevention, individual services, and chemical dependency counseling to schools and communities throughout eastern South Dakota.

### Mental Health Professionals:

Amy Feterl, MS, ACT  
Kaitlyn Umphlett, BS, ACT

Barb DeVos, MS, NCC, LPC, LAC  
Kristi VanDeRostyne, BS, CAC, CPS

## Carroll Institute - Residential Services

**Services Offered:** Residential services are for chemically dependent individuals who have received treatment within the previous year. Goals include relapse prevention, recovery, and developing life skills.

### Arch Halfway House

516 W. 12th Street  
Sioux Falls, SD 57104  
**Phone:** (605) 332-6730

### Mental Health Professionals:

Emery Two Hearts, BS, ACT  
Mitch Wilson, AS, LAC

### Changes and Choices Recovery Center

310 S. 1st Avenue, Suite 100  
Sioux Falls, SD 57105  
**Phone:** (605) 332-9257

Jason Lulf, BS, ACT  
Tiffany Butler, MA, LPC, QMHP

## Catholic Family Services

523 N. Duluth Avenue  
Sioux Falls, SD 57104

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

**Website:** [www.sfcatholic.org](http://www.sfcatholic.org)

**Fax:** (605) 988-3747

**E-mail:** [cfs@sfcatholic.org](mailto:cfs@sfcatholic.org)

**Fees:** \$99.00 per session; sliding fee scale, accepts most insurance, Medicaid, and employee assistance programs

**Hours:** 8:30am - 5:00pm, Monday - Friday

**Services Offered:** Confidential and Christian based individual, couples, and family therapy to all ages and mental health needs. Support groups are available for those who are divorced, widowed, or separated. Grief and loss programs include group counseling and retreats. Domestic and international adoption services available including pre and post adoption support, home studies, and pregnancy counseling. Coordinates with the Helpline Center to provide behavioral health services to rural families through the South Dakota Rural Helpline. Outreach offices located in Mitchell, Yankton, Brookings, Pierre, Gettysburg, and Aberdeen.

### Mental Health Professionals:

Bonnie Deen, LPC-MH  
Brandi Brinthal, LPC-MH  
Christina Vander Woude, MSW  
Fran Van Bockel, LPC-MH  
Kathleen Crowley, LPC-MH

Marcie Moran, RN, EdD  
Margi Culhane, RN  
Marnie Schieffer, CSW  
Patricia Schwan, LPC-MH

### Center for Family Medicine

1115 E. 20th Street

Sioux Falls, SD 57105

**Phone:** (605) 339-1783

**Website:** [www.centerforfamilymed.org](http://www.centerforfamilymed.org)

**Fees:** Accepts most insurance, Medicare, and Medicaid

**E-mail:** [info@centerforfamilymed.org](mailto:info@centerforfamilymed.org)

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

**Services Offered:** Individual, marital, and family therapy. Specializing in brief therapy for psychological problems associated with medical illness.

#### Mental Health Professional:

Michael Bloom, PhD, Psychologist

### Children's Home Society

801 N. Sycamore Avenue

Sioux Falls, SD 57103

**Phone:** (605) 334-6004

**Fax:** (605) 335-2776

**Website:** [www.chssd.org](http://www.chssd.org)

**Fees:** Vary for each program; Medicaid and school districts are the primary funding sources for residential treatment; limited scholarships are available; No fees for adoption program services

**Hours:** Adoption Program: 8:00am - 5:00pm, Monday - Friday (evening appointments available) / Day School:

8:45am - 3:00pm, Monday - Friday (Full year calendar) / Residential Treatment and Therapeutic Foster Care: 24 hours a day, 7 days a week

#### Services Offered:

- **Adoption Services:** Provides services to families within driving distance of Sioux Falls Children's Home, including psychological, psychiatric, and educational testing, and individual, family, and home-based therapy.
- **Day Program:** Available to students within driving distance of the Sioux Falls or Black Hills campus. Students receive individualized programming including modified educational program and therapeutic interventions to assist with emotional issues and behavioral problems. Students benefit from individual, group, and family therapy.
- **Residential Assessment and Treatment:** Provides a home, school, and therapy to children ages 4 to 13 with emotional and behavioral problems. Treatment includes psychiatric care, adaptive management, individual, group, family therapy, and academic programming.
- **Therapeutic Foster Care:** Serving children who have ongoing therapeutic or special medical needs.

#### Mental Health Professionals:

Call for information on mental health professionals available to provide services

### Children's Inn - Children's Home Society

409 N. Western Avenue

Sioux Falls, SD 57104

**Phone:** (605) 338-4880 or (888) 378-7398

**Website:** [www.chssd.org/childrensinn](http://www.chssd.org/childrensinn)

**E-mail:** [mikaela.campbell@chssd.org](mailto:mikaela.campbell@chssd.org)

**Hours:** Individual counseling Monday – Friday, by appointment / Please call for support group times

**Services Offered:** Women's support groups are available for those affected by domestic violence, stalking, or sexual assault. EMPOWER is a support group for adolescents affected by dating or domestic violence and is offered in area middle and high schools. Individual counseling is available for adults, adolescents, and children to address concerns that arise as a result of or in conjunction with witnessing or experiencing harm.

#### Mental Health Professionals:

Jody Bockorny, MA

Mikaela Campbell, MA, LPC, NCC

### Choices Recovery Services, INC

2701 S. Minnesota Avenue, Suite 6

Sioux Falls, SD 57105

**Phone:** (605) 334-1822

**Fax:** (605) 334-1823

**Fees:** Sliding fee scale

**Website:** [www.choicesrecoveryservices.org](http://www.choicesrecoveryservices.org)

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

**Services Offered:** Intensive outpatient treatment for alcohol, drug, and gambling addictions including evaluation, individual counseling, aftercare and relapse prevention, first offender DUI classes, and SCRAM X monitoring.

#### Mental Health Professionals:

Karen Johnson, LAC

Monica Wambeke, ACT

Kati Cecil, CAC



## Compass Center, The

1800 W. 12th Street, Suite 100

Sioux Falls, SD 57104

**Phone:** (605) 339-0116 or (877) 462-4747

**Fax:** (605) 336-3874

**Website:** [www.thecompasscenter.org](http://www.thecompasscenter.org)

**E-mail:** [info@thecompasscenter.org](mailto:info@thecompasscenter.org)

**Fees:** No cost to victims of sexual assault and domestic violence; low cost offender treatment

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

**Services Offered:** Individual counseling, safety planning, medical, legal, and personal advocacy including assistance filing protection orders and victim's compensation applications. Children's play therapy program for those that have witnessed or experienced domestic violence and/or sexual assault. Crisis support available in-person and via telephone for all victims of rape, sexual assault, incest, domestic violence, human trafficking, or stalking. Family violence project offers therapeutic and educational domestic violence offender treatment for adults.

### Mental Health Professionals:

Andrew Vos, MDiv

Deb Langreher, NCC, NCSC, LPC

Jeanne Chamness, MA, NCC

Johna Nielsen, LPC, LAC, RTC

Kelsey Mastbergen, MA

Michelle Trent, MS, NCC, LPC

## Conrad Counseling & Consulting, LLC

5024 S. Bur Oak Place, Suite 214

Sioux Falls, SD 57108

**Phone:** (605) 361-8876

**Fax:** (605) 271-0104

**Website:** [www.conrad15.wix.com/counselandconsult](http://www.conrad15.wix.com/counselandconsult)

**E-mail:** [ccconsulting2016@gmail.com](mailto:ccconsulting2016@gmail.com)

**Fees:** Accepts most insurance; private pay with cash discount

**Hours:** Day and evening hours / Monday - Friday, by appointment

**Services Offered:** Individual, couples, and family therapy for all ages. Specializing in therapeutic approaches including cognitive behavioral, solution focused, eye movement desensitization and reprocessing, and Adlerian play therapy for depression, anxiety, abuse, grief, post traumatic stress, life transition, chronic pain, self-esteem, anger management, attention deficit / hyperactive disorder, and women's issues. Counseling supervision and consultation available.

### Mental Health Professionals:

Heidi Jans, MS, LPC-MH, NCC, QMHP

Matt Wolthuizen, MA, LPC-MH, NCC, QMHP

Roy Conrad, PhD, LPC-MH, NCC, RPT, QMHP

## Counseling Resources, Inc.

2901 E. 57th Street, Suite 104

Sioux Falls, SD 57108

**Phone:** (605) 331-2419

**Fax:** (605) 332-1020

**Website:** [www.siouxfallscounselingresource.com](http://www.siouxfallscounselingresource.com)

**E-mail:** [cresource@midconetwork.com](mailto:cresource@midconetwork.com)

**Hours:** 9:00am - 5:00pm, Monday - Thursday / 9:00am - 3:00pm, Friday / Evening and weekends by appointment / Evening and weekend groups available

**Fees:** Fixed and sliding fee scale, depending on service

**Services Offered:** Substance abuse assessments, individual, couples, and family counseling, intensive outpatient treatment, aftercare groups, relapse prevention groups, drug and alcohol testing, and 12-hour South Dakota DUI public safety program.

### Mental Health Professionals:

Jodi Petershagen, BA, CAC

Stacy Krall, MS, LAC

Rachel Rust, BA, ACT

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

## Crawford Counseling Center

1010 W. 5th Street

Canton, SD 57013

**Phone:** (605) 558-2000

**Fax:** (605) 558-1999

**Website:** [crawfordcounseling.vpweb.com](http://crawfordcounseling.vpweb.com)

**E-mail:** [crawford.GC.3@hotmail.com](mailto:crawford.GC.3@hotmail.com)

**Fees:** Accepts most insurance

**Hours:** 10:00am - 8:00pm, Monday and Thursday / 10:00am - 6:00pm, Tuesday and Wednesday

**Services Offered:** Individual, family, and group counseling for adolescents through adults. Specializing in treatment for school refusal, divorce, life transitions, coping with medical diagnoses, grief and loss, borderline personality disorder, depression, anxiety, panic disorder, hoarding, and bipolar disorder.

### Mental Health Professionals:

Ginny Crawford, MSW, CSW-PIP, CDBT

Marsha Hibma, LCSW, CSW-PIP

**Credo Counseling, LLC**

5024 S. Bur Oak Place, Suite 212  
Sioux Falls, SD 57108

**Phone:** (605) 275-2001

**Fax:** (605) 275-2019

**Website:** credocounseling.com

**E-mail:** credocounseling@gmail.com

**Fees:** Accepts most insurance, discount for cash pay; visit website for more details

**Hours:** 7:00am - 7:00pm, Tuesday - Thursday or by appointment

**Services Offered:** Therapeutic services for individual, couples, and families for ages 12 and up with a focus in chronic pain management, burnout, evaluating dysfunctional work environments, physical health challenges, trauma, anxiety, depression, parenting, transitions, women's issues, grief and loss, regional differences, boundary difficulties, communication distress, attention deficit disorder, accessing community resources, and coordinating with other professionals to assist clients in obtaining well-rounded success.

**Mental Health Professional:**

Carleen Bryant, MS, NCC, LPC-MH, QMHP

**Dakota Oak Counseling**

3220 W. 57th Street, Suite 100A  
Sioux Falls, SD 57108

**Phone:** (605) 759-8359

**Fax:** (605) 275-0625

**Website:** www.dakotaoakcounseling.com

**Fees:** Accepts most insurance, Medicaid, and Medicare

**Hours:** Day and evening hours by appointment

**Services Offered:** Therapy for children, adolescents, adults, couples, and families. Areas of specialty include depression, anxiety, grief, addictions, acute and chronic medical conditions, abuse, trauma, parenting issues, divorce adjustments, family of origin issues, post traumatic stress, premarital and marital issues, men's issues, women's issues, anger, career adjustments, and spirituality issues. Provides play therapy, eye movement desensitization and reprocessing, and cognitive behavioral therapy.

**Mental Health Professionals:**

Ann Flynn-Crowe, CSW-PIP

Kristi Hamilton, MS, LPC-MH, QMHP

Deb Thompson, MA, LPC-MH, QMHP

**Dakota Psychological Center**

1601 E. 69th Street, Suite 103  
Sioux Falls, SD 57108

**Phone:** (605) 373-9066

**Fax:** (605) 373-9145

**Fees:** Accepts most insurance, Medicaid, and Medicare

**Hours:** 9:00am - 9:00pm, Monday - Tuesday / 9:00am - 5:00pm, Wednesday - Thursday / 9:00am - 12:00pm, Friday / Saturday by appointment

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

**Mental Health Professionals:**

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

Lyn Shroyer, EdD, LP

**Daniel T. Digatono**

4410 S. Tennis Lane  
Sioux Falls, SD 57106

**Phone:** (605) 362-1506

**Fax:** (605) 362-5601

**Fees:** Sliding fee scale

**Hours:** 8:00am - 9:00pm, Monday - Thursday / 8:00am - 6:00pm, Friday / 9:00am - 2:00pm, Saturday

**Services Offered:** Counseling for individuals, couples, and families on a variety of issues. 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.

**Mental Health Professional:**

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

**Darla Huffman Counseling Services**

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

**Phone:** (605) 370-4442

**Website:** [www.darlahuffmancounseling.com](http://www.darlahuffmancounseling.com)

**Fees:** Accepts most insurance, sliding fee scale

**Hours:** 8:00am - 7:00pm, Monday - Thursday / 9:00am - 2:00pm, Friday / Saturday by appointment

**Services Offered:** Individual, family and couples counseling on issues including grief and bereavement, chronic or terminal illness, end of life issues, abuse, trauma, career, depression, anxiety, as well as, many other issues.

**Mental Health Professional:**

Darla Huffman, LPC

**Fax:** (605) 362-5803

**E-mail:** [darlahuffman@outlook.com](mailto:darlahuffman@outlook.com)

**Dianna Spies Sorenson**

4608 S. Briarwood Avenue

Sioux Falls, SD 57103

**Phone:** (605) 201-4159

**Fees:** Vary depending on services

**Hours:** Vary upon request including evenings and weekends

**Services Offered:** Individual, group, and family therapy for issues including post traumatic childbirth, conflict resolution, healthy relationships, crisis intervention, self-esteem, eating disorders, depression, anxiety, parenting, blended families, health promotion and illness prevention, stress management, life transitions, addiction, end-of-life, and biofeedback.

**Mental Health Professional:**

Dianna Spies Sorenson, PhD, RN, CNS

**E-mail:** [drdianna@sio.midco.net](mailto:drdianna@sio.midco.net)

**Discover Wellness**

2121 W. 63rd Place, Suite 100A

Sioux Falls, SD 57108

**Phone:** (605) 373-9330

**Website:** [www.discoverwell.com](http://www.discoverwell.com)

**Fees:** Fees vary, some insurance accepted

**Services Offered:** Individual, couples, family, and group counseling. Specialty areas include play therapy, eye movement and reprocessing, dialectical behavioral therapy, cognitive behavioral therapy, and trauma focused for issues related to medical trauma, anxiety, post traumatic stress, women's issues, parenting, and depression.

**Mental Health Professional:**

Robin Rossow, MS, LPC, NCC, QMHP

**Fax:** (605) 373-9218

**E-mail:** [rnrossow@gmail.com](mailto:rnrossow@gmail.com)

**Hours:** By appointment

**Dr. Lynda O'Connor-Ohayon**

111 W. 39th Street

Sioux Falls, SD 57105

**Phone:** (605) 357-8744

**Website:** [www.droconnorassociates.com](http://www.droconnorassociates.com)

**Fees:** Accepts most insurance, Medicare, and Medicaid

**Services Offered:** Individual, couples, and family therapy and psychological assessments for all ages. Special interest in depression, anxiety, grief, geriatrics, relationship enrichment, and divorce coaching.

**Mental Health Professional:**

Lynda O'Connor-Ohayon, EdD, LP, LMFT

**E-mail:** [drlyndaconnor@yahoo.com](mailto:drlyndaconnor@yahoo.com)

**Hours:** 9:00am - 6:00pm, Tuesday and Wednesday

**Ellen Hohm, LLC**

4410 S. Tennis Lane

Sioux Falls, SD 57106

**Phone:** (605) 361-4403

**Fees:** Accepts most insurance and Medicaid; Sliding fee scale

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

**Services Offered:** Counseling for adolescents, adults, couples, and families, on topics including depression, anxiety, post traumatic stress, abuse, attention deficit / hyperactivity disorder, grief, men's issues, women's issues, parenting skills, sexuality, addiction, anger management, and premarital counseling. Focus is on mind, body, and spirit.

**Mental Health Professional:**

Ellen Hohm, MS, LPC-MH, QMHP

**Fax:** (605) 362-5601

**E-mail:** [ejnhht4@hotmail.com](mailto:ejnhht4@hotmail.com)

**Emerald Psychological Services**

1020 N. Poplar Avenue

Tea, SD 57064

**Phone:** (605) 362-2617

**Website:** [www.emeraldpsych.com](http://www.emeraldpsych.com)

**Fees:** Vary based on services provided

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

**Services Offered:** Dedicated to providing comprehensive mental health services, including medication management, psychological testing, and therapeutic treatment programs.

**Mental Health Professionals:**

Jeremy Johnson, PhD

Lynette Melby, CNP

**Encompass Mental Health, LLC**

100 S. Spring Avenue, Suite 150

Sioux Falls, SD 57104

**Phone:** (605) 275-0009 or (877) 992-0016

**Website:** [www.EncompassMH.com](http://www.EncompassMH.com)

**Fees:** Assessment \$175.00; Individual therapy \$115.00; Play therapy \$115.00; Couples or family therapy \$120.00

**Hours:** 8:00am - 5:00pm, Monday – Friday / Or by appointment

**Services Offered:** Counseling and play therapy for children, adults, couples and families. Specializing in behavioral concerns, depression, anxiety, stress, attachment disorders, parent-child conflict, abuse, neglect, trauma, grief and bereavement, medical issues, work-life balance, relationship conflicts, and conflict management.

**Mental Health Professional:**

Emily A. Learing, MA, LMFT, RPT

**Erin Stolsmark, Inc**

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

**Phone:** (605) 359-0303

**Fax:** (605) 362-5803

**Website:** [www.erinstolsmark.com](http://www.erinstolsmark.com)

**E-mail:** [estolsmark@gmail.com](mailto:estolsmark@gmail.com)

**Fees:** Sliding fee scale; accepts most insurance and Medicaid

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

**Services Offered:** Individual and couples mental health and chemical dependency counseling for children, adolescents, and adults with a variety of issues including, but not limited to depression, anxiety, obsessive compulsive disorder, physical and or sexual abuse, addictions, co-occurring disorders, behavioral issues, relationship issues, sexual identity, attachment, personality disorders, stress management, eating disorders, post traumatic stress, and crisis prevention.

**Mental Health Professional:**

Erin Stolsmark, LPC-MH

**Face It TOGETHER Sioux Falls**

5020 S. Tennis Lane, Suite 4

Sioux Falls, SD 57108

**Phone:** (605) 274-2262 or (855) 432-2348

**Fax:** (605) 274-2263

**Website:** [www.wefaceitsiouxfalls.org](http://www.wefaceitsiouxfalls.org)

**E-mail:** [info@faceitsiouxfalls.org](mailto:info@faceitsiouxfalls.org)

**Hours:** 9:00am - 7:00pm, Monday - Thursday / 9:00am - 5:00pm, Friday / 9:00am - 1:00pm, Saturday

**Services Offered:** Addiction case management, information on local recovery programs, and community education.

**Mental Health Professional:**

Mel Harrington, CSW-PIP

**Family Service, Inc.**

2210 W. Brown Place

Sioux Falls, SD 57105

**Phone:** (605) 336-1974 or (800) 589-1974

**Fax:** (605) 336-9031

**Website:** [www.sdfsi.org](http://www.sdfsi.org)

**E-mail:** [fsisd@msn.com](mailto:fsisd@msn.com)

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

**Hours:** 8:00am - 6:00pm, Monday / 8:00am - 7:00pm, Tuesday / 8:00am - 5:00pm, Wednesday and Friday / 8:00am - 8:00pm, Thursday / 12:00pm - 4:00pm, Saturday / By appointment

**Services Offered:** Outpatient mental health services including individual, marital, and family counseling. Provides employee assistance program services for employers including mental health, alcohol, and drug counseling.

**Mental Health Professionals:**

Angie Zirpel, MS, LPC-MH, CCDCIII, SAP

Paul Ritter, MA, MDiv, LPC

Bruce Hansum, LPC

Paula Smykle, MSW, CSW

Dan Deal, MA, CCDCIII, SAP

Todd Herrboldt, MSW, CSW-PIP, QMHP

Monica Jerke, MS

## First Step Counseling Services

4320 S. Louise Avenue, Suite 200

Sioux Falls, SD 57106

**Phone:** (605) 361-1505

**Fax:** (605) 361-0481

**Website:** [www.takeyourfirststep.com](http://www.takeyourfirststep.com)

**E-mail:** [frontdesk@takeyourfirststep.com](mailto:frontdesk@takeyourfirststep.com)

**Fees:** Fixed rates; call for information

**Hours:** 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday / Groups available: 6:00pm - 9:00pm, Monday - Wednesday or 8:00am - 4:00pm, Saturday

**Services Offered:** Full range of services for chemical dependency and treatment including information and referral, education intervention services, intensive intervention, intensive outpatient treatment, and aftercare.

### Mental Health Professionals:

Brenda Grimm, LAC

Lou Ann Tietjen, LAC

Kristina Boheman, ACT

Tara Clayton, ACT

## Four Directions Counseling, Inc.

315 N. Main Avenue, Suite 201

Sioux Falls, SD 57104

**Phone:** (605) 359-5709

**Fax:** (605) 274-2505

**Fees:** Sliding fee scale; accepts most insurance and Medicaid

**E-mail:** [kb.fourdirections@gmail.com](mailto:kb.fourdirections@gmail.com)

**Hours:** Flexible appointments available including evenings and Saturdays

**Services Offered:** Specializes in assessment and therapy for children, youth, and families involved in forensic settings such as the court system and child welfare. Services are provided throughout the community including the office, school, and home setting. Supervision, consultation, and training available for social workers, counselors. Organization training available for developing and providing effective treatment and services within forensic settings.

### Mental Health Professionals:

Bobbie Jacobs, MSW

Dr. Kelly Bass, DSW, CSW-PIP, ACS

Brandi Brintall, MS, NCC, LPC-MH

Penny Virchow, MS, NCC, LPC-MH, QMHP

## From a Woman's Perspective

101 E. 39th Street, Suite 1

Sioux Falls, SD 57105

**Phone:** (605) 339-7190

**Website:** [www.womanspsych.com](http://www.womanspsych.com)

**Fees:** Accepts most insurance, Medicare, and Medicaid

**E-mail:** [drann@womanspsych.com](mailto:drann@womanspsych.com)

**Hours:** By appointment

**Services Offered:** Psychological evaluations and counseling psychology services focusing on issues including anxiety, stress, depression, grief, relationship conflicts, attention deficit disorder, women's issues, and parenting skills.

### Mental Health Professional:

Ann McClenahan, EdD, LP

## Gaylen Bendewald

4410 S. Tennis Lane

Sioux Falls, SD 57106

**Phone:** (605) 360-6566

**Website:** [www.gaylenbendewald.com](http://www.gaylenbendewald.com)

**Fees:** Accepts most insurance

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

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

### Mental Health Professional:

Gaylen Bendewald, MSW, CSW-PIP

## Give An Hour

**Mailing Address:** PO Box 5918, Bethesda, MD 20824

**Website:** [www.giveanhour.org](http://www.giveanhour.org)

**E-mail:** [info@giveanhour.org](mailto:info@giveanhour.org)

**Hours:** 9:00am - 5:00pm, Monday - Friday / Website: 24 hours a day, 7 days a week

**Services Offered:** Mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. Dedicated to meeting the mental health needs of the troops and families affected by the ongoing conflicts in Iraq and Afghanistan. Give an Hour has providers across the nation-in all 50 states, the District of Columbia, and Puerto Rico, and continues to recruit volunteer mental health professionals to its network.

### Available providers in Sioux Falls area provide and treat the following:

Anger management, anxiety, bereavement, post traumatic stress, and sexual assault.

Service specialties include pastoral and family counseling.



## Glory House, The

4000 S. West Avenue  
Sioux Falls, SD 57105

**Phone:** (605) 332-3273

**Fees:** Vary according to services

**Hours:** Residential: 24 hours a day, 7 days a week / Counseling: 8:00am - 10:00pm, Monday - Friday

**Services Offered:** Individual, couples, and family counseling focused on happiness and healing. Specializing in corrective thinking and moral recognition therapy with a focus on developing skills in: coping, relationships, and parenting. Chemical dependency services include assessments, intensive outpatient treatment, Red Road, Wellbriety, aftercare, and relapse prevention for alcohol, methamphetamine, and other drugs. Mental health services include assessments, individual, and group sessions for co-occurring mental health and substance abuse issues.

### Mental Health Professionals:

Adam Hardy, MA, LPC, ACT  
Andrea Fromelt, BS, ACT  
Dave Johnson, MS, LPC  
Kari Joldersma, BS, CAC  
Kari Termansen, BS, CAC  
Kelly Cleveringa, MS, LAC  
Kendall Hill, MS, ACT

**Additional Location:** 3930 S. West Avenue  
Sioux Falls, SD 57105

**Website:** [www.glory-house.org](http://www.glory-house.org)

Nate Weber, MA, ACT  
Nicole Dvork, MS, LAC  
Sally Holiday, MS, LAC  
Shaina Solem, BS, ACT  
T.R. Maves, MS, LPC, LAC  
Theresa Henry, BA, ACT

## Great Plains Psychological Services

4105 S. Carnegie Place  
Sioux Falls, SD 57106

**Phone:** (605) 323-2345

**Website:** [www.gppssf.com](http://www.gppssf.com)

**E-mail:** [gppssf@aol.com](mailto:gppssf@aol.com)

**Fees:** Vary; accepts most insurance; and employee assistance programs

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

**Services Offered:** Individual, group, couples, marriage, and family therapy for all ages for topics including attention deficit / hyperactivity disorder, anxiety, depression, anger management, stress management, problems with sexuality, physical and sexual abuse, grief and loss, substance abuse, oppositional defiant youth, and chronic pain. Evaluations available include: psychological, neuropsychological, forensic, competency, pre-surgical, and psychosexual. Specializing in biofeedback, adoption home studies, critical incident stress debriefing,

### Mental Health Professionals:

Carolyn Roths, MEd, LPC-MH  
Clint Sperle, MA, LPC-MH  
David Sundem, MS, LPC-MH  
Jeff Trammell, MSW, CSW-PIP  
Kimberly J. Cournoyer, EdS, LPC-MH

Norma Haan, MSSA, CSW-PIP  
Richard Whitten, PhD  
Scott Pribyl, EdD, LP  
Stephan Langenfeld, EdD, LP  
Tara Olson-Larson, MA, LPC-MH

## Helpline Center

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

**Phone:** 2-1-1 or (605) 339-4357 or (800) 273-8255

**Text:** Your zip code to 898211

**Hours:** 24 hours a day, 7 days a week

**Services Offered:** Information, referral, and crisis helpline that provides resource information on non-profit, social service, and government programs, along with providing crisis intervention services. Text 211SiouxFalls to 898211 to receive weekly community information reminders

**Fax:** (605) 332-1333

**E-mail:** [help@helplinecenter.org](mailto:help@helplinecenter.org)

**Website:** [www.helplinecenter.org](http://www.helplinecenter.org)

## Heuermann Counseling Clinic

2210 W. Brown Place  
Sioux Falls, SD 57105

**Phone:** (605) 336-1974

**Fees:** None for those who qualify

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

**Services Offered:** Short-term mental health care to individuals do not have insurance.

### Mental Health Professionals:

Kathleen Christensen, PsyD, LP, LMFT  
Sara Jares, MSW

Monica Jerke, MA  
Robin Duncin, PhD

## **Integrative Wellness**

5000 S. Minnesota Avenue, Suite 200

Sioux Falls, SD 57108

**Phone:** (605) 271-1348

**Website:** [integrativewellnesssd.com](http://integrativewellnesssd.com)

**Fax:** (605) 610-1477

**E-mail:** [integrativewellness@midconetwork.com](mailto:integrativewellness@midconetwork.com)

**Fees:** Accepts most insurance, Medicaid, Medicare, and private pay

**Hours:** Day and evening hours vary by therapist

**Services Offered:** Individual, marital, family, and play therapy for all ages. Covering topics such as depression, anxiety, grief and loss, addictions, trauma, abuse, family of origin, geriatrics, parenting, attention deficit / hyperactivity disorder, blended family issues, and divorce. Serving everyday people with everyday problems.

### **Mental Health Professionals:**

Christine Ellis, MSW, LCSW-PIP  
Erin Nielsen Ogdahl, JD, CSW-PIP  
Jeanne Bunkers, MSW, LCSW-PIP  
Jennifer Gleason-Wilson, LPC

Kristin Gedstad, MEd, LPC, LMFT, QMHP  
Melissa Steever, MA, LPC-MH  
Michelle VanDenHul, MSW, LCSW-PIP  
Myra Eben, LPC

## **Journey Counseling Services**

6209 S. Pinnacle Place, Suite 102

Sioux Falls, SD 57108

**Phone:** (605) 988-8131

**Website:** [www.journeycounselingservices.com](http://www.journeycounselingservices.com)

**Fax:** (605) 988-8141

**Fees:** Vary depending on services; accepts most insurance; payment plan if needed

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

**Services Offered:** Individual, couple, and family therapy for a wide range of mental and behavioral health concerns including anxiety, depression, marital distress, divorce, blended families, parenting challenges, and grief. Assessments and treatment for attention deficit / hyperactivity disorder and autism or Asperger's disorder available.

### **Mental Health Professionals:**

Anne Dilenschneider, PhD, LPC-MH, QMHP  
Brian Eclöv, EdS, LPC-MH, NCC, CCMHC, QMHP  
Elizabeth Clayborne-Moeller, MS, LPC, NCC, LAC

Jessica V. Lueking, MS, LPC-MH, LAC, NCC  
Michael Wheaton, MA, LMFT, QMHP  
Pamela Beck, MA, LMFT, QMHP

## **Journey Therapy and Consulting**

6901 S. Lyncrest Place, Suite 104

Sioux Falls, SD 57108

**Phone:** (605) 351-1545

**Website:** [www.journeysupport.net](http://www.journeysupport.net)

**Fees:** Vary; limited sliding fee scale and scholarships available; accepts most insurance and Medicaid

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

**Services Offered:** Individual, couples, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression, anxiety, traumatic experiences, attachment challenges, parenting support, grief and loss, work and career issues, stress management, addiction and recovery, and conflict resolution.

### **Mental Health Professionals:**

Amy Roth, MS, NCC, LPC-MH  
James Cady, MA, EdS, NCC, LPC

Tammy Lias, MA, LMFT, QMHP

## **Kannan Clinic**

6709 S. Minnesota Avenue, Suite 202

Sioux Falls, SD 57108

**Phone:** (605) 271-3900

**Fax:** (605) 271-3902

**Fees:** Accepts most insurance and Medicaid

**Hours:** 8:30am - 5:00pm, Monday - Thursday

**Services Offered:** A non-hospital owned or affiliated clinic specializing in biologically-oriented psychiatric assessment, treatment, and management for adult and geriatric patients. Expertise includes the management of a broad spectrum of mental illnesses including depression, bipolar disorder, Alzheimer's disease, dementias, anxiety and panic attacks, obsessive compulsive disorder, schizophrenia and thought disorders, Parkinson's disease, and other conditions.

### **Mental Health Professional:**

Hari D. Kannan, MD

## **Katy Bendewald, MSW**

4410 S. Tennis Lane

Sioux Falls, SD 57106

**Phone:** (605) 310-0356

**Fax:** (605) 362-5601

**Fees:** Accepts most insurance

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

## 2016 Sioux Falls Mental Health Guide

**Services Offered:** Individual and family counseling for adults and children. Emphasis on depression, anxiety, major life changes, stress, and relationship issues.

**Mental Health Professional:**

Katy Bendewald, MSW, CSW-PIP

**KeySolutions Employee Assistance Program (EAP)**

7511 S. Louise Avenue

Sioux Falls, SD 57108

**Phone:** (605) 334-5850

**Fax:** (888) 450-7844

**Website:** [www.keysolutionseap.com](http://www.keysolutionseap.com)

**E-mail:** [keysolutionseap@crchealth.com](mailto:keysolutionseap@crchealth.com)

**Fees:** None for employees with KeySolutions service agreement

**Hours:** 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phone support: 24 hours a day, 7 days a week

**Services Offered:** Offers guidance in a wide variety of areas including relationship and family concerns, emotional health, workplace issues, drug, alcohol, and gambling abuse, and financial counseling.

**Mental Health Professionals:**

Angie Sadowski, CSW-PIP, QMHP

Rita Hanson, MA, LPC, LAC, NCC, QMHP

Lori Williamson, LMFT, LAC, QMHP, CEAP, SAP

Susan Dinsmore, MA

**Keystone Treatment Center - Inpatient**

1010 E. 2nd Street

Canton, SD 57013

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

**Mailing Address:** PO Box 159

Canton, SD 57013

**Website:** [www.keystonetreatment.com](http://www.keystonetreatment.com)

**Fax:** (605) 987-2365

**Fees:** Sliding fee scale available

**Hours:** 24 hours a day, 7 days a week

**Services Offered:** Inpatient alcohol, drug, and gambling treatment with separate programs for adults and adolescents. Treatment services for detox, dual diagnosis, cognitive disorders (such as fetal alcohol syndrome), gambling, methamphetamine, substance abuse and inhalant abuse. Specialized Native American tract available.

**Mental Health Professionals:**

Amy Simunek, LAC, LPC

Carol Reiger, RN, LAC

Christy Alten, MS, NCC, LAC, LPC-MH

Deb Swenson, LPC, LAC

E.R. Regier, MD

Luther Hegland, MD, Psychiatrist, Addictionologist

Marcia Nelson, MD, Addictionologist

Micahel Moeller, MD, Psychiatrist

Robert Bogue, LAC, CCSII

Robert Perkinson, PhD, LAC, NCGC

Tara Winter, MS, LAC, LPC-MH

**Keystone Treatment Center - Outpatient**

7511 S. Louise Avenue, Suite 100

Sioux Falls, SD 57108

**Phone:** (605) 335-1820 or (800) 992-1921

**Fax:** (605) 335-3282

**Fees:** Call for information

**Website:** [www.keystonetreatment.com](http://www.keystonetreatment.com)

**Hours:** 8:00am - 5:30pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phone support: 24 hours a day, 7 days a week

**Services Offered:** Day and evening intensive outpatient treatment for alcohol, drug, and gambling, with separate programs for adults and adolescents. Individual, couples, family, and group therapy provided. DUI class and adolescent prevention program also provided.

**Mental Health Professionals**

Bob Brown, LAC

E.R. Regier, MD

Robert Perkinson, PhD, CCDCIII, NCG

**Kimberly Keiser and Associates, LLC**

6320 S. Western Avenue, Suite 150

Sioux Falls, SD 57108

**Phone:** (605) 274-0095

**Fax:** (605) 271-0951

**Website:** [www.kimberlykeiser.com](http://www.kimberlykeiser.com)

**E-mail:** [welcome@kimberlykeiser.com](mailto:welcome@kimberlykeiser.com)

**Fees:** Accepts most insurance

**Hours:** 8:00am - 7:00pm, Monday - Wednesday / 9:00am - 5:00pm, Thursday and Friday

**Services Offered:** Committed to providing healing and restoration to individuals, couples, and groups experiencing personal, relational, sexual, and psychological issues. Specializing in sexual dysfunctions, sexual pain disorders, sexual abuse recovery, paraphilia's, sexuality after cancer, sexual addiction, infidelity recovery, reproductive health, infertility counseling, and trauma therapy. Therapeutic and advocacy for lesbian, gay, bisexual, and transgender individuals. General mental health counseling topics covered include; coping skills, bipolar disorder, dissociative disorders, personality disorders, obsessive compulsive disorder, borderline personality, depression, anxiety, chronic pain,

self-esteem, co-dependency, relationship dynamics, divorce, abuse, anger management, trauma, post traumatic stress, grief and loss, life transition, suicidal ideation, dual diagnosis, crisis management, and addictions.

**Mental Health Professionals:**

Kimberly Keiser, MA, LPC-MH, CST  
Kristen Ericsson, MS, NCC, LPC

Lori Evenson, MA, NCC, SD-LPC, ND-LPC

**LaVelle and Associates**

5024 S. Bur Oak Place, Suite 212  
Sioux Falls, SD 57108

**Phone:** (605) 212-3276

**Website:** [therapistsiouxfalls.com](http://therapistsiouxfalls.com)

**E-mail:** [lavelleassociates@yahoo.com](mailto:lavelleassociates@yahoo.com)

**Fees:** \$140.00 per session; accepts most insurance, Medicare, and Medicaid; sliding fee scale for uninsured

**Hours:** 8:00am - 5:00pm, Monday - Friday / Evening available by appointment.

**Services Offered:** Counseling to individuals, couples, families, and groups of all ages. Specializing in eye movement desensitization and reprocessing, chemical dependency evaluations, and Gottman marriage counseling. Services focus on three different focus areas: trauma and abuse; addiction and recovery; and improving and rekindling marriages.

**Mental Health Professional:**

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

**LifeGate Christian Counseling**

6820 W. 26th Street  
Sioux Falls, SD 57106

**Phone:** (605) 929-1060

**Fax:** (605) 370-5330

**Website:** [www.lifegatechristiancounseling.com](http://www.lifegatechristiancounseling.com)

**E-mail:** [lifegate@midco.net](mailto:lifegate@midco.net)

**Fees:** Intake - \$210.00; sessions - \$140.00; accepts most insurance; sliding fee scale for uninsured

**Hours:** 10:00am - 8:00pm, Monday - Thursday

**Services Offered:** Individual, couple, and family therapy. Providing emotionally focused therapy and emotionally focused couple therapy.

**Mental Health Professional:**

Larry Porter, PhD, LMFT, QMHP

**Lighting A New Way Counseling Services**

1500 S. Sycamore Avenue, Suite 102  
Sioux Falls, SD 57110

**Phone:** (605) 361-0114

**Fax:** (605) 332-1723

**Website:** [www.lightinganewway.com](http://www.lightinganewway.com)

**E-mail:** [carol@lightinganewway.com](mailto:carol@lightinganewway.com)

**Fees:** Comparable rates; accepts most insurance and Medicaid

**Hours:** Monday - Friday / Evenings available by appointment

**Services Offered:** Individual, couples, and family therapy is provided for adults and adolescents. Specialties include the treatment of depression, anxiety, trauma, grief and loss, abuse, and post-adoption family and attachment coaching.

**Mental Health Professionals:**

Bobbi Rysdon, MA, LMFT, QMHP  
Lisa Stellinga, MS, LPC-MH, LAC

Mary Weber, MS, LPC, LMFT

**Lutheran Social Services - Sioux Falls Area Counseling Services**

705 E. 41st Street, Suite 100  
Sioux Falls, SD 57105

**Phone:** (605) 444-7631 or (800) 568-2401

**Website:** [www.lsssd.org](http://www.lsssd.org)

**Fees:** Sliding fee scale

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

**Services Offered:** Individual, couples, and family counseling to assist children and adults in dealing with life challenges. Spanish bilingual individual counseling also available. Provides employee assistance counseling services, addiction assessments, educational and therapy groups including anger management groups for young men and adults, youth violence offender groups, child custody evaluations, mediation services, and critical incident stress debriefings. Offers a community service educational group for youth regarding shoplifting called Hands Off! as well as consumer credit counseling services. Additional offices located in Mitchell and Brookings.

**Mental Health Professionals:**

April Bolton MA, LPC-MH, NCC, QMHP  
Chad Neilson, MA  
Christina Fousek, MS  
Colleen Miller, MS, LPC, LMFT

Linda Logan, MA, LPC-MH  
Lisbeth Leagjeld, LPC-MH  
Megan Goede Wolters, MSW  
Melissa Klemm, MS, LPC-MH, LAC

## 2016 Sioux Falls Mental Health Guide

Duane Kavanaugh, LPC-MH, QMHP  
John Korkow, LAC  
Krysta Winter, LPC-MH, NCC, QMHP

Patricia Kane, LICSW, CSW-PIP, QMHP  
Scott Moeller, MS, LPC-MH, LMFT

### **Mary T. Guth**

3610 S. Western Avenue, Suite 2  
Sioux Falls, SD 57105

**Phone:** (605) 951-8423

**Fax:** (605) 274-1704

**Fees:** Accepts most insurance and Medicaid

**Hours:** Monday - Saturday, day and evening appointments available

**Services Offered:** Individual, marital, and family therapy for depression, anxiety, panic disorder, grief and loss, sexual abuse, premarital counseling, women's issues, stress management, coping with cancer diagnosis, divorce, transitions, and parenting concerns. Supervision for LPC, LPC-MH, and LMFT licensure.

#### **Mental Health Professional:**

Mary T. Guth, MS, LPC-MH, LMFT, ACS

### **Mental Health Associates**

2500 W. 49th Street, Suite 224  
Sioux Falls, SD 57105

**Phone:** (605) 339-6949

**Fax:** (605) 334-5639

**Fees:** \$130.00 per hour; accepts most insurance

**Hours:** 10:00am - 6:00pm, Tuesday / 10:00am - 6:00pm, Wednesday / 9:00am - 7:00pm, Thursday / Or by appointment

**Services Offered:** Individual and family therapy for depression, anxiety, grief and loss, domestic abuse, divorce, life transitions, blended families, aging, stress management, relationship issues, and business or church consultations.

#### **Mental Health Professional:**

Richard Seaman, MEd, LPC, LMFT

### **NAMI Sioux Falls**

1601 E. 69th Street, Suite 210  
Sioux Falls, SD 57109

**Phone:** (605) 610-7226

**Website:** [namisiouxfalls.org](http://namisiouxfalls.org)

**E-mail:** [info@namisiouxfalls.org](mailto:info@namisiouxfalls.org)

**Hours:** Call for information on meeting times

**Services Offered:** NAMI offers practical support, useful education, and understanding to people who are living and coping with brain based diseases (mental illness). NAMI Family-to-Family Education Program is a course for family caregivers of individuals with severe brain disorders. NAMI Connection is a weekly support group for adults who have a mental illness. In Our Own Voice is a educational presentation for community groups given by persons who have a lived experience with mental illness. Family support group a confidential support group for loved ones of individuals living with mental illness. NAMI basics is a education program for parents and caregivers of children and adolescents experiencing mental health challenges.

#### **Mental Health Professional:**

Phyllis Arends, RN

### **New Day Counseling Services, LLC**

1320 E. Rushmore Drive, Suite 107  
Brandon, SD 57005

**Phone:** (605) 582-7418

**Mailing Address:** PO Box 782

Brandon, SD 57005

**E-mail:** [newday@alliancecom.net](mailto:newday@alliancecom.net)

**Hours:** Evenings and Saturdays, by appointment

**Fees:** Accepts most insurance and Medicaid

**Services Offered:** Client-centered and cognitive behavioral counseling for children, teens, adults, and families. For children, play therapy addresses many issues including: physical and sexual abuse, grief and loss, anxiety, depression, recovery from traumatic events, divorce, and foster or 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 settings.

#### **Mental Health Professional:**

Kara L. Baas, MS, LPC-MH, QMHP

### **Phillips Mental Health Services**

6209 E. Silver Maple Circle, Suite 2  
Sioux Falls, SD 57110

**Phone:** (605) 274-1944

**Fax:** (605) 274-1945

**Website:** [www.phillipsmentalhealth.com](http://www.phillipsmentalhealth.com)

**Fees:** Accepts most insurance and Medicaid



**Hours:** 8:30am - 6:00pm, Monday - Friday / Evenings and weekends by appointment

**Services Offered:** Mental health and addiction recovery services provided to children, adolescents, adults, couples, and families. Treatment services offered for depression, addiction, anxiety, parent-child conflicts, behavior problems, attention deficit / hyperactivity disorder, Asperger's syndrome, oppositional defiant disorder, adjustment disorders, obsessive compulsive disorder, post traumatic stress, grief, separation and divorce, couples and family issues, social skills training, stress management, and anger management. Primarily utilize cognitive behavioral therapy, play therapy, experiential therapy, and behavior modification techniques. Services include mental health and South Dakota Court approved alcohol and drug screenings or assessments including individual 1st offender DUI education, intensive outpatient services and aftercare. The following groups are available: Social Skills R Us for children and adolescents and Finding Balance in Your Life for women.

**Mental Health Professional:**

Connie Fritz-Phillips, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC

**Prairie View Prevention Services**

822 E. 41st Street, Suite 235

Sioux Falls, SD 57105

**Phone:** (605) 331-5724 or (800) 343-9272

**Fax:** (605) 331-5725

**Fees:** None for those in contracted areas; call for information

**Website:** [www.prairievew.net](http://www.prairievew.net)

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

**Services Offered:** Alcohol, drug, and violent threat screenings, updates, and assessments for adolescents. Group, family, and individual sessions focus on alcohol, tobacco, drugs, violence, depression, and eating disorders. Brief therapy with referrals to mental health service providers.

**Mental Health Professionals:**

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

**Psychological Solutions of South Dakota, LLC**

6810 S. Lyncrest Avenue, Suite 201

Sioux Falls, SD 57108

**Phone:** (605) 274-1119

**Fax:** (605) 271-9983

**Fees:** Call for more information

**Hours:** 8:00am - 6:00pm, Monday - Thursday / 8:00 - 5:00, Friday / Evening hours available by appointment

**Services Offered:** Individual, group, child, couples, and family therapy. Focusing on depression, anxiety, grief, post traumatic stress, body image, stress management, medical and pain management, women's issues, pregnancy, and men's issues. Evaluations available include forensic, safety sensitive employee, fitness for duty, neuropsychological and violence risk. Assessment, treatment, and parent education services of childhood and adolescent problems and disorders include attention deficit / hyperactivity disorder, oppositional defiant disorder, behavioral issues, anxiety, and depression. Therapeutic specialties include behavioral medicine, dialectical behavioral and cognitive behavioral therapy.

**Mental Health Professionals:**

Camma Murphy, MSEd, LPC, QMHP  
Dr. Ericka Kemper, LP

Dr. Thomas L. Price, MA, LP, PhD

**Psychotherapy Associates of Sioux Falls**

2210 W. Brown Place

Sioux Falls, SD 57105

**Phone:** (605) 332-1700

**Fax:** (605) 336-9031

**Fees:** \$115.00 - \$140.00 per hour; accepts most insurance

**Website:** [www.sdfsi.org](http://www.sdfsi.org)

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

**Services Offered:** Individual, couples, and family therapy available 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 post traumatic stress. Psychodrama and eye movement desensitization and reprocessing treatments are available.

**Mental Health Professionals:**

Connie Nelson, MA, LPC-MH, LAC  
Mary Eggleston, MSEd, LPC, LMFT, LAC

Shelley L. Sandbulte, EdD, LP

**Rebecca J. Watson-Miller, Ph.D.**

2500 W. 49th Street, Suite 209

Sioux Falls, SD 57105

**Phone:** (605) 335-5888

**Website:** [www.watsonmillerphd.com](http://www.watsonmillerphd.com)

**E-mail:** [drwatsonphd2@gmail.com](mailto:drwatsonphd2@gmail.com)

**Fees:** \$220.00 intake; \$150.00 per session; accepts most insurance

**Hours:** 8:00am - 8:00pm, Monday - Friday / 8:00am - 3:00pm, Saturday

**Services Offered:** Individual, premarital, couples, and family psychotherapy across the lifespan. Works to help people develop skills that enhance social, educational, or occupational functioning. Psychological testing and assessment are available for assessment of ability for employment, disability, and personality. Professional consultation available for other professionals. Presentations available on a variety of topics.

**Mental Health Professional:**

Rebecca J. Watson-Miller, PhD.

**Resolutions Counseling & Mediation**

6116 S. Lyncrest Avenue, Suite 103

Sioux Falls, SD 57108

**Phone:** (605) 679-3186

**Website:** [www.sdresolutions.com](http://www.sdresolutions.com)

**E-mail:** [info@sdresolutions.com](mailto:info@sdresolutions.com)

**Hours:** Monday - Saturday, by appointment

**Fees:** Accepts most insurances and Medicaid

**Services Offered:** Individual, couples, and family counseling for all ages and for all mental health related concerns. Specializing in trauma therapy that utilizes eye movement desensitization and reprocessing therapy for post traumatic stress, abuse, anger, and addiction. Couple and family counseling utilizing Gottman marriage counseling training and premarital counseling services. Child custody evaluations, parent coordinator services, and mediation services.

**Mental Health Professionals:**

Diane Johnson-Mitchell, LPC-MH, QMHP

Jari Johnson, LMFT, QMHP

Shanna Moke, MA, CFLE

Stacy Dixon, LMFT, QMHP

**Restoration Treatment Services**

225 E. 11th Street, Suite 204

Sioux Falls, SD 57104

**Phone:** (605) 271-7712

**Fax:** (605) 274-1557

**Fees:** Call for information; access to recovery provider

**Website:** [www.newhavensf.org](http://www.newhavensf.org)

**Hours:** 9:00am - 9:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday

**Services Offered:** Chemical dependency evaluations, early intervention services, outpatient treatment, and aftercare services with individual counseling. Alcohol and drug testing and SCRAM monitoring also available.

**Mental Health Professional:**

Johnny Ray, CCDCII

**Ritzman Counseling Services**

1601 E. 69th Street, Suite 202

Sioux Falls, SD 57108

**Phone:** (605) 274-1574

**Fax:** (605) 271-1395

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

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

**Services Offered:** Individual, family, couples, and play therapy serving children, adolescents, and adults. Specialties include; depression, anxiety, trauma, and abuse.

**Mental Health Professional:**

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

**Ronda Maass**

5201 S. Western Avenue, Suite 104

Sioux Falls, SD 57108

**Phone:** (605) 275-0075

**Fax:** (605) 231-4252

**Website:** [www.rondamaass.com](http://www.rondamaass.com)

**E-mail:** [rondam@sio.midco.net](mailto:rondam@sio.midco.net)

**Fees:** Accepts most insurance, Medicaid, employee assistance programs, and private pay

**Hours:** 10:00am - 7:30pm, Monday / 8:30am - 7:30pm, Tuesday and Thursday / 8:30am - 6:00pm, Wednesday / 8:30am - 5:00pm, Friday / By appointment

**Services Offered:** Counseling services for individuals, couples, and families. Areas of care include but are not limited to; spiritual, parenting, conflict resolution, depression, grief, anxiety, work related issues, communication, identity, life adjustment and transition, anger management, and women through the lifespan.

**Mental Health Professional:**

Ronda J. Maass, MA, LPC-MH, NCC, QMHP

## Sanford Health Psychiatry and Psychology Clinic

2400 W. 49th Street  
Sioux Falls, SD 57105

**Phone:** (605) 312-8700

**Fees:** Accepts most insurance, Medicare, and Medicaid

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

**Services Offered:** Individualized treatment including psychiatric and psychological evaluations. Individual, couples and family therapy for all ages. Treatment topics include but are not limited to: anxiety disorders, mood disorders, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post traumatic stress, 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.

### Mental Health Professionals:

David Ermer, MD  
Kelly Lauck, PhD, LPC-MH  
Linda Kauker, PA-C  
Nichole Foos, NP-C  
Rachelle Broveleit, PA-C  
Rhonda Smith, EdD  
Susan Wicks, MSW-PIP

**Fax:** (605) 312-8701

**Website:** [www.sanfordhealth.org](http://www.sanfordhealth.org)

Rajesh Singh, MD  
Rebecca Palugay, MSW  
Sarah Konrady, PhD  
Steven Cochran, MD  
Vanessa Ferguson, PhD  
James Wick, EdD  
Barbara Wendell-Schechter, NP-C

## Sanford Women's

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

**Phone:** (605) 328-9700

**Website:** [www.womens.sanfordhealth.org](http://www.womens.sanfordhealth.org)

**Fees:** Accepts most insurance; Sanford employee assistance program provider

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

**Services Offered:** Adult and adolescent therapy; specialties in post partum emotional response continuum, depression, anxiety, life changes, and adjustments.

### Mental Health Professional:

Karla Harmon, CSW-PIP, QMHP

**Additional Location:** 1500 W. 22nd Street, Suite 301  
Sioux Falls, SD 57105

**Fax:** (605) 328-7700

## Sioux Empire Christian Counseling, Inc.

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

**Phone:** (605) 271-0261

**Website:** [www.siouxempirechristiancounseling.com](http://www.siouxempirechristiancounseling.com)

**Fees:** \$175.00 per hour; accepts most insurance and Medicaid

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

**Services Offered:** Individual, marital, and family counseling across the lifespan. Experience in attention deficit / hyperactivity disorder, Asperger's syndrome, depression, anxiety, divorce adjustment, spiritual issues, blended families, affairs, past abuse, and pre-marital counseling.

### Mental Health Professionals:

Jason Van Ruler, MA, LPC

**Fax:** (605) 271-0263

**E-mail:** [Tonyboer.secc@midconetwork.com](mailto:Tonyboer.secc@midconetwork.com)

Tony Boer, MSW, CSW-PIP, QMHP

## Sioux Falls Psychological Services

2109 S. Norton Avenue  
Sioux Falls, SD 57105

**Phone:** (605) 334-2696

**Website:** [www.offermehope.com](http://www.offermehope.com)

**Fees:** Accepts most insurance, Medicare, and Medicaid

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

**Services Offered:** A full range of psychological services including psychological testing, individual, marital, and family therapy for children and adults.

### Mental Health Professionals:

Ann Marie Rossing, MA, LMFT, QMHP  
Caitlin Long, MA  
Carrie Dau, MA  
Dee Wacker, RN, MA, LPC  
Doug Anderson, PsyD, LP, LMFT  
Gretchen Hartmann, MA, LMFT

**Fax:** (605) 339-9944

**E-mail:** [sfps@sfseminary.edu](mailto:sfps@sfseminary.edu)

Kimberly Belben, MA, LMFT  
Kristi Miller, LPC-MH, Theraplay®, QMHP, NCC  
Megan Miller, MA  
Melanie VanderPol-Bailey, MSW, LCSW-PIP  
Robyn Shores Foster, MSW, LCSW-PIP  
Stephanie Strickland, RN, LPC

## 2016 Sioux Falls Mental Health Guide

Jennifer Helkenn, PhD, LP  
Jessica Kaiser, MDiv  
Jo Flesner, MDiv

Tara Knobloch, MSW, LCSW  
Zane Peterson, MA

### Sioux Falls Treatment Center

2519 W. 8th Street  
Sioux Falls, SD 57104

**Phone:** (605) 332-3236

**Fax:** (605) 334-5026

**Website:** [www.methadonetreatmentcenter.com](http://www.methadonetreatmentcenter.com)

**E-mail:** [siouxfalls@methadonetreatmentcenter.com](mailto:siouxfalls@methadonetreatmentcenter.com)

**Fees:** \$45.00 intake; \$13.00 a day or \$91.00 a week for treatment (medication and counseling)

**Hours:** 5:30am - 2:00pm, Monday - Friday

**Services Offered:** Providing methadone maintenance treatment program, patient care, and counseling for those struggling with opioid substance use.

#### Mental Health Professionals:

Eric Abels, BSW, CAC  
Erin Steensma, LAC, CCTT

Richard Farnham, MD  
Wayne Dougherty, LAC, CPS

### Sioux Falls VA (Department of Veteran Affairs) Health Care System

2501 W. 22nd Street  
Sioux Falls, SD 57105

**Mailing Address:** PO Box 5046  
Sioux Falls, SD 57109

**Phone:** (605) 336-3230 or (800) 273-8255, press 1

**Fax:** (605) 333-5387

**Website:** [www.siouxfalls.va.gov](http://www.siouxfalls.va.gov)

**Fees:** Based on eligibility; eligibility must be established before treatment services may be offered

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

**Services Offered:** A variety of services to veterans including an addictions treatment program, inpatient services, outpatient mental health, psychiatry primary care, smoking cessation, and post traumatic stress services.

#### Mental Health Professionals:

Addiction Therapists  
Board Certified Psychiatrists  
Case Managers

Clinical Social Workers  
Clinical and Counseling  
Psychologists Psychiatric Nurses

### Sioux Falls Wellness Counseling

6809 S. Minnesota Avenue, Suite 102  
Sioux Falls, SD 57108

**Phone:** (605) 610-9228

**Fax:** (605) 362-5803

**Fees:** Accepts some insurance; call for information

**Website:** [www.siouxfallswellness.com](http://www.siouxfallswellness.com)

**Hours:** 8:00am - 8:00pm, Monday, Wednesday - Friday / 8:00am - 5:00pm, Tuesday / 10:00am - 3:00pm, Saturday

**Services Offered:** Substance abuse and mental health counseling for individuals, couples, and families. Issues to be addressed include, but are not limited to; depression, bipolar, substance abuse and addiction, anxiety, adjustment disorders, self-esteem, trauma, self injury, personality disorders, stress management, phase of life issues, grief, eating disorders, abuse, anger, dual diagnosis and co-occurring disorders, and relationships.

#### Mental Health Professional:

Rita Hansen, MA, LPC, LAC, QMHP, NCC

### South Dakota DBT

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

**Phone:** (605) 373-9330 Ext. 228

**E-mail:** [amber@chancounselingservices.com](mailto:amber@chancounselingservices.com)

**Website:** [www.southdakotadbtt.com](http://www.southdakotadbtt.com)

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

**Fees:** Accepts most insurance and Medicaid

**Services Offered:** Comprehensive dialectical behavioral individual and group therapy for adults, adolescents, and families. Dialectical behavioral therapy is effective for individuals with borderline personality disorder, depression, anxiety, post traumatic stress, addictions, bipolar, and self harming behaviors.

#### Mental Health Professionals:

Amber Chan, LPC-MH, QMHP, NCC  
Stacy Schepel, CSW-PIP

Erin Nielsen-Ogdahl, CSW-PIP, LAC  
Tandra Baker, LPC-MH, LAC

## South Dakota Urban Indian Health

711 N. Lake Avenue  
Sioux Falls, SD 57104  
**Phone:** (605) 339-0420  
**Fees:** Sliding fee scale

**Fax:** (605) 339-0038  
**Website:** [www.sduih.org](http://www.sduih.org)

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

**Services Offered:** Individual, family, and couples counseling for all ages. Substance abuse assessments and individual counseling are available for adults and youth.

### Mental Health Professionals:

Kate Zimmerman, CAC  
Kathleen Lemme, LMFT, LPC-MH, LAC, QMHP, NCC, SAP

## Southeastern Behavioral HealthCare - Community Support Services

100 W. 5th Street  
Sioux Falls, SD 57104  
**Phone:** (605) 336-0503 or (605) 336-0510

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

**Website:** [www.southeasternbh.org](http://www.southeasternbh.org)

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

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

**Services Offered:** Provides a full range of treatment and rehabilitation services for adults with severe mental illness. The goal 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, CARE (continuous assistance with recovery and empowerment), case management, supportive counseling, assisted living, vocational services, homeless outreach program, and IMPACT (individualized mobile program for assertive community treatment) services.

### Mental Health Professionals:

Dana Irvine, MSW, CSW, QMHP  
Melissa Tauer, MS, LPC-MH, QMHP  
Vinod Bhatara, MD

## Southeastern Behavioral HealthCare - Counseling and Children's Services

2000 S. Summit Avenue  
Sioux Falls, SD 57105  
**Phone:** (605) 336-0510 or (866) 258-6954

**Website:** [www.southeasternbh.org](http://www.southeasternbh.org)

**Fees:** Fees for services based on availability of funding and type of service; employee assistance programs

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

**Services Offered:** Outpatient therapy for individuals, families, children, couples, and groups as well as psychiatric evaluations and medication management. Services include children's case management and home-based program which provides 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. Community educational presentations provided.

### Mental Health Professionals:

Andrea Eben, MSW, CSW-PIP, QMHP	Kristy Ekhoﬀ-Speck, MA, LPC-MH, QMHP
Angela Nolz, MS, LPC-MH, QMHP, LAC	Matthew Wolthuizen, MA, LPC-MH, QMHP, NCC
Brittany Tennant, MS, LPC, NCC, QMHP	Melissa Spanggaard, MD
Emily Gislason, MS, NCC, LPC, QMHP	Nicole Robideau, MSW, LCSW, QMHP
Erika Detweiler, MSW, CSW	Paige Anderson, MS, LPC, QMHP, NCC, ACT
Hali Hutcheson, MS, LPC, ACT, NCC	Rebecca Sather-Durr, MSW, CSW-PIP, QMHP
Heidi Jans, MS, LPC-MH, NCC, QMHP, MFS	Robert Nuss, MD
Holly Ahlers, MS, RN-BC	Sara Thoms, MS, NCC, LPC, QMHP
Joy Parker, MS, LPC-MH, QMHP, NCC, LAC	Serene Thin Elk, MA, LPC, QMHP, ACT
Karen Chesley, MA, CSW-PIP, QMHP	Shawn VanGerpen, MD
Kris Graham, MS, LPC, QMHP	Zach Seefeldt, MA, LPC, NCC, ACT,

## Sozo Counseling Care, Inc.

3500 S. Phillips Avenue, Suite 121  
Sioux Falls, SD 57105  
**Phone:** (605) 360-2613

**Website:** [www.sozocounselingcare.com](http://www.sozocounselingcare.com)

**Hours:** Days and evenings by appointment

**E-mail:** [dianne@sozocounselingcare.com](mailto:dianne@sozocounselingcare.com)

**Fees:** Accepts most insurance and Medicaid, employee assistance program, and sliding fee scale available



## 2016 Sioux Falls Mental Health Guide

**Services Offered:** Individual, couples, and group counseling for adults and seniors. Focus on mind-body-spirit connection, depression, anxiety, stress, blended families, chronic illness, workplace issues, trauma, grief, post abortion stress, spiritual or Christian concerns. Experience in eye movement desensitization and reprocessing and inner healing prayer methods. Educational workshops, professional training and development also offered.

**Mental Health Professional:**

Dr. Dianne S. Heynen, DMin, LPC-MH, BCPCC, QMHP, CEAP

**Stacey Hauck**

1601 E. 69th Street, Suite 202

Sioux Falls, SD 57108

**Phone:** (605) 271-9890

**Fax:** (605) 271-1395

**Fees:** Accepts most insurance and Medicaid

**E-mail:** Stacey@staceylpc.com

**Hours:** By appointment

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

**Mental Health Professional:**

Stacey Hauck, MS, NCC, LPC-MH, QMHP

**Stacy Gorman, LLC**

6809 S. Minnesota Avenue, Suite 103

Sioux Falls, SD 57108

**Phone:** (605) 940-6422

**Fax:** (605) 271-2548

**Website:** www.stacygormancounseling.com

**E-mail:** stacy@stacygormancounseling.com

**Fees:** Accepts most insurance and Medicaid

**Hours:** Day and evening appointments available, Monday - Friday

**Services Offered:** Counseling services for adolescents and adults in the following areas; anxiety, adjustment disorders, depression, mood disorders, premarital preparation, relationship problems, family of origin issues, co-dependency, women's issues, abuse, trauma, self esteem, self confidence, personality disorders, self-injury, stress management, life transitions, addiction and substance abuse, and comprehensive chemical dependency evaluations.

**Mental Health Professional:**

Stacy Gorman, MS, LPC-MH, LAC, QMHP, NCC

**Stronghold Counseling Services, Inc.**

4300 S. Louise Avenue, Suite 201

Sioux Falls, SD 57106

**Phone:** (605) 334-7713

**Fax:** (866) 802-0003

**Website:** www.strongholdcounseling.com

**E-mail:** info@strongholdcounseling.com

**Fees:** Arranged with individual therapist; insurance claims filed

**Hours:** 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / by appointment, Saturday

**Services Offered:** Assessments and therapy for individuals, groups, families, of all ages. Services address: alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

**Mental Health Professionals:**

Amanda Briggs, MSW, CSW-PIP

Earl Witt, MA, LMFT, QMHP

Eleanor Larsen, MA, LMFT, QMHP, LAC

Frank Main, EdD, LPC, LMFT

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

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

Jan Sanford, MS, LPC-MH, QMHP

Jodi Merritt, MA, LPC, LAC

Judy De Wit, MA, LMFT

Kerry Ford, MSW, CSW-PIP

Kristiana Benson, MA, LMFT, QMHP

Larry Dancier, MS, LPC-MH, QMHP

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

Marlene Ruff, MA, LPC, LMFT, QMHP

Nick Buus, MA, LMFT, QMHP

**Suicide Crisis and Support Services - Helpline Center**

1000 N. West Avenue, Suite 310

Sioux Falls, SD 57104

**Phone:** (800) 273-8255 or 2-1-1 or (605) 339-4357

**Fax:** (605) 332-1333

**Website:** www.helplinecenter.org

**E-mail:** help@helplinecenter.org

**Fees:** None

**Hours:** 24 hours a day, 7 days a week

**Services Offered:** The Helpline Center provides a variety of suicide and crisis support 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 including: Question, Persuade, Refer (QPR), a one hour training to increase awareness and recognize, intervene and refer persons at-risk of suicide; Applied Suicide Intervention Skills Training (ASIST), a two-day suicide intervention skills training; and Mental Health First Aid, Youth Mental Health First Aid, a training that teaches you how to help people developing a mental illness or in a crisis. The Helpline Center also provides direct services to survivors of suicide (persons who have lost a loved one to suicide), including a nine-week class, a monthly support group, a newsletter, informational packets, and an outreach team. The Helpline Center is accredited by the American Association of Suicidology.

**Mental Health Professional:**

Janet Kittams-Lalley, MA, LPC

**Tallgrass Recovery & Sober Living Homes**

2601 S. Minnesota Avenue, Suite 105-378

Sioux Falls, SD 57105

**Phone:** (605) 368-5559

**Website:** [www.tallgrassrecovery.org](http://www.tallgrassrecovery.org)

**Fees:** Call for information

**E-mail:** [jswenson@tallgrassrecovery.org](mailto:jswenson@tallgrassrecovery.org)

**Hours:** 24 hours a day, 7 days a week

**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 daily life over a period of three to 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.

**Mental Health Professionals:**

Call for information on mental health professionals available to provide services

**Tina Harp Counseling, Inc.**

3610 S. Western Avenue, Suite 2

Sioux Falls, SD 57105

**Phone:** (605) 759-1516

**Website:** [www.tinaharp.com](http://www.tinaharp.com)

**Fees:** Accepts most insurance and Medicaid

**Fax:** (605) 370-6698

**E-mail:** [tina@tinaharp.com](mailto:tina@tinaharp.com)

**Hours:** Monday - Friday, by appointment

**Services Offered:** Individual, couples and family therapy for all ages with emphasis in depression, anxiety, life transitions, post traumatic stress, sexual abuse, grief, and lesbian, gay, bisexual, and transgender population.

**Mental Health Professional:**

Tina Harp, MS, QMHP, LPC-MH

**Vet Center - Sioux Falls**

3200 W. 49th Street

Sioux Falls, SD 57106

**Phone:** (605) 330-4552

**Website:** [www.va.gov](http://www.va.gov)

**Hours:** 8:00am - 6:30pm, Monday, Wednesday, and Friday / 8:00am - 7:30pm, Tuesday / 8:00am - 5:30pm, Friday / 8:00am - 5:30pm, 1st and 3rd Saturday

**Services Offered:** A broad range of counseling, outreach, and referral services to veterans and their families in order to help these veterans make a satisfactory post-war readjustment to civilian life. Counseling for combat (wartime) veterans with readjustment issues, post traumatic stress, marriage or family issues, and military sexual assault or harassment. Provides referrals to job searches, veterans benefits, and basic needs.

**Mental Health Professionals:**

Morris Patzlaff, LMFT

Orlando George, BA

Nicholas Rinehart, PhD

Ruth Kaspar, MSW

**Volunteers of America, Dakotas - Heisler Chemical Dependency Treatment Program**

1401 W. 51st Street

Sioux Falls, SD 57105

**Phone:** (605) 334-1414 or (800) 365-8336

**Website:** [www.voa-dakotas.org](http://www.voa-dakotas.org)

**E-mail:** [info@voa-dakotas.org](mailto:info@voa-dakotas.org)

**Fees:** Fixed and sliding fee scale depending upon service and available funds; accepts most insurance

**Hours:** 8:00am - 5:00pm, Monday - Friday / Inpatient services: 24 hours a day, 7 days a week

**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, transitional care, and aftercare counseling. Services for adults include evaluations, assessments, intensive

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outpatient treatment, and aftercare. Training, in-services, and workshops for groups and agencies are also provided.

### **Mental Health Professionals:**

Amy Hartman, NCC, ACT, LPC-MH, QMHP, LAC  
Brandy Johnson, RN  
Chris Sandvig, BA, CCDCII  
Danae VanRoekel, MS, NCC, ACT  
Denis Kronaizl, BSW, LAC  
Jessica Nieman, LAC

Michelle Mattern, MSED, ACT  
Mindy Mashek, BA, LAC  
Mona Miller, ACT  
Tara Reinesch, MS, NCC, LAC  
Teresa Peratt, CAC  
Timothy Soundy, MD

### **Volunteers of America, Dakotas - Lifemarks Counseling & Mediation Services**

1310 W. 51st Street  
Sioux Falls, SD 57105

**Mailing Address:** PO Box 89306  
Sioux Falls, SD 57109

**Phone:** (605) 332-6128 or Crisis line: (605) 334-1414

**Website:** [www.voa-dakotas.org](http://www.voa-dakotas.org)

**E-mail:** [info@voa-dakotas.org](mailto:info@voa-dakotas.org)

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

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

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

### **Mental Health Professionals:**

Amy Hartman, NCC, LPC-MH, ACS, QMHP, LAC  
Bruce S. Fogas, PhD  
Dawn Soulek, MSW, CSW-PIP  
Gretchen Starnes, MA, LPC, QMHP  
Irina Goubanova, MS, QMHP

Michelle McClintic, MSW-PIP  
Nicole Burger, LPC, CCDCIII  
Patricia Schultz, LPC-MH, QMHP, ACS  
Shawn VanGerpen, MD

### **Well Counseling Services, LLC, The**

225 E. 11th Street, Suite 206  
Sioux Falls, SD 57104

**Phone:** (605) 274-1557

**E-mail:** [Christienacy@gmail.com](mailto:Christienacy@gmail.com)

**Fees:** Accepts most insurance; sliding fee scale available

**Hours:** 9:00am - 5:00pm, Monday - Friday, or by appointment

**Services Offered:** Counseling for individuals, couples, families, and play therapy for all ages. Focus is the encouragement of the betterment of mental, emotional, and spiritual health. Experience in Christian counseling on issues including, but not limited to depression, anxiety, marital difficulties, stress, and grief and loss.

### **Mental Health Professional:**

Christie Nacy, MA, LPC, QMHP, NCC

### **Wellspring Therapy Center**

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

**Phone:** (605) 335-1516

**Fax:** (605) 731-0896

**Website:** [www.wellspringtherapysf.com](http://www.wellspringtherapysf.com)

**E-mail:** [wellspringtherapyoffice@gmail.com](mailto:wellspringtherapyoffice@gmail.com)

**Fees:** Accepts most insurance and private pay

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

**Services Offered:** Individual, couples, and family therapy for the treatment of various family adjustment problems and psychological disorders across the life span. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, aging challenges, chronic and terminal illness, anxiety, depression, post traumatic stress, parent education, and eye movement desensitization and reprocessing therapy.

### **Mental Health Professionals:**

Connie Kolbrek, MS, EdS, LPC, QMHP  
Krista McKeown, MA, LMFT, QMHP

Ramona Wade, MA, LMFT, QMHP



## Notes



*Making lives better by giving support, offering hope and creating connections all day every day.*

## 211 Community Resources

- Information, Referral, and Crisis Helpline • Free • 24-hours a day
- Social Services • Government Information • Community Information
- Financial Assistance • Donation Information • Food • Shelter

## Suicide and Crisis Support

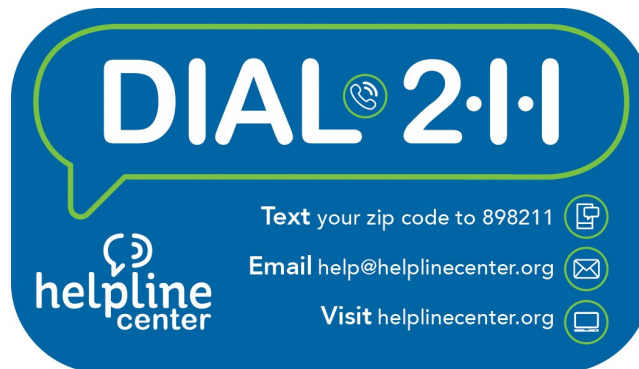
- 1-800-273-TALK (8255) • 24-hour Crisis Intervention
- Suicide Information • Suicide Prevention Trainings
- Support for family and friends who have lost a loved one to suicide

## Helpline Center Directories

- Sioux Falls Mental Health Guide
- Online Database at [helplinecenter.org](http://helplinecenter.org)
- Helping Hand Emergency Resource Guide

## Volunteer Connections

- Hundreds of Volunteer Opportunities in the community
- Online Database • Search by your interests



**For more information or to support the Helpline Center please contact us at:**

Helpline Center • 1000 N. West Avenue, Suite 310 • Sioux Falls, SD 57104  
• Visit [www.helplinecenter.org](http://www.helplinecenter.org) • Dial 211 or (605) 339-4357 • Text your zip code to 898211