Brookings Area Mental Health Guide 2020

Resources Include: Licensed/Credentialed Mental Health and Substance Use Use Providers

For more info, dial 211 or visit www.helplinecenter.org
ABOUT THE BROOKINGS AREA MENTAL HEALTH GUIDE

Welcome to the 2020 Brookings Area Mental Health Guide. The Guide is produced as an initiative of the Brookings Mental Health Task Force and is funded by the City of Brookings and Brookings County. This guide was established to help the consumer more readily identify and select licensed and credentialed practitioners and agencies that provide a variety of behavioral health services in the Brookings area.

There are two ways to find a specific resource:

By **Organizational Index** on page 5

By **Service Category** on page 6

Also, available online at [www.helplincenter.org/brookings](http://www.helplincenter.org/brookings)

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

Please contact the Helpline Center to inquire about getting a new organization added or making changes to a current one.
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 for alcohol and drug professionals, counselors, psychologists, and social workers or doh.sd.gov for physicians and nurses.

Addiction and Prevention Professionals - Work 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.

ACT – Addiction Counselor Trainee(s) must have a minimum of a high school diploma or general education diploma (GED) and be working in the addictions field under the supervision of a CAC or LAC.

PST – Prevention Specialist Trainee has a minimum of a Bachelor's degree and is working in the prevention field under the supervision of a CPS, CAC, or a LAC.

CAC – Certified Addiction Counselor(s) must have a minimum of a high school diploma or GED; complete all academic and work experience requirements for CAC; apply for certification; and have passed the International Certification & Reciprocity Consortium (IC&RC) examination.

CPS – Certified Prevention Specialist must have a minimum of a Bachelor’s Degree; complete all academic and work experience requirements for CPS; apply for certification; and have passed the IC&RC examination.

LAC – Licensed Addiction Counselor(s) must have a minimum of a Master’s Degree in a behavioral science field; complete all academic and work experience requirements for LAC; apply for licensure; and have passed the IC&RC examination.

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 - Licensed Professional Counselors must have at least a Master’s degree, 2,000 hours post-graduate supervised experience, and passed the National Counselor Examination (NCE).

LPC-MH - Licensed Professional Counselor - Mental Health must have an LPC, required coursework, 2,000 hours post-graduate supervised experience and passed the National Clinical Mental Health Counselor Examination (NCHMCE). Insurance or Medicaid reimbursement may require a LPC-MH certification.

LMFT - Licensed Marriage and Family Therapists must have at least a Master’s degree in marriage and family therapy, completed 1,700 hours post-graduate supervised experience, and pass the Marital and Family Therapy Examination.

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.

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 – A Social Work Associate has a baccalaureate degree in a nonsocial work field or discipline or an associate of arts degree in a human services in a program from a junior college, college, or university approved by the Board and have passed a Board examination.

SW – A Social Worker has a baccalaureate degree in a social work field or discipline and have passed a Board examination. Some social workers indicate this licensure as LSW to match the paper license they received when they became licensed.

CSW – A Certified Social Worker has either a Doctorate or master's social work degree and passed a Board examination.

CSW-PIP – A Clinical Social Worker - Practitioner in Private Practice has met the requirements of a CSW (for a minimum of two years), have had 2 additional years of specialized supervision, and passed a Board examination.
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 of professional accreditations and certifications used throughout this guide.

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<th>Description</th>
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<td>AA</td>
<td>Associate of Arts</td>
</tr>
<tr>
<td>BA</td>
<td>Bachelor of Arts</td>
</tr>
<tr>
<td>BFA</td>
<td>Bachelor of Fine Arts</td>
</tr>
<tr>
<td>BS</td>
<td>Bachelor of Science</td>
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<tr>
<td>BSW</td>
<td>Bachelor of Social Work</td>
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<tr>
<td>DMin</td>
<td>Doctor of Ministry</td>
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<tr>
<td>DO</td>
<td>Doctor of Osteopathy</td>
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<tr>
<td>DSW</td>
<td>Doctorate in Social Work</td>
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<tr>
<td>EdD</td>
<td>Doctor of Education</td>
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<tr>
<td>EdS</td>
<td>Education Specialist</td>
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<tr>
<td>JD</td>
<td>Juris Doctorate</td>
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<tr>
<td>MA</td>
<td>Master of Arts</td>
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<tr>
<td>MAT</td>
<td>Master of Arts in Teaching</td>
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<tr>
<td>MBA</td>
<td>Master of Business Administration</td>
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<tr>
<td>MD</td>
<td>Doctor of Medicine</td>
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<tr>
<td>MDiv</td>
<td>Masters in Divinity</td>
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<tr>
<td>MEd</td>
<td>Master of Education</td>
</tr>
<tr>
<td>MOL</td>
<td>Masters in Organizational Leadership</td>
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<tr>
<td>MS</td>
<td>Master of Science</td>
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<tr>
<td>MSEd</td>
<td>Master of Science in Education</td>
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<tr>
<td>MSSA</td>
<td>Master of Science in Social Administration</td>
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<tr>
<td>MSW</td>
<td>Master of Social Work</td>
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<tr>
<td>PhD</td>
<td>Doctor of Philosophy</td>
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<tr>
<td>PsyD</td>
<td>Doctor of Psychology</td>
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<tr>
<td>RD</td>
<td>Registered Dietitian</td>
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<tr>
<td>RN</td>
<td>Registered Nurse</td>
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<tr>
<td>RN-BC</td>
<td>Registered Nurse, Board Certified</td>
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<tr>
<td>Abbreviation</td>
<td>Description</td>
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<tr>
<td>ABN</td>
<td>American Board of Professional Neuropsychology</td>
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<tr>
<td>ACA</td>
<td>American Counseling Association</td>
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<tr>
<td>ACS</td>
<td>Approved Clinical Supervisor</td>
</tr>
<tr>
<td>ACT</td>
<td>Addiction Counselor Trainee</td>
</tr>
<tr>
<td>AP/RN-BC</td>
<td>Advanced Practice Registered Nurse, Board Certified</td>
</tr>
<tr>
<td>ASS</td>
<td>Approved Supervisor Status</td>
</tr>
<tr>
<td>ATR</td>
<td>Registered Art Therapist</td>
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<tr>
<td>BCaBA</td>
<td>Board Certified Assistant Behavior Analyst</td>
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<tr>
<td>BCBA</td>
<td>Board Certified Behavioral Analyst</td>
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<tr>
<td>BCPCCC</td>
<td>Board Certified Professional Christian Counselor</td>
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<tr>
<td>CAC</td>
<td>Certified Addictions Counselor</td>
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<tr>
<td>CAS</td>
<td>Certified Autism Specialist</td>
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<tr>
<td>CBIS</td>
<td>Certified Brain Injury Specialist</td>
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<tr>
<td>CCATP</td>
<td>Certified Clinical Anxiety Treatment Professional</td>
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<tr>
<td>CCDCI</td>
<td>Certified Chemical Dependency Counselor, Level 1</td>
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<tr>
<td>CCDCII</td>
<td>Certified Chemical Dependency Counselor, Level 2</td>
</tr>
<tr>
<td>CCDCIII</td>
<td>Certified Chemical Dependency Counselor, Level 3</td>
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<tr>
<td>CCM</td>
<td>Certified Case Manager</td>
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<tr>
<td>CCMHC</td>
<td>Certified Clinical Mental Health Counselor</td>
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<tr>
<td>CCSII</td>
<td>Certified Clinical Supervisor</td>
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<tr>
<td>CTTT</td>
<td>Certified Corrective Thought Therapist</td>
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<tr>
<td>CDBT</td>
<td>Certified in Dialectical Behavioral Therapy</td>
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<tr>
<td>CEAP</td>
<td>Certified Employee Assistance Professional</td>
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<tr>
<td>CFLE</td>
<td>Certified Family Life Educator</td>
</tr>
<tr>
<td>CHPN</td>
<td>Certified Hospice and Palliative Nurse</td>
</tr>
<tr>
<td>CNL</td>
<td>Clinical Nurse Leader</td>
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<tr>
<td>CNP</td>
<td>Certified Nurse Practitioner</td>
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<tr>
<td>CNS</td>
<td>Clinical Nurse Specialist</td>
</tr>
<tr>
<td>CPS</td>
<td>Certified Prevention Specialist</td>
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<tr>
<td>CRC</td>
<td>Commission on Rehabilitation Counselor Certification</td>
</tr>
<tr>
<td>CST</td>
<td>Certified Sex Therapist</td>
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<tr>
<td>CSW</td>
<td>Certified Social Worker</td>
</tr>
<tr>
<td>CSW-PIP</td>
<td>Certified Social Worker - Practitioner in Private Practice</td>
</tr>
<tr>
<td>CT</td>
<td>Certified Thanatology</td>
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<tr>
<td>DBTC</td>
<td>Dialectical Behavior Therapy Certified</td>
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<tr>
<td>DBT sp.</td>
<td>Adapted Dialectical Behavior</td>
</tr>
<tr>
<td>EAGALA</td>
<td>Equine Assisted Growth and Learning Association</td>
</tr>
<tr>
<td>EAP</td>
<td>Equine Assisted Psychotherapy</td>
</tr>
<tr>
<td>ICADC</td>
<td>Internationally Certified Alcohol and Drug Counselor</td>
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<tr>
<td>LAC</td>
<td>Licensed Addiction Counselor</td>
</tr>
<tr>
<td>LBA</td>
<td>Licensed Behavior Analyst</td>
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<tr>
<td>LCPC</td>
<td>Licensed Clinical Professional Counselor</td>
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<tr>
<td>LCSW</td>
<td>Licensed Certified Social Worker</td>
</tr>
<tr>
<td>LCSW-PIP</td>
<td>Licensed Certified Social Worker - Practitioner in Private Practice</td>
</tr>
<tr>
<td>LCW</td>
<td>Licensed Clinical Social Worker</td>
</tr>
<tr>
<td>LGSW</td>
<td>Licensed Graduate Social Worker</td>
</tr>
<tr>
<td>LICSW</td>
<td>Licensed Independent Clinical Social Worker</td>
</tr>
<tr>
<td>LMFT</td>
<td>Licensed Marriage &amp; Family Therapist</td>
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<tr>
<td>LMHP</td>
<td>Licensed Mental Health Professional</td>
</tr>
<tr>
<td>LN</td>
<td>Licensed Nutritionist</td>
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<tr>
<td>LP</td>
<td>Licensed Psychologist</td>
</tr>
<tr>
<td>LPC</td>
<td>Licensed Professional Counselor</td>
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<tr>
<td>LPCC</td>
<td>Licensed Professional Clinical Counselor</td>
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<tr>
<td>LPC-MH</td>
<td>Licensed Professional Counselor - Mental Health</td>
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<tr>
<td>LPN</td>
<td>Licensed Practical Nurse</td>
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<tr>
<td>LSW</td>
<td>Licensed Social Worker</td>
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<tr>
<td>MAC</td>
<td>Master Addiction Counselor</td>
</tr>
<tr>
<td>MFT</td>
<td>Marriage and Family Therapy</td>
</tr>
</tbody>
</table>
Glossary of Abbreviations - Certifications and Licenses
This is a key to abbreviations used throughout this guide, primarily for professional accreditations and certifications.

NCE  National Certified Counselor
NCGC  National Gambling Counselor Certification
NCPC  Nationally Certified Parent Coordinator
NCSC  National Certified School Counselor
NP-C  Nurse Practitioner Certified
OSW-C  Oncology Social Work Certified
PA-C  Physician's Assistant Certified
PMHNP  Psychiatric Mental Health Nurse Practitioner
PMHNP-BC  Board Certified Advanced Practice Psychiatric Mental Health Nurse Practitioner
QMHP  Qualified Mental Health Practitioner
RBT  Registered Behavior Technician
RPT  Registered Play Therapist
RPT-S  Registered Play Therapist Supervisor
RTC  Reality Therapy Certification
SAP  Substance Abuse Professional
SDCA  South Dakota Counseling Association
SEP  Somatic Experiencing Practitioner
SWA  Licensed Social Worker Associate
WPATH  World Professional Association for Transgender Health

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www.helplinecenter.org/brookings

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At Ease Counseling Services, LLC
306 4th Street, Suite H
Phone: (605) 360-2870  
E-mail: ateasecounselingllc@gmail.com
Hours: 8:00am - 12noon, Sunday / 5:00pm - 9:00pm, Monday
Fees: Call for information
Mental health counseling services for people ages 13 and above who have experienced trauma, have co-occurring disorders, or chronic mental health issues.
Behavioral Health Professional: Jessica McLaughlin, LPC-MH, QMHP

Brookings – Avera Behavioral Health Outpatient Services
601 4th Street, Suite 101, Building 1921
Phone: (605) 322-4079  
Website: www.aver.org
Hours: Appointments available as needed, evening hours available
Fees: Accepts Medicaid, Medicare; private pay; all private insurance, and has EAP (Employee Assistance Program) contracts with multiple employers.
Offers outpatient therapy providing individual, couple/marriage, teen, and family counseling on topics including, but not limited to grief, depression, and anxiety. School-Based outpatient therapy providing individual, family and parent/teacher consultations within the Brookings Public School Districts. Group-based therapy providing psycho-education related to the needs of therapist’s caseloads to help increase supportive and therapeutic environments and skills.
Behavioral Health Professionals:
Nikki Eining, CSW-PIP, QMHP  
Elizabeth Milton, LPC-MH

Brookings—Avera Medical Group
400 22nd Street
Phone: (605) 697-9500  
Website: www.Avera.org/Clinics/Brookings
Fax: (605) 697-9673
Hours: Clinic hours: 8:00am - 5:00pm, Monday – Friday / Urgent Care: 5:00pm - 7:00pm, Monday – Friday / 9:00am - 12:00noon, Saturday, Sunday
Fees: Call for information
A multi-specialty medical clinic
Behavioral Health Professional: Brenda Karch, MSW, LCSW

Brookings Behavioral Health & Wellness
211 4th Street
Phone: (605) 697-2850  
Website: www.brookingsivycenter.org
Fax: (605) 697-2874
Hours: Phone answered 24 hours a day / 7 days a week / Office hours: 8:00am - 5:00pm, Monday - Friday
Fees: All major insurance accepted. Fees discussed at first session. Most services available at significantly reduced cost.
Provides four major areas of service:
• Comprehensive Child/Adolescent/Family Services: outpatient therapy, psycho-educational and support groups, home-based therapy and support
• Comprehensive Adult/Family Services: outpatient therapy, community based case management
• Adult/Adolescent/Family Substance Abuse (focused) Services: a full array of state-sanctioned outpatient education, intervention and prevention
• Medical Services: outpatient psychiatric
• Emergency Services: 24/7/365 mental health crisis support available
Behavioral Health Professionals:
Andrea Brown, MS, ACT  
Robin Erz, LAC  
Amber Leafstedt, MA, LAC  
Casey Jungers, LPN  
Tracy Chapman, MA, NCC  
Jenna Heylens, BS  
Nicole Peterson, MS, ACT  
Bridjett Sturzenbecher, LSW, LPC, QMHP  
Keely Delany, MS, NCC  
Dan Kelley, MS, NCC, ACT  
Amy Ward, LPC-MH, QMHP  
Keely Delany, MS, NCC  
Dan Kelley, MS, NCC, ACT  
Amy Ward, LPC-MH, QMHP
Brookings Counseling Solutions, LLC
1304 Main Avenue S.
Phone: (605) 999-6162  Website: www.brookingscounselingsolutions.com/
Fax: (605) 942-7300
Hours: By appointment, day, early morning and early evening available.
Fees: Accepts Medicaid, Medicare, most EAP (Employee Assistance Program) and insurance.
Treatment needs assessments for people with addictions and mental health issues. Individual, couple, family, and group counseling for ages 3 and up; all genders welcome. Experience helping people of all ages who have experienced trauma and the symptoms that result from trauma (self-injury, low self-worth, depression, and anxiety, etc.). Other common issues addressed are symptoms associated anxiety, depression, and other life changes.
Behavioral Health Professionals:
  Erin Stearns, CSW-PIP, QMHP  Melissa Klemm, NCC, LAC, LPC-MH, QMHP

Circle of Encouragement Counseling
1514 12th Street S.
Phone: (605) 691-7630  E-mail: encourage@brookings.net
Fax: (605) 692-4906
Hours: 8:00am - 6:00pm, Monday - Friday by appointment
Fees: Intake $175.00; Hourly $150.00; Accepts most major insurance and Medicaid; Individual payment arrangement by mutual agreement.
Provides individual therapy and consultation/training services in the following areas anxiety, behavioral concerns, depression, divorce, grief and loss, life transitions, parenting, school issues, and workplace management. Primary emphasis is working with children, adolescents, and families.
Behavioral Health Professionals:
  Debra A. Butman-Perkins, MS, NCC, LPC-MH, QMHP, RPT-S
  Clark G. Perkins, MEd, NCC, LPC, RPT-S

Clear Perspectives Counseling Associates
1451 6th Street
Phone: (605) 651-7416
Fax: (605) 692-8997
Hours: 9:00am - 6:00pm, Monday – Thursday / Friday by appointment only
Fees: Accepts most insurances and EAP (Employee Assistance Program) policies; out of pocket services are available upon request.
Provides mental health counseling services to individuals, couples, groups, and families. Works with a wide range of client populations experiencing issues including, but not limited to; anxiety, depression, mood disorders, life stage changes, adjustment issues, relationship problems, behavior issues, substance abuse and recovery, grief, trauma, parenting and discipline, educational/vocational concerns, and more. Offers EMDR (Eye Movement Desensitization and Reprocessing) and Brainspotting for trauma treatment and recovery.
Behavioral Health Professionals:
  Alicia Sterud, MA, LPC-MH  Heidi Evers, MS, LPC-MH  Brandi Brintnall, LPC-MH

Helpline Center – 211 Resources
Phone: Call 2-1-1  Website: www.helplinecenter.org
Fax: (605) 332-1333  E-mail: help@helplinecenter.org
Hours: 24 hours a day / 7 days a week / 365 days a year
Fees: None
Information, referral, and crisis helpline that provides resource information on non-profit, social service, and government programs, along with providing crisis intervention services. When you dial 2-1-1, you talk to real people trained to help and connect you to the right resources, organizations, or people. We answer calls 24 hours a day / 7 days a week. Our database of information grows every day and contains only the most reliable information. To help you search for help, we have an online resource database with a guided and keyword search, as well as many resource guides.

Helpline Center – Suicide and Crisis Support
Phone: (800) 273-8255  Website: www.helplinecenter.org
Fax: (605) 332-1333  E-mail: help@helplinecenter.org
Hours: 24 hours a day / 7 days a week / 365 days a year
The Helpline Center is the leading organization in South Dakota for suicide prevention and response. If you or someone you know is having suicidal thoughts, please call (800) 273-8255 anytime, day or night, to find the caring support you need. Suicide and Crisis Support services include: A crisis texting program for teens at over 40 high schools in South Dakota, Data and Training Services – provides training and education on how to help people experiencing a crisis, The Hope Line (800)273-TALK – is a text line for those needing support, Crisis Hotline – confidential, 24/7 support available for those in emotional or mental health crisis, Community Education Program – provides education and training to communities on suicide prevention, and Mental Health First Aid Training – teaches people how to help someone experiencing a mental health crisis.
Helpline Center – Suicide and Crisis Support—Cont’d
Dakota; Grief support for individuals who have lost a loved one to suicide; Professional suicide awareness and prevention training; An accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need.

Behavioral Health Professional: Janet Kittams, MA, LPC Sheri Nelson, MA, LAC

Lighthouse Counseling Services
628 Main Avenue, Suite B
Phone: (605) 690-4645
E-mail: lighthousecounselingservices@outlook.com
Hours: 8:00am - 8:00pm, Monday - Sunday
Fees: Sliding scale as needed
Offers mental health services for adults, couples, children (including adolescents), and families. Specialties include: anxiety, depression, mood disorders, relationship issues, family therapy, children/adolescents, Autism, PTSD, military service or Veteran issues. Helps clients address and treat behavioral, educational, and relationship issues. Trauma Specialist certified in Prolonged Exposure Therapy and Cognitive Processing Therapy.

Behavioral Health Professional: Michelle Ruesink, LPC, LPC-MH, QMHP, CAS (Certified Autism Specialist)

LSS (Lutheran Social Services) – Counseling Services
752 22nd Avenue
Phone: (855) 334-2953
Website: www.lsssd.org
Fax: (605) 444-7690
E-mail: info@lsssd.org
Hours: 8:00am - 5:00pm, Monday - Friday, and by appointment
Fees: Sliding fee scale $29.00 - $160.00, based on family income; accepts most insurance, Medicaid, and Medicare. Offers a variety of counseling services for individuals, families, couples, or groups, including: Individual, couples, and family therapy; Group therapy and education groups; Mental health assessments and evaluations; Counseling for victims of crime (including all types of child abuse); EAP (Employee Assistance Program) counseling; Functional Family Therapy; Cognitive Behavioral Intervention for Substance Abuse (CBISA), Moral Reconciliation Therapy and Drug Court Services

Behavioral Health Professionals:
Becky Currier, LAC Robyn Amiotte, MS, LPC-MH, QMHP Vicki Albers, LAC

Music Therapy Empowers, LLC
614 Main Avenue S.
Phone: (563) 212-4223
Website: www.musictherapyempowerssd.com
Hours: Available by appointment
Fees: Fees vary based on time needed for the session. The average rate is $40.00 for 30 minutes. Providing counseling, introspective therapy, and music therapy session for groups and individuals. Music therapy sessions may include both active and passive involvement, listening to live music played by the therapist (harp, piano, guitar) or recorded music. Music imagery relaxation involves being led in relaxation with live music. Music therapy differs from counseling as music is the main therapeutic medium.
Music Classes are offered at the Brookings Arts Council. $12.00 per class.

Behavioral Health Professional: Kristina Gindo, MT-BC

New Perspectives Counseling, LLC
1451 6th Street
Phone: (605) 864-6946
Fax: (605) 692-8997
Website: www.clearreflections-counseling.com
E-mail: new.perspectives@hotmail.com
Hours: 9:00am - 6:00pm, Monday - Thursday
Fees: $175.00 intake assessment; $160.00 per 50-minute session after intake. Accepts most major insurances including Medicaid.
Provides individual and/or family therapy in the areas such as anxiety, depression, stress management, behavioral issues, school issues, divorce, grief and loss, life transitions, parent education, and trauma. Primary emphasis is working with children, adolescents, and families. Also, provides treatment using brainspotting techniques.

Behavioral Health Professional: Brandi Brintrans MA, NCC, LPC-MH

helpline center
www.helplinecenter.org/Brookings
Help At Your Fingertips...  Dial 2•1•1

Psychiatric Services, LLC
306 4th Street, Suite G
Phone: (605) 697-5352  Website: www.strivingtoimprove.com
Fax: (605) 610-1561
Hours: 8:00am - 5:00pm, Monday, Tuesday, and Thursday
Fees: Call for information
Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.
Behavioral Health Professional: Brenda L. Johnson, CNP

Rita Olson’s Counseling & Mediation
1727 Teton Pass
Phone: (605) 692-1614
Hours: 8:00am - 9:00pm, Tuesday / 8:00am - 6:00pm, Wednesday, Thursday / other times available as needed basis
Fees: $150.00 per session; insurance; EAP (Employee Assistance Program) company affiliation
Offers individual, couples, and family counseling. Mediation services including divorce, child custody, and conflict resolution. Services provided to adults and children above the age of 8.
Behavioral Health Professional: Rita Olson MS, LPC-MH, LMFT, QMHP

Sandra Diedrich, MS, LPC-MH
306 4th Street, Suite C
Phone: (605) 690-9062
Hours: April - November: 8:00am - 7:00pm, Monday / 8:00am - 5:00pm, Tuesday - Thursday
Fees: No insurance accepted. Sliding fee scale based on household income.
Christian Counseling - Provides individual, couples (including premarital & divorce recovery), and family therapy in a setting where clients' Christian beliefs will be integrated into the therapeutic process. Services offered include addressing depression, anxiety, stress management and trauma; individual counseling, family counseling, marriage counseling, divorce counseling, mental health screening, faith based counseling, grief/bereavement counseling, cognitive behavioral therapy, dialectical behavior therapy, sliding fee scale counseling, hoarding counseling, child abuse survivor counseling for adults.
Behavioral Health Professional: Sandra Diedrich, MS, NCC, LPC, LPC-MH, QMHP

Sanford Health Brookings Clinic
922 22nd Avenue S.
Phone: (605) 697-1900  Website: www.sanfordhealth.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Accepts most insurance, Medicare, and Medicaid
Offers family medicine and various other specialties in addition to acute care. Clinic hours: 8:00am - 5:00pm, Monday – Friday / Acute Care hours: 4:30pm - 8:30pm, Monday – Friday / 8:00am - 12:30pm, Saturday
Behavioral Health Professional: Jacalyn Hopp, CSW-PIP, QMHP

South Dakota State University - Student Health Center and Counseling Services
1440 N. Campus Drive
Phone: (605) 688-4157  Website: www.sdstate.edu/wellness-center/counseling-services
Hours: Call for information  E-mail: sdsu.shc@sdstate.edu
Fees: None
Offers a wide range of confidential services to currently enrolled SDSU students. These services include, but are not limited to individual and group counseling, crisis intervention, and self-help resources.
Behavioral Health Professionals:
   Polly Davis, LPC
   Greg Wasberg, PhD/Org Psych
   Jessica McLaughlin, LPC-MH, QMHP
   Gabriel Hertler, NCC, LPC-MH, QMHP
   Carrie Jorgensen, NCC, LPC
   Ashley Rausch, LPC
   Andrea Boglic, MS
   Jessica McLaughlin, LPC-MH, QMHP

Uckert Counseling
619 5th Avenue, Suite 3
Phone: (605) 592-5300  Website: https://www.uckertcounseling.com/
Fax: (605) 696-7977  E-mail: uckertcounseling@gmail.com
Hours: 8:00am - 5:00pm, Monday - Thursday

1-800-273-8255
Helpline Suicide & Crisis Support  www.helplinecenter.org/Brookings
Uckert Counseling—Cont’d
Fees: Insurance accepted; accepts cash, checks and credit cards.
Provides mental health counseling to individuals. Areas of specialty include using Accelerated Resolution Therapy for anxiety, trauma, and other issues. Other areas of interest include adjustments and women's issues.
Behavioral Health Professional: Andrea L. Uckert, LPC-MH, QMHP

General Support Services:

Emergency Services
Brookings County Sheriff 315 7th Avenue (605) 696-8300
Brookings Police Department 307 3rd Avenue (605) 692-2113
Brookings Hospital 300 22nd Avenue (605) 696-9000

Alcoholics Anonymous
135 1st Avenue S. (Clubhouse)
Phone: (605) 692-6070 Website: www.area63aa.org
Hours: Vary, call for information
Fees: None
A voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

Brookings Empowerement Project
600 Main Avenue, 2nd Floor
Website: https://www.empowerbrookings.org/
Hours: Email for information
Fees: None
Empowers caregivers and individuals with persistent mental illness with resources and support. Provides education on mental illness, therapies and referrals to mental health providers as well as caregiver support groups.

NAMI Brookings
Meeting location: Brookings Hospital, private dining room or conference room
300 22nd Avenue
Phone: (605) 271-1871 Website: www.namisouthdakota.org
Toll Free: (800) 551-2531 E-mail: namisd@midconetwork.com
Fees: Fees are not required to join, however, there are dues one can pay if they choose to; no one is excluded
Offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness. Family-To-Family Classes are held twice a year usually in Winter/Spring and Fall.

Narcotics Anonymous
8th and Main, (First Lutheran Church)
Phone: (605) 412-4357 Website: www.sdna.com
Hours: 7:30pm, Thursday E-mail: webservant@sdrna.com
Fees: None
A non-profit support group made up of men and women for whom drugs has become a major problem. The only requirement for attending is the desire to stop using. There are no leaders and no fees. All are welcome.

South Dakota QuitLine
Phone: (866) 737-8487 Website: www.sdquitline.com
Fax: (605) 322-3858
Hours: 7:00am - 11:00pm, Monday – Friday / 8:00am - 5:00pm, Saturday
Fees: None
Provides over-the-phone coaching from trained professionals who will schedule regular follow-up calls over several weeks to offer support. Can also provide participants with free quit-tobacco products such as nicotine patches, gum, or lozenges or prescription medication. Postpartum program for those who have quit smoking during pregnancy. Providing additional relapse prevention calls and potential to receive gift card incentives. The Kickstart Kit is a quit guide and two weeks of patches, gum, or lozenges that can be ordered at www.sdquitline.com.
South Dakota Resource Hotline for Substance Use  
Phone: (800) 920-4343  
Website: www.avoidopioids.com or www.onmeth.com  
Hours: 24 hours a day / 7 days a week  
Fees: None

The hotline provides a place where individuals are able to reach out for information on treatment resources and support. An additional service provided through the hotline is Care Coordination. Care Coordinators are trained specialists whom provide support for those with living with opioid misuse or other substance use disorders. They are especially helpful when it comes to knowing what options are available and for taking the first steps toward recovery.

211 Helpline Features

- Informational documents on a variety of subjects
  - www.helplinecenter.org/helpsheets

- Customizable lists of resources
  - www.helplinecenter.org/helplist

Community Calendar

- Information on basic needs events
- Continuing education opportunities
- Professional training opportunities
  - www.helplinecenter.org/community-events
Making lives better by giving support, offering hope and creating connections all day every day.

211 Helpline
● Information, Referral, and Crisis Helpline ● Free ● 24-hours a day
● Social Services ● Government Information ● Community Information
  ● Financial Assistance ● Donation Information ● Food ● Shelter
  ● Online searchable database with over 4,500 programs

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

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 ● Dial 211 ● Text your zip code to 898211