2013
Sioux Falls Mental Health Resource Guide

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ABOUT THE MENTAL HEALTH RESOURCE GUIDE

Welcome to the 2013 Sioux Falls Mental Health Resource Guide. Avera McKennan Behavioral Health Services has once again generously provided the funding, enabling it to be offered at no charge. This Guide was established to help the consumer more readily identify and select licensed/credentialed practitioners and agencies that provide a variety of mental health services in the Sioux Falls area. It provides the community with easily accessible information about those services that are listed.

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

To Find a Mental Health Practitioner by Name...
Search alphabetically for the last name of the person you are seeking in the Practitioner Name Index starting on page 9. Listed to the right of their name you will find a page number that will direct you to the organization with which they are associated.

To Find an Organization and/or Mental Health Practitioner by Service Category…
Search by the following service categories: Children/Adolescent Therapy, Christian Based Therapy, Abuse Issues (for children and/or adult victims and survivors), Addiction/Substance Abuse Services, Psychological Testing and Other. The names of the organizations and/or mental health professionals are listed alphabetically in the Service Category Index starting on page 5.

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

There is much role ambiguity among behavioral health practitioners meaning that people with quite different training may be similarly employed. The purpose of this is to create an array of perspectives in team settings or to match those needing services with whom is best able to help them. The following definitions do not capture all of the activities of each profession, but highlight their strengths.

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.

Chemical Dependency Counselor - Works with people to overcome an addiction to drugs or alcohol in individual or group settings. They may also assist families of people with addictions to better understand addiction and how to help their loved one. There are four increments of chemical dependency counseling certification: Trainees, level 1, level 2, and level 3 practitioners.

LPC - This is an abbreviation for Licensed Professional Counselor; it means that the counselor meets at least minimum state standards to provide counseling services to the public.

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

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

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

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

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

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

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

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

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

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

* What are the critical issues for which you would like to obtain help and what are the desired results you hope to see?

* Do you have a preference regarding type of setting (i.e. inpatient, outpatient, group therapy, etc.) or type of therapeutic approach?

* Is there a particular time of the day or week that would be best for you in arranging an appointment?

* Is there coverage offered by your insurance, health care plan, or employer that can offset some or all of the cost of treatment?

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

* What therapeutic approaches and techniques does she or he most frequently use?

* How will therapeutic goals be established? How will you know when therapy is complete?

After talking with a potential practitioner, ask yourself:

* Did you feel a sense of confidence in this person?

* Did the practitioner’s approach seem to make sense to you?

* And most of all, did you feel comfortable talking with this practitioner?
Abbreviations for professional accreditations and certifications.

AA Associate of Arts
ACS Approved Clinical Supervisor
AS Associate of Public Service
BA Bachelor of Arts
BCPCC Board Certified Professional Christian Counselor
BS Bachelor of Science
CCDC Certified Chemical Dependency Counselor
CCDCI Certified Chemical Dependency Counselor, Level 1
CCDCII Certified Chemical Dependency Counselor, Level 2
CCDCIII Certified Chemical Dependency Counselor, Level 3
CDCT Chemical Dependency Counselor Trainee
CEAP Certified Employee Assistance Professional
CFLE Certified Family Life Educator
CNP Certified Nurse Practitioner
CPS Certified Prevention Specialist
CRC Certified Rehabilitation Counselor
CSW Certified Social Worker
CSW-PIP Certified Social Worker-Private Independent Practice
DMin Doctor of Ministry
DO Doctor of Osteopathy
EdD Doctor of Education
EdS Education Specialist
EMDR Eye Movement Desensitization Reprocessing
LCSW Licensed Certified Social Worker
LCSW-PIP Licensed Certified Social Worker–Private Independent Practice
LMFT Licensed Marriage & Family Therapist
LNC Legal Nurse Consultant
LP Licensed Psychologist
LPC Licensed Professional Counselor
LPC-MH Licensed Professional Counselor-Mental Health
MA Master of Arts
MAEd Masters of Arts in Education
MAMFT Masters Marriage and Family Therapy
MD Doctor of Medicine
MDiv Master of Divinity
MEd Master of Education
MFT Marriage & Family Therapist
MS Master of Science
MSEd Master of Science in Education
MSSA Master of Science & Social Administration
MSW Master of Social Work
NCC National Certified Counselor
NCGC National Certified Gambling Counselor
PA Physician’s Assistant
PA-C Physician’s Assistant-Certified
PhD Doctor of Philosophy
PMHRN Psychiatric Mental Health Registered Nurse
PST Prevention Specialist Trainee
PsyD Doctor of Psychology
QMHP Qualified Mental Health Practitioner
RN Registered Nurse
RPT Registered Play Therapist
RTC Reality Therapy Certification
SAP Substance Abuse Professional
SW Social Worker
SWA Social Work Associate
TFTdx Thought Field Therapy Diagnostics

Definitions of selected mental health issues

Attention-Deficit Hyperactivity Disorder - Attention-Deficit Hyperactivity Disorder (ADHD) is a condition characterized by inattentiveness, hyperactivity, and impulsivity.

Bipolar Disorder - Bipolar Disorder is characterized by recurring episodes of mania and depression that cycle over time.

Borderline Personality Disorder - Borderline Personality Disorder (BPD) is characterized by impulsivity and instability in mood, self-image, and personal relationships.

Depression - Depression is a condition characterized by depressed mood (sadness), poor concentration, insomnia, fatigue, appetite disturbances, excessive guilt and thoughts of suicide.

Dual Diagnosis - Dual Diagnosis is a term used to describe people who have co-occurring mental illness and substance use disorders.

Generalized Anxiety Disorder - Generalized Anxiety Disorder (GAD) is characterized by severe, chronic, exaggerated worrying about everyday concerns.

Obsessive Compulsive Disorder - Obsessive Compulsive Disorder (OCD) is a condition characterized by intrusive irrational thoughts that repeatedly appear in a person’s mind and/or repetitive rituals that a person performs many times a day to momentarily relieve anxiety.

Post Traumatic Stress Disorder - Post Traumatic Stress Disorder (PTSD) is a response to a traumatic event characterized by nightmares or flashbacks, physical reactions to and avoidance of triggers associated with the trauma, exaggeration startle response, hyper-vigilance, sleep disturbances, difficulty concentrating and outbursts of anger or irritability.

Schizoaffective Disorder - Schizoaffective Disorder resembles Schizophrenia accompanied by an irregularity in mood.

Schizophrenia - Schizophrenia is a thought disorder characterized by hallucinations and delusions in addition to impairing a person’s ability to think clearly, manage emotions, make decisions and relate to others. Schizophrenia is subdivided into types that describe the symptoms: paranoid type, disorganized type, catatonic type, undifferentiated type.
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Avera McKennan Hospital and University Health Center - Behavioral Health Services

Addiction Recovery Program
Avera Professional Plaza
2412 S. Cliff Avenue, Suite 100
Sioux Falls, SD  57105
Phone:  (605) 322-4079         Fax:  (605) 322-4080
Internet Address:  www.averabehavioralhealth.org

Hours:  8:30am - 9:00pm, Monday - Thursday / 8:30am - 5:00pm, Friday / Daytime and Evening Groups, Monday - Friday
Fees:  Vary with different services; Accept most insurance; Medicare approved hospital - based program; payment plans available

Mental Health Professionals:
James Green, CCDCII  Jill Viedt, MS, LPC, CCDCIII
Jennifer Albrecht, MAT, LPC-MH, CCDCIII  Leah Rath, MA, LPC, CCDCIII
Greg Brostad, MS, LPC, CDCT, QMHP  Craig Kindrat, MS, LPC, LMFT, CCDCIII
Lana Smith, MA, LMFT, CCDCIII, QMHP  Amanda McKnelly, MS, CCDCIII

Services Offered:  Comprehensive treatment program for individuals, couples, and families affected by substance abuse, compulsive gambling, other addictive behaviors, and interrelated emotional difficulties. Court-approved provider for the assessment and/or treatment of substance abuse and/or gambling-related offenses. Specializing in Co-Ocurring services (the treatment of substance abuse/gambling conditions as well as mental health issues such as bipolar disorder, clinical depression and anxiety conditions). This multi-leveled program includes options for daytime or evening Intensive Outpatient Programs and daytime or evening Outpatient Groups (involving ASAM 2.1 and 1.0 levels of care). Assistance available for adolescents includes evaluations, individual and family counseling, and prevention services. Employee Assistance Programs. Offers specialized recovery services for health care practitioners inclusive of physicians, pharmacists, nurses, dentists and other health care professionals with state and/or national licensure/certification credentials. ARP also provides a specialized Pain Management Group / specialized counseling for pain-related difficulties. The Addiction Recovery Program is accredited by the JCAHO and the State of South Dakota.

Avera McKennan Hospital and University Health Center - Behavioral Health Services

Inpatient Services
4400 W. 69th Street, Suite 100
Sioux Falls, SD  57108
Phone:  (605) 322-4065 or 1-800-691-4336         Fax:  (605) 322-4060
Internet Address:  www.averabehavioralhealth.org

Hours:  24 hours a day / 7 days a week
Fees:  Vary with different services; accepts insurance, Medicare, and Medicaid

Mental Health Professional:
Thomas Otten, MA, LPC-MH

Services Offered:  Acute Adult Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression with suicidal behavior, psychosis, bipolar disorder, and patients on emergency detention. Adult Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression, anxiety disorder, post-traumatic stress disorder, and borderline personality disorder. Senior Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression, and dementia. Child Inpatient Program - Inpatient unit operated on a 24-hour basis. Structured acute care inpatient program for children ages 4-12. Offers a safe, supportive environment and caring, expert staff who provide specialized treatment to children with a range of psychiatric difficulties including: depression, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), extreme family difficulties, and other life stressors. Adolescent Inpatient Program - Unit operates on a 24-hour basis. Most of the patients served by the Adolescent Inpatient Program are between the ages of 12-18, and are struggling with depression, suicidal ideation, ADHD, or other mental health diagnoses. The program utilizes an interdisciplinary team approach to care for the social, psychological, and spiritual needs of young people. Free mental health assessments are available that include a level of care determination. This assessment can coordinate inpatient admission, pre-certification, or outpatient referral. Please call (605) 322-4065 or 1-800-691-4336.
Avera McKennan Hospital and University Health Center - Behavioral Health Services

Outpatient Clinic
Avera Professional Plaza
2412 S. Cliff Avenue, Suite 200
Sioux Falls, SD 57105
Phone: (605) 322-4079  Fax: (605) 322-4080
Internet Address: www.averabehavioralhealth.org
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Evening groups and additional scheduling options available
Fees: Vary with different services; accepts insurance, Medicare, and Medicaid; scholarships available for some programming; payment plan options available
Mental Health Professionals:
- Ginny Crawford, MSW, LCSW-PIP
- Latanda Salmen, MSW, LCSW-PIP
- Heidi Roberts, MSW, LCSW-PIP
- Angela Sadowski, MSW, LCSW
- Jeri Nelson, MSW, LCSW-PIP
- J. Chris Nordgren, PhD
- Mary Wolf, MS, LPC-MH, QMHP, CEAP
- Mary Ellen Smith, MS, LPC-MH, NCC
- Amy Hartman, LPC-MH, CCDCIII
- Nancy Wise-Vanderlee, PhD, LP
- Benjamin Kohls, MS, LPC, NCC
- Don Baum, PhD, LP
Services Offered: Individual, couples, group and family counseling for all ages and for all mental health-related concerns. Additional services include STEPPS group for people with Borderline Personality Disorder or traits; eating issues counseling including anorexia, bulimia, and healthy weight loss; grief therapy, psychological testing, chronic pain services, and an Employee Assistance Program. Addresses issues such as Attention Deficit Disorder, family separation/divorce, self-destructive behaviors, self-esteem building, and anger management.

Avera McKennan Hospital and University Health Center - Behavioral Health Services
Partial Hospital Program and Intensive Outpatient
4400 W. 69th Street, Suite 100
Sioux Falls, SD 57108
Phone: (605) 322-4056  Fax: (605) 322-4009
Internet Address: www.averabehavioralhealth.org
Hours: 8:00am - 4:30pm, Monday - Friday
Fees: Accepts insurance and Medicare; limited financial assistance available
Mental Health Professional:
- Ginny Crawford, MSW, CSW-PPIP
Services Offered: Partial Hospital Program is an outpatient, time-limited, intensive and coordinated clinical treatment program for adults that is an integral part of the continuum of Behavioral Health Services. The Partial Hospitalization Program pursues the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Another target population is the individual experiencing acute psychiatric symptoms or decompensating clinical conditions that severely impact their capability to function on a day-to-day basis. Typical partial stay is about 16 days stretched out over one month. The step down program, Intensive Outpatient for Mental Health, is a treatment option in Behavioral Health Services where individuals would attend group therapies for 7-11 hours per week. Prospective clients for both the Partial Hospital Program and Intensive Outpatient Program for Mental Health may be referred through free mental health assessments that include: inpatient admission, coordination / pre-certification, and outpatient referral coordination. The assessment phone number is (605) 322-4065 or 1-800-691-4336.

Avera Medical Group University Psychiatry Associates
4400 W. 69th Street, Suite 1500
Sioux Falls, SD 57108
Phone: (605) 322-5700
Internet Address: www.universitypsychiatry.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Accepts insurance, Medicare, and Medicaid

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
www.helplinecenter.org
Mental Health Professionals:
Kent Andre, MD  
David W. Bean, MD  
Vinod Bhataria, MD  
Susan Cavanaugh, MD  
Heather Chester-Adam, MD  
Nicole Christenson, MD  
Candice Cummings, MSW, CSW-PIP  
David Whaley, MD  
John Erpenbach, CNP, RN  
Sarah Flynn, MD  
William C. Fuller, MD  
Bryce Gammeter, MD  
Beverly J. Gunderson, EdD  
Christopher Hanley, MD  
Hillary Hanson, MD  
Kenneth Hasseler, PhD  
Tracee Hofer, CNP  
Thomas Holtberg, LPC-MH  
David Hyland, EdD  
Wallace Jackmon, PhD  
Saruabh Jauhari, MD  
Garneth Kuiper, CNP  
Carol Kuntz, PsyD  
Grace LaFollette, CNP  
Matthew Malone, DO  
Wioleta Mazureczak, MD  
Brenda Nour, PhD  
Karl Oehlke, PA-C  
Timothy J. Soundy, MD  
Constance L. Spicer, EdD  
Matthew Stanley, DO  
Anthony Vaca, MD  
Shawn VanGerpen, MD  
Tamara Vik, MD  
Jay Weatherill, MD  
Nancy Wilson, MD  

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

Bartels Counseling Services, Inc.
101 W. 69th Street, Suite 100
Sioux Falls, SD  57108
Phone: (605) 310-0032  
Fax: (605) 271-0200
E-Mail Address: shanebartels@sio.midco.net  
Internet Address: www.bartelscounselingservices.com
Hours: 8:00am - 9:00pm, Monday - Friday / 8:00am - 3:00pm, Saturday
Fees: Sliding fee scale; most insurance accepted; state assistance available

Mental Health Professionals:
Jessica Lueking, MS, LPC, NCC, CCDCIII  
Elizabeth Moeller, MS, NCC, CCDCIII  
Jessica Payer, MA, NCC, CDCT  
Carissa Palmberg, MS, CDCT  
Sherry Bartels, MA, NCC, LPC-MH, QMHP, ACS, CCDCIII  
Hollie Vaughan, MS, NCC, LPC, CDCT  
Barb Roehrich, MEd, CDCT  
Cassie Renke, MA, CDCT

Services Offered: Therapists are educated, credentialed, and experienced in assessing and treating mental health concerns including addiction, anxiety, depression (and other mood disorders), adjustment, abuse, spiritual development, emotional and stress management, family issues, grief, personality disorders, and relational issues. Provides individual, couples, and family therapy along with services for adults and adolescents needing assessments, early intervention, intensive outpatient treatment, and aftercare services. Services are available in Spanish. Bartels Counseling Services is accredited by the South Dakota Department of Social Services Division of Community Behavioral Health.

Additional Location:
224 N. Phillips Avenue, Suite 207
Sioux Falls, SD  57108

Behavior Management Counseling Services
3610 S. Western Avenue, Suite 2
Sioux Falls, SD  57105
Phone: (605) 274-1700  
Fax: (605) 274-1704
E-Mail Address: mariaegan.bmcs@midconetwork.com
Hours: 8:00am - 7:00pm, Monday - Friday / Saturdays by appointment
Fees: Accepts insurance and Medicaid
Mental Health Professional:
Maria Egan, MS, LPC-MH, QMHP
Services Offered: Services for children, adolescents, adults, individual, groups, couples and families. Play therapy, Behavior Modification, Cognitive Behavioral Therapy, diagnostic assessments, depression, generalized anxiety, separation anxiety, school refusal, social phobia/fears, Obsessive Compulsive Disorder, behavior problems, ADHD, grief and loss, Asperger’s Syndrome, pediatric Bi-Polar Disorder, anger management, social skills training, Post Traumatic Stress Disorder, behavior problems, selective mutism, and trichotillomania (hair pulling).

Bendewald, Gaylen
4410 S. Tennis Lane
Sioux Falls, SD  57106
Phone:  (605) 334-6211
E-Mail Address: bgaylen@sio.midco.net
Internet Address:  www.marriagefriendlytherapists.com
Hours:  8:00am - 6:00pm, Monday - Friday
Fees:  Most insurance accepted
Mental Health Professional: Gaylen Bendewald, MSW, CSW-PIP, LMFT
Services Offered: Individual, marriage, and family therapy. Emphasis on general anxiety, depression, mindfulness training and relationship concerns.

Bendewald, Katy, MSW
4410 S. Tennis Lane
Sioux Falls, SD  57106
Phone:  (605) 310-0356
Fax:  (605) 362-5601
E-Mail Address: kbendewald@gmail.com
Hours:  8:00am - 6:00pm, Monday - Friday
Fees:  Most insurance accepted
Mental Health Professional: Katy Bendewald, MSW, CSW-PIP
Services Offered: Individual and family counseling for adults and children. Emphasis on depression, anxiety, major life changes, stress and relationship issues.

Bethesda Christian Counseling Midwest, Inc.
400 S. Sycamore Avenue, Suite 105-3
Sioux Falls, SD  57110
Phone:  (605) 334-3739
E-Mail Address: info@bethesdachristiancounseling.org
Internet Address:  www.bethesdachristiancounseling.org
Hours:  8:30am - 5:00pm, Monday - Friday / Evenings by appointment
Fees:  Sliding fee scale; accepts most insurance and Medicare
Mental Health Professionals:
  Dale D. Ellens, MS, LPC, LMFT, QMHP  Sandra Simanton, MSW, LCSW-PIP
  William C. Fuller, MD  Joseph R. Goraj, MSW, LCSW
  David Nehring, PhD  William Huisken, MSW, LCSW-PIP
  Grace LaFollette, CNP  Dean Meeter, MDiv, CPE Supervisor
Services Offered: Individual, marital, and family counseling. Psychological testing is available. A nationally accredited Clinical Pastoral Education course offered for pastors and other ministry professionals. Also offers services such as child and adolescent counseling, and wellness seminars to interested groups.

Carroll Institute
310 S. 1st Avenue
Sioux Falls, SD  57104
Phone:  (605) 336-2556
E-Mail Address: gtuschen@carrollinstitute.org
Internet Address:  www.carrollinstitute.org

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
15  www.helplinecenter.org
2013 Sioux Falls Mental Health Resource Guide

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Groups in the mornings, afternoons and evenings
The Arch, Arch II and Changes and Choices are 24 hours a day / 7 days a week

Fees: Sliding fee scale; state assistance available

Mental Health Professionals:
- Gary Tuschen, BA
- Steve Fodness, BS, CCDCIII
- Debbie Klasi, BA, CCDCII
- Janice Falk, BS, CCDCIII
- Tonya Honomichl, BS, CCDCII
- Mitch Wilson, AS, CDCII
- Jessica Nieman, CDCT
- Carolyn Posey, MA, LMFT, CCDCIII, QMHP
- Kimberly Questad, MS, NCC, CCDCIII, LPC
- Melissa Roby, MS, LPC, NCC, CCDCIII
- Michelle Worden, MA, CCDCIII
- Mindy Mashek, BA, CDCI
- Desiree Fowler, CDCT
- Tiffany Butler, MA, LPC

Services Offered: Early Intervention, Intensive Outpatient Treatment for meth addicts, Intensive Outpatient Treatment, and clinically-managed low intensity residential treatment, and Safe Driver Class for first time DUI offenders. Services for adolescents and adults include treatment needs assessment, treatment planning, individual and group counseling, family therapy, alcohol and other drug education, and case management.

Arch Halfway House for Men
333 S. Spring Avenue
Sioux Falls, SD 57104
Phone: (605) 332-6730

Changes and Choices Recovery for Women
310 S. 1st Avenue
Sioux Falls, SD 57104
Phone: (605) 332-9257

Fees: Sliding fee scale; state assistance available

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

Carroll Institute - Project Awareness Prevention Services
310 S. 1st Avenue
Sioux Falls, SD 57104
Phone: (605) 336-2556

E-Mail Address: tbutler@carrollinstitute.org
Internet Address: www.carrollinstitute.org

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

Mental Health Professionals:
- Barb DeVos, MS, NCC, LPC, CCDCIII
- Kristi VanDeRostyne, BS, PST, CCDCII
- Kara Likness, MS, NCC, CDCT
- Jen Zerfas, MA, NCC, CCDCIII
- Taylor Mattke, BS, CDCT
- Tiffany Butler, MA, LPC

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

Catholic Family Services
523 N. Duluth Avenue
Sioux Falls, SD 57104
Phone: (605) 988-3775 or 1-800-700-STOP (7867)
Fax: (605) 988-3747

E-Mail Address: cfs@sfcatholic.org
Internet Address: www.sfcatholic.org

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

Fees: $99.00 per 45 minute session; sliding fee scale based on income and family size; accepts insurance, Medicaid, and Employee Assistance Programs (EAP)

Mental Health Professionals:
- Marcie Moran, RN, EdD
- Ronda J. Maass, LPC-MH
- Brandi Brintnall, LPC-MH
- Patricia Schwan, LPC-MH
- Christina Vander Woude, MSW
- Kathleen Crowley, LPC-MH
- Fran Van Bockel, LPC-MH
- Marnie Schieffer, LCSW
- Margi Culhane, RN
- Alicia Rife, LCSW
- Bonnie Deen, LPC-MH

Services Offered: Provides confidential and Christian based therapy services to individuals, couples, children, adolescents and families. Provides programs for all types of losses including an annual program of directed grieving therapy after the death of a loved one. Support groups are available for those who are divorced, widowed or separated. Three day retreats

www.helplinecenter.org
are available for Grieving a Loss, and Rachel’s Vineyard (post abortion trauma). Provides adoption services including domestic and international adoptions, home studies and pregnancy counseling. Coordinates the SD Rural Helpline to provide behavioral health services to rural families with the Helpline Center. Outreach offices located in Mitchell, Yankton, Brookings, Pierre, Gettysburg and Aberdeen.

Center for Family Medicine
1115 E. 20th Street
Sioux Falls, SD  57105
Phone:  (605) 339-1783
E-Mail Address: info@centerforfamilymed.org  Internet Address: centerforfamilymed.org
Hours:  8:00am - 5:00pm, Monday - Friday
Fees: Accepts insurance, Medicare, and Medicaid
Mental Health Professionals:
   Michael Bloom, PhD, Psychologist
   Staff of Family Physicians
Services Offered: Brief therapy - individual, marital, and family therapy. Therapy for psychological problem associated with medical illness.

Chan Counseling Services
2121 W. 63rd Place, Suite 100
Sioux Falls, SD 57108
Phone:  (605) 373-9330 Ext. 228
E-Mail Address: amber@chancounselingservices.com  Internet Address: www.chancounselingservices.com
Hours:  Vary; Call for information
Fees: Insurance accepted, including Medicaid
Mental Health Professional:
   Amber Chan, MS, LPC-MH, NCC, QMHP
Services Offered: Provides individual, and group counseling for depression, anxiety, Bipolar, PTSD, relationship concerns, borderline personality disorder, and self-harming behaviors. Provides Dialectical Behavior Therapy (DBT) individually and in group settings. DBT skill groups offered Mondays and Tuesdays. DBT aftercare group also available to those who have successfully completed the DBT skills group.

Children’s Home Society
801 N. Sycamore Avenue
Sioux Falls, SD  57101
Phone:  (605) 334-6004  Fax:  (605) 335-2776
Internet Address: www.chssd.org
Hours: Residential Treatment, 24 hours a day / 7 days a week
   Day School, 8:45am - 3:00pm, Monday - Friday (12 month calendar)
   Adoption Program, 8:00am - 5:00pm, Monday - Friday (evening appointments available)
Fees:  Vary for each program; Medicaid and school districts are the primary funding sources for residential treatment; limited scholarships are available; Adoption Program services are free
Mental Health Professional:
   Contact Joan Sim for a list of providers.
Services Offered:  Residential Assessment and Treatment - Residential programs provide a home, school and therapy to children ages 4-13 with emotional and behavioral problems. Treatment includes psychiatric care, adaptive management, individual, group and family therapy, and academic programming.  Day Program - The Therapeutic Day Program is available to students within driving distance of the Sioux Falls or Black Hills campus. Students receive individualized attention, a modified education program if needed, and therapeutic interventions to address their behavior issues. Students benefit from individual, group and family therapy sessions. Adoption Services - The Adoption Program provides services to families within driving distance of Sioux Falls Children’s Home. Services include psychological, psychiatric and educational testing, and individual, family, and home-based therapy.
Children’s Inn
409 N. Western Avenue
Sioux Falls, SD 57104
Phone: (605) 338-4880 or 1-888-378-7398 (both are 24-hour crisis lines)
E-Mail Address: mikaela.campbell@chssd.org  Internet Address: www.chssd.org/childrensinn
Hours: Individual counseling sessions by appointment Monday - Friday
Fees: No cost to victims of domestic abuse
Mental Health Professional:
   Mikaela Campbell, MA, NCC
Services Offered: Offers Women’s Support Groups for women who are victims of domestic abuse and support groups for adolescents who have experienced dating violence. Individual and family counseling is offered for current or former adult or child victims of abuse. Counseling services focus on helping the victim heal from the consequences of being victimized in a domestic relationship with physical, emotional, or sexual abuse.

Choices Recovery Services, INC
2701 S. Minnesota Avenue, Suite 6
Sioux Falls, SD 57105
Phone: (605) 334-1822  Fax: (605) 334-1823
E-Mail Address: karen.johnson@choicesrecoveryservices.org
Internet Address: choicesrecoveryservices.org
Hours: 9:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment
Fees: Call for information
Mental Health Professionals:
   Karen Johnson, CCDCIII
   Bob Arshem, CCDCIII
   Cindy Ellefson, CCDCIII
   Kate Zimmerman, CCDCIII
Services Offered: Provides intensive outpatient treatment for alcohol, drug, and gambling addictions. Other services include evaluations, individual counseling, aftercare and relapse prevention services, MRT (Moral Reconciliation Therapy), 1st offender DUI classes, and SCRAM X Alcohol and Electronic Monitoring.

Christensen, Barbara RA, LLC
4410 S. Tennis Lane
Sioux Falls, SD 57106
Phone: (605) 362-5803
E-Mail Address: barb.christensen@sio.midco.net  Internet Address: www.barbarachristensencounseling.com
Hours: Various appointment times Monday - Friday / Including evenings
Fees: Sliding-fee scale, income based; accepts most insurance and Medicaid
Mental Health Professional:
   Barbara RA Christensen, MS, NCC, LPC, LPC-MH, QMHP, CCDCIII
Services Offered: Works with children, adolescents, as well as adults with the following issues: depression, anxiety, family issues/divorce, grief, self-injury, adjustment, drug and alcohol, ADD/ADHD, social skills, anger, domestic violence, OCD, relationship, Autism/Asperger’s and abuse. Christian based.

Clayborne Mental Health & Evaluation Services, LLC
5101 S. Nevada Avenue, Suite 120
Sioux Falls, SD 57108
Phone: (605) 361-9550  Fax: (605) 361-9582
E-Mail Address: andre@clayborneservices.com  Internet Address: www.clayborneservices.com
Hours: 9:00am - 9:00pm, Monday - Wednesday / 9:00am - 6:00pm, Thursday - Friday / Evenings and weekends by appointment
Fees: Fixed; call for information
Mental Health Professional:
   Andre B. Clayborne, EdD
Services Offered: Child custody evaluation services, parent coordinator services, mediation services, life transitional issues, court/forensic evaluation services, critical incident stress debriefings, relationship services, relating to parenting, blended families, domestic violence, and communication.

Compass Center, The
1800 W. 12th Street, Suite 100
Sioux Falls, SD  57104
Phone: (605) 339-0116 or 1-877-IN CRISIS (24-hour crisis line)
Fax: (605) 336-3874
E-Mail Address: admin@thecompasscenter.org  Internet Address: www.thecompasscenter.org
Hours: 8:00am - 5:00pm, Monday - Wednesday, Friday / 8:00am - 7:00pm, Thursday / 24-hour crisis availability
Fees: No cost to victims of crimes; low cost offender treatment
Mental Health Professionals:
Johna Nielsen, LPC, CCDCIII, RTC
Stacie Compton, MA, NCC, RPT, LPC
Jennie Mayer, MS, NCC
Andrew Vos, MDiv
Emily Cummins, MS, NCC
Adam Hardy, MS, NCC
Services Offered: Free individual counseling; medical, legal, or personal advocacy; assistance in safety planning; filing protection orders and victim’s compensation applications; in person or telephone crisis intervention for all victims of rape, sexual assault, incest, domestic violence, or stalking. Therapeutic and educational domestic violence offender treatment for adults in the Family Violence Project at low cost. Violence assessments for adolescents in the Teen Violence Project. Free children’s play therapy program for those that have witnessed or experienced domestic violence and/or sexual assault.

Counseling Resources, Inc.
707 E. 41st Street, Suite 222
Sioux Falls, SD  57105
Phone: (605) 331-2419  Fax: (605) 332-1020
E-Mail Address: cresource@midconetwork.com
Internet Address: www.siouxfallscounselingresources.com
Hours: 9:00am - 5:00pm, Monday - Thursday / 10:00am - 2:00pm, Friday / Evening and weekend appointments available
Fees: Fixed and sliding scale fees, depending on service
Mental Health Professionals:
Sue Harris, MA, LPC-MH, QMHP, CCDCIII
Erin Nielsen-Ogdaal, MSW, CCDCIII
Stacy Krall, MS, CCDCIII
Jodi Petershagen, BA, CDCT
Services Offered: Counseling staff works with individuals, couples, and families to address a broad range of mental health concerns related to substance abuse. Provides confidential and professional individual and group counseling to adults. Specialty is substance abuse counseling and evaluation.

Dakota Oak Counseling
3220 W. 57th Street, Suite 100A
Sioux Falls, SD 57108
Phone: (605) 759-8359  Fax: (605) 275-0625
Internet Address: www.dakotaoakcounseling.com
Hours: Day and evening hours by appointment
Fees: Accepts most insurances, Medicaid and Medicare
Mental Health Professionals:
Kristi Hamilton, MS, LPC-MH, QMHP
Ann Flynn-Crowe, CSW-PIP
Deb Thompson, MA, LPC-MH, QMHP
Services Offered: Provides therapy for children, adolescents, adults, couples, and families. Areas of specialty include depression, anxiety, grief, addictions, acute and chronic medical conditions, abuse, trauma, play therapy, parenting issues, divorce adjustments, family of origin issues, PTSD, premarital and marital issues, men’s issues, women’s issues, anger, career adjustments, and spirituality issues. Provides EMDR and Cognitive Behavioral Therapy. Participates in most Employee Assistance Programs.
Dakota Psychological Center  
1601 E. 69th Street  
Sioux Falls, SD  57108  
**Phone:** (605) 373-9066  
**Hours:** 8:00am - 5:00pm, Monday - Thursday / 8:00am - 12:00pm, Friday / Evening and Saturday hours available  
**Fees:** Participates with Medicare, Medicaid and most other insurance plans  
**Mental Health Professionals:**  
Lyn Collver, MS, LPC-MH, QMHP, NCC  
Kay McKenzie, RN, MA, LPC  
Lyn Shroyer, EdD, LP  
**Services Offered:** Individual, couples, family, and group therapy: depression, anxiety, panic disorder, obsessive-compulsive disorder, grief and loss issues, anger management, anorexia, bulimia, compulsive over-eating, body-image, weight loss, pre-bariatric surgery psychological assessment, post-traumatic stress disorder, sexual abuse, rape, premarital counseling, women’s issues, mid-life issues, postpartum depression, menopause, stress management and relaxation training, parent/adolescent conflict management, cognitive-behavioral therapy, solutions-oriented brief counseling, and Christian counseling.

Digatono, Daniel T.  
4410 S. Tennis Lane  
Sioux Falls, SD  57106  
**Phone:** (605) 362-1506  
**E-Mail Address:** ddigatono@aol.com  
**Hours:** Days and evenings by appointment / Intensive weekday and weekend sessions are available  
**Fees:** Most insurance accepted  
**Mental Health Professional:**  
Daniel T. Digatono, MDiv, PhD, LMFT, LPC, QMHP  
**Services Offered:** Counseling for individuals, couples, and families. Extensive experience working with education, medical, mental health, and ministry professionals. Individual and group licensure supervision for LPC, LPC-MH, and LMFT candidates. Consultation, training, staff development, and conflict management services are available for businesses and churches.

Dr. O’Connor & Associates, LLC  
111 W. 39th Street  
Sioux Falls, SD  57105  
**Phone:** (605) 357-8744  
**E-Mail Address:** droconnor@droconnorassociates.com  
**Internet Address:** www.droconnorassociates.com  
**Hours:** 9:00am - 6:00pm, Monday - Thursday / Fridays, weekends and evenings by appointment  
**Fees:** Accepts most insurance, Medicare, and Medicaid  
**Mental Health Professionals:**  
Lynda O’Connor-Ohayon, EdD, LP, LMFT  
Jeni Rae Peters, MS, LPC-MH  
**Services Offered:** Individual, couple, and family therapy available for all ages. Special interests in depression, anxiety, grief, geriatrics, relationship enrichment, and divorce coaching. Adolescent therapy and family issues specialties. Also provides psychological assessments, home studies, custody evaluations and parenting coordination.

Evolve Counseling Services, Inc.  
2500 W. 49th Street, Suite 202  
Sioux Falls, SD  57105  
**Phone:** (605) 275-2030  
**Fax:** (605) 275-2031  
**E-Mail Address:** info@evolvesiouxfalls.com  
**Internet Address:** www.evolvesiouxfalls.com  
**Hours:** 8:00am - 7:00pm, Monday - Friday / occasional Saturdays / All sessions are by appointment only  
**Fees:** Accepts insurance, Medicare and Medicaid
Mental Health Professionals:
Jessica Snedeker, LPC-MH, QMHP  Lynsey Whaley, MSW, LCSW-PIP, QMHP, LICSW
Lynsey Whaley, MSW, LCSW

Services Offered: Treatment specializations include: depression, anxiety, panic, Post Traumatic Stress Disorder (PTSD), eating disorders, stress management, chronic pain, unresolved grief and loss, development of coping skills, healing from trauma, problematic eating, social skills development, employment difficulties, personal development, parenting support, identification of life goals, goal attainment, relationship difficulties, conflict resolution skills, adjustment concerns, and addiction and recovery.

Family Service, Inc.
2210 W. Brown Place
Sioux Falls, SD 57105
Phone: (605) 336-1974
E-Mail Address: fsisd@msn.com  Internet Address: www.sdfsi.org
Hours: 8:00am - 6:00pm, Monday, Wednesday / 8:00am - 7:00pm, Tuesday / 8:00am - 8:00pm, Thursday / 8:00am - 5:00pm, Friday
Fees: Sliding fee scale; accepts insurance, Medicaid, and Medicare

Mental Health Professionals:
Dan Deal, MA, CCDCIII, SAP  Kathy Lemme, MS, LPC-MH, LMFT, CCDCIII, QMHP
Todd Herrboldt, MSW, CSW-PIP, QMHP  Angie Zirpel, MS, LPC-MH, CCDCIII, SAP
Paul Ritter, MA, MDiv, LPC  Bruce Hansum, LPC
Paula Smykle, MSW, CSW

Services Offered: Provides outpatient mental health services including individual, marital, and family counseling. Provides Employee Assistance Program services for employers including mental health, alcohol, and drug counseling. Family Service, Inc. has operated in Sioux Falls for over 50 years and is a United Way Member agency.

Family Solutions Center
6116 S. Lyncrest Avenue, Suite 101
Sioux Falls, SD 57108
Phone: (605) 339-0880
E-Mail Address: ksazama.fsc@midconetwork.com
Hours: 9:00am - 6:00pm, Monday - Friday / Evening appointments available
Fees: $165 per session; most insurance accepted

Mental Health Professional:
Kathy J. Sazama, MS, LMFT, QMHP

Services Offered: Individual, marital, and family therapy. Particular interest in dealing with women’s issues, anxiety, depression, and family business. Also provides services to the rural Freeman, SD area.

First Step Counseling Services
4320 S. Louise Avenue, Suite 200
Sioux Falls, SD 57106
Phone: (605) 361-1505  Fax: (605) 361-0481
E-Mail Address: frontdesk@takeyourfirststep.com  Internet Address: www.takeyourfirststep.com
Hours: Office: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday / 8:00am - 4:00pm, Saturday
Groups in Session: 6:00pm - 9:00pm, Monday, Tuesday, Wednesday / 8:00am - 4:00pm, Saturday
Fees: Fixed, please call

Mental Health Professionals:
Lou Ann Tietjen, CCDCIII  Brenda Grimm, CDCT
Marcene Tingle, CDCT

Services Offered: Full range of services for chemical dependency and treatment services. Information, referral and education intervention. Education intervention services include an eight, twelve and sixteen hour intervention, twenty-four hour intensive intervention, fifty-four hour intensive outpatient treatment and aftercare.

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
Four Directions Counseling, Inc.
315 N. Main Avenue, Suite 201
Sioux Falls, SD 57104
Phone: (605) 359-5709  Fax: (605) 274-2505
E-Mail Address: kb.fourdirections@gmail.com
Hours: Flexible / Evenings and Saturdays by appointment
Fees: Sliding fee scale, contracts, accepts Medicaid
Mental Health Professionals:
- Penny Virchow, MS, NCC, LPC-MH, QMHP
- Kelly Bass, MSW, CSW-PIP, QMHP, ACS, LGSW
- Jessie Park, MA, NCC
- Brandi Brintall, MS, NCC, LPC-MH
- Bobbie Jacobs, MSW

Services Offered: Specializes in the 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 and organizations on developing and providing effective treatment and services within forensic settings.

Friest, Eileen
922 S. 3rd Avenue
Sioux Falls, SD 57104
Phone: (605) 254-6611
E-Mail Address: eileenfriest@yahoo.com
Hours: Vary; Appointments available Monday - Saturday including evenings
Fees: Sliding fee scale, income based; accepts some insurance
Mental Health Professional:
- Eileen Friest, MS, LPC

Services Offered: Offers individual, couples and family therapy counseling. Special interest in working with the lesbian, gay, bi-sexual, and transgender communities, but also receptive to anyone, no matter what their sexual orientation, sex, race, or religion. Concerns addressed are depression, self-esteem, relationship issues, stress, losses, challenging behaviors and abuse.

From a Woman’s Perspective
111 W. 39th Street
Sioux Falls, SD 57105
Phone: (605) 339-7190
E-Mail Address: drann@womanspsych.com  Internet Address: www.womanspsych.com
Hours: By appointment
Fees: Accepts insurance, Medicare, and Medicaid
Mental Health Professional:
- Ann McClenahan, EdD, LP

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

Glory House, The
4000 S. West Avenue
Sioux Falls, SD 57109
Mailing Address: PO Box 88145, Sioux Falls, SD 57109
Phone: (605) 332-3273
E-Mail Address: ndvorak@glory-house.org  Internet Address: www.glory-house.org
Hours: 24 hours a day / 7 days a week
Fees: Vary according to services
Mental Health Professionals:
- T.R. Maves, MS, LPC, CCDCIII
- Jennifer Lovik, MS, NCC, LPC, CCDCIII
- Dave Johnson, MS, LPC
- Amy Ryan, MS, NCC, LPC, CCDCIII
- Jenni Busse, MS, CDCT
- Chris Burbak, MA CDCT

Services Offered: Services included both residential as well as outpatient. Individual, couples, and family counseling, assessments, Moral Recognition Therapy, Corrective Thinking, Coping Skills, Healthy Relationships, Transitional Skills, Parenting, Happiness and Healing as well as Accepting Change. Chemical Dependency Services: aftercare; Red Road; relapse prevention; intensive outpatient treatment for methamphetamine use, alcohol and other drugs, and Native Americans. Mental Health Services: assessments, individual and group sessions. The group therapy addresses both concurrent mental health conditions and chemical dependency.

Gorman, Stacy, LLC
2121 W. 63rd Place, Suite 100
Sioux Falls, SD 57108
Phone: (605) 940-6422
Fax: (605) 373-9218
E-Mail Address: stacyrgorman@hotmail.com
Internet Address: www.stacygormancounseling.com
Hours: Monday - Friday/ day and evening hours available by appointment
Fees: Accepts insurance and Medicaid; sliding fee scale available

Mental Health Professional:
- Stacy Gorman, MS, LPC-MH, CCDCIII, QMHP, NCC

Services Provided: Chemical dependency assessments; substance abuse and dependence counseling; individual counseling services for adolescents and adults dealing with depression, anxiety, social anxiety, adjustment disorders, mood disorders, women’s issues, abuse issues, family of origin issues, codependency, self-esteem and self-confidence issues, trauma, self-injury, personality disorders, stress management, and life transitions, parenting issues, couples counseling.

Great Plains Psychological Services
4105 S. Carnegie Place
Sioux Falls, SD 57106
Phone: (605) 323-2345
E-Mail Address: gppssf@aol.com
Internet Address: www.gppssf.com
Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and weekends available by appointment
Fees: Vary; will submit insurance

Mental Health Professionals:
- Stephan Langenfeld, EdD, LP
- Tara Olson-Larson, MA, LPC-MH
- Scott Pribyl, EdD, LP
- Carolyn Roths, Med, LPC-MH
- David Sundem, MS, LPC
- Norma Haan, MSSA, CSW-PIP

Kimberly J. Cournoyer, EdS, LPC-MH
Carleen M. Bryant, MS, LPC-MH
Richard Whitten, PhD
Clint Sperle, MA, LPC-MH
Jeff Trammell, MSW, CSW-PIP

Services Offered: Provides psychological and neuropsychological evaluations; psychosocial evaluations and treatment; forensic and competency evaluations; pre-surgical psychological evaluations; individual therapy; couples/marital therapy; family therapy; child and adolescent services; group therapy; biofeedback therapy; substance abuse counseling/therapy; adoption home studies; critical incident stress debriefing; and Employee Assistance Program services. Treatment services available for ADHD, anxiety, depression, anger management, stress management, problems with sexuality, physical abuse, sexual abuse, grief/loss issues, oppositional defiant youth, chronic pain, etc.

Guth, Mary T.
3610 S. Western Avenue, Suite 2
Sioux Falls, SD 57105
Phone: (605) 951-8423
Fax: (605) 274-1704
E-Mail Address: mmgu2@aol.com
Hours: Monday - Friday evenings / Saturdays by appointment

1-800-273-TALK (8255) 23 www.helplinecenter.org
National Suicide Prevention Lifeline
Fees: Accepts most private insurance and Medicaid

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


Hansen-Mayer, Brenda
2121 W. 63rd Place, #100
Sioux Falls, SD 57108
Phone: (605) 373-9330 Ext.227  Fax: (605) 373-9218
E-Mail Address: Brenda@bhmtherapy.com  Internet Address: www.bhmtherapy.com
Hours: Monday - Thursday / Daytime and evening appointments
Fees: Accepts insurance and Medicaid
Mental Health Professional:
Brenda Hansen-Mayer, LPC-MH, QMHP, CCDCIII, CEAP
Services Offered: Provides professional counseling services to individuals, couples and families. See website for further information about Brenda Hansen-Mayer and her services.

Harp, Tina
3610 S. Western Avenue, Suite 2
Sioux Falls, SD 57105
Phone: (605) 759-1516  Fax: (605) 370-6698
E-Mail Address: tina@tinaharp.com  Internet Address: www.tinaharp.com
Hours: Monday - Friday by appointment
Fees: Accepts most private insurances and Medicaid
Mental Health Professional:
Tina Harp, MS, QMHP, LPC-MH
Services Offered: Individual, adult or adolescent, couples, and family therapy counseling with emphasis in the areas of depression, anxiety, life transitions, PTSD, sexual abuse, and LGBT population.

Hauck, Stacey
5800 S. Remington Place, Suite 110
Sioux Falls, SD 57108
Phone: (605) 271-9890
E-Mail Address: Stacey@staceylpc.com
Fees: Medicaid and most insurances accepted
Mental Health Professional:
Stacey Hauck, MS, NCC, LPC-MH, QMHP
Services Offered: Confidential and professional individual and family counseling for children, adolescents, and adults. Services offered for depression, anxiety, post-traumatic stress disorder, sexual abuse/incest, domestic violence, behavior problems, separation/divorce, and adjustment disorder.

Helpline Center
1000 N. West Avenue, Suite 310
Sioux Falls, SD 57104
Phone: Dial 211 or (605) 339-4357  Suicide Crisis and Support Services: 1-800-273-TALK (8255)
E-Mail Address: help@helplinecenter.org  Internet Address: www.helplinecenter.org
Hours: 24 hours a day / 7 days a week
Fees: None
Mental Health Professionals:
Janet Kittams-Lalley, MA, LPC

www.helplinecenter.org
Staffed by paid professionals who have completed extensive crisis intervention training

**Services Offered:** The Helpline Center offers a 24-hour crisis, information, and listening/support telephone line. The Helpline Center maintains a comprehensive listing of social service, non-profit, and governmental programs from which referrals can be made. The Helpline Center is accredited by the Alliance of Information and Referral Systems and the American Association of Suicidology.

**Heuermann Counseling Clinic**
2210 W. Brown Place
Sioux Falls, SD  57105
**Phone:** (605) 336-1974
**Internet Address:** fsisd.org
**Hours:** 8:00am - 6:00pm, Monday - Friday
**Fees:** None to those who qualify financially

**Mental Health Professionals:**
- Counseling is provided by mental health professionals with a masters degree or higher who volunteer their time
  - Kathleen Christensen, PsyD, LP, LMFT
  - Robin Duncan, MA
  - Joan Huber, MA
  - Paula Smykle, MSW, CSW

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

**Hohm, Ellen, LLC**
4410 S. Tennis Lane
Sioux Falls, SD  57106
**Phone:** (605) 361-4403
**E-Mail:** ellenhohm4@gmail.com
**Hours:** Days and evenings by appointment
**Fees:** Accepts most insurances, Medicaid; sliding scale fees provided

**Mental Health Professional:**
- Ellen Hohm, MS, LPC-MH, QMHP

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

**Integrative Wellness**
5000 S. Minnesota Avenue, Suite 200
Sioux Falls, SD  57108
**Phone:** (605) 271-1348  
**Fax:** (605) 610-1477
**E-Mail Address:** integrativewellness@midconetwork.com
**Internet Address:** integrativewellnesssd.com
**Hours:** Day and evening hours vary by therapist
**Fees:** Accepts Medicaid, Medicare, most insurances and private pay

**Mental Health Professionals:**
- Jeanne Bunkers, MSW, LCSW-PIP
- Christine Ellis, MSW, LCSW-PIP
- Carl Schmitzer, MSW, LCSW-PIP
- Michelle VanDenHul, MSW, LCSW-PIP
- Jennifer Gleason-Wilson, LPC
- Kerry Schmitzer, LPC-MH
- Myra Eben, LPC

**Services Provided:** Individual (adults, adolescents and children), marital and family therapy covering topics such as depression, anxiety, grief and loss, addictions, trauma and abuse, family of origin, geriatrics, play therapy, parenting, ADD/ADHD, blended family issues, and divorce. Serving everyday people with everyday problems.
Kannan Clinic, P.C.
6709 S. Minnesota Avenue, Suite 202
Sioux Falls, SD  57108
**Phone:** (605) 271-3900  **Fax:** (605) 271-3902
**Hours:** 8:00am - 5:00pm, Monday - Friday
**Fees:** Accepts private insurance and Medicare

**Mental Health Professional:**
Hari D. Kannan, MD

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

KeySolutions Employee Assistance Program (EAP)
7511 S. Louise Avenue
Sioux Falls, SD  57108
**Phone:** (605) 334-5850 or 1-888-450-7844
**E-Mail Address:** keysolutionseap@crchealth.com  **Internet Address:** www.keysolutionseap.com
**Hours:** 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phone answered 24 hours a day

**Mental Health Professionals:**
- Tim Heerts, MA, LMFT, LPC, CEAP
- Robyn Stemper, MS, LPC, CDCT
- Lori Williamson, MA, LMFT, CCDCIII , QMHP, CEAP

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

Keystone Treatment Center (Inpatient)
1010 E. Second Street
Canton, SD  57013
**Mailing Address:** PO Box 159  Canton, SD  57103
**Phone:** (605) 987-2751 or 1-800-992-1921
**E-Mail Address:** cregier@crchealth.com  **Internet Address:** www.keystonetreatment.com
**Hours:** Telephone answered 24 hours a day / 7 days a week

**Fees:** Call for information

**Mental Health Professionals:**
- Carol Reiger, RN, CCDCIII
- Robert Perkinson, PhD, CCDCIII, NCGC
- E.R. Regier, MD
- Luther Hegland, MD, Psychiatrist, Addictionologist
- Gary Dickinson, PhD
- Deb Swenson, LPC, CCDCIII
- Robert Bogue, CCDCIII, CCSII
- Christy Alten, MS, NCC, CCDCIII

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

Keystone Treatment Center (Outpatient)
7511 S. Louise Avenue, Suite 100
Sioux Falls, SD  57108
**Phone:** (605) 335-1820
**E-Mail Address:** rbrown@crchealth.com  **Internet Address:** www.keystonetreatment.com
**Hours:** 8:00am - 6:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phones answered 24 hours a day

**Fees:** Call for information

**Mental Health Professionals:**

- E.R. Regier, MD
- Robert Perkinson, PhD, CCDCIII, NCGC

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

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**Knapp Counseling & Associates**

2121 W. 63rd Place, Suite 100

Sioux Falls, SD 57108

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

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

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

**Fees:** Sliding fee scale; most insurances accepted

**Mental Health Professionals:**

- Susanne Nelson, MSW, CSW-PIP
- Christine Knapp, CSW-PIP
- Stacy Dixon, LMFT, QMHP
- Jari Johnson, MA, LMFT, QMHP
- Amber Chan, MS, LPC-MH, NCC
- Stacy Schepel, CSW-PIP

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

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**Landscapes Counseling & Psychotherapy**

401 E. 8th Street, Suite 200 - H

Sioux Falls, SD 57103

**Phone:** (605) 695-7913

**E-Mail Address:** tricia@landscapescounseling.com

**Internet Address:** www.landscapescounseling.com

**Mental Health Professional:**

- Tricia Andor, MA, LPC, EMDR certified

**Services Offered:** Provides adult outpatient counseling services for anxiety, perfectionism, assertiveness, stressful lifestyles, life transitions, codependency, relationship challenges, workplace challenges, depression, Christian counseling, and premarital counseling. Specializes in sexual abuse recovery for adults.

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**Lighting A New Way Counseling Services**

5201 S. Western Avenue, Suite 105

Sioux Falls, SD 57108

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

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

**Internet Address:** lightinganewway.com

**Hours:** Monday - Friday / Some evenings available

**Fees:** Comparable rates; insurance and Medicaid accepted

**Mental Health Professionals:**

- Kristine Weires, LCSW-PIP
- Lisa Stellinga, MS, QMHP, LPC-MH, CCDCIII

**Services Offered:** Specialties include depression, marital, anxiety and family and attachment coaching (post-adoption).
Lutheran Social Services - Sioux Falls Area Counseling Center
705 E. 41st Street, Suite 100
Sioux Falls, SD  57105
Phone: (605) 357-0131 or 1-800-568-2401
E-Mail Address: mel.harrington@lsssd.org  Internet Address: www.lsssd.org
Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: Sliding fee scale based on household annual gross income

Mental Health Professionals:
Mel Harrington, CSW-PIP
Mavis Gehant, MSW, CSW-PIP
Colleen Brazil, MSW, CSW-PIP
Sarah Alexander, MSW, CSW-PIP
Sarah White-Young, MSW, CSW-PIP
Larry Ling, MSW, CSW-PIP
John Korkow, CCDCIII
Melissa Hemmestad, MS-LPC, CCDCIII
Scott Moeller, MS, LPC-MH, LMFT
Colleen Miller, MS, LPC, LMFT
Linda Logan, MA, LPC-MH
Sara Spisak, MS, NCC, LPC
Linda Cimpl, MS, NCC
Amy Roth, MS, LPC

Services Offered: Provides individual, couple, and family counseling to assist children and adults in dealing with life challenges. Spanish bilingual individual counseling also available. Provides Employee Assistance counseling services, addiction assessments, educational and therapy groups including anger management groups for young men and adults, youth violence offender groups, child custody evaluations, mediation services, and critical incident stress de briefings. Offers a community service educational group for youth regarding shoplifting called “Hands Off!” as well as Consumer Credit Counseling Services. Additional offices located in Mitchell and Brookings.

Maass, Ronda J.
5201 S. Western Avenue, Suite 104
Sioux Falls, SD  57108
Phone: (605) 275-0075       Fax: (605) 231-4252
E-Mail Address: rondam@sio.midco.net  Internet Address: www.rondamaass.com
Hours: Monday - Friday / Day as well as evening hours available by appointment
Fees: Most insurance, private pay, EAP’s and SD Medicaid are accepted
Mental Health Professional:
Ronda J.Maass, MA, NCC, LPC-MH, QMHP

Services Offered: Providing individual and family counseling for children, adolescents, and adults. Areas of care include: grief, women’s issues throughout the lifespan, injury and illness, spiritual counseling, parenting, anger management, blended families, work issues anxiety and depression.

Mental Health Associates
3208 E. 26th Street
Sioux Falls, SD  57103
Phone: (605) 339-6949
Hours: 10:00am - 6:00pm, Tuesday / 10:00am - 6:00pm, Wednesday / 9:00am - 7:00pm, Thursday / Other times available by special arrangement
Fees: $130.00 per hour; most insurance accepted
Mental Health Professional:
Richard Seaman, MEd, LPC, LMFT


NAMI South Dakota
PO Box 88808
Sioux Falls, SD  57109
Phone: 1-800-551-2531
E-Mail Address: namisd@midconetwork.com  Internet Address: www.nami.org/sites/NAMISouthDakota

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

Neuropsychology Consultants, LLC
1500 W. 51st Street, Suite 105
Sioux Falls, SD 57105
Phone: (605) 271-4492
E-Mail Address: office@neuropsychconsultants.com  Internet Address: www.neuropsychconsultants.com
Hours: 8:00am - 5:00pm, Monday - Friday / By appointment
Fees: Accepts most insurance, Medicare, and Medicaid

Mental Health Professional:
Michael McGrath, PhD

Services Offered: Specializing in neuropsychological and psychological assessment. Special interests in geriatrics, head injury, and forensics. Provides psychotherapy/psycho-education to individuals and families dealing with physical/ neurological illnesses and injuries as well as psychological and emotional difficulties.

New Day Counseling Services, LLC
1320 E. Rushmore Drive, Suite 107
Brandon, SD 57005
Phone: (605) 582-7418
E-Mail Address: newday@alliancecom.net  Internet Address: www.newdaysd.com
Hours: Flexible / Evenings and Saturdays available by appointment
Fees: Accepts insurance and Medicaid

Mental Health Professional:
Kara L. Williams, MS, LPC-MH, QMHP

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

Pathway Counseling
1312 S. Bahnson Avenue
Sioux Falls, SD 57105
Phone: (605) 521-8923
E-Mail Address: jannorby@centurylink.net  Internet Address: pathwaycounseling.net

Hours: Call for an appointment
Fees: Sliding fee scale, some insurance accepted

Mental Health Professional:
Jan Norby, MAEd, MAMFT, LPC

Services Offered: Individual and family therapy. Women’s issues, abuse, loss, depression, anxiety, family of origin issues, transitions and spiritual issues.

Phillips Mental Health Services
5010 S. Minnesota Avenue, Suite 200
Sioux Falls, SD 57108
Phone: (605) 274-1944
Fax: (605) 274-1945

www.helplinecenter.org
E-Mail Address: cphillips.pmhs@midconetwork.com  Internet Address: www.phillipsmentalhealth.com
Hours: 9:00am - 5:30pm, Monday - Friday / Evenings and weekends by appointment
Fees: Accepts most insurance, SD Medicaid

Mental Health Professional:
Connie Fritz-Phillips, MS, NCC, LPC-MH, QMHP, CCDCIII

Services Offered: Mental health and addiction recovery services are provided to children, adolescents, adults, couples, and families. Treatment services offered for depression, addiction, anxiety, parent-child conflicts, behavior problems, ADHD, Asperger’s, ODD, adjustment disorders, OCD, PTSD, grief, separation/divorce, couples and family issues, social skills training, stress management and anger management. Services include mental health assessments/screenings, cognitive behavior therapy, behavior modification and play therapy. Court approved alcohol and drug screenings/assessments are available including individual 1st offender DUI education, intensive outpatient services and aftercare. Groups Offered: Social Skills “R” Us group to children and adolescents and Women’s Issues - Finding Balance In Your Life.

Prairie View Prevention Services
822 E. 41st Street, Suite 235
Sioux Falls, SD  57105
Phone: (605) 331-5724
E-Mail Address: pvps@iw.net  Internet Address: www.prairieview.net
Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and Saturdays by appointment
Fees: Services provided at no cost to adolescents and families in contracted school districts; call for more information

Mental Health Professionals:
Contact Darcy Jensen, Director, for list of mental health professionals available to provide services

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

Price, Dr. Thomas
6810 S. Lyncrest Avenue
Sioux Falls, SD  57108
Phone: (605) 274-1119
E-Mail Address: drprice@inbox.com  Internet Address: www.drthomasprice.com
Hours: 8:00am - 6:00pm, Monday / 8:00am - 5:00pm, Tuesday - Friday
Fees: Accepts insurance; fees vary with service

Mental Health Professional:
Dr. Thomas L. Price, MA, PhD, LP, LPC, LMFT,  Certified School Psychologist, National Certified Psychologist

Services Offered: Practice primarily limited to forensic psychology and psychological evaluations. Criminal legal services include: competency, criminal responsibility, dangerousness, disputed confession, psychosexual, juvenile transfer waiver, review of children’s interviews and mitigation. Civil legal assessments include: independent medical evaluation, psychological injury, fitness-for-duty, post offer safety-sensitive employee, guardianship, civil commitment, parental rights termination, child custody, SS disability, certified VAP&C, and testamentary capacity & undue influence (living and deceased testator). Attorney consultation includes: independent review of other MH services, assistance with trial preparation, testimony and second opinion evaluations. Other types of comprehensive clinical psychological evaluations.

Priority One Resources
1401 W. 51st Street
Sioux Falls, SD  57105
Phone: (605) 336-3691 or 1-800-888-1429  Fax: (605) 336-1097
E-Mail Address: n.burger@voa-dakotas.org
Hours: 9:00am - 5:00pm, Monday - Friday
Fees: Contractual fees for managed behavioral healthcare services; EAP clients are free (employer paid) 5-session model; standard fees apply outside of EAP
Mental Health Professionals:
Nicole Burger, MA, CCDCIII, LPC, CPS

Services Offered: CoCare: managed behavioral healthcare services for client companies. Case management services to Third Party Administrators, insurance coalitions, organizations, and companies. Utilizes the core technology standards adapted from Employee Assistance Professional Association (EAPA). Clinical case management; individual, couple, family, and group therapy are provided; management training; workplace mediation; chemical dependency or other addictions intervention services. Priority One Resources has offices and counselors in Sioux Falls, Chamberlain and Yankton.

Psychological Solutions of South Dakota, LLC
TBD
Sioux Falls, SD
Phone: (605) 274-1119
Hours: 8:00am - 5:00pm, Monday - Thursday / Friday, Saturday and evening hours available by appointment

Mental Health Professionals:
Dr. Ericka Kemper, LP
Dr. Thomas L. Price, MA, PhD, LP, LPC, LMFT, Certified School Psychologist, National Certified Psychologist

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

Psychotherapy Associates of Sioux Falls
2210 W. Brown Place
Sioux Falls, SD  57105
Phone: (605) 332-1700
E-Mail Address: marye@sio.midco.net Internet Address: www.sdfsi.org
Hours: 8:00am - 7:00pm, Monday - Friday
Fees: $115.00 - $140.00 per hour; most insurance accepted

Mental Health Professionals:
Connie Nelson, MA, LPC-MH, CCDCIII Mary Eggleston, MSED, LPC, LMFT, CCDCIII

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

Restoration Treatment Services
225 E. 11th Street, Suite 206
Sioux Falls, SD  57104
Phone: (605) 271-7712 Fax: (605) 274-1557
E-Mail Address: info@restoredtonewlifeservices.com Internet Address: www.restoredtonewlifeservices.com
Hours: 9:00am - 9:00pm, Monday - Thursday / 9:00am - 7:00pm, Friday
Fees: Payment arrangements; sliding fee scale

Mental Health Professional:
Johnny Ray, CCDCII

Services Offered: Restored To New Life Services is an outpatient treatment provider that offers chemical dependency evaluations, early intervention services, outpatient treatment and aftercare services with individual counseling. Alcohol/drug testing and SCRAM monitoring also available. Also an ATR (Access To Recovery) provider which means any person of Native American descent that lives in SD, ND, NE or IA can receive treatment services at a “low to no cost”.

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
www.helplinecenter.org
Ritzman Counseling Services
5800 S. Remington Place, Suite 110
Sioux Falls, SD  57108
Phone: (605) 274-1574  Fax:  (605) 271-1395
E-Mail Address: kellylpc@sio.midco.net
Hours: 8:00am - 7:00pm, Monday - Friday / Some Saturday appointments available
Fees: Accepts most insurance, and Medicaid; sliding fee available
Mental Health Professional:
   Kelly Ritzman-Schlimgen, MS, NCC, RPT, LPC-MH, QMHP
Services Offered: Individual, family and couples counseling. Children, adolescents, and adults served. Specialties include depression, anxiety, play therapy, and trauma/abuse.

Rysdon, Bobbi (Barbara)
5201 S. Western Avenue, Suite 105
Sioux Falls, SD  57108
Phone: (605) 359-9005
E-Mail Address: bobbi@lightinganewway.com
Hours: 9:00am - 5:00pm, Tuesday, Wednesday, Thursday / 9:00am - 3:00pm, Friday
Fees: Sliding fee scale provided; accepts most insurances
Mental Health Professional:
   Bobbi Rysdon, RN, LMFT, QMHP
Services Offered: Depression, anxiety, adjustment disorders, grief/loss issues, women’s issues, abuse issues, marital, couples and blended family conflicts, and anger management for adults. Member of American Association of Christian Counselors, Clinical Member of AAMFT, and an AAMFT Approved Supervisor.

Sandbulte, LLC
2210 W. Brown Place
Sioux Falls, SD  57105
Phone: (605) 332-1700
E-Mail Address: fsisd@msn.com  Internet Address: www.fsisd.org
Hours: 8:00am - 7:00pm, Monday - Friday
Fees: $115.00 - $120.00 per hour; most insurance accepted
Mental Health Professional:
   Shelley L. Sandbulte, EdD, LP
Services Offered: Individual, and family therapy is provided for adolescents, and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and PTSD. EMDR treatments are available.

Sanford Clinic Behavioral Health
1621 S. Minnesota Avenue
Sioux Falls, SD  57105
Phone: (605) 328-4700  Fax:  (605) 328-4702
Internet Address: www.sanfordhealth.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Accepts insurance, Medicare, and Medicaid
Mental Health Professionals:
   David Ermer, MD
   Steven Cochran, MD
   Rajesh Singh, MD
   Becky Palugay, MSW, CSW-PIP
   Linda Kauker, PA-C
   Rachelle Broveleit, PA-C
   James Wick, EdD
   Rhonda Smith, EdD
Services Offered: Individualized treatment including psychiatric and psychological evaluations; individual, couple, and family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to: anxiety
disorders, mood disorders, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress disorders, abuse issues, eating disorders, addictions, dementia, grief and loss, stress management, executive health, and the evaluation and treatment of childhood emotional and behavioral disorders including Attention Deficit/Hyperactive Disorders.

**Additional Location:**
Sanford 34th and Kiwanis Family Medicine  
2701 S. Kiwanis Avenue  
Sioux Falls SD, 57105  
Phone: (605) 328-4700 (scheduling)  
**Mental Health Professional:**  
Danhong Zhao, MD

**Sanford Women’s**
5019 S. Western Avenue, Suite 200  
Sioux Falls, SD 57108  
Phone: (605) 328-9700  
**E-Mail Address:** karla.harmon@sanfordhealth.org  
**Internet Address:** womens.sanfordhealth.org  
**Hours:** 7:00am - 7:00pm, Monday - Thursday / 7:00am - 5:00pm, Friday  
**Fees:** Accepts insurance; Sanford EAP provider  
**Mental Health Professionals:**  
Susan Eleeson, PhD  
Karla Harmon, CSW-PIP, QMHP  
**Services Offered:** Adult and couples therapy; specialties in post partum emotional response continuum, depression, anxiety, life changes, and adjustments.

**Additional Location:**
Medical Building 3  
1500 W. 22nd Street, Suite 301  
Sioux Falls, SD 57105  
Phone: (605) 328-7700

**Sioux Empire Christian Counseling, Inc.**
2000 S. Sycamore Avenue, Suite 101  
Sioux Falls, SD 57110  
Phone: (605) 271-0261  
Fax: (605) 271-0263  
**E-Mail Address:** tonyboer.secc@midconetwork.com  
**Internet Address:** www.siouxempirechristiancounseling.com  
**Hours:** 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday  
**Fees:** $115.00 per hour; most insurance and Medicaid accepted  
**Mental Health Professionals:**  
Tony Boer, MSW, CSW-PIP, QMHP  
Ken Smith, MA, LPC  
Jane Webster, LPC-MH  
**Services Offered:** Children’s, adult, individual, marital, and family counseling. Experience in ADHD, Asperger’s disorder, depression, anxiety, marital therapy, divorce adjustment, spiritual issues, step-families, affairs, past abuse, pre-marital counseling, court evaluations, ABEL sexual interest assessments, and treatment groups.

**Sioux Falls Psychological Services**
2109 S. Norton Avenue  
Sioux Falls, SD 57105  
Phone: (605) 334-2696  
Fax: (605) 339-9944  
**E-Mail Address:** sfps@sfseminary.edu  
**Internet Address:** www.sfpsychological.org  
**Hours:** 8:00am - 8:00pm, Monday - Thursday / 8:00am - 12:00pm, Friday  
**Fees:** For service rendered; also accepts insurance, Medicare, and SD Medicaid

1-800-273-TALK (8255)  
National Suicide Prevention Lifeline  
[www.helplinecenter.org](http://www.helplinecenter.org)
2013 Sioux Falls Mental Health Resource Guide

Mental Health Professionals:

- Ann Marie Rossing, MA, LMFT, QMHP
- Stephanie Strickland, MDiv, MFT, RN
- Del Donaldson, DMin, LMFT, QMHP
- Douglas L. Anderson, PsyD, LMFT
- Anne Dilenschneider, PhD, DMin
- Pam Beck, MA, LMFT, QMHP
- Jennifer Helkenn, PhD
- Robin Duncan, PhD
- Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP

- Michael Wheaton, MA, LMFT, QMHP
- Brian Eclov, MS, EdS, LPC, NCC
- Gretchen Hartmann, MA, LMFT
- Kimberly Belben, MA, MFT
- Dec Wacker, RN, MA, LPC
- Rachael Anderson, MA
- Sara Kuehler, MA
- Megan Miller, MA

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

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

2501 W. 22nd Street
Sioux Falls, SD 57117

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

Phone: (605) 336-3230

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

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

Mental Health Professionals:

- Board Certified Psychiatrists
- Clinical Social Workers
- Clinical and Counseling Psychologists
- Addiction Therapists
- Psychiatric Nurses and Case Managers

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

Sorenson, Dianna Spies

4608 S. Briarwood Avenue
Sioux Falls, SD 57103

Phone: (605) 332-7601

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

Hours: Variable upon request including evenings and weekends

Fees: Variable depending on services

Mental Health Professional:

- Dianna Spies Sorenson, PhD, RN, CNS

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

South Dakota Urban Indian Health

711 N. Lake Avenue
Sioux Falls, SD 57104

Phone: (605) 339-0420

Internet Address: www.sduih.org

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

Fees: Insurance is accepted; if not available, payment will be based on the individual’s ability to pay
Mental Health Professionals:
  Justin L. Falon, MS, LPC-MH, QMHP  Marilee Johnson-Geary, MA, LPC-MH, QMHP
  Patricia LaVelle, EdS, LPC-MH, LMFT, QMHP

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

Southeastern Behavioral HealthCare - Community Support Services (formerly 5th Street Connection)
100 W. 5th Street
Sioux Falls, SD 57104
Mailing Address: 2000 S. Summit  Sioux Falls, SD 57105
Phone: (605) 336-0503  Fax: (605) 335-0973
Internet Address: www.southeasternbh.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Fees for services based on availability of funding and type of service

Services Offered: A full range of treatment and rehabilitation services for adults with severe, mental illness. The goal of which is to prevent hospitalization and to provide support and education, which in turn promote optimal levels of independence in living and working in the community. Services include psychiatric and medication management services, case management, supportive counseling, assisted living, psychological rehabilitation, vocational services, homeless outreach program, and IMPACT (Individualized Mobile Program for Assertive Community Treatment) services.

Southeastern Behavioral HealthCare - Counseling and Children’s Services
2000 S. Summit Avenue
Sioux Falls, SD 57105
Phone: (605) 336-0510
Internet Address: www.southeasternbh.org
Hours: 8:00am - 8:00pm, Monday / 8:00am - 6:00pm, Tuesday - Thursday / 8:00am - 12:00pm, Friday
Fees: Based on family income; private insurance, Medicaid, and Medicare accepted

Services Offered: Provides traditional outpatient therapy from masters-level counselors to individuals, families, children, couples, and groups as well as psychiatric evaluations and medication management. Additionally, children’s case management/home-based provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Specializations in depression, anxiety, grief, parenting issues, attention-deficit hyperactivity disorder, oppositional defiant disorder, stress management, and abuse are noted. Other services include play therapy, Employee Assistance Programs, and educational presentations. CCS serves Lincoln, Turner, McCook, and Minnehaha counties.
Sozo Counseling Care, Inc.
Located in Destiny Family Medical Clinic
2701 S. Minnesota Avenue, Suite 3
Sioux Falls, SD 57105
Phone: (605) 339-3378
E-Mail Address: info@sozocounselingcare.com  Internet Address: sozocounselingcare.com
Hours: Days and evenings by appointment
Fees: Sliding fee scale available; Medicaid and most insurance accepted
Mental Health Professional:
Dianne S. Heynen, MS, LPC-MH, BCPCC, QMHP, CEAP
Services Offered: Individual, couple, family, and group counseling. Focus on Mind-Body-Spirit connection, depression, anxiety, stress, blended families, chronic illness, workplace issues, trauma, grief, post-abortion stress, spiritual/Christian concerns, Eye Movement Desensitization and Reprocessing (EMDR), and inner healing prayer methods. Services offered to adolescents, adults, and seniors. Employee Assistance Program (EAP) services, educational workshops, professional training and development also offered.

Steever, Melissa
2116 S. Minnesota Avenue, Suite 2C
Sioux Falls, SD 57105
Phone: (605) 366-5155  Fax: (605) 213-0463
E-Mail Address: melissa.steever@hotmail.com
Hours: 8:30am - 5:00pm, Monday - Friday / 6:30pm - 9:00pm, Monday, Wednesday, Thursday
Fees: Medicaid and many insurances accepted
Mental Health Professional:
Melissa Steever, MA, LPC-MH, QMHP

Stronghold Counseling Services, Inc.
4300 S. Louise, Suite 201
Sioux Falls, SD 57106
Phone: (605) 334-7713
E-Mail Address: info@strongholdcounseling.com
Internet Address: www.strongholdcounseling.com
Hours: 9:00am - 8:00pm, Monday - Thursday / 8:00am -12:00pm, Friday / By appointment, Saturday
Fees: Arranged with individual therapist; insurance claims filed
Mental Health Professionals:
Kristiana Benson, MA, LMFT, QMHP  Eleanor Larsen, MA, LMFT, QMHP, CCDCIII
Nick Buus, MA, LMFT, QMHP  Jamie C. Chambers, EdD, LP, LMFT, LPC, CCDCIII
Earl Witt, MA, LMFT, QMHP  Gary Hofman, EdD, LPC-MH, NCC, CCDCIII, QMHP
Jan Sanford, MA, LPC-MH, QMHP  Linda Mabee, MS, LPC-MH, QMHP, NCC
Amanda Briggs, MSW, CSW-PIP  Marlene Ruff, MA, LPC, LMFT, QMHP
Kerry Ford, MSW, CSW  Larry Daneler, MS, LPC-MH, QMHP
Services Provided: Assessments and therapy for individuals, groups, families, children, adolescents, and adults. The following concerns are addressed: alcohol abuse/addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent/child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Suicide Crisis and Support Services
1000 N. West Avenue, Suite 310
Sioux Falls, SD 57104
Phone: 1-800-273-TALK (8255) or Dial 211 or (605) 339-4357
E-Mail Address: help@helplinecenter.org  Internet Address: www.helplinecenter.org
Hours: 24 hours a day / 7 days a week
Fees: None
Mental Health Professional:
   Lori Montis, MA
Services Offered: The Helpline Center provides a variety of suicide and crisis support services. These include providing direct crisis intervention services through the National Suicide Prevention Lifeline (1-800-273-TALK) for the entire state of South Dakota. Other services include suicide prevention trainings, a one hour training to increase awareness and recognize, intervene and refer persons at-risk of suicide (QPR), a two-day suicide intervention skills training (ASIST), and an exploration session to help mobilize a community’s resolve to help prevent suicide (Suicide TALK). The Helpline Center also provides direct services to survivors of suicide (persons who have lost a loved one to suicide). These services include a nine-week class, a monthly support group, a newsletter, informational packets and an outreach team. The Helpline Center is accredited by the American Association of Suicidology.

Tallgrass Recovery & Sober Living Homes
Mailing Address: 2601 S. Minnesota Avenue, Suite 105-378, Sioux Falls, SD 57105-4750
Phone: (605) 368-5559
E-Mail Address: jswenson@tallgrassrecovery.org  Internet Address: www.tallgrassrecovery.org
Hours: 24 hours a day
Fees: Call for information
Mental Health Professionals:
   Call for more information regarding licensed/credentialed professionals
Services Offered: Residential campus utilizing the Big Book of Alcoholics Anonymous and the way of life contained therein. Self-governing Sober Living Homes that provide a safe living environment in early recovery with continued emphasis on applying the 12-steps of recovery to daily life over a period of 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.

Vet Center
3200 W. 49th Street
Sioux Falls, SD 57106
Phone: (605) 330-4552
E-Mail Address: brian.wallin@va.gov  Internet Address: va.gov/rcs/
Hours: 8:00am - 4:30pm, Monday - Friday / 8:00am - 8:00pm, Tuesday / Or by appointment
Fees: None
Mental Health Professionals:
   Brian Wallin, MA
   Nicholas Rinehart, PhD
   Morris Patzlaff, LMFT
   Ruth Kaspar, MSW
   Orlando George, BA
Services Offered: Provides a broad range of counseling, outreach and referral services to veterans and their families in order to help these veterans make a satisfactory post-war readjustment to civilian life. Counseling for combat (wartime) veterans with readjustment issues, PTSD, marriage or family issues, and military sexual assault or harassment. Provides referrals to job searches, veterans benefits, and basic needs.

Volunteers of America, Dakotas - Heisler Chemical Dependency Treatment Program
1401 W. 51st Street
Sioux Falls, SD 57105
Mailing Address: PO Box 89306, Sioux Falls, SD 57109-9306
Phone: (605) 334-1414 or 1-800-365-8336
Fax: (605) 335-3121
E-Mail Address: c.sandvig@voa-dakotas.org  Internet Address: www.voa-dakotas.org

1-800-273-TALK (8255)  National Suicide Prevention Lifeline
www.helplinecenter.org
**Hours:** Vary, depending on services  
**Fees:** Fixed and sliding fee scale depending upon service; funds available for those meeting income guidelines; most insurances accepted  
**Mental Health Professionals:**  
- Cheyenne Drogsvold, CCDCII  
- Denis Kronaizl, BSW, CCDCII  
- Kelsey Hlebichuck, BS, CDCT  
- Carolynn Meyeraan, RN  
- Mary Beth Neuroth, AS, CDCT  
- Kristi Jacobsma, AA, CCDCII  
- Bruce S. Fogas, PhD  
- Shawn VanGerpen, MD  
- Stephen Langenfeld, EdD  
- Rajesh Singh, MD  
- Gretchen Starnes, MA, LPC  
- Irina Goubanova, MS  
- Darcy Lassegard, MSW, PIP  
- Nicole Burger, LPC, CCDCIII  
- Laura Phen, Ed.S, LPC-MH  
- Ramona Wade, MA, LMFT, QMHP  
- Erin Sanford, MA, LPC-MH, QMHP  
- Connie Kolbrek, MS, EdS, LPC  
- Shirley Jones, MSW, CSW-PIP, QMHP  
- Roy Conrad, PhD, LPC-MH, RPT, QMHP, NCC  
**Services Offered:** A full continuum of chemical dependency services for youth ages 12 to 18. Services include evaluation and assessments, day treatment, individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care, and aftercare counseling. Evaluations and assessments for adults are also available. Services for adults include intensive outpatient treatment and aftercare. Training, in-services, and workshops for groups and agencies are also provided.

**Volunteers of America, Dakotas - Lifemarks Counseling & Mediation Services**  
1401 W. 51st Street  
Sioux Falls, SD 57105  
**Mailing Address:** PO Box 89306, Sioux Falls, SD 57109-9306  
**Phone:** (605) 332-6128 for appointments or (605) 334-1414 for 24-hour crisis line  
**E-Mail Address:** c.knudtson@voa-dakotas.org  
**Internet Address:** www.voa-dakotas.org  
**Hours:** 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday  
**Fees:** Sliding fee scale; also accepts insurance, Medicare, and Medicaid  
**Mental Health Professionals:**  
- Bruce S. Fogas, PhD  
- Shawn VanGerpen, MD  
- Stephen Langenfeld, EdD  
- Rajesh Singh, MD  
- Gretchen Starnes, MA, LPC  
- Irina Goubanova, MS  
- Darcy Lassegard, MSW, PIP  
- Nicole Burger, LPC, CCDCIII  
- Laura Phen, Ed.S, LPC-MH  
**Services Offered:** Assessments, individual and group counseling for youth, adults, couples, and families on issues involving depression, grief, loss, challenging behaviors, alcohol and drug addiction, abuse, conflict, and crisis situations. Assessment, mediation, family crisis intervention services, custody evaluations, and parent coordination services are also available.

**WellSpring Therapy Center**  
6901 S. Lyncrest Place, Suite 105  
Sioux Falls, SD 57108  
**Phone:** (605) 335-1516  
**E-Mail Address:** wellmona@aol.com  
**Internet Address:** www.wellspringtherapysf.com  
**Hours:** 8:00am - 5:00pm, Monday - Friday / Evenings by appointment  
**Fees:** Accepts insurance and private pay  
**Mental Health Professionals:**  
- Ramona Wade, MA, LMFT, QMHP  
- Erin Sanford, MA, LPC-MH, QMHP  
- Connie Kolbrek, MS, EdS, LPC  
- Shirley Jones, MSW, CSW-PIP, QMHP  
- Roy Conrad, PhD, LPC-MH, RPT, QMHP, NCC  
**Services Offered:** Provides individual, couple, and family therapy for the treatment of various family adjustment problems and psychological disorders across the life span including children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, aging challenges, chronic and terminal illness, anxiety, depression, PTSD, play therapy with children, parent education and EMDR therapy.
Williamson, Lori
6116 S. LynCrest Avenue, Suite 101
Sioux Falls, SD  57108
Phone:  (605) 214-3454    Fax:  (605) 271-6912
E-Mail Address:  lori@loricounseling.com      Internet Address:  www.loricounseling.com
Hours:  2:00pm - 8:00pm, Tuesday / 5:50pm - 8:30pm, Thursday / 9:00am - 2:00pm, Saturday
Fees:  Sliding scale, accepts some insurance
Mental Health Professional:
   Lori Williamson, MA, LMFT, QMHP, CCDCIII, CEAP
Services Offered:  Provides individual, couple and family therapy for depression, anxiety, grief/loss, women’s issues, premarital, marital and family conflict and parenting issues. Able to assess for alcohol and chemical dependency issues.
SUICIDE AWARENESS WALK
Saturday, June 22

All proceeds support local suicide prevention and survivor services.

8:30 A.M. | 9:00 A.M. | Falls Park
Check-In | Walk and Run Starts | Sioux Falls, SD

To register: helplinecenter.org or Dial 2-1-1
211 Community Resources
Information, Referral, & Crisis Line • 24 Hours
Social Services • Government Information • Community Information
Financial Assistance • Donation Information • Shelter • Food
Substance Abuse • Crisis Intervention • Counseling • Support Groups • & More

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

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

Suicide and Crisis and Support
1-800-273-TALK • 24 Hours
Crisis Intervention • Suicide Prevention Training • Suicide Information
Support for family & friends who have lost a loved one to suicide

Helpline Center Directories
Parent & Family Resource Guide • Mental Health Resource Guide
Basic Needs Resource Guide • Online Databases www.helplinecenter.org

For more information or to support the Helpline Center please contact us at:
Helpine Center ● 1000 N. West Avenue ● Suite 310 ● Sioux Falls, SD 57104-1314 ● Dial 211 or (605) 339-4357