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

Brookings Area Mental Health Guide 2019

Mental Health Providers

Substance Use Providers

Dial 2-1-1

1-800-273-8255 (crisisline)

Text your zip code to 898211

www.helplinecenter.org/brookings
ABOUT THE BROOKINGS AREA MENTAL HEALTH GUIDE

Welcome to the 2019 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

Online at www.helplincenter.org

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 (NCMHCE). 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.

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA</td>
<td>Associate Degree</td>
</tr>
<tr>
<td>BA</td>
<td>Bachelor of Arts</td>
</tr>
<tr>
<td>BS</td>
<td>Bachelor of Science</td>
</tr>
<tr>
<td>BSW</td>
<td>Bachelor of Social Work</td>
</tr>
<tr>
<td>DMin</td>
<td>Doctor of Ministry</td>
</tr>
<tr>
<td>DO</td>
<td>Doctor of Osteopathy</td>
</tr>
<tr>
<td>DSW</td>
<td>Doctorate in Social Work</td>
</tr>
<tr>
<td>EdD</td>
<td>Doctor of Education</td>
</tr>
<tr>
<td>EdS</td>
<td>Education Specialist</td>
</tr>
<tr>
<td>MA</td>
<td>Master of Arts</td>
</tr>
<tr>
<td>MAT</td>
<td>Master of Arts in Teaching</td>
</tr>
<tr>
<td>MD</td>
<td>Doctor of Medicine</td>
</tr>
<tr>
<td>MDiv</td>
<td>Masters in Divinity</td>
</tr>
<tr>
<td>MEd</td>
<td>Master of Education</td>
</tr>
<tr>
<td>MOL</td>
<td>Masters in Organizational Leadership</td>
</tr>
<tr>
<td>MS</td>
<td>Master of Science</td>
</tr>
<tr>
<td>MSEd</td>
<td>Master of Science in Education</td>
</tr>
<tr>
<td>MSSA</td>
<td>Master of Science in Social Administration</td>
</tr>
<tr>
<td>MSW</td>
<td>Master of Social Work</td>
</tr>
<tr>
<td>PhD</td>
<td>Doctor of Philosophy</td>
</tr>
<tr>
<td>PsyD</td>
<td>Doctor of Psychology</td>
</tr>
<tr>
<td>RD</td>
<td>Registered Dietitian</td>
</tr>
<tr>
<td>RN</td>
<td>Registered Nurse</td>
</tr>
<tr>
<td>Abbreviation</td>
<td>Description</td>
</tr>
<tr>
<td>--------------</td>
<td>-------------</td>
</tr>
<tr>
<td>ABN</td>
<td>American Board of Professional Neuropsychology</td>
</tr>
<tr>
<td>ACA</td>
<td>American Counseling Association</td>
</tr>
<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>
</tr>
<tr>
<td>BCaBA</td>
<td>Board Certified Assistant Behavior Analyst</td>
</tr>
<tr>
<td>BCBA</td>
<td>Board Certified Behavioral Analyst</td>
</tr>
<tr>
<td>BCPC</td>
<td>Board Certified Professional Christian Counselor</td>
</tr>
<tr>
<td>CAC</td>
<td>Certified Addictions Counselor</td>
</tr>
<tr>
<td>CBIS</td>
<td>Certified Brain Injury Specialist</td>
</tr>
<tr>
<td>CCATP</td>
<td>Certified Clinical Anxiety Treatment Professional</td>
</tr>
<tr>
<td>CCDCI</td>
<td>Certified Chemical Dependency Counselor, Level 1</td>
</tr>
<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>
</tr>
<tr>
<td>CCM</td>
<td>Certified Case Manager</td>
</tr>
<tr>
<td>CCMHC</td>
<td>Certified Clinical Mental Health Counselor</td>
</tr>
<tr>
<td>CCSII</td>
<td>Certified Clinical Supervisor</td>
</tr>
<tr>
<td>CCTP</td>
<td>Certified Clinical Trauma Professional</td>
</tr>
<tr>
<td>CTTT</td>
<td>Certified Corrective Thought Therapist</td>
</tr>
<tr>
<td>CDDBT</td>
<td>Certified in Dialectical Behavioral Therapy</td>
</tr>
<tr>
<td>CEAP</td>
<td>Certified Employee Assistance Professional</td>
</tr>
<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>
</tr>
<tr>
<td>CNP</td>
<td>Certified Nurse Practitioner</td>
</tr>
<tr>
<td>CNS</td>
<td>Clinical Nurse Specialist</td>
</tr>
<tr>
<td>CPS</td>
<td>Certified Prevention Specialist</td>
</tr>
<tr>
<td>CRC</td>
<td>Commission on Rehabilitation Counselor Certification</td>
</tr>
<tr>
<td>CSTD</td>
<td>Certified Sex Therapist</td>
</tr>
<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>DBT</td>
<td>Certified Dialectical Behavior</td>
</tr>
<tr>
<td>EAP</td>
<td>Equine Assisted Psychotherapy</td>
</tr>
<tr>
<td>ICADC</td>
<td>Internationally Certified Alcohol and Drug Counselor</td>
</tr>
<tr>
<td>LAC</td>
<td>Licensed Addiction Counselor</td>
</tr>
<tr>
<td>LBA</td>
<td>Licensed Behavior Analyst</td>
</tr>
<tr>
<td>LCPC</td>
<td>Licensed Clinical Professional Counselor</td>
</tr>
<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>
</tr>
<tr>
<td>LMHP</td>
<td>Licensed Mental Health Professional</td>
</tr>
<tr>
<td>LN</td>
<td>Licensed Nutritionist</td>
</tr>
<tr>
<td>LP</td>
<td>Licensed Psychologist</td>
</tr>
<tr>
<td>LPC</td>
<td>Licensed Professional Counselor</td>
</tr>
<tr>
<td>LPCC</td>
<td>Licensed Professional Clinical Counselor</td>
</tr>
<tr>
<td>LPC-MH</td>
<td>Licensed Professional Counselor - Mental Health</td>
</tr>
<tr>
<td>LSW</td>
<td>Licensed Social Worker</td>
</tr>
<tr>
<td>MAC</td>
<td>Master Addiction Counselor</td>
</tr>
<tr>
<td>MFT</td>
<td>Marriage and Family Therapy</td>
</tr>
<tr>
<td>MSW-PIP</td>
<td>Master of Social Work - Practitioner in Private Practice</td>
</tr>
<tr>
<td>MT-BC</td>
<td>Music Therapist - Board Certified</td>
</tr>
<tr>
<td>NBCC</td>
<td>National Board Certified Counselor</td>
</tr>
<tr>
<td>NCC</td>
<td>National Certified Counselor</td>
</tr>
<tr>
<td>NCCE</td>
<td>Nationally Certified Custody Evaluator</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.

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

Organizational Index
This Guide is available to search online under the 211 Helpline tab at:
www.helplinecenter.org/brookings

Alcoholics Anonymous ........................................................................................................... Page 12
At Ease Counseling Services, LLC.......................................................................................... Page 7
Avera Behavioral Health Outpatient Services ............................................................................ Page 7
Avera Medical Group ............................................................................................................. Page 7
Behavior Care Specialists ....................................................................................................... Page 7
Brookings County Sheriff ........................................................................................................ Page 12
Brookings Counseling Solutions, LLC ..................................................................................... Page 7
Brookings Empowerment Project ............................................................................................ Page 12
Brookings Hospital ................................................................................................................ Page 12
Brookings Police Department ................................................................................................ Page 12
Circle of Encouragement Counseling ..................................................................................... Page 8
Clear Perspectives Counseling Associates ............................................................................. Page 8
East Central Behavioral Health ................................................................................................ Page 8
Helpline Center - 211 Resources ............................................................................................. Page 8
Helpline Center - Suicide and Crisis Support ........................................................................ Page 9
Lighthouse Counseling Services ............................................................................................. Page 9
Lutheran Social Services .......................................................................................................... Page 9
Music Therapy Empowers, LLC ............................................................................................. Page 9
NAMI Brookings .................................................................................................................... Page 12
Narcotics Anonymous ............................................................................................................ Page 12
New Perspectives Counseling, LLC ....................................................................................... Page 9
Psychiatric Services, LLC ....................................................................................................... Page 10
Rita Olson's Counseling & Mediation ...................................................................................... Page 10
Sandra Diedrich, MS, LPC-MH ............................................................................................... Page 10
Sanford Health Brookings Clinic ............................................................................................. Page 10
South Dakota QuitLine ............................................................................................................ Page 12
South Dakota State University—Counseling Services ............................................................... Page 10
Uckert Counseling .................................................................................................................. Page 11
# Service Category Index

## Abuse Issues (for children and/or adult victims and survivors)
- Avera Behavioral Health Outpatient Services ................................................................ Page 7
- Lutheran Social Services .................................................................................................. Page 9
- Psychiatric Services, LLC .............................................................................................. Page 10

## Addiction Services / Substance Abuse Services
- Alcoholics Anonymous .................................................................................................. Page 12
- East Central Behavioral Health ...................................................................................... Page 8
- Narcotics Anonymous .................................................................................................... Page 12
- Sanford Health Brookings Clinic ................................................................................... Page 10

## Children / Adolescent Therapy
- At Ease Counseling Services, LLC ................................................................................ Page 7
- Avera Behavioral Health Outpatient Services ............................................................... Page 7
- Behavior Care Specialists ............................................................................................... Page 7
- Brookings Counseling Solutions, LLC ........................................................................... Page 7
- Circle of Encouragement Counseling .......................................................................... Page 12
- Clear Perspectives Counseling Associates ................................................................... Page 8
- East Central Behavioral Health ...................................................................................... Page 8
- Lighthouse Counseling Services ................................................................................... Page 9
- New Perspectives Counseling, LLC .............................................................................. Page 9
- Rita Olson's Counseling & Mediation ............................................................................ Page 10
- Sandra Diedrich, MS, LPC-MH ..................................................................................... Page 10
- Uckert Counseling .......................................................................................................... Page 11

## Faith-Based Therapy
- Lutheran Social Services ............................................................................................... Page 9

## General Support Services
- Alcoholics Anonymous .................................................................................................. Page 12
- Brookings County Sheriff .............................................................................................. Page 12
- Brookings Empowerment Project .................................................................................. Page 12
- Brookings Hospital ......................................................................................................... Page 12
- Brookings Police Department ........................................................................................ Page 12
- Helpline Center - 211 Resources ................................................................................... Page 9
- NAMI Brookings ........................................................................................................... Page 12
- Narcotics Anonymous .................................................................................................... Page 12
- South Dakota QuitLine ................................................................................................... Page 12

## Psychiatry and Medication Management
- East Central Behavioral Health ..................................................................................... Page 8

## Suicide Survivor Support Services
- Helpline Center - Suicide and Crisis Support ................................................................ Page 9
At Ease Counseling Services, LLC  
306 4th Street, Suite H Brookings, SD 57006  
Phone: (605) 360-2870  
E-mail: ateasecounselingllc@gmail.com  
Hours: 6:00pm - 9:00pm, Monday - Friday / 8:00am - 9:00pm, Saturday / 12:00pm - 8:00pm, Sunday  
Fees: Call for information  
**Services Offered:** Mental health counseling services for people ages 13 and above; experience working with people who experienced trauma, have co-occurring disorders, and chronic mental health issues.  
**Behavioral Health Professional:** Jessica McLaughlin, LPC-MH, QMHP  

---  

Avera Behavioral Health Outpatient Services  
601 4th Street, Suite 1011921 Building Brookings, SD 57006  
Phone: (605) 322-4079  
Website: www.averas.org  
**Hours:** Appointments available as needed / evening hours available  
**Fees:** Accepts Medicaid, Medicare; private pay; all private insurance, EAP contracts with multiple employers  
**Services Offered:** Outpatient therapy providing individual, couple/marriage, teen, and family counseling on topics including, but not limited to grief, depression, and anxiety. Employee Assistance Program. 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 therapists caseloads to help increase supportive and therapeutic environments and skills.  
**Behavioral Health Professionals:**  
Jeri L. Nelson, MSW, CSW-PIP, QMHP  
Nikki Eining, CSW-PIP, QMHP  
Sharon Thomas, LPC-MH  

---  

Avera Medical Group  
400 22nd Street Brookings, SD 57006  
Phone: (605) 697-9500  
Website: www.Avera.org/Clinics/Brookings  
Fax: (605) 697-9673  
**Clinic hours:** 8:00am - 5:00pm, Monday - Friday / Urgent Care: 5:00pm - 7:00pm, Monday – Friday  
**Hours:** 9:00am - 12:00am, Saturday, Sunday  
**Fees:** Call for information  
**Services Offered:** Avera Medical Group Brookings is a multi-specialty medical group. Physicians have completed residencies and are certified specialists in their field. A Coordinated Care Team is available to help identify resource support for community and primary healthcare needs.  
**Behavioral Health Professional:** Brenda Karch, MSW, LCSW  

---  

Behavior Care Specialists  
151 Airport Avenue Brookings, SD 57006  
Phone: (605) 906-8801  
Website: www.behaviorcarespecialists.com  
Fax: (605) 271-2690  
E-mail: bcsbrookings@behaviorcarespecialists.com  
**Hours:** 8:00am - 5:00pm, Monday - Friday  
**Fees:** Accepts private health insurance and contracts with school districts; also accepts private pay  
**Services Offered:** Applied behavior analysis and behavior therapy for children and adolescents with diagnoses of Autism and other developmental disabilities including behavior disorders such as Oppositional Defiant Disorder (ODD), Attention Deficit Hyperactivity Disorder (ADD/ADHD), disruptive mood disorders, and conduct disorders.  
**Behavioral Health Professionals:**  
Amanda Devries, RBT  
Jessica Herbert, MS, BCBA  
Lonna Siem, MS, BCBA, LBA  

---  

Brookings Counseling Solutions, LLC  
1304 Main Avenue S. Brookings, SD 57006  
Phone: (605) 999-6162  
Website: www.brookingscounselingsolutions.com  
Fax: (605) 942-7300  
**Hours:** By appointment, day and early evening available  
**Fees:** Accepts Medicaid, Medicare, most Employee Assistance (EAP) and insurance.  
**Services Offered:** 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:**  
Melissa Klemm, NCC, LAC, LPC-MH, QMHP  
Erin Stearns, CSW-PIP, QMHP
Circle of Encouragement Counseling  
1514 12th Street S. Brookings, SD 57006  
**Phone:** (605) 691-7630  
**Fax:** (605) 692-4906  
**E-mail:** encourage@brookings.net  
**Hours:** 8:00am - 6:00pm, Monday - Friday by appointment  
**Fees:** Intake $150.00; Hourly $130.00; Accepts most major insurance and Medicaid; Individual payment arrangement by mutual agreement.  
**Services Offered:** 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:**  
Clark G. Perkins, MEd, NCC, LPC, Play Therapist  
Debra A. Butman-Perkins, MS, NCC, LPC-MH, QMHP, Registered Play Therapist-Supervisor  

Clear Perspectives Counseling Associates  
1451 6th Street Brookings, SD 57006  
**Phone:** (605) 651-7416  
**Fax:** (605) 692-8997  
**Hours:** 9:00am - 6:00pm, Monday - Friday  
**Fees:** Accepts most insurances and EAP policies; out of pocket services are available upon request.  
**Services Offered:** 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.  
**Behavioral Health Professionals:** Alicia Gamache, MA, LPC  

East Central Behavioral Health  
211 4th Street Brookings, SD 57006  
**Phone:** (605) 697-2850  
**Fax:** (605) 697-2874  
**Website:** www.ecbh.org  
**Hours:** Call for information. Phone answered 24 hours a day / 7 days a week  
**Fees:** All major insurance accepted; fees discussed at first session; most services available at significantly reduced cost.  
**Services Offered:** Providing four major areas of service:  
- Comprehensive Child/Adolescent/Family Services: outpatient therapy, psychoeducational 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  
Jenna Heylens, BS, ACT  
Amy Ward, LPC, QMHP  
Bridjett Sturzenbecher, LPC, LSW, QMHP, ACT  

Helpline Center - 211 Resources  
**Phone:** call 2-1-1  
**Fax:** (605) 332-1333  
**Website:** www.helplinecenter.org  
**E-mail:** help@helplinecenter.org  
**Hours:** 24 hours a day / 7 days a week / 365 days a year  
**Fees:** None  
**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. 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. If for some reason we don't have an answer for you, we'll connect you to someone who does. 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 at www.helplinecenter.org/211database with a guided and keyword search, to help you find the proper resources.
Helpline Center - Suicide and Crisis Support  
**Phone:** (800) 273-8255  
**Website:** [www.helplinecenter.org](http://www.helplinecenter.org)  
**E-mail:** help@helplinecenter.org  
**Hours:** 24 hours a day / 7 days a week / 365 days a year  
**Services Offered:** 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. 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 Professionals:**  
Janet L. Kittams, MA, LPC  
Sheri Nelson, MA, LAC

Lighthouse Counseling Services  
628 Main Avenue, Suite B Brookings, SD 57006  
**Phone:** (605) 690-4645  
**Fax:** (605) 690-4645  
**E-mail:** lighthousecounselingservices@outlook.com  
**Hours:** 8:00am - 8:00pm, Monday - Sunday  
**Services Offered:** 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) Brookings - Counseling Services  
752 22nd Avenue Brookings, SD 57006  
**Phone:** (855) 334-2953  
**Fax:** (605) 444-7500  
**E-mail:** info@lsssd.org  
**Hours:** 8:00am - 5:00pm, Monday - Friday, and by appointment  
**Services Offered:** 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  
Vicki Albers, LAC

Music Therapy Empowers, LLC  
614 Main Avenue S. Brookings, SD 57006  
**Phone:** (563) 212-4223  
**Website:** [www.musictherapyempowerssd.com](http://www.musictherapyempowerssd.com)  
**E-mail:** kristina.gindo@musictherapyempowerssd.com  
**Hours:** Available by appointment  
**Services Offered:** 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. Also provides online group to promote supportive and pro-active discussion amongst participants as well as provide tools for home and other settings called Exceptional Kids of Brookings. Consulting and support services available for community-based groups. Good Vibes - a music group that meets at 6:00pm, the 1st and 3rd Monday of the month. Designed for teens and pre-teens who would benefit from self-expression through music (help adjusting to challenges, developing resilience, self-reliant skills and positive self-esteem, etc). A nominal fee/group rate will be charged amongst everyone to keep the cost low.  
**Behavioral Health Professional:** Kristina Gindo, MT-BC

New Perspectives Counseling, LLC  
1451 6th Street Brookings, SD 57006  
**Phone:** (605) 864-6946  
**Website:** [www.clearreflections-counseling.com](http://www.clearreflections-counseling.com)  
**E-mail:** new.perspectives@hotmail.com  
**Hours:** Available by appointment  
**Services Offered:** 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. Also provides online group to promote supportive and pro-active discussion amongst participants as well as provide tools for home and other settings called Exceptional Kids of Brookings. Consulting and support services available for community-based groups. Good Vibes - a music group that meets at 6:00pm, the 1st and 3rd Monday of the month. Designed for teens and pre-teens who would benefit from self-expression through music (help adjusting to challenges, developing resilience, self-reliant skills and positive self-esteem, etc). A nominal fee/group rate will be charged amongst everyone to keep the cost low.  
**Behavioral Health Professional:** Kristina Gindo, MT-BC

---

**2019 Brookings Area Mental Health Guide**

Helpline Center - Suicide and Crisis Support  
**Phone:** (800) 273-8255  
**Website:** [www.helplinecenter.org](http://www.helplinecenter.org)  
**E-mail:** help@helplinecenter.org  
**Hours:** 24 hours a day / 7 days a week / 365 days a year  
**Services Offered:** 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. 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 Professionals:**  
Janet L. Kittams, MA, LPC  
Sheri Nelson, MA, LAC

Lighthouse Counseling Services  
628 Main Avenue, Suite B Brookings, SD 57006  
**Phone:** (605) 690-4645  
**Fax:** (605) 690-4645  
**E-mail:** lighthousecounselingservices@outlook.com  
**Hours:** 8:00am - 8:00pm, Monday - Sunday  
**Services Offered:** 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) Brookings - Counseling Services  
752 22nd Avenue Brookings, SD 57006  
**Phone:** (855) 334-2953  
**Fax:** (605) 444-7500  
**E-mail:** info@lsssd.org  
**Hours:** 8:00am - 5:00pm, Monday - Friday, and by appointment  
**Services Offered:** 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  
Vicki Albers, LAC

Music Therapy Empowers, LLC  
614 Main Avenue S. Brookings, SD 57006  
**Phone:** (563) 212-4223  
**Website:** [www.musictherapyempowerssd.com](http://www.musictherapyempowerssd.com)  
**E-mail:** kristina.gindo@musictherapyempowerssd.com  
**Hours:** Available by appointment  
**Services Offered:** 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. Also provides online group to promote supportive and pro-active discussion amongst participants as well as provide tools for home and other settings called Exceptional Kids of Brookings. Consulting and support services available for community-based groups. Good Vibes - a music group that meets at 6:00pm, the 1st and 3rd Monday of the month. Designed for teens and pre-teens who would benefit from self-expression through music (help adjusting to challenges, developing resilience, self-reliant skills and positive self-esteem, etc). A nominal fee/group rate will be charged amongst everyone to keep the cost low.  
**Behavioral Health Professional:** Kristina Gindo, MT-BC

New Perspectives Counseling, LLC  
1451 6th Street Brookings, SD 57006  
**Phone:** (605) 864-6946  
**Website:** [www.clearreflections-counseling.com](http://www.clearreflections-counseling.com)  
**E-mail:** new.perspectives@hotmail.com  
**Hours:** Available by appointment  
**Services Offered:** 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. Also provides online group to promote supportive and pro-active discussion amongst participants as well as provide tools for home and other settings called Exceptional Kids of Brookings. Consulting and support services available for community-based groups. Good Vibes - a music group that meets at 6:00pm, the 1st and 3rd Monday of the month. Designed for teens and pre-teens who would benefit from self-expression through music (help adjusting to challenges, developing resilience, self-reliant skills and positive self-esteem, etc). A nominal fee/group rate will be charged amongst everyone to keep the cost low.  
**Behavioral Health Professional:** Kristina Gindo, MT-BC

---

[www.helplinecenter.org/Brookings](http://www.helplinecenter.org/Brookings)
<table>
<thead>
<tr>
<th><strong>New Perspective - Cont’d</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hours:</strong></td>
<td>9:00am - 6:00pm, Monday - Thursday</td>
</tr>
<tr>
<td><strong>Fees:</strong></td>
<td>$175.00 intake assessment; $140.00 per 50 minute session after intake. Accepts most major insurances including Medicaid.</td>
</tr>
<tr>
<td><strong>Services Offered:</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Behavioral Health Professional:</strong></td>
<td>Brandi Brinntall MA, NCC, LPC-MH</td>
</tr>
</tbody>
</table>

**Psychiatric Services, LLC**
306 4th Street Suite G Brookings, SD 57006
**Phone:** (605) 697-5352  
**Fax:** (605) 610-1581  
**Hours:** 8:00am - 5:00pm, Monday, Tuesday, and Thursday  
**Fees:** Call for information; Medicaid  
**Services Offered:** Diagnosing and treating mental illnesses such as depression, anxiety, Attention Deficit Hyperactivity Disorder (ADD/ADHD), Obsessive Compulsive Disorder (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 Brookings, SD 57006
**Phone:** (605) 602-1614  
**Fax:** (605) 690-3465  
**E-mail:** dr.olson@mchsi.com  
**Hours:** 8:00am - 9:00pm, Tuesday / 8:00am - 6:00pm, Wednesday, Thursday / other times available as needed  
**Fees:** $150.00 per session; insurance; EAP company affiliation  
**Services Offered:** Individual, couple, 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 Brookings, SD 57006
**Phone:** (605) 690-9062  
**E-mail:** sbyrdd@yahoo.com  
**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.  
**Services Offered:** Christian Counseling - Provides individual, couples (including premarital & divorce recovery), and family therapy. 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-MH, QMHP

**Sanford Health Brookings Clinic**
922 22nd Avenue S. Brookings, SD 57006
**Phone:** (605) 697-1900  
**Website:** www.sanfordhealth.org  
**Hours:** 8:00am - 5:00pm, Monday - Friday  
**Fees:** Accepts most insurance, Medicare, and Medicaid  
**Sanford Health Brookings Clinic - Cont’d**  
**Services Offered:** Medical services include: Behavioral health counseling provides; chemical dependency assessment, crisis intervention, brief therapy for individuals, couples, and families. Psychosocial support for individuals with chronic or newly diagnosed health conditions.  

**South Dakota State University - Counseling Services**
1440 N. Campus Drive Brookings, SD 57007
**Phone:** (605) 688-4157  
**E-mail:** sdsu.shc@sdstate.edu  
**Website:** www.sdsu.edu/counseling-services  
**Fees:** None  
**Services Offered:** Mission of South Dakota State University Student Health Clinic and Counseling Services is to promote the health and wellness of the university community, to enhance student retention and to support academic and personal growth.
South Dakota State University - Counseling Services - Cont’d

Hours:
- 8:00am - 5:00pm, Monday, Wednesday, Thursday and Friday. Closed on Holidays
- 8:00am - 7:00pm Tuesday (During academic school year)
- Counselors are also available after business hours for emergency or crisis intervention.

Behavioral Health Professionals:
- Darci Nichols, LPC, QMHP
- Jessica McLaughlin, LPC-MH, QMHP
- Carrie Jorgensen, NCC
- Gabe Hertler, LPC, QMHP
- Polly Davis, LPC
- Greg Wasberg, PhD/Org Psych

Uckert Counseling
619 5th Avenue, Suite 3 Brookings, SD 57006
Phone: (605) 592-5300
Fax: (605) 696-7977
Website: https://www.uckertcounseling.com/
E-mail: uckertcounseling@gmail.com

Hours: 8:00am - 5:00pm, Monday - Thursday
Fees: Insurance accepted; accepts cash, checks and credit cards.
Services Offered: Mental health counseling to children, adolescents, and adults in the Brookings, SD area. Areas of interest include: anxiety, depression, transition or adjustment issues, women’s issues, grief and trauma.
Behavioral Health Professional: Andrea L. Uckert, LPC-MH, QMHP
General Support Services

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

Emergency Dial: 9-1-1

Alcoholics Anonymous
- 135 1st Avenue S. (Clubhouse) Brookings, SD 57006
- Phone: (605) 692-6070
- Website: www.area63aa.org
- Hours: Vary, call for information
- Fees: None
- Services Offered: Alcoholics Anonymous is 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 Empowerment Project
- 600 Main Avenue, 2nd Floor Brookings, SD 57006
- Website: www.empowerbrookings.org
- E-mail: bep.57006@gmail.com
- Hours: Email for information
- Fees: None for services; $15.00 to be part of organizing group and $25.00 for family membership
- Services Offered: Empowers caregivers and individuals with persistent mental illness with resources and support Services provided: Education on mental illness, therapies and referrals to mental health providers. Caregiver support groups.

NAMI Brookings
- Meeting location: Brookings Hospital, private dining room or conference room
- 300 22nd Avenue Brookings, SD 57006
- Phone: (605) 271-1871
- Website: www.namisouthdakota.org
- 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
- Services Offered: NAMI South Dakota 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), Brookings, SD 57006
- Phone: (605) 731-8066
- Website: www.sdna.com
- E-mail: webservant@sdna.com
- Hours: 7:30pm, Thursday
- Fees: None
- Services Offered: Narcotics Anonymous is 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
- Services Offered: 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.
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
- 1-800-273-8255 • 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
- Brookings Area Mental Health Guide
- Brookings Area Basic Needs Resource Guide
- Brookings Helping Hand Emergency Resource Guide
- Online Database at [www.helplinecenter.org/211database](http://www.helplinecenter.org/211database)

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