Sioux Falls 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
IN THE TOP 10% NATIONWIDE FOR PATIENT SATISFACTION
*Press Ganey

Avera is leading the way in behavioral health services. While any one of these factors alone reflects excellence, together they make Avera Behavioral Health Center exceptional.

- 122-bed Avera Behavioral Health Center, the region's leader in behavioral health services
- The largest and most comprehensive team of behavioral health specialists in the region
- Partial hospitalization program, outpatient mental health and addiction recovery program
- Specialized ECT suite
- TMS therapy—transcranial magnetic stimulation services

Free 24-hour, confidential behavioral health assessment line: 1-800-691-4336
AveraBehavioralHealth.org
4400 W. 59th St., Sioux Falls, SD 57108
Welcome to the 2019 Sioux Falls Mental Health Guide. The Guide is produced in partnership with Avera Health. 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 Sioux Falls area.

There are three ways to find a specific resource:

By Service Category beginning on Page 4

By Organizational Index beginning on Page 9

Online at www.helplincenter.org/sfmhg

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 used throughout this guide, of professional accreditations and certifications.

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<th>Abbreviation</th>
<th>Description</th>
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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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<td>DSW</td>
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<td>EdD</td>
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<td>JD</td>
<td>Juris Doctorate</td>
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<td>MA</td>
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<tr>
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<td>MBA</td>
<td>Master of Business Administration</td>
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<tr>
<td>MD</td>
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<tr>
<td>MDiv</td>
<td>Masters in Divinity</td>
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<td>MEd</td>
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<tr>
<td>MOL</td>
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<td>RD</td>
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<td>RN-BC</td>
<td>Registered Nurse, Board Certified</td>
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1-800-273-TALK(8255)
Helpline Suicide & Crisis Support  www.helplinecenter.org/sfmhg
# Glossary of Abbreviations - Certifications and Licenses

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

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<th>Abbreviation</th>
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<td>ACA</td>
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<tr>
<td>ACS</td>
<td>Approved Clinical Supervisor</td>
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<td>ACT</td>
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<tr>
<td>AP/RN-BC</td>
<td>Advanced Practice Registered Nurse, Board Certified</td>
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<tr>
<td>ASS</td>
<td>Approved Supervisor Status</td>
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<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>BCPCF</td>
<td>Board Certified Professional Christian Counselor</td>
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<tr>
<td>CAC</td>
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<td>CBIS</td>
<td>Certified Brain Injury Specialist</td>
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<td>CCATP</td>
<td>Certified Clinical Anxiety Treatment Professional</td>
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<td>CCDCiii</td>
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<td>CCM</td>
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<td>CCMHC</td>
<td>Certified Clinical Mental Health Counselor</td>
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<td>CCSII</td>
<td>Certified Clinical Supervisor</td>
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<td>CTTT</td>
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<td>CDBT</td>
<td>Certified in Dialectical Behavioral Therapy</td>
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<td>CEAP</td>
<td>Certified Employee Assistance Professional</td>
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<tr>
<td>CFLE</td>
<td>Certified Family Life Educator</td>
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<td>CHPN</td>
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<td>CNL</td>
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<tr>
<td>CNP</td>
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<tr>
<td>CNS</td>
<td>Clinical Nurse Specialist</td>
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<td>CPS</td>
<td>Certified Prevention Specialist</td>
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<td>CRC</td>
<td>Commission on Rehabilitation Counselor Certification</td>
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<td>CST</td>
<td>Certified Sex Therapist</td>
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<td>CSW</td>
<td>Certified Social Worker</td>
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<tr>
<td>CSW-PIP</td>
<td>Certified Social Worker - Practitioner in Private Practice</td>
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<tr>
<td>DBT sp.</td>
<td>Adapted Dialectical Behavior</td>
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<tr>
<td>EAP</td>
<td>Equine Assisted Psychotherapy</td>
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<td>ICADC</td>
<td>Internationally Certified Alcohol and Drug Counselor</td>
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<td>LBA</td>
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<td>LCPC</td>
<td>Licensed Clinical Professional Counselor</td>
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<td>LCSW</td>
<td>Licensed Certified Social Worker</td>
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<tr>
<td>LCSW-PIP</td>
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<tr>
<td>LCW</td>
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<td>LGSW</td>
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<td>LICSW</td>
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<td>LMFT</td>
<td>Licensed Marriage &amp; Family Therapist</td>
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<td>LMHP</td>
<td>Licensed Mental Health Professional</td>
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<td>LP</td>
<td>Licensed Psychologist</td>
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<tr>
<td>LPC</td>
<td>Licensed Professional Counselor</td>
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<td>LPCC</td>
<td>Licensed Professional Clinical Counselor</td>
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<td>LPC-MH</td>
<td>Licensed Professional Counselor - Mental Health</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>
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<tr>
<td>MFT</td>
<td>Marriage and Family Therapy</td>
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<td>MSW-PIP</td>
<td>Master of Social Work - Practitioner in Private Practice</td>
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<tr>
<td>MT-BC</td>
<td>Music Therapist - Board Certified</td>
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<tr>
<td>NBCC</td>
<td>National Board Certified Counselor</td>
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<td>NCC</td>
<td>National Certified Counselor</td>
</tr>
<tr>
<td>NCCE</td>
<td>Nationally Certified Custody Evaluator</td>
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[www.helplinecenter.org/sfmhg](http://www.helplinecenter.org/sfmhg)
Glossary of Abbreviations - Certifications and Licenses
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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

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<td>- Sioux Empire Christian Counseling, Inc. ................................................................</td>
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<td>- Sioux Falls VA Health Care System - Mental Health Service Line ........................................</td>
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<td>- Sioux Falls Wellness Counseling ................................................................</td>
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<td>- Southeastern Behavioral Healthcare ................................................................</td>
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<td>- Sozo Counseling Care, Inc ........................................................................</td>
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<td>- Stacey Hauck ................................................................................</td>
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<td>- Stacy Gorman, LLC ........................................................................</td>
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<td>- Tina Harp Counseling, Inc ..................................................................</td>
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<td></td>
<td>- Vet Center - Sioux Falls ....................................................................</td>
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<tr>
<td></td>
<td>- Wellspring Therapy Center ..................................................................</td>
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www.helplinecenter.org/guides

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Agapé Counseling Center, LLC
316 E. Holly Boulevard Brandon, SD 57005
Phone: (605) 562-4722 Website: www.agapecounselingsd.com
Fax: (605) 582-3197 E-mail: agapecounselingbrandon@gmail.com
Hours: 8:00am - 6:00pm, Monday - Friday / Evenings and weekends by appointment
Fees: To be discussed during appointment
Services Offered: Counseling and therapy services include marriage, couples, and family. Focus areas include depression, anxiety, grief, chemical dependency, abuse, body image, spirituality, and life transitions.
Behavioral Health Professionals: Erin Sanford MA, LPC-MH, QMHP Jennifer Zerfas, MA, NCC, LPC, LAC, QMHP Lindsey Waggoner MA, LPC, NCC

Ann Flynn-Crowe Counseling
3220 W. 57th Street, Suite 100A Sioux Falls, SD 57108
Phone: (605) 940-1187 Website: www.annflyncrowecounseling.com
Hours: 8:00am - 5:00pm, day and evening hours by appointment
Fees: Accepts most insurance, Medicaid, and Medicare
Services Offered: Counseling for children, adolescents, adults, couples and families. Areas of specialty include depression, anxiety, life adjustments, stress, trauma, parenting issues, divorce, marital issues, infertility, ADD/ADHD, oppositional defiant disorder. Utilizing Cognitive Behavioral Therapy (CBT) and other modalities.
Behavioral Health Professional: Ann Flynn-Crowe, MSW, CSW-PIP

Avera Behavioral Health Triage Services
2412 S. Cliff Avenue Sioux Falls, SD 57105
Phone: (605) 322-4086
Fax: (605) 322-4080
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Able to bill most insurances; willing to work with patient for financial assistance needs.
Services Offered: Avera Behavioral Health Triage Services offers sooner access to mental health therapy sessions for patients experiencing increased mental health needs. Sessions often can be scheduled same-day or within 3 business days. Patient meets with mental health therapist for a 30-45 minute brief crisis session: processing stressors, support systems, coping mechanisms, providing brief therapeutic interventions. Goal is to meet patients in their time of need and assist with re-regulation of emotional state and assisting with ensuring ongoing follow-up care (if needed). Tele-therapy services are available only in the following select rural communities in South Dakota (thanks to a HRSA grant): Bowdle, Britton, Redfield, Yankton, Platte, White Lake, Gregory, Miller, Parkston, Tyndall, Wagner, Geddes, and Scotland.
Behavioral Health Professionals:
Lindsay Neth, MSW, CSW-PIP, QMHP
Hedi Roberts, MSW, CSW-PIP, QMHP
Kelsey Sjaarda, MSW, CSW-PIP
Mary Ellen Smith, LPC-MH
Dr. Nancy Wise-VanderLee, PhD
Mary Beth Dornsheim, MSW, CSW-PIP
Lawrence Ling, MSW, CSW-PIP
Amy McFarland, MSW, CSW-PIP, DBTC
Megan Engdahl, MSW, CSW-PIP, QMHP
Erik Anderson, MSW, CSW-PIP
Dr. Donald Baum, PhD
Christopher Pudwill, MSW, CSW-PIP, QMHP
Amber Lehman-Myers, MSW, CSW-PIP
Lindsey Krueger, MSW, CSW-PIP

Avera Cancer Institute - Integrative Medicine Clinic
1000 E. 23rd StreetSuite 140 Sioux Falls, SD 57105
Phone: (605) 322-3241
Fax: (605) 322-4377 Website: www.averacancer-care/cancer-support-services/
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Fee for service, insurance billing
Services Offered: Oncology Outpatient Therapists - offer counseling for people with cancer at any stage of treatment or recovery. Also available to see any family or support members of the individual for counseling. Addressing issues of adjustment to illness, fear of recurrence, cancer induced distress, anxiety, depression, life legacy, advance care planning, grief, and bereavement. Support groups: Renewing Life Groups is a 8-week group which is offered 3 times per year. No charge for the class; only cost is the manual. Waiting list maintained. A Time To Heal for Breast Cancer is a 12-week psychosocial rehabilitation group offered 2 times/year. No charge for class or materials-donation only.
Behavioral Health Professionals:
Brenda Ling, MSW, CSW-PIP, OSW-C Lynne Hunter, MSW, CSW-PIP, OSW-C
Avera McKennan Behavioral Health Center - Adolescent Group Therapy Program
4400 W. 69th Street, Suite 100 Sioux Falls, SD 57108
Phone: (605) 322-4057
Website: www.averabehavioralhealth.org
Fax: (605) 322-5142
Hours: 8:00am - 6:00pm, Monday - Friday / 4:00pm - 5:45pm, one afternoon each week for 8 weeks
Fees: Call for information
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.
Behavioral Health Professional: Amber Reints, PMHNP

Avera McKennan Behavioral Health Center - Adult Grief Program
4400 W. 69th Street, Suite 100 Sioux Falls, SD 57108
Phone: (605) 322-4074
Fax: (605) 322-4060
Hours: 8:00am - 5:00, Monday - Friday / 9:00am - 12:00noon, Saturday / call for group start dates
Fees: None for groups; individual sessions are $80.00
Services Offered: A professionally directed program designed to help adults navigate through any type of grief process in a small group and/or individual setting. Additionally offers a grief group specifically for those who have experienced an infant loss.
Behavioral Health Professional: Dr. Mark Vande Braak

Avera McKennan Behavioral Health Center - Adult Partial Hospital and Intensive Outpatient
4400 W. 69th Street, Suite 100 Sioux Falls, SD 57108
Phone: (605) 322-4056
Fax: (605) 322-4009
Hours: 8:00am - 4:30pm, Monday - Friday
Fees: None for assessment; accepts most insurance including Medicaid and Medicare.
Services Offered: Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. 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. Partial Hospital Program (PHP) serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 3-5 days per week, 4-6 hours per day. Intensive Outpatient Program (IOP), the goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally 7-11 hours of structured programming per week consisting of counseling and education groups.
Behavioral Health Professional: Kathleen McKenzie, MA, LPC, RN

Avera McKennan Behavioral Health Center - Assessment and Referral
4400 W. 69th Street, Suite 100 Sioux Falls, SD 57108
Phone: (605) 322-4065
Fax: (800) 691-4336
Hours: 24 hours a day/7 days a week / a message may be left if call is not answered immediately / a staff will respond to messages as soon as possible.
Fees: None
Services Offered: Program provides free assessments 24 hours a day for mental health problems to determine an appropriate level of care.

Avera McKennan Behavioral Health Center - Inpatient Units
4400 W. 69th Street, Suite 100 Sioux Falls, SD 57108
Phone: (605) 322-4065
Fax: (605) 322-4060
Hours: 24 hours a day/7 days a week
Fees: Assessment determines the right level of care, and the costs associated with each level of care will be explained. Insurance accepted including Medicare and Medicaid.
Services Offered: Inpatient treatment with units dedicated for children, adolescents, adults and seniors with acute psychiatry needs. A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns. Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia. Group therapies focus on developing...
Avera McKennan Behavioral Health Center - Inpatient Units - Cont’d
coping skills through expressive therapies and behavioral therapy.

Behavioral Health Professionals:
- Paige Thompson, MSW, CSW-PIP
- Mary Beth Dornheim, MSW, LICSW, CSW-PIP
- Jennifer Wiese, MA, NCC, LPC-MH, LAC

Avera Medical Group Behavioral Health Clinic
2412 S. Cliff Avenue, Suite 200 (Avera Professional Plaza) Sioux Falls, SD 57105

Phone: (605) 322-4079  Website: www.avera.org
Fax: (605) 322-4080

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

Fees: Accepts most insurance including Medicare and Medicaid

Services Offered: Individual, group, couples, and family counseling for all ages. Issues covered included depression, anxiety, borderline personality disorder, bipolar disorder, anorexia, bulimia, healthy weight loss, grief, Attention Deficit Hyperactivity Disorder (ADD/ADHD), chronic pain, family separation, divorce, self-destructive behaviors, self-esteem, abuse issues, anger management, and/or any other mental health disorder including PTSD. Offering neuropsychological and psychological testing, biofeedback, eye movement desensitization (EMDR), and EAP (employee assistance program) services and training. Group therapy including borderline personality disorder treatment groups including STEPPS, STAIRWAYS, and STRIDES; dialectical behavioral therapy (DBT) group; Best Me Group (social skills group for kids 6-10); and pain management group.

Behavioral Health Professionals:
- Amber Lehman-Meyers, MSW, MDiv, LCSW-PIP
- Amy McFarland, MSW-PIP
- Chris Pudwill, MSW-PIP
- Erik Anderson, CSW-PIP
- Jeri Nelson, MSW-PIP
- Larry Ling, MSW-PIP
- Lindsey Krueger, MSW-PIP
- Megan Engdahl, MSW-PIP
- Nancy Wise-Vander Lee, PhD, LP
- Rick Carlson, LPC, NCC, CEAP
- Tim Heerts, LPC, LMFT, CEAP
- Chris Nordgren, PhD, LP
- Donald Baum, PhD, LP
- Hiedi Roberts, MSW-PIP
- Kelsey Sjaarda, MSW-PIP
- Lindsay Neth, MSW-PIP
- Mary Ellen Smith, MS, LPC-MH, NCC, QMHP
- Michael Falconer, MSW-PIP
- Nikki Eining, MSW-PIP
- Thomas Shaffer, PHD, LP

Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program
2412 S. Cliff Avenue, Suite 100 (Avera Professional Plaza) Sioux Falls, SD 57105

Phone: (605) 322-4079  Website: www.avera.org
Fax: (605) 322-4080

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

Fees: Vary with services provided; accepts most insurance including Medicare; not able to accept Medicaid; patients can cash pay for services but it is a fixed rate and not sliding fee scale.

Services Offered: Individuals, couples, or families can received specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties. Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment. Court-approved provider for chemical dependency assessments, counseling and treatment services. Adolescents can be seen for chemical dependency evaluations and individual therapy. Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties. Staffs trained art therapists to facility art therapy in individual counseling sessions. Dual-credentialed therapists licensed in mental health and addictions. Offers counseling services via telemedicine. Currently, patients can participate in telemed counseling services at the Flandreau Avera clinic and Aberdeen Avera clinic. Offers CD assessments and individual therapy. Anyone can participate in this service but they would have to present to the Flandreau or Aberdeen clinic to participate. Uses Avera polycom system. Accredited by the State of South Dakota as well as by the Joint Commission (JCAHO).

Behavioral Health Professionals:
- Susan Harder, LPC, ATR, ACT
- Joseph Block, LAC
- Lana Smith, MA, LMFT, QMHP, LAC
- Malia Holbeck, MSW, LCSW, LAC
- Melissa Roby, MS, LPC, LAC
- Helena Dufault, MSW, LCSW, ACT
- Elisa Lewis, MS, LPC, NCC, LAC, QMHP
- Alyssa Howe, LPC-MH, LAC
- James Green, LAC
- Jennifer Albrecht, MAT, LPC-MH, LAC
- Alicia Hagstrom, LPC, LAC

1-800-273-TALK(8255)  Helpline Suicide & Crisis Support
www.helplinecenter.org/sfmhg
Avera Medical Group Internal Medicine Women's
116 W. 69th Street Sioux Falls, SD 57108
Phone: (605) 322-5890 Website: www.avera.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Call for information
Services Offered: Primary care and preventive care for adult women. Counseling focused on individualized mental health treatment for adults and adolescents. Specialties in eating disorders, depression, anxiety, women's issues, life changes and adjustments, and medical nutrition therapy.
Behavioral Health Professionals:
Mary Dressing, LPC-MH, RD, LN Virginia Lemme, PA-C

Avera Medical Group Midwest Psychiatric Medicine
4400 W. 69th Street, Suite 500 (Avera Behavioral Health Center) Sioux Falls, SD 57108
Phone: (605) 322-7580 Website: www.avera.org
Fax: (605) 322-7579
Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:30pm, Friday
Fees: Accepts most insurance
Services Offered: Provides diagnosis and management of psychiatric disorders in children, adolescents, and adults. Treatment areas include depression, anxiety, bipolar disorder, schizophrenia, attention disorders (ADD/ADHD), and dementia.
Behavioral Health Professionals:
Berne Bahnsen, MD Connie Graber, PsyD
Laura Withorne-Maloney, CNP Lezlee Gregunson-Lund, PhD
Patrick McNeil, MSW Scott Schneider, MD
Tony Sorensen, PsyD

Avera Medical Group University Psychiatry Associates
4400 W. 69th Street, Suite 1500 Sioux Falls, SD 57108
Phone: (605) 322-5700 Website: www.avera.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Accepts most insurance including Medicare and Medicaid
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 (PTSD), 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.
Behavioral Health Professionals:
Amber M. Reints, PMHNP Ammar Ali, MD
Ann Bowden, MD Ann M. Mack, LPC--MH
Anthony Vaca, MD Benjamin Kohls, LPC-MH
Beverly J. Gunderson, EdD Brenda Nour, PhD
Bryce Gammeter, MD Candice Cummings, CSW-PIP, MSW
David Hylland, EdD David Schlagel, MD
David Whaley, MD Devin L. Thorson, LPCC, MS
Garneth Kuiper, CNP Georgia Keenan, LPC-MH
Grace LaFollette, CNP Heather Chester-Adam, MD
Hillary Hanson, MD Jay Weatherill, MD
Jordan Nordquist, MD Josette S. Lindahl, MD
Karl Oehlke, PA-C Kyle A. Duke, PA-C
Matthew Stanley, DO Meredith Powell, MD
Michael Bergan, MD Nancy Johnson, PhD
Nancy Wilson, MD Nicole Christenson, MD
Robert F. Nuss, MD Sarah Flynn, MD
Shawn VanGerpen, MD Sheeba Fazili, MA, LPC, CCTP, DBT Specialist
Sherry (Dianne) DeKeyser, MD Susan E. Weaver, CNP
Tamara Vik, MD imothy J. Soundy, MD
Tomas Holtberg, PhD Tracee Hofer, CNP
Vinod Bhatar, MD Wallace Jackmon, PhD
William C. Fuller, MD Wioleta Mazurczak, MD
William Huiskens, MSW, CSW-PIP
Help At Your Fingertips...  Dial 2•1•1

Back to Basics Counseling
48575 267th Street Valley Springs, SD 57068
Phone: (605) 757-7025  Website: www.back-to-basics-counseling.business site
Fees: Works with insurance; self-pay options  E-mail: scarecrow@alliancecom.net
Hours: 8:00am - 5:00pm, Monday - Friday / call for appointment
Services Offered: Trained in Dialectical Behavior Therapy (DBT), trauma focused, and working with individuals with addictions, anxiety, depression, bi-polar, borderline personality and other diagnoses. Offers counseling services for persons tweens - senior adults. Can meet people at their home or in the community if needed.
Behavioral Health Professional: Debra McClintock, LCSW-PIP, QMHP

Barbara RA Christensen, II Inc
6809 S. Minnesota Avenue, Suite 102 Sioux Falls, SD 57108
Phone: (605) 362-5803  Website: www.barbarachristensencounseling.com
Fax: (605) 362-5803  E-mail: barb.christensen@sio.midco.net
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Sliding fee scale
Services Offered: Christian counseling for children, adolescents, and adults specializing in depression, anxiety, family issues, divorce, grief, self-injury, adjustment, drug and alcohol, Attention Deficit Hyperactivity Disorder (ADD/ADHD), social skills, anger, domestic violence, abuse, Obsessive Compulsive Disorder (OCD), relationship, autism, and Asperger's syndrome.
Behavioral Health Professional: Barbara RA Christensen, MS, NCC, LPC, LPC-MH, QMHP, LAC

Bartels Counseling Services, Inc.
6330 S. Western Avenue, Suite 140 Sioux Falls, SD 57108
Phone: (605) 310-0032  Website: www.bartelscounselingservicesinc.com
Fax: (605) 271-0200
Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: Accepts most insurance; sliding fee scale, assistance available for those who qualify
Services Offered: Individual, couples, groups, 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, trauma, personality disorders, and relational issues. Provides addiction assessments, early intervention, intensive outpatient treatment, and aftercare services for adults and adolescents.
Behavioral Health Professionals:
- Jennie Mayer, MS, QMHP, LPC-MH, LAC, NCC
- Sherry L. Bartels, MA, QMHP, LPC-MH, LAC, ACS, ASS, NCC

Behavior Care Specialists, Inc.
1105 W. Russell Street Sioux Falls, SD 57104
Phone: (605) 271-2690  Website: www.behaviorcarespecialists.com
Fax: (605) 271-3956  E-mail: contactus@behaviorcarespecialists.com
Office Hours: 8:00am - 5:00pm, Monday - Friday
Fees: $80.00 - $153.00 per hour
Services Offered: Behavioral treatment utilizing the principles of Applied Behavior Analysis (ABA); consultation; parent training; in-services/trainings; Functional Behavioral Assessment; and out of district placement for school districts.
Behavioral Health Professionals:
- Christie Reit, MS, BCBA
- Natasia Eastman, BS, BCaBA
- Alyssa DeBoer, BS, RBT
- Casey Fodness, MS, RBT
- Christine Clausen, AA, RBT
- Jacqui Bonrud, BA, RBT
- Kayla Hoogendoorn, BA, RBT
- Jennifer Abel, BA
- Brittney Thedens, AA, RBT
- Lisa Snyder, MA, BCBA
- Debra Kindelspire, BFA, BCaBA
- Brittney Thedens, AA
- Chantal Beam, BS, RBT
- Elisabeth Larson, RBT
- Jennifer Bye, BS, RBT
- Nicole Hoeferl, BS, RBT
- Ryan Johnson, BS, RBT

Behavior Management Counseling Services
3610 S. Western Avenue, Suite 2 Sioux Falls, SD 57105
Phone: (605) 274-1700  Website: www.mariaegancounseling.com
Fax: (605) 274-1704  E-mail: mariaegan.bmcs@midconetwork.com
Behavior Management Counseling Services - Cont’d
Hours: 8:00am - 7:00pm, Monday - Friday / Saturdays by appointment
Fees: Accepts most insurance and Medicaid (South Dakota and Iowa)
Services Offered: Individual, groups, couples and families therapy for all ages. Specializing in play therapy, behavior modification, Cognitive Behavioral Therapy (CBT), and diagnostic assessments for depression, generalized and separation anxiety, school refusal, social phobia, social skills training, Obsessive Compulsive Disorder (OCD), anger management, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, post traumatic stress (PTSD), issues from child abuse, Attention Deficit Hyperactivity Disorder (ADD/ADHD), Asperger’s and autism spectrum, and pediatric bipolar disorder.
Behavioral 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   Website: www.bethesdachristiancounseling.org
Fax: (605) 334-7552   E-mail: info@bethesdachristiancounseling.org
Hours: 8:30am - 5:00pm, Monday – Friday / Evenings by appointment
Fees: Sliding fee scale; accepts most insurance, Medicare and Medicaid
Services Offered: A Christian counseling agency staffed by professionally trained and licensed clinicians. Provides individual, marriage, and family outpatient therapy for all regardless of gender, race, or creed. Services also include church health and psychological testing. Provides various prevention education programs to churches and civic organizations on an as-requested basis. Psychological testing and psychiatric services available.
Behavioral Health Professionals:
James Chiu, MD
David Nehring, PhD
William C. Fuller, MD
Barbara Roehrich, LPC
Joseph R. Goraj, MSW, CSW
William Huiskens, MSW, CSW-PIP

Brenda Hansen-Mayer
1601 E. 69th Street, Suite 306 Sioux Falls, SD 57108
Phone: (605) 330-9997   Website: www.bhmtherapy.com
Fax: (605) 330-9998   E-mail: brenda@bhmtherapy.com
Hours: 9:00am - 4:00pm, Monday - Thursday / 9:00am - 2:00pm, Friday
Fees: Accept BCBS, Avera and Sanford Health Plans
Services Offered: Counseling Issues: Trauma and stressor related problems Recovery support & relapse prevention Relationship problems Eye Movement Desensitization & Reprocessing (EMDR) therapy available as well as the following assessments: Treatment Needs Assessment Court Mandated Assessment Mental Health Assessment Substance Use Assessment.
Behavioral Health Professional: Brenda Hansen-Mayer, MS, LPC-MH, LAC and Certified EMDR Therapist

Carissa Palmberg Counseling
25337 470th Avenue Crooks, SD 57020
Phone: (605) 951-6267   Website: www.carissa.palmberg@gmail.com
Hours: 9:00am - 5:00pm, Monday - Friday / Weekends by appointment
Fees: Visit website for details
Services Offered: Equine assisted psychotherapy is an experiential mode of counseling. Sessions are conducted in an arena with a team including a mental health professional, an equine professional, and one or more horses. It is appropriate for individuals, couples, families, or groups. It is effective for those struggling with symptoms of post traumatic stress (PTSD), moral injury, trauma, addiction, grief and loss, abuse, depression, anxiety, and mood disorders. Team building and professional development workshops are also available.
Behavioral Health Professional: Carissa Palmberg, MS, LPC, LAC

Carroll Institute - Substance Abuse Treatment
310 S. 1st Avenue Sioux Falls, SD 0
Phone: (605) 336-2556   Website: www.carrollinstitute.org
Fax: (605) 339-3345
Hours: 8:00am - 8:00pm, Monday – Wednesday / 8:00am - 7:00pm, Thursday / 8:00am - 5:00pm, Friday
Fees: Sliding fee scale
Services Offered: Carroll Institute provides a variety of substance abuse treatment services. Co-occurring services throughout all programming are also available to address not only substance use but also mental health symptoms: Treatment Needs Assessment for Substance Abuse - Offers alcohol and drug assessments to determine level of care needed. Jail Treatment Program - Alcohol and other drug abuse treatment services with an emphasis on
Help At Your Fingertips...

Carroll Institute - Substance Abuse Treatment - Cont’d
criminal / addictive thinking and interactive journaling. The interactive journaling process encourages people to personalize the information they acquire and to take responsibility for their own recovery. Treatment is provided in the Minnehaha County Jail. Adult Outpatient Treatment Program - Consists of group therapy, alcohol and other drug information, skill development and relapse prevention.

Behavioral Health Professionals:
- Earv Archambeau, BS, ACT
- Carrie Dau, MA, LPC, ACT
- Kassandra Dunn, MA, LAC
- Shane Gerlach, BS, CAC
- Kristi Jacobsma, AA, CAC
- Rachael Majeres, MS, CAC
- Rachael Miedema, MS, LPC, LAC
- Jessica Nieman, LAC
- Kacee Redden, MA, LAC
- Michelle Worde, MA, LAC
- Tiffany Butler, MA, LPC
- Sara Cady, MSW, ACT
- Joshua Duncan, M.Div, ACT
- Janice Falk, BS, LAC
- Andrea Haubert, MS, NCC, ACT
- Sara Jerke, BS, CAC
- Mindy Mashek, BA, LAC
- Justin Nielsen, MA, LPC, ACT
- Randee Peterson, BA, CAC
- Brianna Merrigan, BSW, ACT

Carroll Institute - Prevention Programming
310 S. 1st Avenue Sioux Falls, SD 57104
Phone: (605) 336-2556 Website: www.carrollinstitute.org
Fax: (605) 339-3345
Hours: 8:00am - 5:00pm, Monday - Friday / Available evenings
Fees: Call for information
Services Offered: Prevention programs including: Project Awareness - Prevention programming for all ages. Presentations of a variety of issues dealing with alcohol and other drugs. Individual and family counseling. Counselors spend time weekly in area schools (K-12) and working with students individually and in groups. Able to do alcohol and other drug assessments and referrals. Speakers available for all types of groups and organizations. Staff are trained in Life Skills Training. Diversion Program - Alcohol and other drug abuse prevention and treatment for young adults 18-20 years of age. Intensive Prevention Program - The Intensive Prevention Program is a 16-hour program that meets four evenings a week. The goals of the group are education about the physical and social consequences of alcohol and other drug use, problem solving skills, and identification of individual and family problems associated with the chemical use. The program is run in a group format, and each individual treatment plan is developed by the counseling staff. Individual counseling and family therapy are available for those in need of these services.

Behavioral Health Professionals:
- Barb DeVos, MS, NCC, LPC, LAC
- Kacee Redden, MA, LAC
- Kristi VanDeRostyne, BS, CAC, CPS

Carroll Institute Residential Services - Arch
516 W. 12th Street Sioux Falls, SD 57104
Phone: (605) 332-6730 Website: www.carrollinstitute.org
Fax: (888) 254-4543
Hours: 24 hours a day / 7 days a week
Fees: Sliding fee scale
Services Offered: Provides residential programming to adult males and females who meet criteria and are struggling with substance use. Program goals include: recovery oriented programming, client centered treatment planning, relapse prevention, employment, transition planning, life skills, and drug testing.

Behavioral Health Professionals:
- Michelle Worden, Residential Supervisor, MA, LAC
- Kassandra Dunn, MA, LAC
- Rachael Miedema, MS, LPC, LAC
- Joshua Duncan, MDiv, ACT
- Tiffany Butler, MA, LPC

Catholic Family Services Sioux Falls - Counseling Program
523 N. Duluth Avenue Sioux Falls, SD 57104
Phone: (605) 988-3775 Website: www.sfcatholic.org
Fax: (605) 988-3875
Hours: 8:30am - 5:00pm, Monday - Friday / Tuesday evening by appointment
Fees: $132.00 per 1 hour session; $99.00 per 45 minute session; sliding fee scale, accepts most insurance, Medicaid, and employee assistance programs; some grants available
Services Offered: Counselors strive to empower adults, children, couples, and families to find solutions to
Behavioral Health Professionals:

Bonnie Deen, LPC-MH, QMHP, NCC
Christina Vander Woude, MSW, LCSW
Kathleen Crowley, LPC, LMFT, NCC
Justin Falon, MS, LPC-MH, LAC, QMHP
Barbara Rysdon, MA, LMFT, QMHP
Patricia Schwan, LPC-MH, LMFT

Brandi Brintnall, LPC-MH, NCC
Fran Van Bockel, LPC-MH
Marcie Moran, RN, EdD
Janell Christenson, APRN-BC, LAC, CT, CHPN
Marnie Schieffer, CSW-PIP

Catholic Family Services Sioux Falls - Bi-lingual Counseling

617 E. 7th Street Office at Caminando Juntos Sioux Falls, SD 57103
Phone: (402) 881-1635
Website: www.sfcatholic.org
E-mail: cfs@sfcatholic.org

Services Offered: Certified bi-lingual (English/Spanish) counselor with Catholic Family Services. Available for individual, couples and family counseling, abuse situations, suicide threats, et cetera. Counsels youth ages 11 and up accompanied by a parent/guardian.

Behavioral Health Professional: Janice Mengenhauser, LPC

Catholic Family Services Sioux Falls - Adoption Services

523 N. Duluth Avenue Sioux Falls, SD 57104
Phone: (605) 988-3775
Fax: (605) 988-3844
Website: www.sfcatholic.org
E-mail: cfs@sfcatholic.org
Hours: 8:30am - 5:00pm, Monday - Friday / Tuesday evening by appointment
Fees: Dependent on services provided

Services Offered: Assistance in decision making and planning in regard to adoption: Open or confidential adoption Domestic adoptions Home studies - domestic and international Birth parent and adoptive parent counseling available for private adoption Post-adoption service available including counseling and post-placement supervision.

Catholic Family Services Sioux Falls - Grief Programs

523 N. Duluth Avenue Sioux Falls, SD 57104
Phone: (605) 988-3775
Fax: (605) 988-3875
Website: www.sfcatholic.org
E-mail: cfs@sfcatholic.org
Hours: Office hours: 8:00am - 5:00pm, Monday - Friday / Grief program: 6:30pm - 8:30pm, Tuesday
Fees: Donation

Services Offered: A series of grief programs, directed at specific loss, are offered each year. Each program consists of a weekly 2 hour session for 6 weeks. The programs are structured, therapeutic sessions with professional therapists trained in grief counseling. Grief workshops: Grieving the Loss of a Spouse; Grieving the Loss of A Child; Grieving A Loss From Suicide; Grieving A Loss From Homicide; Grieving the Loss of a Spouse; Grieving the Loss of a Parent or Sibling; and Grieving A Loss During the Holidays. Grief Retreats in Spring and Fall. Debriefing and coping sessions are held following tragedies. These sessions may consist of one meeting or a series of meetings for: crisis situations in the workplace, high school tragedies, and family crisis situations.

Catholic Family Services Sioux Falls - Seeing Through the Rain

523 N. Duluth Avenue Sioux Falls, SD 57104
Phone: (605) 988-3775
Fax: (605) 988-3875
Website: www.sfcatholic.org/cfs
E-mail: cfs@sfcatholic.org
Hours: 8:30am - 5:00pm, Monday - Friday / Group meets: 5:30pm - 7:00pm, Thursday

Services Offered: Seeing Through the Rain is a 4-week program for children ages 7-12, designed for children that have experienced a loss of a loved one to provide an opportunity to share their grief experiences and learn that they are not alone in their feelings. Each week children will learn about a new topic related to the grieving process. Understanding and reaction varies depending on age and developmental level of each child. Expression of feelings with are activities and stories will be part of the program. Individual, sibling & family sessions for children of all ages are also available by appointment.
Center For Family Medicine
1115 E. 20th Street Sioux Falls, SD 57105
Phone: (605) 339-1783  
Website: www.centerforfamilymed.org
E-mail: info@c4fm.org
Fax: (605) 367-7157

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

Services Offered: Specializes in meeting the healthcare needs of the entire family, from maternity care to senior care. Also provides mental health services including individual, marital, and family therapy. Specializing in brief therapy for psychological problems associated with medical illness.

Behavioral Health Professional: Daniel Felix, PhD, LMFT

Chamness Counseling
326 E. 8th Street, Suite 106E Hartford, SD 57033
Phone: (605) 254-3889
Website: www.chamnesscounseling.com  
E-mail: chamnesscounseling@gmail.com

Hours: Flexible / some evening times may be available

Services Offered: Mental health counseling to people dealing with depression and anxiety or juggling daily stressors and expectations. Groups offered are Healthy Relationship Group as well as Anxiety and Depression Therapy Group.

Behavioral Health Professional: Jeanne Chamness, MA, NCC, LPC

Children's Home Society - Residential Treatment
801 N. Sycamore Avenue Sioux Falls Sioux Falls, SD 57101
Phone: (605) 334-6004  
Website: www.chssd.org
Fax: (605) 343-5422

Hours: Office hours: 8:00am - 5:00pm, Monday – Friday / Residential: 24 hours a day / 7 days a week

Fees: Residential tuition and school tuition

Services Offered: A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-13. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services. Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-13 with emotional and behavioral problems. Madsen House Intensive Unit is an eight-bed unit for children ages 7-13 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming.

Behavioral Health Professionals: Call for information on mental health professionals available.

Children's Home Society - Educational Services
801 N. Sycamore Avenue Sioux Falls, SD 57103
Phone: (605) 334-6004  
Website: www.chssd.org
Fax: (605) 343-5422

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

Fees: None

Services Offered: Available to students within driving distance of the Sioux Falls campus. Students receive individualized programming including modified educational program and therapeutic intervention to assist with emotional issues and behavioral problems. Students benefit from individual, group, and family therapy.

Children's Inn - Therapy and Support Groups
409 N. Western Avenue Sioux Falls, SD 57104
Phone: (605) 338-4880  
Website: www.chssd.org/childrensinn
Fax: (605) 336-9511  
E-mail: childrensinn@chssd.org

Hours: 6:30pm - 8:00pm, Monday / 6:30pm - 8:00pm, Thursday / 12:00noon - 1:30pm, Friday

Fees: None

Services Offered: Individual, child and family therapy is available to victims of domestic violence, stalking, sexual assault or child abuse. Therapy offered includes crisis counseling for women and children in shelter and ongoing therapy for individuals from the community who have been or are currently a victim of abuse. Therapy services are offered free of charge. Support groups for women who have witnessed or experienced violence are offered several times a week at Children's Inn. These groups seek to provide support and feedback to women who have been emotionally, sexually, or physically abused in their relationships. Topics of discussion include: the dynamics of domestic violence, crisis issues
Children's Inn - Therapy and Support Groups—Cont’d
cau​sed by domestic violence, the impact of traumatic experiences on daily living, staying safe, self-esteem, and healthy relationships. The women's support groups at Children's Inn are open and may be joined by anyone at any time. No pre-registration is required to attend and groups are offered free of charge.

**Behavioral Health Professionals:**
- Jody Bockorny, MS, LPC, CCTP, CCATP
- Rebecca Anderson, MS, LCSW, CCTP

**Children's Inn - LGBTQ Support Group**
409 N. Western Avenue Sioux Falls, SD 57104
- **Phone:** (605) 338-4880  
- **Website:** [www.chssd.org/childrensinn](http://www.chssd.org/childrensinn)
- **Fax:** (605) 338-0116  
- **E-mail:** ciinfo@chssd.org
- **Hours:** Group is held weekly, for 8 weeks at a time.
- **Fees:** None

**Services Offered:** Support for LGBTQ individuals who have endured abuse in their relationships. An 8-sessions support group for victims and survivors of domestic violence, with meetings held weekly. All adults with diverse gender identities and sexual orientations are welcome. Educational information is provided, as well as open discussion about personal experiences. This is a closed group, so registration is required by contacting the group facilitator.

**Children's Inn - Men's Support Group**
409 N. Western Avenue Sioux Falls, SD 57104
- **Phone:** (605) 338-4880  
- **Website:** [www.chssd.org/childrensinn](http://www.chssd.org/childrensinn)
- **Fax:** (605) 338-0116  
- **E-mail:** ciinfo@chssd.org
- **Hours:** Group is held weekly, for 8 weeks at a time.
- **Fees:** None

**Services Offered:** Men’s Support Group is a group to provide support for men who have endured abuse within their relationships. It is an 8-week group that provides support for male victims and survivors of domestic violence. The group includes educational information, as well as open discussion about personal experiences.

**Choices Recovery Services, Inc.**
2701 S. Minnesota Avenue, Suite 6 Sioux Falls, SD 57105
- **Phone:** (605) 334-1822  
- **Website:** [www.choicesrecoveryservices.org](http://www.choicesrecoveryservices.org)
- **Fax:** (605) 334-1823  
- **E-mail:** karen.johnson@choicesrecoveryservices.org
- **Hours:** 9:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment
- **Fees:** Sliding fee scale

**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.

**Behavioral Health Professionals:**
- Karen Johnson, LAC
- Molly Pingrey, CAC
- Keely Spoonemore, CAC
- Michelle Azzara, CAC

**Clarity Counseling, LLC**
101 S. Reid Street, Suite 307 Sioux Falls, SD 57105
- **Phone:** (605) 221-6244  
- **Website:** [www.claritycounselingsf.com](http://www.claritycounselingsf.com)
- **Fax:** (605) 221-6201  
- **E-mail:** brandy@clarity605.com
- **Hours:** 9:00am - 5:00pm, Monday, Wednesday, Friday / 9:00am - 9:00pm, Tuesday, Thursday
- **Fees:** Accepts most insurance, Medicaid, and private pay

**Services Offered:** Confidential counseling services, finding clarity in the expected, unexpected, and everything in between. Serving clients 12 years of age and older on the topics of abuse, Attention Deficit Hyperactivity Disorder (ADD/ADHD), adoption, alcohol abuse, Asperger's syndrome, autism, behavioral issues, bipolar disorder, borderline personality, chronic impulsivity, codependency, coping skills, divorce, domestic abuse, domestic violence, dual diagnosis, eating disorders, family conflict, grief, infertility, infidelity, Obsessive Compulsive Disorder (OCD), Oppositional Defiance Disorder (ODD), parenting, pregnancy, prenatal and postpartum, self-esteem, self-harming, sexual addiction, insomnia, weight loss, and women's issues. Treatment approaches include cognitive behavioral therapy (CBT), family systems therapy, marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling.

**Behavioral Health Professional:** Brandy Bunkers, CSW-PIP
Help At Your Fingertips...

Clear Minded Counseling
3701 W. 49th Street Suite 204A Sioux Falls, SD 57106
Phone: (605) 681-3345 Website: www.clearmindedcounseling.com
Fax: (605) 679-6435 E-mail: ellykeller@clearmindedcounseling.com
Hours: 8:30am - 6:30pm, Monday - Thursday / 8:30am - 5:00pm, Friday
Fees: Cost varies by type of session and duration; Accepts variety of insurance (including South Dakota Medicaid) and self-pay; insurance copays and self-pay are due at time of service.
Services Offered: Provides the following services: Individual Counseling, Family Counseling, Mental Health Screening, Adolescent/Youth Counseling, Parent Counseling, Child Abuse Counseling, Spouse/Intimate Partner Abuse Counseling, Child Abuse Survivor Counseling for Adults, Parent-Child Interaction Therapy (PCIT). Parent-Child Interaction Therapy (PCIT) is an evidenced based therapy for parents and their children age 2 to 7 who have emotional and behavioral issues. It focuses on building the parent child relationship while also coaching parents on how to manage their child's behavior.

Behavioral Health Professional: Elly Keller, MA, LPC-MH, NCC

Community Counseling Clinic
2109 S. Norton Avenue Sioux Falls, SD 57105
Phone: (605) 334-2696 Website: www.offermehope.com
Fax: (605) 339-9944 E-mail: sfps@sfseminary.edu
Hours: 8:30am - 8:00pm, Monday - Thursday / 8:30am - 12:00noon, Friday
Fees: Fees range from $20.00 down (based on ability to pay)
Services Offered: Located in the offices of Sioux Falls Psychological Services, the Community Counseling Clinic has served the community for nearly 20 years by providing therapy to families, couples, and individuals with limited or no funds. Under the supervision of highly credentialed doctoral level faculty, master's degree students from Sioux Falls Seminary provide quality therapy to families, couples and individuals in a safe and confidential environment. No one is turned away due to a lack of ability to pay. Help for those experiencing a variety of problems, including: loneliness and isolation, anxiety and depression, trauma, abuse and betrayal, anger and conflict, grief and loss, communication issues, family or lifestyle transitions, parenting difficulties, behavioral changes, relationship challenges, medical, spiritual, identity issues, separation, divorce or remarriage, and marital affairs.

Compass Center, The - Counseling and Play Therapy Services
1704 S. Cleveland Avenue Suite 3 Sioux Falls, SD 57103
Phone: (605) 339-0116 Website: www.thecompasscenter.org/
Fax: (605) 336-3874 E-mail: info@thecompasscenter.org
Hours: 8:00am - 5:00pm, Monday - Wednesday, and Friday / 8:00am - 7:00pm, Thursday
Fees: None
Services Offered: Assisting survivors of violence through the healing process, by serving both male and female victims of violence, beginning at age 3. Services include: Ongoing one-on-one, or group therapy with a LPC level counselor (includes counseling for PTSD) Advocacy at the hospital, courthouse or police station Assistance with safety planning Help filing protection orders or victims' compensation applications Community Connections: information, support or assistance in obtaining necessary resources Free counseling for ages 3 and up who are survivors of sexual and/or domestic violence. Free counseling for adult caregivers of children affected by sexual and/or domestic violence. Free Child Therapy for children ages 3-12 who are survivors of sexual and/or domestic violence. Through play , children: Process traumatic experiences in a safe environment Express themselves and feel understood Facilitate their own decision-making process Relieve feelings of stress and anxiety Learn new social skills Sessions vary in length based on the child's age level and individual needs.

Behavioral Health Professionals:
   Briana Halse, MA, LPC
   Michele Shelly Johnson, RN, MA
   Kelsey Kruse, MA, LPC
   Michelle Trent, MS, NCC, LPC-MH

Compass Center, The - Family Violence Project
1704 S. Cleveland AvenueSuite 3 Sioux Falls, SD 57103
Phone: (605) 339-0116 Website: http://thecompasscenter.org/
Fax: (605) 336-3874
Hours: 8:00am - 5:00pm, Monday - Wednesday, and Friday / 8:00am - 7:00pm, Thursday
Fees: Sliding scale
Services Offered: Therapeutic and educational, 25-week, domestic violence offender treatment for adults, based on the Duluth Model of treatment for individuals who have used violence against a partner or family member. The program is designed to assist participants to identify their abusive thoughts, beliefs and actions and to learn respectful, non-violent alternatives. Services include: assessments and orientation sessions;
Compass Center, The - Family Violence Project - Cont'd
Weekly groups which are therapeutic as well as educational; help in exploration of nonviolence and relationship equality through educational topics.

Compass Center, The - Rape Crisis Team
1704 S. Cleveland Avenue, Suite 3 Sioux Falls, SD 57103
Phone: (605) 339-0116  Website: www.hcompasscenter.org/
Fax: (677) 462-7474  E-mail: info@thecompasscenter.org
Hours: 8:00am - 5:00pm, Monday - Wednesday, and Friday / 8:00am - 7:00pm, Thursday / Crisis support: 24 hours a day / 7 days a week
Fees: None
Services Offered: Provides immediate crisis support and advocacy to rape and sexual assault victims 24 hours a day, 7 days a week. Response is provided whether the incident took place recently or in the past. Services are also available for the family and friends affected by the incident as well. The program provides services at hospital emergency rooms, child assessment centers, through a telephone crisis line, and through the judicial system. Follow-up professional counseling at no charge through The Compass Center is available.

Conrad Counseling & Consulting, LLC
5024 S. Bur Oak Place, Suite 214 Sioux Falls, SD 57108
Phone: (605) 361-8876  Website: www.conrad15.wix.com/counselandconsult
Fax: (605) 271-0104  E-mail: ccconsulting2016@gmail.com
Hours: Day and evening hours / Monday - Friday, by appointment
Fees: Accepts most insurance and private pay with cash discount
Services Offered: Individual, couples, and family therapy for all ages. Specializing in therapeutic approaches including cognitive-behavioral (CBT), solution-focused, eye movement desensitization and reprocessing (EMDR), and Integrated EMDR (IEMDR) for chronic pain. Assisting clients facing depression, anxiety, abuse, grief, post traumatic stress (PTSD), life transition, self-esteem, anger management, Attention Deficit Hyperactivity Disorder (ADD/ADHD), and women's issues. Counseling supervision and consultation available.
Behavioral Health Professionals:
Heidi Jans, MS, LPC-MH, NCC, QMHP  Matt Wolthuizen, MA, LPC-MH, NCC, QMHP
Roy Conrad, PhD, LPC-MH, NCC, QMHP

Crawford Counseling Center
1010 W. 5th Street Canton, SD 57013
Phone: (605) 558-2000  Website: www.crawfordcounseling.vpweb.com
Fax: (605) 558-1999  E-mail: Crawford.GC.3@hotmail.com
Hours: 10:00am - 8:00pm, Monday, Thursday / 10:00am - 6:00pm, Tuesday, Wednesday
Fees: Accepts most insurance; reduced self-pay rates; no-cost intern counseling
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, abuse issues, borderline personality disorder, depression, anxiety, panic disorder, hoarding, and bipolar disorder. Therapies include art for Obsessive Compulsive Disorder (OCD), anxiety, and grief.
Behavioral Health Professional: Ginny Crawford, MSW, CSW-PIP, CDBT

Credo Counseling, LLC
5024 S. Bur Oak Place, Suite 212 Sioux Falls, SD 57108
Phone: (605) 275-2001  Website: www.credocounseling.com
Fax: (605) 275-2019  E-mail: credocounseling@gmail.com
Hours: 7:00am - 7:00pm, Tuesday, Wednesday, Thursday or by appointment
Fees: Accepts most insurance, discount for cash pay; visit website for more details
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, abuse issues, regional differences, boundary difficulties, communication distress, attention deficit disorder (ADD/ADHD), accessing community resources, and coordinating with other professionals to assist clients in obtaining well-rounded success. Also has certification in Brainspotting, which is a way to help someone by being attuned to the position and activity of their eyes. It can help process some traumatic events, fear, or troubling circumstance.
Behavioral Health Professional: Carleen Bryant, MS, NCC, LPC-MH, QMHP
Daniel T. Digatono
4410 S. Tennis Lane Sioux Falls, SD 57106
Phone: (605) 360-3024
Fax: (605) 362-5601

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

**Fees:** Sliding fee scale

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

**Behavioral Health Professional:** Daniel T. Digatono, MDiv, PhD, LMFT, LPC, QMHP

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Darla Huffman Counseling Services
6809 S. Minnesota Avenue, Suite 102 Sioux Falls, SD 57108
Phone: (605) 370-4442
Fax: (605) 362-5803

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

Sioux Falls Office Hours: 8:00am - 7:00pm, Monday and Thursday / 8:00am - 4:00pm, Friday
Flandreau Office Hours: 3:00pm - 7:00pm, Tuesday / 8:00am - 7:00pm, Wednesday

**Fees:** Sliding fee scale

**Services Offered:** Counseling for individuals, families and couples, working with, but not limited to issues such as depression, anxiety, illness, bereavement, trauma, and abuse. Can provide counseling via telehealth services (face to face via videoconferencing). Intake information is required prior to first therapy session, so typically, clients come in person for initial appointment, but can be done via phone. The session is typically a 55 minute session, much like those who come in for an in person session.

**Behavioral Health Professional:** Darla Huffman, LPC-MH

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Deb Thompson Counseling
3220 W. 57th Street, Suite 100A Sioux Falls, SD 57108
Phone: (605) 331-6359

**E-mail:** [tdeb1962@debtompsoncounseling.com](mailto:tdeb1962@debtompsoncounseling.com)

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

**Fees:** Most insurance accepted

**Services Offered:** Individual, couples and family therapy.

**Behavioral Health Professional:** Deb Thompson, LPC-MH, QMHP

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Dianna Spies Sorenson
4608 S. Briarwood Avenue Sioux Falls, SD 57103
Phone: (605) 201-4159

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

**Fees:** Vary depending on services

**Services Offered:** Individual, group, and family therapy for issues including post traumatic childbirth, conflict resolution, problem solving, interpersonal communication, healthy relationships, crisis intervention, self-esteem, self-perception, eating disorders, depression, anxiety, parenting, blended families, health promotion and illness prevention, stress management, life transitions, addictive processes, and end-of-life counseling. Experienced in biofeedback and case management for clients working within and between health care providers and health care systems.

**Behavioral Health Professional:** Dianna Spies Sorenson, PhD, MBA, CNS, CNL, RN

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Discover Wellness
6209 S Pinnacle Place, Suite 102 Sioux Falls, SD 57108
Phone: (605) 988-8137

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

Fax: (605) 370-6659

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

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

**Services Offered:** Individual counseling for adults and young adults. Specialty areas include anxiety, trauma, depression, life change, relationship challenges, post traumatic stress (PTSD), feeling stuck, family of origin challenges, abuse issues, confidence and self-esteem challenges, fertility challenges, parenting, postpartum anxiety or depression. Therapies available include, but are not limited to eye movement desensitization and reprocessing (EMDR), cognitive behavior therapy (CBT), mindfulness based cognitive therapy (MBCT), and solution focused brief therapy.

**Behavioral Health Professional:** Robin Rossow, MS, LPC-MH, NCC, QMHP
Ellen Hohm, LLC
4410 S. Tennis Lane Sioux Falls, SD 57106
Phone: (605) 361-4403
Fax: (605) 362-5601
E-mail: eijnht4@hotmail.com
Hours: 8:00am - 5:00pm, Tuesday - Friday
Fees: Accepts most insurances, Medicaid; sliding fee scale available.
Services Offered: Counseling for adolescents, adults, couples, and families on topics including depression, anxiety, post traumatic stress (PTSD), abuse, Attention Deficit Hyperactivity Disorder (ADD/ADHD), grief, men's issues, women's issues, parenting skills, sexuality, addiction, anger management, and premarital counseling. Focus is on mind, body, and spirit.
Behavioral Health Professional: Ellen Hohm, MS, LPC-MH, QMHP

Emerald Psychological Services
5032 S. Bur Oak Place, Suite 120 Sioux Falls, SD 57108
Phone: (605) 362-2617
Fax: (605) 362-2654
Website: www.emeraldpsych.com
Hours: 10:00am - 6:00pm, Monday - Friday
Fees: Vary based on services provided; accepts Medicaid and has a sliding scale for those with no insurance
Services Offered: Dedicated to providing comprehensive mental health services including medication management, substance abuse counseling, cognitive behavioral therapy, psychological assessments and testing, and therapeutic treatment programs.
Behavioral Health Professionals: Jeremy Johnson, PhD
Lynette Melby, CNP

Emily Gislason, LLC
3101 W. 41st Street, Suite 201B Sioux Falls, SD 57105
Phone: (605) 799-6182
Fax: (844) 602-4652
Website: www.EmilyGislasonLLC.com
E-mail: gislasonplaytherapy@gmail.com
Hours: 9:00am - 6:00pm, Monday, Tuesday, Thursday / 9:00am - 5:00pm, Wednesday / 9:00am - 12:00pm, Friday - by appointment
Fees: Accepts most insurances, including Medicaid.
Services Offered: Play therapy offered to children ages 3-12 along with family counseling and parenting support. Areas of specialty include trauma, depression, anxiety, adjustment challenges, foster care placement, attention-deficit hyperactivity disorder (ADHD), developmental delays and behavioral challenges. Emphasis placed on supporting the child and their caregiver(s) collaboratively in order to find success and improved functioning.
Behavioral Health Professionals: Emily Gislason, MS, LPC-MH, RPT-S, QMHP, NCC

Encompass Mental Health, LLC
100 S. Spring Avenue, Suite 150 Sioux Falls, SD 57104
Phone: (605) 275-0009
Fax: (877) 992-0016
Website: www.SiouxFallsCounseling.com
E-mail: emily@encompassmh.com
Hours: 9:00am - 6:00pm, Monday - Friday by appointment
Fees: Initial assessment $190.00; Individual therapy $145.00; Individual play therapy $145.00
Services Offered: Play therapy for children up to age 10 and counseling for women. Specializing in children with behavioral concerns, anxiety, attachment disorders, adjustment issues, abuse, neglect & trauma, grief and bereavement, medical issues, and other challenges causing difficulty in the child's life. Specializing in women experiencing stress, work-life balance issues, relationship conflicts and other challenges creating stress in their life.
Behavioral Health Professional: Emily A. Learing, MA, LMFT, RPT

Evenson Counseling
3101 W. 41st Street, Suite 202A Sioux Falls, SD 57105
Phone: (605) 777-0075
Fax: (888) 977-2561
Website: www.evensoncounseling.com
E-mail: lori@evensoncounseling.com
Hours: 12:00pm - 6:00pm, Monday / 9:00am - 6:00pm, Tuesday - Thursday / 9:00am -1:00pm, Friday
Services Offered: Individual and couple's therapy for adults of all ages. Utilizes cognitive behavioral therapy (CBT), trauma-informed therapy, mindfulness and experiential practices. Specialties include trauma, relationship stress, infidelity, intimacy issues, history of childhood physical, emotional and sexual abuse, depression, anxiety, social phobia, obsessive compulsive disorder (OCD), anger management, emotional regulation, grief and loss, gender identity, sexual identity, and post traumatic stress disorder (PTSD). Special interest in working with women, relationships and LGBT clients.
Behavioral Health Professional: Dr. Lori Evenson, LPC, QMHP, NCC
Help At Your Fingertips...

Dial 2•1•1

Family Service, Inc. - Counseling Services
2210 W. Brown Place Sioux Falls, SD 57105
Phone: (605) 336-1974
Fax: (605) 336-9031
Hours: 8:00am - 6:00pm, Monday and Wednesday / 8:00am - 7:00pm, Tuesday / 8:00am - 8:00pm, Thursday / 8:00am - 5:00pm, Friday
Fees: Sliding fee scale

Services Offered: Counseling services include helping individuals (as young as 5) and families learn to recognize problems, communicate feelings and needs, and change behaviors through counseling. Specialized programs include treatment of survivors of physical, emotional and sexual abuse, suicide survivors, senior citizens, marriage issues and parent/child concerns. Can provide counseling via telehealth. Preference is to have an in-person intake session, but Family Service recognizes that this is not always an option. If the in-person session is not an option for clients, then will work with the individual to complete the intake via telehealth. This option is available to individuals living in South Dakota.

Behavioral Health Professionals:
- Sarah Shoffner, MSW
- Dan Deal, MA, CCDCII, SAP
- Paula Smykle, MSW, CSW
- Paul Ritter, MA, MDiv, LPC

Angie Zirpel, MS, LPC-MH, CCDCIII, SAP
Connie Nelson, MA, LPC-MH-LAC
Monica Jerke, MS
Todd Herrboldt, MSW, CSW-PIP, QMHP

Family Service, Inc. - Employee Assistance Program
2210 W. Brown Place Sioux Falls, SD 57105
Phone: (605) 336-1974
Fax: (605) 336-9031
Hours: 8:00am - 6:00pm, Monday / 8:00am - 7:00pm, Tuesday / 8:00am - 6:00pm, Wednesday / 8:00am - 8:00pm, Thursday / 8:00am - 5:00pm, Friday
Fees: By contract

Services Offered: The Employee Assistance program is a benefit offered by employers and Family Services to provide confidential help to employees and their families. The EAP offers services outside the workplace to assist with personal problems before job performance is affected. The EAP program also specializes in substance abuse professional evaluations for D.O.T. regulated employers. These services are available to contracted companies.

Behavioral Health Professionals: All Staff at Family Service are Licensed and Credentialed.

Family Ties Christian Counseling
3500 S. Phillips Avenue, Suite 121 Sioux Falls, SD 57105
Phone: (605) 359-0034
Website: www.familytieschristiancounseling.com
E-mail: educator.84@hotmail.com
Hours: 9:00am - 6:00pm, Monday, Tuesday and Thursday / 9:00am - 12:00pm, Friday by appointment
Fees: $210.00 for initial visit; $190.00 for follow up

Services Offered: Individual, couples/marriage, and family counseling. Topics covered include depression, anxiety, Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD), adjustment disorders, bipolar, post traumatic stress (PTSD), child sexual abuse, domestic violence, marriage issues, spiritual issues, women's issues, church leadership abuse issues, Asperger's, social skills, self-esteem, bullying, and individuals whose spouses have addiction issues (porn, alcohol, etc).

Behavioral Health Professional: Judy De Wit, MA, MOL, LMFT

First Step Counseling Services
4320 S. Louise Avenue, Suite 200 Sioux Falls, SD 57106
Phone: (605) 361-1505
Fax: (605) 361-0481
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
Fees: Fixed rates; call for information

Services Offered: Comprehensive diagnostic evaluations and a variation of programs to fit individual needs, from education, individual counseling, outpatient treatment, intensive outpatient and aftercare.

Behavioral Health Professionals:
- Brenda Grimm, LAC
- Tara Clayton, ACT
- Lou Ann Tietjen, LAC
Four Directions Counseling, Inc.
101 S. Reid Street, Suite 307 Sioux Falls, SD 57103
Phone: (605) 359-5709   E-mail: kb.fourdirections@gmail.com
Hours: Flexible appointments available including evenings and Saturdays
Fees: Sliding fee scale; contracts
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 on developing and providing effective treatment and services within forensic settings.
Behavioral Health Professional: Dr. Kelly Bass, DSW, CSW-PIP, ACS

Give an Hour
Website: www.giveanhour.org   E-mail: info@giveanhour.org
Hours: Find providers through website 24 hours a day / 7 days a week
Fees: None
Services Offered: A national nonprofit that provides free mental health services to active duty service members, National Guard, Reserve forces, and veterans who have separated or retired from any branch of military service and their family members. Services are also offered to victims of natural and man-made disasters, survivors of gun violence and their families, and children and youth.

Glory House of Sioux Falls - Outpatient Services
4000 S. West Avenue Sioux Falls, SD 57105
Phone: (605) 988-9134   Website: www.glory-house.org
Fax: (605) 332-3273
Hours: Walk-in assessments: 1:00pm - 3:00pm, Tuesdays / 9:00am - 11:00am, Thursdays / Program times vary
Fees: Vary according to services; if qualifies for state funding, services are $10.00 per session; accepts insurances including Sanford and Medicaid
Services Offered: Individuals, couples, and family issues related to substance abuse and dependence as well as mental health/co-occurring issues. The following programs based on evidenced based practices are offered as treatment methods for clients in group or individual sessions: moral reconation therapy, healthy relationships, corrective thinking, transitional skills, parenting, co-occurring aftercare, and making changes. Chemical dependency services: assessments and intensive outpatient treatment for alcohol, methamphetamine use and other drugs including aftercare, and relapse prevention. Methamphetamine Treatment Program: Sixteen-week intensive outpatient Methamphetamine treatment program using the Matrix Model, which is cognitive/behavioral in nature. It includes family participation and a twelve to eighteen month aftercare program.
Behavioral Health Professionals:
Meghan Taylor, MA, ACT
Amanda Przymus, MA, ACT
Kari Joldersma, MA, LAC
Nate Weber, MA, LAC
T.R. Maves, MS, LAC, LPC
Alexis Gartner, MA, ACT
Andrea Fromelt, BS, ACT
Kelly Cleveringa, MS, LAC
Sally Holiday, MS, LAC

Glory House of Sioux Falls - Residential Program
4000 S. West Avenue Sioux Falls, SD 57105
Phone: (605) 332-3273   Website: www.glory-house.org
Fax: (605) 988-9127   E-mail: kjoldersma@glory-house.org
Hours: 24 hours a day / 7 days a week
Fees: Varies on funding source
Services Offered: Transitional program provides assistance with employment, money management, recovery from substances, as well as co-occurring conditions assisting the individual in establishing and the continuation of applying these life skills.
Behavioral Health Professionals:
Kari Joldersma, MA, LAC
Andrea Fromelt, BS, CAC
Sally Holiday, MS, LAC
Amanda Kardas, MA, ACT
Meghan Taylor, MA, ACT
Kelly Cleveringa, MS, LAC
Nathaniel Weber, MA, LAC
TR Maves, MS, LPC, LAC
Alexis Gartner, MA, ACT
Glow - glorious lifestyle . optimal weight
1601 E. 69th Street, Suite 103 Sioux Falls, SD 57106
Phone: (605) 373-9066
Fax: (605) 373-9066
Website: www.glowapproach.com
E-mail: DrLyn@glowapproach.com
Hours: 9:00am - 5:00pm, Monday - Thursday
Fees: Accepts most insurance, Medicaid, and Medicare
Services Offered: Specializing in food and weight issues; areas of expertise covers the full spectrum of disordered eating including anorexia, bulimia, binge-eating disorder, compulsive / emotional eating, orthorexia, pre- and post-bariatric surgery psychological consultation and counseling, body-image issues, and weight loss coaching. Services provided include individual coaching / counseling, groups and personalized small groups, classes and workshops.
Behavioral Health Professional: Lyn Shroyer, EdD, Licensed Psychologist, Certified Integrative Nutrition Health Coach

Great Plains Psychological Services
4105 S. Carnegie Place Sioux Falls, SD 57106
Phone: (605) 323-2345
Website: www.gppssf.com
E-mail: gppssf@aol.com
Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment
Fees: Varies; accepts most insurance; Medicaid
Services Offered: Individual, group, couples, marriage, and family therapy for all ages. Specializing in adoption home studies, critical incident stress debriefing, mediation services and employee assistance program services. Evaluations available include psychological, forensic, competency, pre-surgical, and psychosexual. Covering topics such as attention deficit / hyperactivity disorder (ADD/ADHD), anxiety, depression, anger management, stress management, psychosexual, problems with sexuality, physical abuse, sexual abuse, grief and loss issues, substance abuse, oppositional defiant youth (OCD), and chronic pain.
Behavioral Health Professionals:
Carolyn Roths, MEd, LPC-MH
David Sundem, MS, LPC-MH
Jeff Trammell, MSW, CSW-PIP
Norma Haan, MSSA, CSW-PIP
Stephan Langenfeld, EdD, LP
Clint Sperle, MA, LPC-MH
Irina Goubanova, MS, LPC, QMHP
Kimberly J. Cournoyer, EdS, LPC-MH
Scott Privyl, EdD, LP
Tara Olson-Larson, MA, LPC-MH

Helpline Center - 211 Resources
Sioux Falls, SD
Phone: 211
Fax: (605) 321-5270
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 / 365 days a year. 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 a guided and keyword search, to help you find the proper resources. For a list of 211’s in other states, visit www.211.org.

Helpline Center - Suicide and Crisis Support
Phone: (800) 273-8255
Fax: (605) 321-5270
Hours: 24 hours a day / 7 days a week / 365 days a year
Fees: None
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
## Heuermann Counseling Clinic

2210 W. Brown Place Sioux Falls, SD 57105  
**Phone:** (605) 336-1974  
**Fax:** (605) 336-9031  
**Hours:** 9:00am - 6:00pm, Monday - Friday  
**Fees:** None  
**Services Offered:** The Heuermann Counseling Clinic is a free counseling service that is staffed by volunteer, credentialed, licensed and experienced therapists who provide short-term counseling for uninsured people who are having temporary difficulties.  
**Behavioral Health Professionals:**  
- Kathleen Christensen, PsyD, LP, LMFT  
- Robin Duncan, PhD

## Integrative Wellness - Adult Services

5000 S. Minnesota Avenue Suite 200 Sioux Falls, SD 57108  
**Phone:** (605) 271-1348  
**Fax:** (605) 610-1477  
**Hours:** Day and evening hours vary by therapist  
**Fees:** Accepts most insurance, Medicaid, Medicare, and private pay  
**Services Offered:** Offering professional therapy for: Depression, Addiction, Anxiety, Borderline personality disorder, Grief and loss, Trauma and abuse, Family of origin, Geriatrics, Play therapy, Parenting, Attention deficit, hyperactivity disorder (ADD/ADHD), Blended family issues, Divorce, Custody, Sexual abuse support / counseling group for women  
**Behavioral Health Professionals:**  
- Christine Ellis, MSW, LCSW-PIP  
- Jeanne Bunkers, MSW, LCSW-PIP  
- Myra Eben, LPC  
- Melissa Steever, MA, LPC-MH  
- Erin Nielsen Ogdahl, JD, CSW-PIP, LAC  
- Jennifer Gleason-Wilson, LPC  
- Kristin Gedstad, M.Ed, LPC, LMFT, QMHP  
- Michelle VanDenHul, MSW, LCSW-PIP

## Integrative Wellness - Children's Services

5000 S. Minnesota Avenue Suite 200 Sioux Falls, SD 57108  
**Phone:** (605) 271-1348  
**Fax:** (605) 610-1477  
**Hours:** Day and evening hours vary by therapist  
**Fees:** For profit organization; accepts most insurance, Medicare, Medicaid, and private pay  
**Services Offered:** Offering professional therapy for child and adolescent issues including: depression, anxiety, anger management, grief and loss, trauma and abuse, behavioral issues, play therapy, parenting, Attention Deficit, Hyperactivity Disorder (ADD/ADHD), blended family issues, divorce, and custody.

## Journey Counseling Services

6209 S. Pinnacle Place, Suite 102 Sioux Falls, SD 57108  
**Phone:** (605) 988-8131  
**Fax:** (605) 988-8141  
**Hours:** 9:00am - 8:00pm, Monday - Thursday / 9:00am - 5:00pm, Friday / By appointment only.  
**Fees:** Vary depending on services; accepts most insurance; payment plan if needed  
**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.  
**Behavioral Health Professionals:**  
- Michael Wheaton, MA, LMFT, QMHP  
- Sara Kuehler, MA, LPC  
- Andy Sivertson, MSW, LSW, CSW-PIP  
- Dianne Beard, MA, LPC  
- Johnny Ray, MSW, LSW, CSW

## Journey Therapy & Neurofeedback Clinic

1500 S. Sycamore, Suite 200 Sioux Falls, SD 57110  
**Phone:** (605) 351-1545, Tammy  
**Website:** www.journeysupport.net  
**Hours:** 8:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment  
**Fees:** Vary depending on services; accepts most insurance; will work out payment plan if needed; Medicaid  
**Services Offered:** Individual, couples, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression, anxiety, traumatic experiences/abuse, post traumatic stress (PTSD), attachment challenges, parenting support, grief and loss, work and career issues, stress management.
Journey Therapy & Neurofeedback Clinic - Cont’d
addiction and recovery, and conflict resolution. Offering BrainPaint Neurofeedback and hypnosis.

Behavioral Health Professionals:
Amy Roth, MS, NCC, LPC-MH
Tammy Lias, MA, LMFT, QMHP
James Cady, MA, EdS, NCC, LPC-MH

Kannan Clinic
6709 S. Minnesota Avenue, Suite 202 Sioux Falls, SD 57108
Phone: (605) 271-3900
Fax: (605) 271-3902
Hours: 8:30am - 5:00pm, Monday - Thursday
Fees: Accepts most insurance
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 (OCD), schizophrenia and thought disorders, Parkinson's disease, and other conditions.

Behavioral Health Professional: Hari D. Kannan, MD

KeySolutions Employee Assistance Program (EAP)
3800 S. Kiwanis Avenue Sioux Falls, SD 57105
Phone: (605) 334-5850
Fax: (605) 335-3282
Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 3:00pm, Friday / Phone support: 24 / 7
Fees: None to employees with KeySolutions service agreement
Services Offered: Offers guidance in a wide variety of areas including relationship and family concerns, emotional health, workplace issues, drug and/or alcohol abuse, gambling and financial counseling.

Behavioral Health Professionals:
Beth Hall, MA, MSW
Tami Haug-Davis, MS, LPC

Keystone Treatment Center - Inpatient Treatment
1010 E. 2nd Street Canton, SD 57013
Phone: (800) 992-1921
Fax: (605) 987-2751
Hours: Facility: 24 hours a day / 7 days a week
Fees: Insurance; private pay; Minnesota Rule 25; IHS funding; if a resident of South Dakota needs treatment and does not have insurance or has limited financial means, the person may qualify for state funding.
Services Offered: An inpatient alcohol, drug, and gambling treatment with separate programs for adults and adolescents. Based on 12-step recovery model with: full medical detoxification treatment option; dual-diagnosis track with adult and adolescent psychiatrist; inpatient and outpatient gambling program with certified gambling counselors; substance abuse, inhalant abuse and Methamphetamine treatment track; health care professionals track; Native American cultural program; Christian track and Chronic Pain Program. Care provided by: 24 hour nursing staff, a full-time psychologist, 24 hour on-call doctor, Certified chemical dependency counselors, a school teacher for both gender specific adolescent programs, and ASAM certified Addictionologists.

Behavioral Health Professionals:
Amy Simunek, LAC, LPC
Christy Alten, MS, NCC, LAC, LPC-MH
E.R. Regier, MD
Micahel Moeller, MD, Psychiatrist
Robert Perkinson, PhD, LAC, NCGC
Carol Reiger, RN, LAC
Deb Swenson, LPC, LAC
Marcia Nelson, MD, Addictionologist
Robert Bogue, LAC, CCSII
Tara Winter, MS, LAC, LPC-MH

Keystone Treatment Center - Outpatient Treatment
3800 S. Kiwanis Avenue Sioux Falls, SD 57105
Phone: (605) 335-1820
Fax: (605) 335-3282
Hours: Office hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday. Treatment group hours: 6:00pm - 9:00pm, Monday - Thursday / 9:00am - 12:00noon, Monday - Thursday
Fees: None for assessments for adolescents who meet requirements, Accepts insurance, private pay, Title 19, State and Minnesota Rule 25. State Funding: If a resident of South Dakota needs treatment and does not have insurance or has limited financial means, the person may qualify for state funding.
Services Offered: An intensive, outpatient, 12 step recovery based for alcohol, drugs, or gambling with: Assessments Day and evening treatment programs Psychologist available by appointment Separate adolescent
Keystone Treatment Center - Outpatient Treatment - Cont’d
program 12 hour DUI class Certified chemical dependency counselors

Behavioral Health Professionals:
Bob Brown, LACE.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 Website: www.kimberlykeiser.com
Fax: (605) 271-0951 E-mail: welcome@kimberlykeiser.com
Hours: 8:00am - 6:00pm, Monday - Friday
Fees: Accepts most health insurance policies; will make certain fee exceptions with cash pay
Services Offered: 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 (OCD), borderline personality, depression, anxiety, chronic pain, self-esteem, co-depending, relationship dynamics, divorce, abuse, anger management, trauma, post traumatic stress (PTSD), grief and loss, life transition, suicidal ideation, dual diagnosis, crisis management, and.addictions.

Behavioral Health Professionals:
Alla Jones, MS, LPC-MH, LAC, QMHP
Jill Walierius, MSW, CSW-PIP, LAC
Nicholas Breuer, MA, NCC, LPC, QMHP
Kimberly Keiser, MA, LPC-MH, CST
Leah Piersol, JD, MS, LPC-MH, QMHP

Kristen Ericsson Counseling & Psychotherapy
600 N. Main Avenue, Suite 150 Sioux Falls, SD 57104
Phone: (605) 270-1057 Website: www.kristenericsson.com
Fax: (605) 231-5559 E-mail: kristen@kristenericsson.com
Hours: 8:00am - 7:00pm, Monday - Friday
Fees: Insurance; private pay; reduced cash rate for those experiencing financial hardships
Services Offered: Works with clients toward personal growth and healing. Areas of specialty include: anxiety, depression, trauma, abuse history, relationship dysfunction, grief, co-dependence, life adjustment, phobias, post-traumatic stress disorder (PTSD), bipolar disorder, and a host of other issues. Therapeutic interventions include cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), family therapy, solution focused brief therapy, Adlerian therapy, Gestalt techniques, Gottman Method, couples therapy, guided imagery, pain management, anger management, and more.

Behavioral Health Professional: Kristien Ericsson, MS, NCC, LPC-MH, QMHP

Kristi Hamilton Counseling
3220 W. 57th Street Suite 100A Sioux Falls, SD 57108
Phone: (605) 310-4596 Website: www.kristihamiltoncounseling.com
Fax: (605) 653-3166 E-mail: kristihamiltonlpc@gmail.com
Hours: 9:00am - 6:00pm, Monday – Friday / Evening and Saturday hours available upon request.
Fees: Accepts most insurances, Medicaid; sliding scale fees provided
Services Offered: Provides individual and family counseling for children, adolescents and adults. Areas of specialty include depression, anxiety, mood disorders, PTSD, trauma, grief and loss, acute and chronic medical conditions, marital issues, divorce adjustments, life transitions, postpartum depression, parent/ adolescent conflict management, stress management and relaxation training, acute and chronic medical conditions and life adjustments due to medical conditions, especially in area of Type 1 Diabetes. Cognitive behavioral therapy and EMDR (Eye Movement Desensitization and Reprocessing) trained.

Behavioral Health Professional: Kristi Hamilton MS, LPC-MH, QMHP

Latanda Salmen, LLC
4001 W. Valhalla Boulevard, Suite 101 Sioux Falls, SD 57106
Phone: (605) 360-5051 Website: www.Counselingwithlatanda.com
Fax: (605) 854-5833 E-mail: info@counselingwithlatanda.com
Hours: 9:00am - 6:00pm, Monday - Friday
Fees: Diagnostic interview $225.00; 60 minute session $180.00
Services Offered: Counseling for intellectuals, progressives, and creatives. Helping individuals that feel trapped in a cage unable to express their ideas and points of view, regain their power and freedom to be themselves.

Behavioral Health Professional: Latanda Salmen, MSW, CSWPIP, QMHP
LaVelle and Associates
5024 S. Bur Oak Place, Suite 212 Sioux Falls, SD 57108
Phone: (605) 275-2001  Website: www.lavellecounseling.com
Fax: (605) 275-2019  E-mail: lavelleassociates@yahoo.com
Hours: 8:00am - 5:00pm, Monday - Friday / Evening available by appointment
Fees: $165.00 per session; accepts most insurance, Medicare, and Medicaid; sliding fee scale for uninsured
Services Offered: Counseling to individuals, couples, families, and groups of all ages. Specializing in eye movement desensitization and reprocessing (EMDR), and Gottman marriage counseling. Services focus on three different focus areas trauma and abuse, addiction (including assessments) and recovery, and improving and rekindling marriages.
Behavioral Health Professional: Patricia LaVelle, EdS, LPC-MH, LMFT, QMHP

Leah Weins, MS - Marriage & Family Therapy
4410 S. Tennis Lane Sioux Falls, SD 57106
Phone: (605) 321-1223  Website: www.leahweins.com
Fax: (605) 362-5601  E-mail: leah@leahweins.com
Hours: Day and evening hours
Fees: Sliding scale and insurance
Services Offered: Counseling for individuals, couples and families; premarital, marital and blended family support with needs such as, depression, anxiety disorders, sexual abuse, addiction, vocation & identity exploration, life transitions & adjustment, grief & trauma.
Behavioral Health Professional: Leah Weins, MS

LifeGate Christian Counseling
6820 W. 26th Street Sioux Falls, SD 57106
Phone: (605) 929-1060  Website: www.lifegatechristiancounseling.com
Fax: (605) 370-5330  E-mail: lifegate@midco.net
Hours: 9:00am - 7:00pm, Monday - Friday
Fees: Most major insurance plans accepted; sliding fee scale for those without insurance coverage
Services Offered: Individual, couple, and family therapy. Providing emotionally focused individual and couples therapy. Also, able to provide counseling via telehealth to clients in South Dakota and Texas. Telehealth service is not covered by/available to patients on Medicare/Medicaid.
Behavioral Health Professional: Larry Porter, PhD, LMFT

LifeScape - Therapy
LifeScape Rehabilitation Center: 1020 W. 18th Street Sioux Falls, SD 57104
Autism & Child Development Center 7220 W. 41st Street Sioux Falls, SD 57106
Phone: (605) 444-9700  Website: www.lifescapesd.org/services/therapy/
Fax: (605) 791-7400
Hours: Call for information
Fees: Based on service; call for information
Services Offered: Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence; visual motor/perception; torticollis treatment; serial casting; behavior management; and diagnosis and treatment of autism.
Behavioral Health Professionals: Call for information on behavioral health professionals

Lighting A New Way Counseling Services
1500 S. Sycamore Avenue, Suite 102 Sioux Falls, SD 57110
Phone: (605) 361-0114  Website: www.lightinganewway.com
Fax: (605) 332-1723  E-mail: carol@lightinganewway.com
Hours: Daytime and evening available, Monday - Friday; by appointment only.
Fees: Comparable rates; accepts most insurance and Medicaid
Services Offered: Individual, couples, and family therapy provided for adults and adolescents. Specialties include the treatment of depression, anxiety, trauma, grief and loss, abuse, and post-adoption family and attachment coaching.
Behavioral Health Professionals:
Colleen Stegenga, MSW, LCSW-PIP
Mary Weber, MS, LPC, LMFT
Andrea Bloch, MS, LMFT
Lisa Stellinga, MS, LPC-MH, LAC, QMHP
Nancy Robson, MA, LPC, NCC
Kristy Eckhoff-Speck, MA, LPC-MH, QMHP
LSS (Lutheran Social Services) State Center - Counseling Services
705 E. 41st Street Suite 100 Sioux Falls, SD 57105
Phone: (605) 444-7631  Website: www.lsssd.org
Fax: (605) 344-7690  E-mail: info@lsssd.org
Hours: 8:00am - 8:00pm, Monday, Tuesday, Thursday / 8:00am - 5:00pm, Wednesday and Friday
Fees: Sliding fee scale $28.00 - $155.00, based on family income; accepts most insurance, Medicaid, and Medicare.

Services Offered: Offers a variety of counseling services including:
- Individual, couples, and family therapy
- Group therapy and education groups
- Mental health assessments and evaluations
- Mediation
- Counseling for victims of crime (including all types of child abuse)
- Substance abuse assessment and counseling
- Functional Family Therapy
- Moral Reconciliation Therapy (MRT)
- Moral Reconciliation Therapy-Domestic Violence (MRT-DV)
- Cognitive Behavioral Interventions for Substance Abuse (CBISA)
- Parent Coordination
- EAP (Employee Assistance Program) counseling

Behavioral Health Professionals:
April Bolton MA, LPC-MH, NCC, QMHP  Chad Nielsen, MA, LAC
Becky Currier, LAC  John Korkow, PhD, LAC
Krysta Winter, LPC-MH, NCC, QMHP  Megan Grode Wolters, MSW, LCW
Scott Moeller, MS, LPC-MH, LMFT  Stephanie Lund, MS, LPC, NCC, QMHP
Tally Salisbury, MS, LPC-MH, QMHP  Rachel Moe, LPC
Rebecca Donaldson, MSW, LCSW  Jay Memmott, PhD, CSW-PIP
Jennifer Lunder, CSW  Robyn Amiotte, MS, LPC-MH, QMHP, ACT
Sarah Hewitt, LPC  Katy Lakes, LPC
Janet Opoien-Twedt, LPC-MH  Michelle Novak, LPC-MH
Sarah Friend, CSW-PIP  Nicole Roth, LAC
Vicki Albers, LAC

Mary T. Guth
3610 S. Western Avenue, Suite 2 Sioux Falls, SD 57105
Phone: (605) 951-8423
Fax: (605) 274-1704
Hours: Noon - 8:30pm, Monday - Friday / 9:00am - 12:00pm, Saturday
Fees: Accepts most insurance and Medicaid


Behavioral Health Professional: Mary T. Guth, MS, LPC-MH, LMFT, ACS

Midwest Counseling & Evaluation Services, LLC
6209 E. Silver Maple Circle, Suite 2 Sioux Falls, SD 57110
Phone: (605) 274-1944  Website: www.midwestcounselingandevaluations.com
Fax: (605) 274-1945  E-mail: cfritz.mces@midconetwork.com
Hours: 9:30am - 5:30pm, Monday & Wednesday / 9:30am - 6:30pm, Tuesday & Thursday / 9:30am - 2:30pm, Friday
Fees: Accepts most insurance, Medicaid, EAP and self-pay

Services Offered: Providing mental health and addiction recovery services (including dual diagnosis) to children, adolescents, adults, couples, and families. Services include mental health/addiction assessments and screenings, and treatment services for adjustment disorders, anger management, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), Asperger's Syndrome, behavior problems, depression, grief, oppositional defiant disorder, Obsessive Compulsive Disorder, parent-child conflicts, post traumatic stress, separation and divorce, family issues, social skills training and stress management. South Dakota court approved treatment provider to offer alcohol and drug assessments/evaluations and screenings that are available including Individual 1st Offender DUI Education, Intensive Outpatient Services and Aftercare for the First and Second Courts. Also offers an Employee Assistance Program (EAP); Cognitive Behavior Therapy; Behavior Modification; Clinical Supervision; Reunification Therapy; Psychological Evaluation/Screenings; Custody Evaluations and Parent Coordination.
Help At Your Fingertips...

<table>
<thead>
<tr>
<th>Behavioral Health Professional</th>
<th>Fees</th>
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<tbody>
<tr>
<td>Connie Fritz, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC, ACS, NCCE, NCPC</td>
<td>Accepts most major insurances; cannot accept Medicaid or Medicare.</td>
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<tr>
<td>Amber Chan, LPC- MH, QMHP, Certified DBT Therapist</td>
<td>Low-income based</td>
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<tr>
<td>Stephanie Moore, MS, NCC, LPC-MH</td>
<td>Most major insurances accepted; cannot accept Medicaid or Medicare.</td>
</tr>
<tr>
<td>Kara L. Baas, MS, LPC-MH</td>
<td>Accepts most major insurances; cannot accept Medicaid or Medicare.</td>
</tr>
<tr>
<td>Anne Dilenschneider, PhD, QMHP, LPC</td>
<td>Accepts most major insurances; cannot accept Medicaid or Medicare.</td>
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<tr>
<th>Services Offered</th>
<th>Fees</th>
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<tr>
<td>Provides comprehensive DBT (Dialectical Behavior Therapy) programs for adults that struggle with depression, PTSD, self-harming behaviors and Borderline personality disorder.</td>
<td>Program Fees: $70.00/50min counseling session; $35.00/30min counseling session; $105.00 for initial 80min counseling intake assessment (first appointment). $40.00/50 min life coach/advocacy session; $20/30min life coach/advocacy session. Low-income based</td>
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<td>Working with children, adolescents, adults, couples, and families wanting to overcome trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges. Multiple support groups are always available. Offering faith-based therapy and online counseling services when requested. Life coaching and advocacy services are also available. Specializes in providing counseling for clergy and families working in ministry, as well as helping professionals in the human services and medical field. Offers telehealth counseling through software called VSee to individuals in South Dakota. Preference is to do in-person intake, but can do intake online if in-person is not an option.</td>
<td>Accepts most major insurances; cannot accept Medicaid or Medicare.</td>
</tr>
<tr>
<td>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. Utilizing energy balancing and clearing techniques (Emotional Freedom Technique and Matrix Reimprinting) as appropriate to release blocked emotions and energy. Flexible scheduling allows for sessions to be held in the office, home, or other community settings.</td>
<td>Most major insurances accepted; cannot accept Medicaid or Medicare.</td>
</tr>
<tr>
<td>Sessions are available for: pre-teens, adolescents, adults, and elders. Areas of specialized training include: ADHD, anxiety, Asperger's Syndrome, betrayal/divorce, depression, LGBTQ issues, PTSD, spirituality, and transgender health. Telehealth counseling is offered for residents within South Dakota. In-person intake required, also periodic in-person sessions, and signing of a release for telehealth (the release includes emergency procedures and acknowledgment of the limitations of telehealth). A HIPAA-compliant portal and video system is provided. Clients can easily access the session via phone, tablet, or computer. No special software is required.</td>
<td>Most major insurances accepted; cannot accept Medicaid or Medicare.</td>
</tr>
</tbody>
</table>
**Prairie View Prevention Services, Inc. - Student Assistance and Family Education**

822 E. 41st Street, Suite 235 Sioux Falls, SD 57105  
**Phone:** (605) 331-5724  
**Website:** [www.prairieview.net](http://www.prairieview.net)  
**Fax:** (605) 331-5725  
**E-mail:** pvps@iw.net  
**Hours:** 8:00am - 5:00pm, Monday - Friday  
**Fees:** No-cost for adolescents and families in contracted school districts; call for more information  
**Services Offered:** School-based alcohol and drug prevention and intervention counseling services for students and families. Counselors are available at each participating middle and high school to provide easier access to services. Services include: Individual and group sessions Family counseling Drug and alcohol screening Tobacco screening Drug and alcohol assessments Referrals Aftercare (post treatment)  
**Behavioral Health Professionals:** Contact Darcy Jensen, Director, for list of mental health professionals

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**Presentation Sisters Hispanic Ministry - Caminando Juntos**

617 E. 7th Street Sioux Falls, SD 57103  
**Phone:** (605) 274-3735  
**Website:** Facebook - Caminando Juntos Sioux Falls  
**Fax:** (605) 274-3736  
**E-mail:** preshispmint@sio.midco.net  
**Hours:** 9:00am - 5:00pm, Monday – Thursday / 9:00am - 4:00 pm, Friday by appointment  
**Fees:** Call for information  
**Services Offered:**  
- Certified Spanish speaking counselor on staff for assistance with family counseling, abuse situations, suicide threats, et cetera.  
- 10-session, Women's Self-Esteem class (in Spanish) for Latino women in domestic abuse in the fall and spring. Partnership with other agencies who assist women in crisis due to family/gender violence.  
- Assistance with accessing healthcare, housing, vouchers for basic needs, navigating social service systems  
- Providing immigration counseling and other immigration services by an accredited Immigration Specialist  
- Accompaniment of women and children in situations of domestic abuse  
**Behavioral Health Professional:** Janice Mengenhauser, LPC, LMHP

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**Psychiatric Services, LLC**  
2116 S. Minnesota Avenue Suite 2A Sioux Falls, SD 57105  
**Phone:** (605) 697-5352  
**Website:** [www.strivingtoimprove.com](http://www.strivingtoimprove.com)  
**Fax:** (605) 610-1561  
**Hours:** 8:00am - 5:00pm, Wednesday  
**Fees:** Call for information; Medicaid  
**Services Offered:** 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

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**Psychological Solutions of South Dakota**  
5032 S. Burr Oak Place, Suite 210 Sioux Falls, SD 57108  
**Phone:** (605) 274-1119  
**Fax:** (605) 271-9983  
**Hours:** 8:00am - 5:00pm, Monday - Friday  
**Fees:** Call for more information  
**Services Offered:** Psychological evaluations for: differential diagnosis, personality, intellectual disabilities, autism spectrum, attention, memory, cognition, visual spatial functioning, executive functioning, dementia, driving safety screening, presurgical psychological screening (i.e., bariatric, spinal surgery, cochlear implant), somatic symptom disorder (i.e., with predominant pain, illness anxiety), dissociative disorders, addictive disorders, learning disabilities, disability determination, vocationally-related, workplace violence risk, fitness for duty, new hire safety sensitive employee, licensed professionalif classification licensing board assessment, psychological injury, shoplifting, evaluation for child custody, evaluation of parenting capacity in child protection cases, guardianship, conservatorship, ability to manage personal affairs, retrospective assessment of prior mental state in litigation, domestic violence, dangerousness, mental health commitment, chemical dependency commitment, dual diagnosis, adult and juvenile criminal responsibility, violence risk in juveniles, competency to stand trial, and disputed confessions. Consultation to attorneys, file review, review of other mental health professional's records/evaluations/ testimony, second opinion evaluations/testimony, and review of child abuse interviews.  
**Behavioral Health Professional:** Thomas L. Price, MA, LP, LPC, LMFT, PhD
Psychotherapy Associates of Sioux Falls
2210 W. Brown Place Sioux Falls, SD 57105
Phone: (605) 332-1700  Website: www.sdfsio.org
Fax: (605) 336-9031  E-mail: fsisd@msn.com
Hours: 8:00am - 7:00pm, Monday - Friday
Fees: $175.00 per hour; accepts most insurance; Medicaid
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 abuse/sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and post traumatic stress (PTSD). Psychodrama and eye movement desensitization and reprocessing (EMDR) treatments are available.

Behavioral Health Professionals:
- Connie Nelson, MA, LPC-MH, LAC
- Shelley L. Sandbulte, EdD, LP
- Mary Eggleston, MSEd, LPC, LMFT, LAC

Rebecca J. Watson-Miller, Ph.D.
2500 W. 49th Street, Suite 209 Sioux Falls, SD 57105
Phone: (605) 335-5888  Website: www.watsonmillerphd.com
Hours: 11:00am - 8:00pm Monday - Friday  E-mail: drwatsonphd2@gmail.com
Fees: Call for information
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.

Behavioral Health Professional: Rebecca J. Watson-Miller, Ph.D.

Rebecca Sather Durr Mental Health Therapist
102 N. Krohn Place Sioux Falls, SD 57110
E-mail: Rebeccadurrlcsw@gmail.com
Hours: 9:00am - 6:00pm, Thursdays; evenings and weekends by appointment
Fees: $70.00 - $150.00 per session; most insurance plans accepted as well as Health Savings Accounts
Services Offered: Works with clients to address a broad range of concerns including depression, anxiety, behavioral problems, relationship & identity issues, life transitions, anger, hoarding, medical diagnosis and trauma. Works with each client to identify strengths as well as tailor the therapy to their identified learning style. Frequently uses hands on activities, visual demonstrations, writings, drawings, art and games to help illustrate or represent the topic being discussed.

Behavioral Health Professional: Rebecca Sather Durr, LCSW, PIP

Renew Counseling Services
5201 S. Western Avenue Sioux Falls, SD 57108
Phone: (605) 777-0588  Website: www.renewcounselingserviceskq.org/
Fax: (605) 681-6691  E-mail: kim@renewcounselingserviceskq.com
Hours: Monday - Saturday / Hours vary with client needs.
Fees: Sliding scale; most insurances accepted including Medicaid, Sanford, AVERA, and many others
Services Offered: Mental health therapy and addiction counseling including but not limited to depression, stress, anxiety, PTSD, grief, relationships, personality disorders, mood disorders, Co-occurring Disorders (addiction and mental health). Supervision for ACT, LPC, LPC-MH licensure. Premarital sessions and Emotional Intensity work.

Behavioral Health Professional: Kim Questad MS, NCC, LPC-MH, LAC, QMHP

Resolutions Counseling & Mediation
6116 S. Lyncrest Avenue, Suite 103 Sioux Falls, SD 57108
Phone: (605) 679-3186  Website: www.sdresolutions.com
Fax: (686) 729-1532  E-mail: info@sdresolutions.com
Hours: 8:00am - 5:00pm, Monday – Friday / Evening and Saturday appointments available
Fees: Accepts most insurances including Medicaid; Mediation and Custody Related Fees are private pay
Services Offered: Individual, family, and couples therapy to all ages including children, adolescent, as well as married, never married, separating, or divorcing families. Areas of focus include work and career adjustment, stress management, grief and loss, parenting skills, conflict management, custody, co-parenting education, custody evaluations, parenting time, divorce, community supervised visitation (for children, elderly and disabled individuals requiring supervision), financial, and Ag mediation. Treatment services include dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR), and trauma therapy. Alcohol and/or Drug testing to include hair follicle testing, nail testing, urinalyses, breathalyzer and PEth blood testing.

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support 36  www.helplinecenter.org/sfmhg
Resolutions Counseling & Mediation Cont’d
Behavioral Health Professionals:
Diane Johnson-Mitchell, MS, LPC-MH, EMDR Certified and Approved Consultant
Jari Johnson, MA, LMFT  Rachel Kuchta, MSW, LGSW, Custody Evaluator
Sallie Dixon, MA, LMFT  Shanna Moke, MA, CFLE, Mediator/Evaluator
Erin Trefz, Supervision Coordinator and Mediator

Restoration Counseling and Consulting, Inc.
6809 S. Minnesota Avenue, Suite 103 Sioux Falls, SD 57108
Phone: (605) 838-9655  Website: www.restorationcounseling.biz
Fax: (605) 271-2548  E-mail: luanna@restorationcounseling.biz
Hours: Monday - Friday, by appointment
Fees: Vary by service, most insurance accepted, including Medicaid. Sliding fees and payment plans available.
Services Offered: Individual and couples therapy for adults dealing with life transitions, healing from trauma and/or abuse, restoring difficult relationships, or looking for balance and support in their lives. Individual therapy for adolescents dealing with trauma or behavior issues. Assessment and therapy for those engaged in addictive behaviors, and also for those who love them. Experienced in serving the Native American community, particularly in the areas of historical trauma and grief.
Behavioral Health Professionals:
Dr. Seth Olson, PhD, LPC, NCC

Restoration Treatment Services
225 E. 11th Street Suite 206 Sioux Falls, SD 57104
Phone: (605) 271-7712  Website: www.newhavensf.org
Fax: (605) 274-1557
Hours: 3:00pm - 7:00pm, Tuesday and Thursday, or by appointment
Fees: Call for information
Services Offered: Assessments: An interview process to determine what type of services and care is needed for the client's situation. Individual Counseling: including alcohol abuse, drug abuse, compulsive behaviors, chemical dependency, pornography addiction, sexual addiction, and gambling related issues. Early Intervention Services: An 8 hour driving under the influence class for those who have experienced a 1st time DUI. Alcohol Awareness and Drug Education classes are also available for those who are for the first time experiencing chemical dependency issues. This could include college students and those with underage consumption charges. Intensive Outpatient Treatment: An outpatient treatment program offered to those struggling with alcohol, drug, and gambling issues. Uses evidence based practices to provide support, education, and counseling services to help each person develop the individualized tools and skills they need to obtain a foundation of recovery. Treatment is conducted in a structure format that involves group sessions. Alcohol and Drug Testing: Random and Scheduled Breath Analysis options include daily reporting for breath test for the detection of alcohol. Referral can come from a person's attorney, judge, probation/parole officer, or Department of Social Services worker. All clients receiving counseling services will be required to take random alcohol and drug testing. Aftercare Services: Support and counseling after intensive outpatient treatment, generally recommended for 6 - 12 months and provide continued support through professional and peer support, education, and group involvement. Group sessions discuss topics that those in early in recovery experience and support one another in their recovery.
Behavioral Health Professional: Johnny Ray, LAC, LCSW

Revival Counseling Services, Inc
4948 E. 57th Street Sioux Falls, SD 57108
Phone: (605) 359-0303
Website: www.Revivalcounselingservices.org  E-mail: Revivalcounselingservices@gmail.com
Revival Counseling Services, Inc - Cont’d
Hours: 8:00am - 5:00pm, Tuesday - Friday
Fees: Accepts most insurance and Medicaid
Services Offered: Individual and couples mental health and chemical dependency counseling to children, adolescents, and adults with a variety of issues including, but not limited to: depression, anxiety, Obsessive Compulsive Disorder (OCD), physical and or sexual abuse, trauma, chemical dependency and other addictions, co-occurring disorders, family issues, behavioral issues, relationship issues, sexual identity, adjustment disorders, career issues, adoption issues, attachment issues, personality disorders, stress management, women's issues, eating disorders, post traumatic stress (PTSD), and crisis prevention. Offers EMDR (Eye Movement Desensitization and Reprocessing).
Behavioral Health Professional: Erin Meyer (Stolsmark), LPC-MH, NCC, LAC, QMHP, ACA, SDCA
Ritzman Counseling Services
3101 W. 41st Street, Ste. 201A, Sioux Falls, SD 57105
Phone: (605) 376-0369
Website: www.ritzmancounseling.net  E-mail: kmrs@midco.net
Hours: 8:00am - 7:00pm, Monday - Friday / Some Saturday appointments available
Fees: Accepts most insurance and Medicaid; sliding fee available
Services Offered: Individual, family, couples, and play therapy serving children, adolescents, and adults.
Specialties include depression, anxiety, trauma, and abuse. Call for information regarding help available for transition of clients who are moving out of state for college or other reasons until they can find a local therapist. In an emergency, helps existing clients via phone or secure email, or anyone in need of immediate help.
Behavioral Health Professional: Kelly Ritzman, MA, MS, NCC, RPT, LPC-MH, QMHP

Ronda Maass
4410 S. Tennis Lane Sioux Falls, SD 57106
Phone: (605) 212-4019  Website: www.rondamaass.com
Fax: (605) 362-5601  E-mail: rondam@sio.midco.net
Hours: Services are available Tuesday through Friday by appointment.
Fees: Accepts most insurance, Medicaid, employee assistance programs, and private pay.
Services Offered: Counseling services for individuals, couples and families. Areas include anxiety, blended families, career changes, caregiver support, communication, depression, divorce, grief and loss, identity, infertility, life transition and adjustments, parenting, stress, women's health and wellness through the life span. Therapeutic approaches include Cognitive Behavioral Therapy, Brief Solution Focused Therapy, Family Systems and Mindfulness.
Behavioral Health Professional: Ronda J. Maass, MA, LPC-MH, QMHP

Sanford Health Psychiatry and Psychology Clinic
2400 W. 49th Street Sioux Falls, SD 57105
Phone: (605) 312-8700  Website: www.sanfordhealth.org
Fax: (605) 312-8701
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Accepts most insurance including Medicare and Medicaid
Services Offered: Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy. Treatment services for children, adolescents, adults, and seniors include but are limited to: anxiety disorders; mood disorders; personality disorders; somatization disorders; psychosexual disorders; Schizophrenia Post-Traumatic Stress Disorder (PTSD); abuse issues; eating disorders; addictions; dementia; grief and loss; stress management; executive health; evaluation and treatment of childhood emotional and behavioral disorders including Attention-Deficit/Hyperactive Disorders (ADD/ADHD) and group therapy.
Behavioral Health Professionals:
Barbara Wendell-Schechter, NP-C        Brittany Tennant, LPC-MH
David Ermer, MD                          Kate Andal, Ph.D.
Kathleen Lemme, LAC, LPC-MH, LMFT        Kelli Hinsch, DNP Kelli Willis, MSW-PIP
Kelly Lauck, PhD, LPC-MH                Linda Kauker, PA-C
Nichole Johnson, NP-C                    Rachelle Broveleit, PA-C
Rajesh Singh, MD                        Rebecca Palugyay, MSW-PIP
Rhonda Smith, EdD                       Sandra Peynado, MD
Sarah Konrady, PhD                      Serene Thin Elk, LPC-MH, LAC
Steven Cochran, MD                      Susan Wicks, MSW-PIP

Sanford Women's - Mental Health Services
5019 S. Western Avenue, Suite 200 Sioux Falls, SD 57108
Phone: (605) 328-7700
Website: www.womens.sanfordhealth.org
Hours: 7:00am - 7:00pm, Monday - Thursday / 7:00am - 5:00pm, Friday / nights and weekends by appointment
Fees: Accepts most insurance including Sanford employee assistance program provider
Services Offered: Provides services to adults and adolescents; service specialty areas for adults include post-partum emotional response, infant loss, depression, anxiety, insomnia, life changes and adjustments; service specialty areas for adolescents include parent/child relationships, bullying, peer and relationship issues, and life adjustments.
Behavioral Health Professional: Karla Harmon, CSW-PIP, QMHP
Sioux Empire Christian Counseling, Inc.
2000 S. Sycamore Avenue, Suite 101 Sioux Falls, SD 57110
Phone: (605) 271-0261 Website: www.siouxfirempirechristiancounseling.com
Fax: (605) 271-0263 E-mail: Tonyboer.secc@midconetwork.com
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday
Fees: $175.00 per hour; accepts most insurance; Medicaid; Medicare
Services Offered: Individual, marital, and family counseling across the lifespan. Experience in Attention Deficit Hyperactivity Disorder (ADD/ADHD), Asperger's syndrome, depression, anxiety, divorce adjustment, spiritual issues, blended families, affairs, abuse, past abuse, and pre-marital counseling.
Behavioral Health Professionals:
Andrew McDade, MSW, QMHP
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
Fax: (605) 339-9944
E-mail: sfps@sfseminary.edu
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 12:00noon, Friday
Fees: Accepts most insurance, Medicare, and Medicaid; fees vary based upon insurance
Services Offered: Offers a full range of psychological services including therapy and assessments for children, adolescents, couples, and families. Topics covered include: life changes and transitions; anxiety and depression; trauma, abuse, and betrayal; anger and conflict; grief and loss; marital affairs; self image and self worth; loneliness and isolation; impact of addiction; issues related to substance abuse; behavioral therapy; relationship challenges; chronic pain and illness; separation, divorce, or remarriage; identity, gender, or sexual concerns; rape and sexual abuse; medical or spiritual issues; medical conditions; career counseling; and Post Traumatic Stress Disorder (PTSD). Provides telemental health services to individuals in South Dakota. Staff psychologists are able to provide psychological assessments and evaluations. Psychological tests such as the Minnesota Multiphasic Personality Inventory (MMPI-2) and the Millon Clinical Multiaxial Inventory (MCMI-III) can help establishing a person's current level of psychological function form an objective perspective. These inventories are used in a variety of settings and for a variety of reasons: pre-employment and legal processes; child custody and adoption evaluations; psychological evaluations; clarity of psychological diagnosis; determination of treatment plans; home studies and consultations; and competency to stand trial evaluations.
Behavioral Health Professionals:
Amy Marschall, PsyD, Lic. Psychologist
Dee Wacker, RN, MA, LPC
Erik Lohmann, PsyD, Lic. Psychologist
Jo Flewser, MDiv
Kerry Koerselman, MA, LPC
Maggie Blaylock, MA
Megan Miller, MA, LPC, LMFT
Bethany Eggers, MA, LPC
Tara Knobloch, MSW, LCSW-PIP
Zane Peterson, MA, LPC
Caitlin Talbert, MA, LPC
Doug Anderson, PsyD, Lic. Psychologist, LMFT
Gretchen Hartmann, MA, DMin, LMFT
Jessica Kaiser, MDiv, LMFT, LPC, Certified Psychoanalyst
Bethany Hill, MS
Jennifer Helken, PhD, Lic. Psychologist
Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP
Robyn Shores Foster, MSW, LCSW-PIP
Melanie VanderPol-Bailey, MSW, LCSW-PIP
Aimee Peterson, MSW, LCSW
Kimberly Belben, MA, LMFT, Certified Perinatal Mental Health Therapist

Sioux Falls Treatment Center
2519 W. 8th Street Sioux Falls, SD 57104
Phone: (605) 332-3236 Website: www.methadonetreatmentcenter.com
Fax: (605) 334-5026 E-mail: siouxfalls@methadonetreatmentcenter.com
Hours: 5:30am - 2:00pm, Monday - Friday
Fees: $45.00 intake physical fee; $13.00 a day or $91.00 a week for treatment (medication and counseling)
Services Offered: Providing methadone maintenance treatment program, patient care, and counseling for those struggling with opioid substance use.
Behavioral Health Professionals:
Deb Nelson, MA, ACT
Erin Steensma, LAC, CCTT
Richard Farnham, MD
Eric Abels, BSW, CAC
Johnny Ray, MSW, LCSW, LAC, QMHP
Wayne Dougherty, LAC, CPS
Helpline Suicide & Crisis Support
1-800-273-TALK(8255)
www.helplinecenter.org/sfmhg

Sioux Falls VA Health Care System - Mental Health Service Line
2501 W. 22nd Street Sioux Falls, SD 57105
Phone: (605) 336-3230  Website: www.siouxfalls.va.gov
Fax: (844) 698-2311
Hours: 8:00am - 4:30pm, Monday - Friday  / 8:00am - 12:00noon, Saturday  / Walk-in assistance available  / 24-hour emergency services / Nurse Advice Line: evenings, weekends, and holidays
Fees: Based on eligibility; eligibility must be established before treatment services may be offered
Services Offered: Outpatient mental health; psychiatry services; integrated mental health with primary care; local recovery coordinator; suicide prevention program; offering gun locks for veterans; military sexual trauma program; addiction treatment program; suboxone clinic (treating addiction to opiates/pain killers); homeless veterans program; compensated work therapy; care coordination and home tele-health; post traumatic stress (PTSD) services; 6 bed secure inpatient unit; geropsychiatric services; peer support services; and smoking cessation.
Behavioral Health Professionals: Addiction therapists, psychiatrists, physician assistants, psychiatric nurses, psychologists, and social workers

Sioux Falls Wellness Counseling
5201 S. Western Avenue, Suite 104 Sioux Falls, SD 57108
Phone: (605) 610-9228  Website: www.siouxfallswellness.com
Fax: (605) 496-9989
E-mail: rita@siouxfallswellness.com
Hours: 11:00am - 8:00pm, Monday – Thursday  / 10:00am - 7:00pm, Friday / 10:00am - 3:00pm, Saturday
Fees: Accepts most insurance; call for information
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. Eye Movement Desensitization and Reprocessing (EMDR) technique available. Offers telehealth services. Requires an in-person initial intake. Uses the software through the Jituzu portal.
Behavioral Health Professional: Rita Hansen, MA, LPC-MH, LAC, QMHP, NCC

South Dakota Urban Indian Health Sioux Falls - Behavioral Health and Substance Abuse Services
711 N. Lake Avenue Sioux Falls, SD 57104
Phone: (605) 339-0420  Website: www.sduih.org
Fax: (605) 339-0038
Hours: 9:00am - 6:00pm, Monday - Friday; Some cultural activities are held during evening hours and on weekends.
Fees: Sliding fee scale
Services Offered: Individual, couples, and family behavioral health counseling for all ages. Chemical dependency/substance abuse assessments and individual substance abuse counseling (Level 1.0) available for adults and youth. Transportation is available for current patients if needed. Cultural Educator - hosts traditional crafting classes, Wellbriety's Mothers of Tradition group, Wellbriety's Medicine wheel and the 12 Steps group, drum group, Lakota language classes and other seasonal events. This office hosts a sweat lodge in the area. Cultural education is available to agencies and groups.
Behavioral Health Professionals:
  - Kate Zimmerman, MSW, LCSW, CAC
  - Stacia Nissen, MA, LPC, NCC, LAC

Southeastern Behavioral HealthCare - Counseling and Children's Services
2000 S. Summit Avenue Sioux Falls, SD 57105
Phone: (605) 336-0510  Website: www.southeasternbh.org/
Fax: (605) 336-3779
Hours: 8:00am - 8:00pm, Monday / 8:00am - 6:00pm, Tuesday and Thursday / 8:00am - 7:00pm, Wednesday / 8:00am - 12:00noon, Friday
Fees: Sliding fee scale based on family income and program. Most insurance accepted including Medicaid and Medicare.
Services Offered: Traditional outpatient therapy to individuals, families, children, couples, and groups. Psychiatric evaluation and services (including medication management) and psychological services. Services include children's case management and home-based program which provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Early childhood mental health services. Play therapy for children ages 0 to 5; contact Tam Kerl for an appointment. Specializations in depression, anxiety, grief, parenting issues, attention deficit/hyperactivity disorder (ADD/ADHD), oppositional defiant disorder (ODD), stress management, and abuse. Chemical dependency services are offered to existing clients of SEBH.
Southeastern Behavioral HealthCare Cont’d
Satellite office in Parker, SD: 210 N. Main Avenue, Parker, SD 57053. Serving individuals from Parker, Centerville, Irene, Viborg, Hurley, Marion, and Chancellor 8:00am - 5:00pm, Thursday, Friday, by appointment Call (605) 336-0510 and ask to speak with Tam or Brenda to get scheduled Staff at this office typically works with children ages 5-18.

Behavioral Health Professionals:
- Carrie Schumacher, MA, LAC
- Erika Detweiler, MSW, CSW-PIP
- Holly Ahlers, MS, RN-BC
- James Chiu, MD
- Kelly Bass, DSW, CSW-PIP
- Kris Graham, MS, LPC, MQHP
- Marquette Bratsch, MS, NCC, ACT
- Robert Nuss, MD
- Shawn Van Gerpen, MD
- Nick Fischer, BS, CAC
- Adam Woltzhuizen, MS, LPC, NCC, CRC, QMHP
- Brennan Thompson, MSW, CSW-PIP, ACT, MQHP
- Caroline Beebe, MA, LPC-MH, MQHP, NCC
- Celeste Ulte-Burow, LPC, LMFT, ED.D
- Christine Lueth, MSW, CSW-PIP, MQHP
- Jessica Grueneich, MSW, CSW, MQHP
- Nicole Robideau, MSW, CSW-PIP, MQHP
- Sarah Thoms, MS, NCC, LPC, MQHP
- Trisha Callaghan, MSW, CSW, MQHP

Sozo Counseling Care, Inc.
3500 S. Phillips Avenue, Suite 121 Sioux Falls, SD 57105
Phone: (605) 360-2613
Website: www.sozocounselingcare.com
Hours: Days and evenings by appointment
E-mail: dianne@sozocounselingcare.com
Fees: Accepts most insurance
Services Offered: Focus on mind-body-spirit connection, depression, anxiety spectrum disorders, stress, blended families, chronic illness, workplace issues, trauma, abuse, grief, post abortion stress, spiritual or Christian concerns. Experience in eye movement desensitization and reprocessing (EMDR) and inner healing prayer methods.
Behavioral Health Professional: Dr. Dianne S. Heynen, DMin, MS, LPC-MH, BCPCC, MQHP

Stacey Hauck
1601 E. 69th Street, Suite 202 Sioux Falls, SD 57108
Phone: (605) 271-9890
Fax: (833) 648-0657
E-mail: Stacey@staceylpc.com
Hours: By appointment
Fees: Accepts most insurance and Medicaid
Services Offered: Confidential and professional individual and family counseling for children, adolescents, and adults. Services offered for depression, anxiety, post traumatic stress (PTSD), abuse, sexual abuse and incest, domestic violence, behavior problems, separation and divorce, and adjustment disorder.
Behavioral Health Professional: Stacey Hauck, MS, NCC, LPC-MH, MQHP
Stacy Gorman, LLC
6809 S. Minnesota Avenue, Suite 103 Sioux Falls, SD 57108
Phone: (605) 940-6422  Website: www.stacygormancounseling.com
Fax: (605) 271-2548
Hours: Day appointments available, Monday - Friday
Fees: Accepts most insurance and Medicaid
Services Offered: Counseling services for adolescents and adults in the following areas: anxiety, adjustment disorders, depression & mood disorders, premarital preparation, relationship problems, women's issues, abuse issues, family of origin issues, self-esteem & self-confidence issues, trauma, stress management, life transitions, addiction & substance abuse.
Behavioral 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  Website: www.strongholdcounseling.com
Fax: (605) 334-5348
E-mail: info@strongholdcounseling.com
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / By appointment, Saturday
Fees: Accepts Medicaid, Medicare, most insurances and EAPs; sliding fee scale is available.
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. Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.
Behavioral Health Professionals:
- Amanda Davis, MSW, CSW-PIP
- Earl Witt, MA, LMFT, QMHP
- Jodi Merritt, MA, LPC, LAC
- Jan Sanford, MS, LPC-MH, QMHP
- Kristiana Benson, MA, LMFT, QMHP
- Nick Buus, MA, LMFT, QMHP
- Connie Spicero, Licensed Psychologist
- Eleanor Larsen, MA, LMFT, QMHP, LAC
- Gary Hofman, EdD, LPC-MH, NCC, LAC, QMHP
- Kerry Ford, MSW, CSW-PIP
- Larry Dancler, MS, LPC-MH, QMHP
- Zachary Seefeldt, MA, LPC-MH, LAC, NBCC, QMHP

Tallgrass Recovery and Sober Living Homes
27048 Tallgrass Avenue Sioux Falls, SD 57108
Phone: (605) 368-5559  Website: www.tallgrassrecovery.org
Fax: (605) 853-7133
E-mail: jswenson@tallgrassrecovery.org
Hours: 24 hours a day / 7 days a week
Fees: $7,500.00 intensive 30 day residential treatment center; call for more information
Services Offered: Residential campus and sober living homes 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 3 - 12 months. Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share our mission of advocacy for and implementation of the 12-step approach to recovery. An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.
Behavioral Health Professionals: Call for more information regarding licensed/credentialed professionals

Tina Harp Counseling, Inc.
3101 W. 41st Street, Suite 208 Sioux Falls, SD 57105
Phone: (605) 759-1516  Website: www.tinaharp.com
Fax: (605) 370-6698
E-mail: tina@tinaharp.com
Hours: Monday - Friday, evenings by appointment
Fees: Accepts most insurance and Medicaid
Services Offered: Individual, couples and family therapy for all ages with a specialization in Eye Movement Desensitization and Reprocessing (EMDR). Areas of focus include depression, anxiety, life transitions, post traumatic stress (PTSD), sexual abuse, grief, and lesbian, gay, bisexual, and transgender population.
Behavioral 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.vetcenter.va.gov
Fax: (605) 330-4554
Hours: 8:00am - 7:00pm, Monday – Wednesday / 8:00am - 6:30pm, Thursday / 8:00am - 4:30pm, Friday
Fees: None
Services Offered: Provides a broad range of counseling, outreach and referral services to veterans and their families in order to help veterans make a satisfying post-war readjustment to civilian life. The specific counseling services include: individual, group, marital and family, military sexual trauma, and bereavement. Also provides assistance with job search, veterans benefits, gun locks, and basic needs. All services are free, and confidential. Support Groups include: Combat Support Group; Vietnam Combat Support Group and Building Spiritual Strengths Group.
Behavioral Health Professionals:
- Morris Patzlaff, LMFT
- Orlando George, BSW, BA

VOA (Volunteers of America) Counseling, Addiction and Prevention Services
1310 W. 51st Street Sioux Falls, SD 57105
Phone: (605) 334-1414 Website: www voa dakotas org
Fax: (605) 335-3121 E-mail: info@voa dakotas org
Hours: Inpatient services: 24 hours a day / 7 days a week. Walk-in assessments: 8:00am - 10:00am and 1:00pm - 3:00pm, Wednesday/ 8:00am -10:00am, Friday. Office Hours: 8:00am - 8:30pm, Monday – Thursday / 8:00am - 5:00pm, Friday.
Fees: Fixed and sliding fee scale depending upon service and available funds; accepts most insurance
Services Offered: A full continuum of mental health and substance use services for youth (ages 12 - 18, including pregnant teens) and adults, includes assessments, individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care, and aftercare counseling for adults and adolescents. Training, in-services, and workshops for groups and agencies are also provided. Intensive Outpatient Chemical Dependency Treatment: Provides 50 to 60 hours of intensive outpatient treatment over six to seven weeks adolescents' ages 12 - 18 and adults 18 and up who are extensively involved with alcohol or other drugs. The program provides individual, group and family counseling and assists the individual in developing the skills necessary to remain substance-free and begin a recovery program. Inpatient Chemical Dependency Treatment: Provides treatment for up to 60 days for adolescents' age 12 - 18 who have alcohol or substance use addictions. Inpatient services provide a developmentally appropriate environment in which youth can internalize and practice knowledge, insight, and skills. The residential environment also provides the youth opportunity to interact with peers without a treatment focus, just as they would when in the community. Volunteers of America Dakotas provides each young person with a substance use counselor who develops a comprehensive treatment plan focusing on substance issues as well as behavioral or mental health issues. Substance Use Aftercare Program: Provides 1 hour of continuing care, counseling, and support to adolescents and adults who have completed a structured inpatient or outpatient treatment program. Sessions are focused on helping the individual to develop and implement the skills needed to maintain a successful recovery program and to remain alcohol and/or drug free.
Behavioral Health Professionals:
- Amy Hartman, MA, NCC, ACT, LPC-MH, QMHP, LAC
- Natalie Pray, RN
- Bruce Fogas, PhD, Psychologist
- Denis Kranzielz, BSW, LAC
- Alyssa Domel, MA, ACT, NCC
- Mona Miller, CAC
- Angela Callahan,CAC
- Michelle Flanigan, MSEd , LPC, ACT

Well Balance Counseling Services
5101 S. Nevada Avenue, Suite 120 Sioux Falls, SD 57108
Phone: (605) 212-6315
Website: www wellbalancecounselingservices com
Hours: 4:00pm - 9:00pm, Monday - Thursday / Friday - By appointment / Saturday 8:00am - 12:00noon
Fees: Accepts most insurance and private pay; sliding scale available; $200.00 initial assessment; $175.00 per session.
Services Offered: Individual, family and couple's assessment and counseling for mental health and chemical dependency. Issues treated include: anxiety depression mood disorders adjustment disorders substance abuse disorders domestic abuse/ violence grief and loss trauma relational issues significant life changes
Behavioral Health Professional: Elizabeth Clayborne-Moeller, MS, LPC-MH, QMHP
Help At Your Fingertips...  Dial 2•1•1

Wellspring Therapy Center
6901 S. Lyncrest Place, Suite 105 Sioux Falls, SD 57108
Phone: (605) 335-1516  Website: www.wellspringtherapysf.com
Fax: (605) 731-0896  E-mail: wellspringtherapyoffice@gmail.com
Hours: 8:00am - 8:00pm, Monday - Friday / Weekends by appointment
Fees: Accepts most insurance, Medicaid and private pay
Services Offered: Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, parenting adult children, chronic illness, anxiety, depression, post-traumatic stress disorder, parent education, abuse, eating disorders, marital infidelity issues, and immigration adjustment concerns. Therapeutic methods used include: play therapy, eye movement desensitization and reprocessing therapy (EMDR), cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), emotionally focused couples therapy (EFT), and psychodynamic therapy.
Behavioral Health Professionals:

- Connie Kolbrek, MS, EdS, LPC, QMHP
- Krista McKeown, MA, LMFT, QMHP
- Ramona Wade, MA, LMFT, QMHP
- Wanda Jeffcoat, MS, LPC
- Gary Kashale, MA, LPC
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
• To receive community reminders every week text: 211SiouxFalls to 898211

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
• Helping Hand Emergency Resource Guide
• Sioux Falls Basic Needs Resource Guide
• Online Database at www.helplinecenter.org/211database

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