

Mental Health Resource Guide

Feel free to share all or a portion of this information, we just ask that you credit the Helpline Center as your source.
To see more guides, go to www.helplinecenter.org/create-guide

Abuse/Trauma Counseling (for children and/or adult victims and survivors)

Counseling Services offered at Lisa Porisch Counseling

3421 W. Main Street, Rapid City, SD 57702

Website: lisaporischcounseling.com **Email:** hello@lisaporischcounseling.sprucecare.com

Phone: 605-468-1865

Hours: 8:00am - 2:30pm (MT), Monday - Friday

Services Offered: Helps clients transform personal challenges and create a more balanced life.

Offers the following services: individual counseling, divorce counseling, grief/bereavement counseling, terminal illness counseling, child abuse survivor counseling for adults, family counseling, play therapy, cognitive behavioral therapy, parent counseling, and internet (telehealth) counseling.

Coverage Area: Western South Dakota but serving South Dakota via telehealth

Credentialed Professionals: Lisa Porisch, LPC-MH, RPT-S

Counseling Services offered at Mindfulness Matters Behavioral Health, LLC

No Physical Address, Rapid City, SD 57702

Phone: 605-718-0488

Hours: 9:00am - 4:00pm (MT), Monday - Thursday

Services Offered: Provides individual and family therapy to children, adolescents, and adults with experience in anxiety, mood, ADHD, depression, trauma, grief, sexual abuse, domestic violence, low self-esteem, self-harm behaviors, anger management, assisting children affected by divorce, behavior management, attachment issues, personality disorders, and autism spectrum disorders. Specialties include trauma work utilizing Trauma Focused Cognitive Behavioral therapies, Play Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavioral Therapy (DBT). Only offering services via telehealth.

Coverage Area: Western South Dakota

Credentialed Professionals: Kambra Deitz, MSW, LCSW-PIP, RPT-S

Counseling Services offered at Scovel Psychological and Counseling Services, LTD

2902 W. Main Street, Rapid City, SD 57702

Phone: 605-721-8822

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Individual, couples and family counseling/ psychotherapy, forensic testing and psychological testing (personality, intelligence, achievement and neuropsychological). Groups include a grief group, COVID support group, adolescent support group, and chronic pain groups. Offering in-person therapy as well as telehealth.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington, serving South Dakota via telehealth.

Credentialed Professionals: Michael E. Forgy, LCSW-PIP Val Frie, PHD, LCSW-PIP Lindsay Harris, LCSW, QMHP Pete Linde, NP Jason Mitchell, Psy.D, QMHP Tiffany Mooney, LPC-MH, QMHP Jan Sanford, LPC-MH, QMHP Kari A. Scovel, Ph.D., LP, LPC-MH, QMHP Scott V. Sternhagen, PhD, LP, QMHP Kettie Tisher-Farnam, LPC-MH, QMHP Michael Tilus, Ph.D. Beth Trennepohl, LPC- MH, QMHP Cooper Timm, LPC-Supervisee Tamara Ulmer, PhD LCSW, LPC-MH, QMHP

Behavioral Health Services offered at Lutheran Social Services - Western Region

2920 Sheridan Lake Road, Rapid City, SD 57702

Website: <https://lsssd.org/what-we-do/behavioral-health-services/>

Email: info@lsssd.org

Phone: 855-334-2953

Hours: 9:00am - 6:00pm (MT), Monday - Thursday Staff are available after hours

Services Offered: Offers a variety of counseling services including individual, couples, and family therapy; group therapy and education groups; mental health assessments and evaluations; mediations; counseling for victims of crime (including all types of child abuse); substance abuse assessments and counseling; Moral Reconciliation Therapy (MRT) and Moral Reconciliation Therapy Domestic Violence (MRT-DV); Aggression Replacement Training (ART); Integrated Cognitive Behavioral Therapy (ICBT); culturally sensitive services.

Offering telehealth services.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Deborah French, LPC-MH Mellissa Good, LAC, LPC Stacy Hayford, LPC Sarah Lux, CSW Lyndsey Lytle, MS Diana Mueller, LPC Rachel Shepherd, CSW-PIP James Spratt, MS Susan Wheeler, LPC-MH, LAC

Trauma Therapy offered at Isaacs Behavioral Health, LLC

2650 Jackson Boulevard, Suite 18, Rapid City, SD 57702

Phone: 605-877-2010

Hours: 10:00am - 5:00pm (MT), Monday - Thursday

Services Offered: Services Offered: Individual psychotherapy for PTSD, trauma, depression, anxiety, loss-grief, addictions, communications, self-esteem, and behavioral issues and group therapy (Survivor Strong Groups for female survivors of sexual, physical and psychological abuse) through the following modalities: Eye movement desensitization and reprocessing (EMDR), motivational interviewing (MI), cognitive behavior therapy (CBT), rational emotive behavioral therapy (REBT), and dialectical behavior therapy (DBT).

Coverage Area: Rapid City area

Credentialed Professionals: Nicholas W. Isaacs LCSW-PIP, LAC, QMHP

Counseling Services offered at Heynen Health & Wellness Services

2650 Jackson Boulevard, Suite 2, Rapid City, SD 57702

Website: www.heatherheyden.com **Email:** info@heatherheyden.com

Phone: 605-390-8332

Hours: By appointment.

Services Offered: In-office or telehealth Mental Health Counseling and Therapy to help navigate through mental and emotional stresses, alleviate anxiety and depression, and reach daily and life goals.

Assessment and goal-setting.

Life Coaching, Counseling, Consulting.

Helps facilitate processes for individuals to reach goals in life through practical direct direction, emotion management, habit change, and skill building.

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Heather Heynen, LPC-MH, QMHP

Counseling Services offered at Family Solutions Center

2650 Jackson Boulevard, Creekside Plaza, Rapid City, SD 57702

Phone: 605-359-9491

Hours: 8:00am - 6:00pm (MT), Tuesday - Friday by appointment only

Services Offered: Specializing in individual (including adolescents), couples, and family therapy. Works with issues of depression, anxiety, fertility, eating disorders, abuse and victimization, anger management, conflict resolution, dependency and codependency, parent/child conflict, woman's issues, grief and loss, and business conflicts. Trained in systems therapy.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Kathy Sazama, MS, LMFT, QMHP

Counseling Services offered at Knuppe Counseling

2650 Jackson Boulevard, 11, Rapid City, SD 57702

Email: knuppecounseling@gmail.com

Phone: 605-390-7055

Hours: 9:00am - 5:00pm (MT), Tuesday - Friday

Services Offered: Working with individuals ages 12 to adult, couples and families with a variety of challenges. Specialty training in family therapy, helping families dealing with challenging behaviors, and communication problems. Offers group therapy for parenting and eye movement desensitization and reprocessing (EMDR). Trauma focused cognitive behavioral therapy (CBT) trained.

Coverage Area: Black Hills area

Credentialed Professionals: Triscell Knuppe, MSW, LCSW-PIP

Counseling Services offered at Black Hills Center for Healing and the Advancement of Psychotherapy

2525 W. Main Street, Suite 303A6, 303A6, Rapid City, SD 57702

Phone: 605-440-2287

Hours: By appointment only.

Services Offered: Individual therapy for adults, specializing in trauma, including dissociative functioning and complex trauma. Integrative treatments for trauma, as well as depression/anxiety that has not been responsive to traditional modalities. Mindfulness and self compassion focused approaches improve one's relationship with oneself and others. Seasonal experiential workshops, including equine therapy, are held periodically. Contact for more information.

Telehealth available on a limited basis. Inquire for additional information.

Coverage Area: Located in Rapid City

Credentialed Professionals: Elizabeth Ostolozaga, CSW-PIP, EMDR certified

Counseling Services offered at Lecy Therapy

2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702

Phone: 605-864-4151

Hours: Call for information

Services Offered: Services provided are Individual Counseling, LGBTQ+ Counseling, Trauma Informed Therapy, Couples Therapy, and Family Counseling.

Coverage Area: Rapid City area

Credentialed Professionals: Dr. Natalie Lecy, CSW-PIP, QMHP, PhD

Counseling Services offered at Bach Counseling Services, LLC

2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702

Phone: 605-431-4106

Hours: 8:00am - 3:00pm (MT), Monday 8:00am - 6:00pm (MT), Tuesday, Wednesday 10:00am - 6:00pm (MT), Thursday 10:00am - 3:00pm (MT), Friday

Services Offered: Specializing in anxiety, depression, mood disorders, bipolar disorder, attention deficit / hyperactivity disorder (ADD/ADHD), trauma, post traumatic stress (PTSD), chronic pain, life-altering health issues, communication and relationship concerns, stress management, grief and loss, abuse issues and identity development / LGBTQ counseling.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Mahala Bach, LPC-MH, QMHP

Counseling Services offered at Family First Therapy

2040 W. Main Street, Suite 214, Rapid City, SD 57702

Website: <https://family-first-therapy-services-llc.business.site/?fbclid=IwAR0zbLgDU7FjcmE9YN50GPGs5UVKoXcNzQpXyiWiklo4C>

Phone: 605-786-7797

Hours: 8:00am - 6:00pm (MT), Monday - Friday

Services Offered: Counseling services range from individual counseling, adult/adolescent psychiatry, cognitive behavioral therapy, and parent child interaction therapy.

Coverage Area: Rapid City area

Credentialed Professionals: Debra Hughes MSW, CLSW-PIP, CDA

Counseling Services offered at Gammeter & Associates LLC

8008 Pathfinder Place, Rapid City, SD 57702

Phone: 605-431-8876

Hours: 1:00pm - 6:00pm (MT), Tuesday - Thursday Phone monitored 24 hours a day

Services Offered: Works with children and adults, specializing in helping heal the impact of trauma. Offers Trauma Focused Cognitive Behavioral Therapy (CBT), art therapy, equine therapy, and Eye Movement Desensitization and Reprocessing (EMDR).

Coverage Area: Black Hills area

Credentialed Professionals: Barbara K. Bohl-Gammeter, MS LPC-MH TF-CBT EMDR QMHP NBCC Licensed South Dakota Mental Health Therapist- National Certified Counselor- Certified Trauma Focused Cognitive Behavioral Therapist - Certified EMDR Therapist, Qualified Mental Health Professional State of South Dakota Competency to Stand Trial Evaluator Memberships: National Board of Certified Counselors, American Mental Health Counseling Association, Eye Movement Desensitization and Reprocessing International Association, American Association of Christian Counselors

Mental Health Services offered at Support Circle, The

No Physical Address, Rapid City, SD 57709

Website: www.thesupportcircle.com **Email:** hello@thesupportcircle.com

Phone: 605-845-2058

Hours: Call for information.

Services Offered: Providing mental health services to Northeastern South Dakota. Offers both in-person and virtual counseling options.

Coverage Area: Telehealth is available across South Dakota including the Mobridge and Aberdeen offices.

Credentialed Professionals: Christie Green, CSW-PIP

Counseling Services offered at Caylor Counseling

1719 W. Main Street, Rapid City, SD 57702

Phone: 605-517-2194

Hours: 9:00am - 5:00pm (MT), Monday - Friday

Services Offered: Provides individual and men's group therapy. Topics include relationship counseling, life coaching and work burnout. Offers in-person, telehealth, and walk-and-talk therapy (for those not wanting the traditional office atmosphere).

Coverage Area: Rapid City Area.

Credentialed Professionals: Dallas Caylor, LPC Supervisee

Counseling Services offered at Visionary Mental Health Services, LLC

Rapid City, SD 57702

Website: www.visionarymentalhealth.com **Email:** visionarymentalhealth@gmail.com

Phone: 605-280-9778

Hours: 8:00am - 6:00pm (MT), Monday - Friday 10:00am - 4:00pm (MT), Saturday

Services Offered: Works with teens and adults to process through the hurts of the past and focus on the possibilities in the future. Offers counseling for individuals, family, marriage, couples, adolescent/youth, parents, LGBTQ, grief, substance use, hoarding, spouse/intimate partner abuse, and child abuse survivor for adults. Cognitive behavioral therapy (CBT), custody evaluations, and telemental health counseling are available.

Coverage Area: Pierre and Rapid City areas.

Credentialed Professionals: Lindsay Bruckner, MSW, LCSW-PIP, QMHP

Counseling Services offered at Abourezk Counseling

7501 Captain Soelzer Street, Unit 956, Black Hawk, SD 57718

Phone: 605-863-2881

Hours: 10:00am - 6:00pm (MT), Monday, Wednesday

Services Offered: Individual therapy for ages 14 and up. Topics discussed include: anxiety, depression, trauma, PTSD, chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues. Telehealth sessions available.

Coverage Area: Located in Rapid City, but serving South Dakota via telehealth.

Credentialed Professionals: Lena Abourezk, Ph.D., LPC-MH, ACS, NCC

Counseling Services offered at Thorn Counseling

1301 W. Omaha Street, Suite 220, Rapid City, SD 57701

Email: jetsonea@yahoo.com

Phone: 605-716-9944

Hours: 9:00am - 5:00pm (MT), Monday - Thursday

Services Offered: Individual, marital, family, and group counseling for depression, anxiety, marital issues, and trauma.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Liz Thorn, LPC-MH, LMFT, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

1301 W. Omaha Street, Suite 225, Rapid City, SD 57701

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Lacey Dlugos, MSW, CSW-PIP Emily Holle, MSW, CSW Anissa Fuller, MSW, CSW-PIP Joshua Harris, MSW, CSW-PIP Bailey Metzger, MS, LPC-MH-Supervisee, QMHP

Counseling Services offered at Jetson Counseling

1301 W. Omaha Street, Suite 220, Rapid City, SD 57701

Website: www.jetsoncounseling.com **Email:** jetsond@yahoo.com

Phone: 605-718-5500

Hours: 9:00am - 6:00pm (MT), Monday - Wednesday Workshops, trainings, and paid speaking engagements are available Thursday - through Sunday

Services Offered: Individual, couples, marriage, family, group counseling, and workshops focusing on areas such as co-dependency, trauma, sexuality, depression, anxiety, sexual abuse trauma, mild traumatic brain injury, relationship issues, boundaries, and financial therapy/coaching.

Corporate and business consulting for team building, time management, strategic planning, trainings and more. For more information visit livingtrueinc.com.

Coverage Area: Located in Rapid City but serving South Dakota and Montana via telehealth.

Credentialed Professionals: David Jetson, LPC-MH, LCPC, QMHP, ISEP III

Counseling Services offered at Crossroads Counseling Services

809 S. Street, Suite 306, Suite 306, Rapid City, SD 57701

Phone: 605-430-9521

Hours: 12:00noon - 6:00pm (MT), Tuesday - Thursday Wednesday are telehealth sessions only.

Services Offered: Individual counseling for ages 8 - 62. Therapeutic approaches include client centered, existential, and cognitive-behavioral. Christian counseling is also offered. Therapy techniques include EMDR, play therapy, art therapy, behavior modification, and short-term solution-focused therapy.

Telehealth is available through Doxy.me, a HIPAA compliant platform. Some phone sessions are also available.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington.

Credentialed Professionals: Beverly D. Dafler, LPC-MH, EdS, NCC

Counseling Services offered at Healing Trauma Therapy Services

821 Columbus Street, Suite 5, Rapid City, SD 57701

Email: Bryansatterwhite@healingtraumacare.com

Phone: 605-315-7156

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Specializes in autism, FASD, individual/family therapy, attachment, trauma-focused cognitive behavioral therapy, functional development, trauma recovery, group therapy, suicidality, sexual offender treatment specialty, crisis intervention, individual/group counseling, case management & community health worker (CHW) services, and brings 20+ years of experience in the behavioral health & social services field. Offers mail recipient services for those in-need, and hygiene closet for clients only.

Coverage Area: Rapid City and surrounding area

Credentialed Professionals: Mac Baker MSW-PIP, QMHP Nora Boesem MSW-CSW, QMHP Chris Evensen MSW-CSW, QMHP Christy Green MSW-PIP, QMHP Kaitlyn Gutierrez MSW-CSW, QMHP Bryan Satterwhite MSW-PIP. QMHP

Counseling Services offered at Rapid City Counselors

909 Saint Joseph Street, Suite 201, Ste 05, Rapid City, SD 57701

Website: www.rapidcitycounselor.com **Email:** info@rapidcitycounselors.com

Phone: 605-299-9100

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Guides and inspires adults, children, adolescents, couples and families with concerns that are impeding joy and life fulfillment. Will assist in ways to improve relationships, eliminate symptoms and inspire the best version of each individual. Specialties include: trauma, anxiety, depression, self-esteem issues, conflict management, personality disorders, and bipolar. Modalities of treatment encompass: Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprogramming (EMDR), Emotional Freedom Techniques (EFT, Tapping), Psychodynamic Therapy, Filial Therapy, Brain Tap, Acceptance & Commitment Therapy (ACT), Gottman Couples Techniques, Christian Counseling, Play Therapy, Parent-Child Interactive Therapy (PCIT), Sand Tray Therapy, and other techniques specific to the individual, adolescent, children, family, and couples needs.

Coverage Area: Located in Rapid City and serving South Dakota via Telehealth.

Credentialed Professionals: Mary Artchoker LCSW-QMHP Skyler Bascom, MA, MDiv, NCC, Provisionally Licensed Melissa Davis LPC Provisional Licensee Jenny Griffin LPC Provisional Licensee Stacy Keyser MS, LPC-MH, NCC, QMHP Dennis Nolf LCSW-QMHP Mary Schweitzer MS, LPC

Mediation and Counseling Services offered at Torno Mediation and Mental Health Services

730 South Street, Rapid City, SD 57701

Phone: 605-718-3613

Hours: By appointment: 8:30am - 5:00pm (MT), Monday - Wednesday 8:30am - 11:30am (MT), Thursday

Services Offered: Court approved divorce and custody mediator, parent coordinator, and custody evaluator. Individual, couples, and family counseling with expertise in blended families, marriage, family counseling, play therapy, trauma, child abuse, post traumatic stress (PTSD), and sexual assault.

Coverage Area: Located in Rapid City, serving South Dakota via telehealth

Credentialed Professionals: Melanie Torno, MS, LPC-MH, QMHP, EMDR, TF-CBT

Survivor Outreach Services offered at Working Against Violence, Inc.

527 Quincy Street, Rapid City, SD 57701

Phone: 605-341-3292

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Shelter/Crisis Line: 24 hours a day / 7 days a week

Services Offered: WAVI works to create a community free of domestic violence and sexual assault through advocacy, education, and support services.

Services provided include emergency room response, court advocacy, assistance filing protection orders, assistance filing crime victim compensation, emotional support, temporary emergency shelter, comprehensive case management, supportive services, and information and referral.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Counseling Services - Rapid City offered at Catholic Social Services

529 Kansas City Street, Suite 100, Rapid City, SD 57701

Website: www.cssrapidcity.com **Email:** css@cssrapidcity.com

Phone: 605-348-6086

Hours: 8:00am - 7:00pm (MT), Monday 8:00am - 5:00pm (MT), Tuesday - Thursday 8:00am - 12:00noon (MT), Friday

Services Offered: Individual, couple and family counseling for issues related to trauma, abuse, relationships, unplanned pregnancy, adoption and parenting.

Offers Telehealth counseling services for rural South Dakotans to have access to an outpatient therapist via smart phone, tablet or computer. Call to schedule a session via confidential/secure HIPAA compliant video technology.

Employee Assistance Program (EAP) - can provide trainings, classes/groups or counseling for employees.

Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide.

Other programs include: Lakota Circles of Hope, Disaster Relief and Uplifting Parents.

Coverage Area: All 22 counties of western South Dakota served by telehealth and satellite offices in Spearfish and Pine Ridge.

Counseling Services offered at Esthers Rising

Rapid City, SD 57701

Website: <https://esthersrisingministry.com/free23/>

Email: referrals.esthersrising@protonmail.com

Phone: 605-519-8870

Hours: 8:00am - 6:00pm (MT), Monday - Friday

Services Offered: Providing trauma-based counseling for adolescents 12 - 17 who have experience or are at risk for sexual exploitation or sex trafficking and parents, foster parents or caregivers of adolescent girls who have experienced or are at risk for sexual exploitation or sex trafficking using the following group coaching, counseling, advocacy and support services, safety planning, education and awareness, crisis response, skills classes, and recreational outings.

All listed services are provided by pre-approval through referral form, according to available resources and as consistent with the mission statement.

Coverage Area: South Dakota

Credentialed Professionals: Cathy Larsen, MS, LPC-MH, QMHP, CAC Anna Quinn, PhD

Residential Treatment offered at Children's Home Society of South Dakota

24100 S. Rockerville Road, Owen School, Rapid City, SD 57702

Phone: 605-343-5422

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

Services Offered: A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-14. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services.

Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-14 with emotional and behavioral problems.

Madsen House Intensive Unit is an eight-bed unit for children ages 4-14 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming. Childcare teams consist of three counselors and one team coordinator, creating a ratio of one staff for every two children.

Coverage Area: South Dakota

Counseling Services offered at Kelly Marker

No Physical Location, Rapid City, SD 57701

Website: www.psychologytoday.com/us/therapists/kelly-j-marker-rapid-city-sd/251966
kelly@choosewellnesscounseling.com

Email:

Phone: 605-545-0941

Hours: 1:00pm - 5:00pm (MT), Monday, Tuesday 9:00am - 1:00pm (MT), Wednesday

Services Offered: Provides outpatient counseling services for individuals ages 18 - adulthood.

Specialties include anxiety, trauma, stress, grief, and compassion fatigue and burnout among professionals.

Telehealth services are available for new and existing clients who live in South Dakota. Call or email for information.

Coverage Area: Telehealth only for state of South Dakota

Credentialed Professionals: Kelly Marker, MS, LPC-MH

Counseling Center offered at Youth & Family Services

202 E. Adams Street, Rapid City, SD 57701

Website: www.youthandfamilyservices.org

Email: ccgeneral@youthandfamilyservices.org

Phone: 605-342-4789

Hours: Call for information.

Services Offered: Crisis intervention, assessments, counseling, and case management services that help young people and their families overcome challenges and pave the way for an improved quality of life. Provides support to individuals suffering from mental health issues, alcohol and drug abuse, child abuse and neglect, domestic violence, and crime victimization. Support is also provided to individuals struggling with personality development and relationship issues.

Therapists specialize in:

- Individual, family, and group therapy
- Play, art, and sand therapy
- Marriage and relationship counseling
- Treatment for depression, anxiety, and behavior issues
- Trauma
- Stress and anger management
- Chemical dependency treatment and prevention
- Level 1 alcohol and drug evaluation and treatment
- Suicide crisis intervention
- Treatment for youth with problematic sexual behaviors

Additional Services

- Parenting classes
- Mind-Body workshops
- Domestic violence program
- Mental health consultations and trainings
- Equine Assisted Therapy Group
- Mental Health Evaluations
- Child abuse survivor program
- Telehealth sessions available. Prefer first session in person.

Classes and Workshops are conducted through Family Support and Advocacy Services Department.

Coverage Area: Rapid City and the Black Hills area

Credentialed Professionals: Jennifer Freyensee, MA, LPC Valerie Lick, MS Maureen Murray, MA, LPC-MH, LAC Desiree Swann, MSSW, CSW, ACT Sierra Tom, MS Bridget Williams, MS, LPC-MH, QMHP

Youth Trauma Center offered at Youth & Family Services

202 E. Adams Street, Rapid City, SD 57701

Website: www.youthandfamilyservices.org

Email: ccgeneral@youthandfamilyservices.org

Phone: 605-342-4789

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Works to increase identification of youth and families who have been exposed to traumatic stress and shorten the time it takes to get them into effective treatment programs.

Offers free screenings to children who may be experiencing traumatic stress, and then, if information warrants, a full assessment will be scheduled. Youth and families who are identified as experiencing traumatic stress will be referred to appropriate treatment providers.

Treatments available at YFS include:

- Trauma-focused cognitive behavioral therapy
- Child parent psychotherapy
- Equine Therapy
- Problematic sexual behavior-cognitive behavioral therapy
- Prolonged exposure therapy
- Dialectical behavior therapy (DBT)
- Integrative treatment for complex trauma
- Motivational interviewing

Also assists community mental health providers' expansion of trauma-focused knowledge and skills through education, training, and collaboration.

Coverage Area: Located in Rapid City, serving South Dakota via telehealth.

Credentialed Professionals: Jennifer Freyensee, MS, LPC Valerie Lick, MS, LPC-QMHP Maureen Murray, MA, LPC-MH, LAC Desiree Swann, MSSW, CSW-QMHP, ACT Justice Swift Red Hawk. MS Sierra Toms, MA, LPC-QMHP Bridget Williams, MS, LPC-MH, QMHP

Counseling Services offered at LifeStages Counseling, LLC

811 E. Saint Andrew Street, Suite 3, Rapid City, SD 57701

Phone: 605-388-2163

Hours: 9:00am - 5:30pm (MT), Monday - Friday

Services Offered: Provides counseling to children, adolescents, and their families in the Black Hills area. Issues that are addressed include: ADHD, adoption and foster care, adjustment to life situations, anxiety, anger management, behavioral concerns, coping skills, depression, family conflict, FASD, oppositional defiance, parenting, suicidal ideation, stress management, and trauma (including emotional, physical, and sexual abuse). Telehealth available and determined on a case by case basis.

Coverage Area: Rapid City area

Credentialed Professionals: Janet K. Kuske, MA, LPC-MH

Counseling Services offered at Gossamer Threads Counseling

811 E. Saint Andrew Street, Suite 12, Suite 12, Rapid City, SD 57701

Website: gossamerthreadscounseling.com **Email:** gossamerthreadscounseling@gmail.com

Phone: 605-209-5513

Hours: 9:00am - 5:00pm (MT), Monday - Thursday

Services Offered: Collaborative, relational, non-pathologizing, trauma-informed. EMDR trained.

Areas of special emphasis include identity transformation and development, recovery from trauma, mood and anxiety concerns, relationship difficulties, family dynamics, and LGBTQIA+.

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Jessica Hubner, MS, LPC

Residential Behavioral Health/Group Care Program offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org **Email:** info@wellfully.org

Phone: 605-718-4870

Hours: Residential services: 24 hours a day / 7 days a week Front desk hours: 9:00am - 5:00pm (MT), Monday - Friday 10:00am - 4:00pm (MT), Saturday

Services Offered: Residential behavioral/group care program for abused and neglected youth offers youth 24-hour supervision. Services offered include individual therapy, treatment planning, mental health evaluation, group therapy, collaboration with parents/guardians/ foster parents, referral agency, schools or other provider, and educational services provided in program.

Coverage Area: South Dakota (emphasis on West river counties / communities)

Credentialed Professionals: W. Burke Eilers, MS, LPC-MH, LAC, CPS, QMHP, NCC Dr. Mark T. Garry, MD

Equine Therapy offered at Red Horse Healing

3315 S. Valley Drive, Rapid City, SD 57701

Phone: 605-441-2038

Hours: 9:00am - 5:00pm (MT), Monday - Friday Saturdays by appointment.

Services Offered: Equine-assisted psychotherapy for individuals, families, and groups. Specializes in trauma focused cognitive behavioral therapy, solution focused therapy, and youth with problematic sexual behaviors.

Telehealth available.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, Pennington, and Western South Dakota

Credentialed Professionals: Bridget Williams, MS, LPC-MH, QMHP

Counseling Services offered at Heartspace Counseling, LLC

Keystone, SD 57751

Website: <http://sdheartspace.com>

Email: sdheartspacecounseling@gmail.com

Phone: 605-484-6030

Hours: 11:00am - 7:00pm (MT), Wednesday Virtual only

Services Offered: Specializing in group therapy for food/body image issues or eating disorders and their origins. An eating disorder diagnosis is not required. Weekly group is virtual only. Day long retreats are in person, free will offering. Participation in either requires a screening/assessment, fee is negotiated.

Coverage Area: Located in the Black Hills and serving South Dakota via telehealth.

Credentialed Professionals: Susan Kay Lorenzen, MA, MS, LPC-MH, NCC, ACS

Counseling Services offered at Grief Recovery Method, Coaching, and Training, Wellness/Brain Health Coaching

Hermosa, SD 57744

Phone: 303-590-4403

Hours: By appointment and request.

Services Offered: An evidence-based and practice informed program that has been shown to effectively influence components of grief and grief recovery. Based on over 40 years of practice dealing with grief and working one on one with grievors, the GRM program helps reduce grief by teaching grievors new skills on how to cope and process grief; how to confront old myths or unhelpful patterns of grieving; how to examine the ways in which grief has impacted their life through detailed assignments and exercises; and how to let go of pain from loss through the timely identification of apologies, forgiveness, and significant emotional statements, all within a helpful, supportive environment.

There are 4 programs; 8-week support group, 7-week one on one, 4-week Helping Children Deal with Loss, and 6-week for Pet Loss.

Wellness/Brain Health Coaching is a psycho-education program for working with a variety of issues such as depression, anxiety, self efficacy, ADD, ADHD, and addictions which address the four circles of health and healing: biology, psychology, social, and spiritual.

Services can be offered by Skype, Zoom, and onsite. Contact by phone or email to discuss process and procedure.

Coverage Area: Located in Custer County but serving South Dakota via telehealth.

Credentialed Professionals: Margie Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Method Specialist (R). Certified by the Grief Recovery Institute(R) Dr. Amen, Licensed Brain Health Trainer

Counseling Services offered at Black Hills Counseling LLC

1238 Main Street, Suite 4, Sturgis, SD 57785

Phone: 605-720-8090

Hours: 9:00am - 5:00pm (MT), Monday - Thursday;by appointment only

Services Offered: Individual, couples, and family counseling (ages 12 and up). Specializing in family and/or co-parenting mediation, development of co-parenting plans, anger management and domestic violence training/therapy, critical incident stress management, and all mental health conditions and addictions.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Jeff DeKraai, MS, LPC-MH, QMHP

Counseling Services offered at Lutheran Family Service

825 Main Street, Deadwood, SD 57732

Website: <https://lutheranfamilyservice.org/>

Email: info@lutheranfamilyservice.org

Phone: 605-271-1081

Hours: 9:00am to 5:00pm (MT), Monday - Friday

Services Offered: Provides marriage and family counseling, pregnancy counseling, grief counseling, domestic violence/spouse/intimate partner abuse counseling, child abuse survivor counseling, parent counseling, and telemental health.

Coverage Area: Offices located in Sioux Falls and Deadwood and serves the state of South Dakota via telehealth.

Canyon Hills Center offered at Lutheran Social Services - Western Region

2519 Windmill Drive, Spearfish, SD 57783

Website: <https://lsssd.org/what-we-do/residential-services-for-children-youth/>

Email: info@lsssd.org

Phone: 605-559-3500

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

Services Offered: Provides psychiatric residential treatment center licensed to serve boys and girls ages 10-17 years old, who have emotional, behavioral, and educational challenges. Offers specialized education program, extensive outdoor recreation, opportunities for community involvement, and evidence-based programming including cognitive behavior therapy (CBT) groups.

Coverage Area: Black Hills area

Credentialed Professionals: Allison Bensen, MS, LPC Cherise Lerew, PhD Janna Swanson, MA, LPC Alicia Tibbs, SWA Shawn Van Gerpen, MD Michelle Williamson, MS, LPC

Psychiatric & Counseling Services offered at Black Hills Psychology

115 N. 7th Street, Suite 6, STE 6, Spearfish, SD 57783

Phone: 605-645-0100

Hours: 8:30am - 5:00pm (MT), Monday - Thursday 8:30am - 4:00pm (MT), Friday

Services Offered: Psychiatric evaluations, prescription medication management, psychological testing, and comprehensive therapy services including Eye Movement Desensitization and Reprocessing (EMDR). Psychological testing and evaluation services available for issues including Autism spectrum, learning disorders, attention deficit / hyperactive disorder (ADD/ADHD), bipolar, anxiety, depression, ability and achievement, IQ, memory, bariatric surgery evaluations, and court-ordered evaluations. Specializing in therapeutic services for depression, life-transition, behavioral issues, divorce, premarital, families, relationship issues, parenting, work-life balance, LGBTQ, grief and loss, serious and chronic disease, postpartum depression, infertility, stress management, eating disorders, physical disability, abuse issues, and chronic pain. Also offering telehealth services.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington.

Credentialed Professionals: Brian Brandt, PMHNP-BC Erica Fett, LCSW-PIP Emilia Flint, PhD, LP Mark Flint, LPC Sonja Halverson, CSW-PIP Sonja Halverson, LCSW Cherise Lerew, PhD, LP Shannon Maxwell, PsyD, LP Mandi Scott, LPC Rita Van Norman, CSW-PIP

Counseling Services offered at Northern Hills Counseling Associates

211 N. Main Street, Suite 203, Spearfish, SD 57783

Phone: 605-559-2006

Hours: 7:00am - 5:00pm (MT), Monday - Friday

Services Offered: Outpatient mental health counseling services for individuals and families. Services include: individual counseling; marriage counseling; divorce counseling; substance abuse counseling; grief/bereavement counseling; dialectical behavioral therapy (DBT); terminal illness counseling; LGBTQ counseling; child abuse counseling; child abuse survivor counseling for adults; family counseling; couples (conjoint) counseling; trauma informed therapy; cognitive behavioral therapy; adolescent/youth counseling; gender identity counseling; parent counseling; spouse/intimate partner abuse counseling; and telemental health counseling.

Coverage Area: Western South Dakota

Credentialed Professionals: Daniel Caron, MS Seth Courtney, MS, LPC-MH, QMHP Linda M. Gross, LPC-MH, QMHP

Counseling Services offered at Life Counseling and Coaching, The

1930 N. Avenue, Suite 3, Spearfish, SD 57783

Website: www.thelifecounseling.com **Email:** tracythelifecounseling@gmail.com

Phone: 605-639-5641

Hours: 8:00am - 6:00pm (MT), Monday - Friday

Services Offered: Provides individual and couples counseling for adults struggling with symptoms of anxiety, depression, grief and trauma as well as difficulties with parenting, relationships and professional burn-out. Telemental health services available.

Coverage Area: Located in Spearfish but serving South Dakota via telehealth.

Credentialed Professionals: Tracy Hunt, LPC-MH

Counseling Services offered at Rising Hope Counseling, LLC

3105 W. Fairground Loop, Spearfish, SD 57783

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Anissa Fuller, MSW, CSW-PIP Alicia Tibbs, LMFT-Supervisee

Counseling Services offered at Sharon K. Hansen

Hot Springs, SD 57747

Phone: 605-890-0580

Hours: 8:00am - 12:00pm (MT), Monday, Tuesday Telehealth only

Services Offered: Evaluation, individual psychotherapy, family therapy, and anger management. Focus areas include depression, anxiety, stress, coping skills, relationship issues, abuse and domestic violence, and post traumatic stress (PTSD).

Offering services via telehealth only.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, and Pennington

Credentialed Professionals: Sharon K. Hansen, MA, CNS, LMFT

Counseling Services offered at Belle Fourche Counseling, LLC

515 National Street, Suite 103, Belle Fourche, SD 57717

Website: www.bellefourchecounseling.com **Email:** info@bellefourchecounseling.com

Phone: 605-722-8090

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting.

Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through a secure video connection.

Strives to provide culturally relevant and sensitive care.

Coverage Area: Located in Belle Fourche, serving South Dakota via telehealth.

Credentialed Professionals: Allison Bensen, MS, LPC-MH Kayla Grams, LPC-MH Linnea Grosz, LPC-MH Crystal Hanson, LPC-MH, LAC Brittney McGraw, LPC Alicia Pritchard, LPC-SUP

Counseling Services offered at Rising Hope Counseling, LLC

420 S. Henry Street, Pierre, SD 57501

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information.

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: Pierre area

Credentialed Professionals: Holly Garrett, Care Director, MS, LPC-MH, QMHP Cori Haag, MS, LPC-Supervisee Jill Janecke, Founder, MS, LPC-MH Patty Jonas, MS, LPC-MH, -Supervisee, QMHP Megan Schaeftbauer, MS, LPC-Supervisee

Counseling Services offered at Visionary Mental Health Services, LLC

1709 N. Lincoln Avenue, Suite 102, Pierre, SD 57501

Website: www.visionarymentalhealth.com **Email:** visionarymentalhealth@gmail.com

Phone: 605-280-9778

Hours: 8:00am - 6:00pm (CT), Monday - Friday 10:00am - 4:00pm (CT), Saturday

Services Offered: Works with teens and adults to process through the hurts of the past and focus on the possibilities in the future. Offers counseling for individuals, family, marriage, couples, adolescent/youth, parents, LGBTQ, grief, substance use, hoarding, spouse/intimate partner abuse, and child abuse survivor for adults. Cognitive behavioral therapy (CBT), custody evaluations, and telemental health counseling are available.

Coverage Area: Pierre and Rapid City areas.

Credentialed Professionals: Lindsay Bruckner, MSW, LCSW-PIP, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

503 1/2 W. Grand Crossing, Mobridge, SD 57601

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: 8:00am- 5:00pm (CT), Monday - Friday

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Jenny Larson MS, LPC-MH, QMHP

Mental Health Services offered at Support Circle, The

1710 E. Grand Crossing, Mobridge, SD 57601

Website: www.thesupportcircle.com **Email:** hello@thesupportcircle.com

Phone: 605-845-2058

Hours: Call for information.

Services Offered: Providing mental health services to Northeastern South Dakota. Offers both in-person and virtual counseling options.

Coverage Area: Telehealth is available across South Dakota including the Mobridge and Aberdeen offices.

Credentialed Professionals: Jessie Brockel, LPC-MH, LPCC, QMHP, and NCC

Counseling Services offered at Rising Hope Counseling, LLC

118 S. Main Street, Suite 1, Chamberlain, SD 57325

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Jae Csongradi, MSW, CSW-PIP, QMHP Jill Janecke, Founder, MS, LPC-MH

Counseling Services offered at Rising Hope Counseling, LLC

841 Jackson Street, Suite C, Burke, SD 57523

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Lesley Atkins, MSW, CSW-PIP, QMHP Jennifer Johnson, MSW, CSW-PIP, QMHP Blair Sedlacek, MSW, CSW-PIP, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

110 3rd Street S.W., Suite 107, Huron, SD 57350

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for more information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Emma Landstrom, MS, LPC-MH Supervisee Bailey Zerfoss, MS, LPC-MH Supervisee

Counseling Services offered at Rising Hope Counseling, LLC

426 N. Highway 281, Suite 3, Aberdeen, SD 57401

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for more information.

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Katie Hearnen, MA, LPC-Supervisee Morgan Jensen, MS, LPC-MH Jenny Larson, MS, LPC

Counseling Services offered at Inspire Counseling, LLC

405 8th Avenue N.W., Suite 321, Aberdeen, SD 57401

Phone: 605-262-0513

Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 2:30pm (CT), Friday

Services Offered: Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families. Also provides a Spanish speaking translator at no cost if needed. Other services include:

- individual counseling
- divorce counseling
- grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- play therapy
- trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

Coverage Area: South Dakota

Credentialed Professionals: Angel Feiock M.S., LPC-MH, TF-CBT

Mental Health Services offered at Support Circle, The

2211 8th Avenue N.E. Suite 2201, Aberdeen, SD 57401

Website: www.thesupportcircle.com **Email:** hello@thesupportcircle.com

Phone: 605-845-2058

Hours: Call for information.

Services Offered: Providing mental health services to Northeastern South Dakota. Offers both in-person and virtual counseling options.

Coverage Area: Telehealth is available across South Dakota including the Mobridge and Aberdeen offices.

Credentialed Professionals: Rebecca Christiansen, LPC-MH, QMHP, NCC Ashely Geist, LPC-MH Natasha Valnes Jorgenson, LAC

Youth Residential Treatment Facility Huron offered at Our Home, Inc.

40354 210th Street, Huron, SD 57350

Phone: 605-352-9098

Hours: Office Hours: 8:00am - 5:00pm (CT) Monday - Friday Residential services: 24 hours a day / 7 days a week

Services Offered: Psychiatric Residential Treatment Center (PRTF) - Huron, serves male youth ages 10-17 that have identified treatment needs, which are beyond community-based services. These issues may include current or pending legal, school, or family issues. To achieve programming that meets the needs of each individual youth, is evidence based, and easily understood, PRTF-Huron's foundation in programming is based on Positive Peer Culture which emphasizes a therapeutic group milieu which focuses on respect for self and others and development of care and concern. The Positive Peer Culture modality assists in meeting the universal growth needs of youth for affiliation, achievement, autonomy and altruism through improvement in social competence and cultivating identified strengths in youth. The goal for youth in the program is to utilize Positive Peer Culture to guide youth into developing healthier mindsets and coping skills for identified treatment need(s). Youth will also be introduced to additional trauma informed practices, which are complimentary and in accord with Positive Peer Culture to meet individualized treatment planning goals. These practices include various identified clinical assessments, individual and group therapy sessions, and individualized assignments. A multidisciplinary treatment team overseen by a Clinical Psychologist and Medical Director works with the youth and family to design a treatment plan that addresses each youth's individual needs and objectives for success.

Coverage Area: South Dakota

Credentialed Professionals: Jesse Olsen, MSW Kristen Schroeder, MSW, CSW, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

1401 N. Main Street, Suite 108, Mitchell, SD 57301

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: 9:00am - 5:00pm (CT), Monday and Wednesday 10:00am - 6:00pm (CT), Tuesday

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Elizabeth Cope, MSW, CSW Whitney Kroupa, CSW-PIP Andrea Walcott, MSW, CSW-PIP

Youth Residential Treatment Facility Parkston offered at Our Home, Inc.

103 W. Maple Street, Parkston, SD 57366

Phone: 605-928-7907

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

Services Offered: Psychiatric Residential Treatment Center (PRTF) - Parkston serves female youth ages 12-17 who have experienced legal, school, or family behaviors. The program works with the youth to develop healthier attitudes and coping skills for the behaviors that caused the need(s) for treatment. The Parkston program also works with youth who have experienced chemical use and/or have had their lives impacted by other's chemical use. While using an individual approach, Our home, Inc. also emphasizes a modality that includes the utilization of a therapeutic group milieu, in which peers become an important part of each youth's daily program, by developing concepts that include; respect for self and others, development of healthy relationships, developing and meeting expectations, and responsibility to provide and promote a safe and secure environment

Coverage Area: South Dakota

Credentialed Professionals: Sierra Hopkins, LPC-Supervisee Deborah McParland, Psy.D., QMHP

Counseling Services offered at Rising Hope Counseling, LLC

104 W. Main Street, Parkston, SD 57366

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Madi Griebel, MS, LPC-Supervisee

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Middle School, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Jordan Davis, MS, LPC, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Elementary, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Jordan Davis, MS, LPC, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

120 S. Main Street, The Minor County Pioneer, Howard, SD 57349

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Jordan Davis, MS, LPC, QMHP Colette Tolley, MS, LPC-MH

Counseling Services offered at Rising Hope Counseling, LLC

451 Main Street, Scotland, SD 57059

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Natasha Auch, MSW, CSW-PIP

Counseling Services offered at Rising Hope Counseling, LLC

700 S. Washington Avenue, Suite 100, Madison, SD 57042

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Jill Janecke, Founder, MS, LPC-MH Colette Tolley, MS, LPC-MH Jordan Davis, MS, LPC, QMHP Bailey Schmidt, MS, LPC Lane Madsen, MA, LAC, LPC-Supervisee

Counseling Services offered at Rising Hope Counseling, LLC

818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Brandee Bly, MS, LPC-MH -Supervisee

Counseling Services offered at Better Me Counseling and Consulting

1105 Jensen Avenue, S.E., Watertown, SD 57201

Phone: 605-880-0100

Hours: 8:30am - 5:30pm (CT), Tuesday, Wednesday, Thursday 9:00am - 7:00pm (CT), Monday

Services Offered: Provides mental health counseling for children, adults, families and couples. Including the following services - individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, LGBTQ counseling, child abuse counseling, child abuse survivor counseling for adults, family counseling, couples (conjoint) counseling, trauma informed therapy, cognitive behavioral therapy, adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, internet (tele-health) counseling, farm crisis counseling, and retirement and aging concerns.

Coverage Area: Counties of Codington, Hamlin, Clark, and South Dakota via telehealth

Credentialed Professionals: Stacy Solsaa, PhD, LPC-MH, NCC, NCSC

Counseling Services offered at Stronghold Counseling Services, Inc.

610 W. 23rd Street, Suite 8, Yankton, SD 57078

Website: www.strongholdcounseling.com

Email: info@strongholdcounseling.com

Phone: 605-334-7713

Hours: 9:00am - 8:00pm (CT), Monday - Thursday 9:00am - 3:00pm (CT), Friday

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

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

Coverage Area: South Dakota

Credentialed Professionals: Constance Birgen, EdS Richard Slattery, LMFT

Counseling Services offered at Rising Hope Counseling, LLC

304 W. SD Highway 38, Suite 126, Hartford, SD 57033

Website: risinghope605.com

Email: admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Lane Madsen, MA, LAC, LPC-Supervisee Danae Mutchelknaus, MS, LPC-MH, QMHP Tammy Vande Kamp, CNP, QMHP

Counseling Services offered at Growth Collective, The

601 4th Street, Suite 111, Brookings, SD 57006

Phone: 605-620-1745

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Services Offered: A group mental health counseling practice serving children and their families age 3 - adult. Provides school-based counseling as well as in-office appointments and telemental health.

Coverage Area: Located in Brookings but serving statewide via telemental health.

Credentialed Professionals: Kelsey Borchard, LPC-MH, RPT Kelly Munkvold, LPC Supervisee, NCC

Counseling Services offered at Rising Hope Counseling, LLC

601 4th Street, Suite 102, Brookings, SD 57006

Website: risinghope605.com

Email: admin@risinghope605.com

Phone: 605-494-1500

Hours: 8:30am - 4:30pm (CT), Monday - Thursday 8:30am - 12:00pm (MT), Friday

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Karrie Barnes, MS, LPC-MH-Supervisee Andrea Brown, MS, LAC, LPC-MH-Supervisee, QMHP Keely Delaney, MS, LPC-MH-Supervisee Brooke Rustman, MS, LPC-Supervisee Bridgett Sturzenbechler, LSW, LPC-MH, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

317 N. Heritage Parkway, Tea, SD 57064

Website: risinghope605.com

Email: admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Carrie Mueller, LCSW, LAC Caitlin Norlen, MS, LPC-Supervisee Ellen Oppold, MA, LPC-MH, QMHP Hannah Vander Broek, MSW, CSW, QMHP

Counseling Services offered at Stronghold Counseling Services, Inc.

4300 S. Louise Avenue, Suite 201, Sioux Falls, SD 57106

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com

Phone: 605-334-7713

Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

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

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

Coverage Area: South Dakota

Credentialed Professionals: Nick Buus, MA, LMFT Larry Dancler, MS, LPC-MH, QMHP Jennifer Fang, LMFT Supervisee Ryan Folk, LMFT Laura Garmatz, LPC Bethany Handsacker, LMFT Supervisee Spencer Kappenman, LPC Supervisee Eleanor Larsen, MA, LMFT, QMHP, LAC Elizabeth Miller, LMFT supervisee John Sivesind, EdD, Psychologist Richard Slattery, LMFT Paul Wurth, LPC

Counseling Services offered at Lutheran Family Service

3409 W. 47th Street, Suite 103, Sioux Falls, SD 57106

Website: <https://lutheranfamilyservice.org/> **Email:** info@lutheranfamilyservice.org

Phone: 605-271-1081

Hours: 9:00am to 5:00pm (CT), Monday - Friday

Services Offered: Provides marriage and family counseling, pregnancy counseling, grief counseling, domestic violence/spouse/intimate partner abuse counseling, child abuse survivor counseling, parent counseling, and telemental health.

Coverage Area: Offices located in Sioux Falls and Deadwood and serves the state of South Dakota via telehealth.

Counseling Services offered at Guiding Light Counseling, LLC

5024 S. Bur Oak Place, Suite 113B, Sioux Falls, SD 57108

Website:

<https://sarah-scherr.clientsecure.me/?mld=18341d8b6e8569-0e1e8db0ccd33d-26021c51-15f900-18341d8b6e93cc#home>

Email: guidinglightcounselingsf@gmail.com

Phone: 605-413-6835

Hours: 12:00noon - 6:00pm (CT), Monday, Wednesday 9:00am - 5:00pm (CT), Tuesday, Thursday, Friday

Services Offered: Counseling services offered at this agency include individual counseling, dialectical behavioral therapy (DBT), child abuse survivor counseling for adults, couples counseling, youth counseling, parent counseling, marriage counseling, grief counseling, trauma informed therapy, cognitive behavioral therapy, and telemental health counseling.

Also trained in:

Accelerated Resolution Therapy - a type of therapy that helps alleviate trauma symptoms.

Coverage Area: South Dakota. Telehealth visits are available for people living outside of the Sioux Falls area.

Credentialed Professionals: Sarah Scherr, MSW, CSW, QMHP

Black Hills Behavioral Health Guide offered at Helpline Center - Resource Guides

No Physical Address, Sioux Falls, SD 57104

Website: www.helplinecenter.org/wp-content/uploads/HLCRD-Black-Hills-Behavioral-Health-Guide.pdf

help@helplinecenter.org

Phone: 605-339-4357

Email:

Hours: Available online 24 hours a day / 7 days a week

Services Offered: This guide is produced as an initiative of the Human Services Collaborative and funded by the John T. Vucurevich Foundation. It was established to help people more readily identify and select licensed/credentialed practitioners and agencies. It includes both non profit and for profit behavioral health practitioners, and is available in both printable and online searchable versions.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Counseling Services offered at Rising Hope Counseling, LLC

5120 S. Western Avenue, Suite 102, Sioux Falls, SD 57108

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information.

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Sierra Halbur, LPC-Supervisee Jaici Schultz, LPC-Supervisee Morgan Tessier, MSW, CSW, QMHP

Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire LLC

100 S. Spring Avenue, Sioux Falls, SD 57104

Phone: 605-271-6979

Hours: By appointment only.

Services Offered: Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

Also provides custody evaluations, mediations, and Social Early Neutral Evaluations (SENE).

Coverage Area: South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

Credentialed Professionals: Kimberly J. Cournoyer, Ed.S, LPC-MH, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

6320 S. Western Avenue, Suite 150, Sioux Falls, SD 57108

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information.

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Megan Bartel, LCSW, MSW, QMHP Austin Halppop, MS, LPC-MH-Supervisee Ian McClure, MS, LPC-MH-Supervisee, QMHP Shannalee Mask, MSW, CSW, QMHP Caitlin Norlen, MS, LPC-MH-Supervisee, QMHP

Counseling Services offered at Aspire Counseling, LLC

6340 S. Western Avenue, Sioux Falls, SD 57108

Website: www.aspirecounselingsd.com **Email:** info@aspirecounselingsd.com

Phone: 605-277-1422

Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday

Services Offered: Provides therapy services for those with mental health needs, striving to meet clients in their time of need, creating a secure location to explore, process and establish healthy coping skills.

Services include individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, dialectical behavioral therapy (DBT), terminal illness counseling, LGBTQ counseling, child abuse counseling, child abuse survivor counseling for adults, family counseling, couples (conjoint) counseling, trauma informed therapy, cognitive behavioral therapy (CBT), adolescent/youth counseling, gender identity counseling, parent counseling, and spouse/intimate partner abuse counseling.

Tele-health services are available statewide.

Coverage Area: Located in Sioux Falls, serving South Dakota via telehealth

Credentialed Professionals: Lindsay Neth, MSW, CSW-PIP, LCSW-PI Kelli Willis, MSW, CSW-PIP

Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire LLC

629 S. Minnesota Avenue, Suite 203, Sioux Falls, SD 57104

Phone: 605-271-6979

Hours: 9:00am - 5:00pm (CT), Monday - Thursday

Services Offered: Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

Also provides custody evaluations, mediations, and Social Early Neutral Evaluations (SENE).

Coverage Area: South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

Credentialed Professionals: Kimberly J. Cournoyer, EdS, LPC-MH, QMHP

Summit Oaks Center offered at Lutheran Social Services - Southeast Region

621 E. Presentation Street, Sioux Falls, SD 57104

Website: <https://lsssd.org/what-we-do/residential-services-for-children-youth/>

Email: info@lsssd.org

Phone: 605-221-2346

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

Services Offered: Residential Treatment Facility for adolescent boys and girls ages 10-17. Services offered:

- 24-hour psychiatric residential care in therapeutic, structured environment
- Individual, group and family counseling
- Campus school
- Psychiatric services
- Case management
- After care services
- Independent living skills training

Coverage Area: South Dakota

24/7 Hotline Number offered at Domestic Violence Hotline for South Dakota

No Physical Address, Sioux Falls, SD 57105

Phone: 800-430-7233

Hours: 24 hours a day / 7 days a week

Services Offered: The Domestic Violence Hotline for South Dakota is answered by the Helpline Center providing support and crisis intervention 24 hours a day / 7 days a week.

Coverage Area: South Dakota

Counseling Services offered at Counseling Cafe, The

4804 S. Minnesota Avenue, Suite 108, Suite 108, Sioux Falls, SD 57108

Website: thecounselingcafesf.com

Email: info@thecounselingcafesf.com

Phone: 605-271-8008

Hours: 9:00am - 7:00pm (CT), Monday 9:00am - 5:00pm (CT), Tuesday - Thursday 9:00am - 12:00noon (CT), Friday

Services Offered: Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include:

- Evaluations and assessments
- Professional therapy and counseling
- Free coffee bar and baked goods for clients

Licensed clinical professionals work with individuals, couples and families.

Coverage Area: South Dakota, Northwest Iowa and Minnesota

Credentialed Professionals: Gary Hofman - EdD, LCP-MH, NCC, LAC, QMHP Zachary Seefeldt - MA, LPC-MH, LAC, NBCC, QMHP

Counseling Services offered at Evergreen Counseling and Consulting Services, LLC

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

Phone: 605-423-7880

Hours: Varies; call for appointment times.

Services Offered: Focuses on supporting people through grief/loss, life transitions, mental health challenges, and family conflict. The therapy process offers the ability to process situations that may be difficult while also giving clients the ability to learn new skills that improve their daily lives and relationships.

Other areas of training or expertise include ADHD, Autism Spectrum Disorder, miscarriage and infertility, and women's issues.

Coverage Area: Located in Sioux Falls but serving the state of South Dakota via telemental health.

Credentialed Professionals: Paige Thompson, CSW-PIP, LICSW, QMHP

Telehealth Counseling Services offered at Therapy Lawgic

No Physical Location, Harrisburg, SD 57032

Phone: 605-900-6345

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Services Offered: Provides mental health therapy via telehealth services for individuals, couples, and adolescents. Areas of specialty include anxiety, depression, trauma, relationship challenges, and LGBTQ+ empowerment. Sessions are tailored to meet clients personal needs in a secure, confidential, and convenient virtual environment.

Coverage Area: South Dakota

Credentialed Professionals: Heather Law CSW-PIP, QMHP Johanna Tietze CSW, QMHP

Residential Treatment offered at Children's Home Society of South Dakota

801 N. Sycamore Avenue, Loving School, Sioux Falls, SD 57110

Phone: 605-334-6004

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

Services Offered: A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-14. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services.

Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-14 with emotional and behavioral problems.

Madsen House Intensive Unit is an eight-bed unit for children ages 4-14 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming. Childcare teams consist of three counselors and one team coordinator, creating a ratio of one staff for every two children.

Coverage Area: South Dakota

Counseling Service offered at Dakota Hope Counseling

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

Phone: 605-223-5155

Hours: 9:00am - 8:00pm (CT), Monday - Friday

Services Offered: Offers therapeutic interventions and healing in a variety of ways, including creative outlets like play, music and art.

Specific approaches include: Individual counseling, Dialectical behavioral therapy, LGBTQ+ counseling, Child abuse survivor counseling for adults, Couples (conjoint) counseling, Faith based counseling, Adolescent/youth counseling, Parent counseling, Spouse/intimate partner abuse counseling, Mass shooting counseling, Grief/bereavement counseling, Child abuse counseling, Family counseling, Play therapy, Cognitive behavioral therapy.

In-person and telehealth counseling appointments available.

Coverage Area: In person: Sioux Falls area; Telehealth: South Dakota

Credentialed Professionals: Michelle Pliska, LPC-MH, QMHP, RPT

Counseling Services offered at Rising Hope Counseling, LLC

717 E. Main Street, Vermillion, SD 57069

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Cora Youngberg, MSW, CSW

Counseling Services offered at Rising Hope Counseling, LLC

1108 W. Cedar Street, Suite 5B, Beresford, SD 57004

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Caitlin Norlen, MS, LPC-Supervisee Linda Richardson, MA, LPC-MH-Supervisee

Counseling Services offered at Rising Hope Counseling, LLC

904 E. 5th Street, Canton, SD 57013

Website: risinghope605.com **Email:** admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Coverage Area: South Dakota

Credentialed Professionals: Tara Espland, MS, LAC, LPC-MH, QMHP Janelle Fitzler, MA, LPC-Supervisee

SAMHSA Behavioral Health Treatment Finder offered at Substance Abuse and Mental Health Services Administration

5600 Fishers Lane, Substance Abuse and Mental Health Services Administration, Rockville, MD 20857

Phone: 800-662-4357

Hours: Website available 24 hours a day / 7 days a week

Services Offered: The Behavioral Health Treatment Services Locator, is a source of information related to substance abuse/addiction and/or mental health services for persons seeking treatment facilities (outside of South Dakota) in the United States or U.S. Territories.

Coverage Area: United States (other than South Dakota)

Addiction/Substance Use Services

Lifeways Adolescent Substance Use Disorder Prevention and Treatment Program offered at Lifeways, Inc.

1010 9th Street, Suite 2, Rapid City, SD 57701

Website: <https://www.lifeways.us/> **Email:** office@lifeways.us

Phone: 605-716-6555

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:30pm (MT), Friday Parent component: Saturdays as needed for classes

Services Offered: Adolescent substance use prevention, early intervention, drug and alcohol assessments and outpatient treatment for all youth in the Rapid City, Box Elder and area communities.

Lifeways has school-based Addiction and Prevention Counselors in the Rapid City Area School District and limited services in the Douglas School District. Addiction Counselors are also available at main office in Rapid City for all adolescents (public, private and home-schooled) who are experiencing problems with substance use and in need of screening and/or assessment and treatment.

Coverage Area: Rapid City, Box Elder, Black Hawk and surrounding communities in the Black Hills Area. In person assessments for any youth in Western South Dakota.

Credentialed Professionals: Michelle Ames, BS, CAC Michele Brink-Gluhosky, BS, CAC Bill Clucas, BSW, CAC Kelsey Hansen, MA, LAC Beau LaCroix, BS, ACT Chelsea Lindwurm, BS, ACT Samantha Nelson, ACT Rebecca Stucke, BS, CAC Michelle Teeslink, MS, LAC Nicholes Wiest, JD, ACT Amanda Young, MS, NCC, LAC Accredited by the SD Dept. of Social Services, Div. of Behavioral Health for prevention and treatment of substance use disorders. Counselors are Addiction Counselors credentialed by the SD Board of Addiction and Prevention Professionals.

Full Circle offered at West River Mental Health

350 Elk Street, Rapid City, SD 57701

Phone: 605-343-7262

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday

Services Offered: A residential substance abuse treatment and prevention program for pregnant and parenting women. Intensive inpatient treatment is offered along with prenatal care, parenting information, case management, and continued care in a residential facility for those who have completed treatment. Also, offers MAT (Medication Assisted Treatment).

Coverage Area: Located in Rapid City, but serving residents of South Dakota

Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills

1520 Haines Avenue, Suite 6, Rapid City, SD 57701

Phone: 605-716-7841

Hours: 8:00am - 8:00pm (MT), Monday - Thursday 8:00am - 2:00pm (MT), Friday 24 hours a day / 7 days a week on-call staff available Walk-in assessment hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes.

Coverage Area: Western South Dakota

Credentialed Professionals: Lanna Backen, MS, ACT Trevor Bartunek, ACT Julie Birner, MSW, MA, CSW, LAC, QMHP Diana Boyle, MS, LPC, NCC, CEAP, LAC Jade Doering, BS, CAC Steve Mauch, BA, LAC Heidi Nangle, BA, ACT Christina Olinger, MA, ACT Tyler O'Sullivan, BS, CAC Kristene Rancour, ACT Heidi Sahling, CAC Colleen Zimmerman, MSW, CSW, LAC, QMHP

Outpatient Treatment offered at ROADS Outpatient Treatment Program

103 E. Omaha Street, Rapid City, SD 57701

Email: roadsoutpatient@gmail.com

Phone: 605-348-8026

Hours: 9:00am - 5:00pm (MT), Monday - Thursday

Services Offered: Outpatient counseling (for Chemical Dependency and Co-Occurring Disorders) for adults 18 years and older including intensive outpatient treatment, continued care, Moral Reconciliation Therapy (MRT), and assessments.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington
Credentialed Professionals: Matthew Boyce, LAC Danielle Colichieski, CAC Amy McGlade, MA, LAC Linda Pratt, LAC Peter M. Sweitzer, M.Ed., LPC, LAC

Afterschool Programing and Addiction Recovery Program (IOP) offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org **Email:** info@wellfully.org

Phone: 605-718-4870

Hours: After school hours

Services Offered: After-school care for boys and girls ages 10 - 18 meeting intensive outpatient guidelines for addiction recovery treatment. Services offered include drug and alcohol treatment needs assessment, intensive outpatient group program, Continued Care group program, Individual therapy, and the Learning Above and Beyond (LAB) afterschool prevention based program.

Telehealth options available.

Coverage Area: Primarily Pennington County, although open to anyone in the Black Hills

Residential Addiction Recovery Center offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org **Email:** info@wellfully.org

Phone: 605-718-4870

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

Services Offered: Residential program offering 24-hour supervision, intensive 45-60 day program offering addiction recovery therapy. Seeks to meet each youth's educational, emotional, health, and family needs. Services offered include free assessments, mental health evaluation, treatment planning, group and individual therapy, aftercare planning, aftercare groups, 12-step groups, advocacy and referrals.

Coverage Area: Located in Rapid City, but serving residents of South Dakota

Credentialed Professionals: Dr. Susan Howard

Native Healing Program offered at Oglala Sioux Tribe

1205 E. St. James Street, Rapid City, SD 57701

Phone: 605-342-8925

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

Services Offered: Provides alcohol and substance treatment to the Rapid City (Mni Luzahan) Native American Community and other affiliated tribes in the region, for adolescents and adults. The Native Healing Program utilizes the traditional Native American life ways as a method of Healing the Spirit. Specifically, offering the following: individual counseling;family counseling;substance use counseling;psychological assessments;outpatient substance use treatment;grief counseling. Also, providing Codependency Workshops, 12 hour DUI class, substance abuse treatment needs assessments, talking circle.

Fully accredited with State of South Dakota for outpatient services. Open to all.

Coverage Area: Black Hills area;anyone who is enrolled in any federally recognized tribe can receive services.

Credentialed Professionals: Stanley LaRoque, LAC, MSW, LCSW Janelle Janis, ADC-III Candace Pourier LAC

Sheriff's Office - Addiction Treatment Services offered at Pennington County

321 Kansas City Street, Suite 110, Care Campus, Rapid City, SD 57701

Website: www.pennco.org/sheriff/ **Email:** ccadp@pennco.org

Phone: 605-394-6128

Hours: Administrative hours: 8:00am - 5:00pm (MT) Monday - Friday Detox open: 24 hours a day / 7 days a week. Walk-in assessment hours: 8:00am - 4:00pm (MT), Monday - Friday. 4 slots available daily. First come first serve.

Services Offered: Residential and intensive group outpatient treatment and specialized programming including Intensive Methamphetamine Treatment program (IMT), Intensive outpatient treatment, 12-hour DUI class, Moral Reconciliation Therapy (MRT), Cognitive Behavioral Intervention for Substance Abuse program (CBISA), treatment needs assessments, social-setting detox, emergency/involuntary commitments and Pivot Point referrals.

Coverage Area: Located in Rapid City, but serving residents of South Dakota

Credentialed Professionals: Peri Decory, ACT Lisa Fredsall, CSW-PIP, CAC Christie Hurtig, ACT Josh Lagge, ACT Brent Lamley, LAC Alisha Lascellas, ACT Tonya Lore, MS, LAC Amy McGlade, MA, LAC Sara Maher, CAC Deanna Nolan, LAC Bailey Quinn, ACT Dawn Riter, ACT Nikki Rohman, ACT Lori Sargent, CCDCI Amanda Whelchel, LAC Casey Woods, ACT Tommi Young Bull Bear, ACT

Counseling Services offered at Practical Christian Counseling, Inc.

1351 Jolly Lane, Rapid City, SD 57703

Website: www.practicalcc.com **Email:** scott@practicalcc.com

Phone: 605-484-7089

Hours: 8:00am - 8:30pm (MT), Tuesday, Wednesday 8:00am - 6:00pm (MT), Thursday 8:00am - 5:30pm (MT), Friday

Services Offered: Counseling from a biblically Christian worldview. Services include counseling for couples, marriage, marriage preparation, parenting, family, adolescents, depression, anxiety, grief, anger, crisis management, decision making, male sex addiction, gambling addiction, self-esteem, adjustment, life/professional coaching.

Therapies include CBT, solution-focused, emotionally-focused couples, person-centered, Biblical, and prayer. Offering telehealth sessions.

Coverage Area: Located in Rapid City, serving South Dakota via telehealth.

Credentialed Professionals: Scott Wiley, MS, LPC-MH, NBCC

Outpatient Services offered at Compass Point, The

1807 Williams Street, Sturgis, SD 57785

Phone: 605-347-3003

Hours: Outpatient Services: 8:00am - 5:00pm (MT), Monday - Friday Group: 5:00pm - 7:00pm (MT), Monday - Thursday

Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders.

Moral reconnection therapy class, DUI Classes, Continuing Care and adult diversion classes.

A Family Program is available to family members and friends affected by the substance use of another. Compass Point also offers CBISA (Cognitive Behavioral Interventions for Substance Abuse) and MRT treatment. Offering telehealth services. Walk-in assessments available during normal business hours.

Coverage Area: Located in Sturgis, but serving residents of western South Dakota

Credentialed Professionals: Kristina Benter, LAC Robert Dodd, ACT Bonnie Johnson, CAC Matt Kreutz, ACT Emily Meyer, ACT Heather Ochocki, MA, LAC (clinical supervisor) Cameron Thompson, ACT

Residential Treatment Program offered at New Dawn Center

19271 SD Highway 79, Vale, SD 57788

Phone: 605-309-5105

Hours: Facility is open and staffed 24 hours a day / 7 days a week.

Services Offered: Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program for adult males. Treatment program is designed around an initial 90 day treatment plan. There are no guarantees as to the results of treatment.

Services provided are a minimum of 12 hours of individual, group or family counseling per week. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs.

Intravenous (SP) (IV) Drug Users: Client referrals who are identified as having a history of using drugs intravenously (IV) will be prioritized for admission into this program.

Coverage Area: Located in Vale, but serving residents of South Dakota.

Credentialed Professionals: Sara Ellington, MS, NCC, ACT Kara Graveman, MS, LAC, CPS

Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills

112 Chicago Street, Hot Springs, SD 57747

Phone: 605-745-6300

Hours: 8:00am - 8:00pm (MT), Monday - Thursday 8:00am - 2:00pm (MT), Friday 24 hours a day / 7 day a week on-call staff available Walk-in assessment hours: 12:00pm - 2:00pm (MT); Monday and Wednesday 12:00pm - 5:00pm (MT), Tuesday and Thursday

Services Offered: Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes.

Coverage Area: Western South Dakota

Recovery Support Services offered at Aneptu Luta Otipi

North Route, Kyle, SD 57752

Phone: 605-455-2331

Hours: 9:00am - 4:00pm (MT), Monday - Friday

Services Offered: Aims to assist clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety, traditional pathways, and talking circles. Clients may have had their primary treatment experience within Anpetu Luta Otipi or they may arrive to the program in order to solely take advantage of formal and informal recovery support services. Recovery Support programs build on the progress achieved in primary treatment assisting the client to maintain a commitment to sobriety by encouraging a continuous self and environmental reflection. Recovery Support programs help the client continue to develop their problem solving skills and individual and family healing.

Coverage Area: Pine Ridge Reservation

Credentialed Professionals: Michael Brooks, MS Michael Christensen, CAC Sharon Green, MS, LAC, LPC Peggy Janis, CAC Favian Kennedy, MSW Raulin Martin, MS, LAC Kristi Shultz, MS, LAC

Treatment Program offered at Rosebud Sioux Tribe

#7 Hospital Lane, Alcohol Treatment Center, Rosebud, SD 57570

Phone: 605-747-2342

Hours: 24 hours a day / 7 days a week

Services Offered: Culturally sensitive adult and youth outpatient treatment programs and residential alcohol treatment facility. After care programs, youth alcohol and drug assessments, and youth treatment placement.

Coverage Area: Located in Rosebud, but serving South Dakota

Credentialed Professionals: License Addiction Counselor & Alcohol/Drug Counselor II, Certified Alcohol Counselor

IHS Great Plains Youth Regional Treatment Center offered at Indian Health Service

12451 Highway 1806, Mobridge, SD 57601

Website: www.ihs.gov/greatplains/healthcarefacilities/greatplainsyrtc/

Email: lavon.booth@ihs.gov

Phone: 605-845-7181

Hours: 24 hours a day / 7 days a week

Services Offered: Provides drug and alcohol treatment for adolescents ages 13 - 17 years of age who are enrolled as a member of a federally recognized Tribe or able to show the lineal descendency. It is a rolling admission and can be anywhere from 90 - 120 days.

Coverage Area: Located near Mobridge, SD. Serving American Indian youth in the Great Plains Region.

Avera Addiction Care Center offered at Avera St. Luke's

620 3rd Avenue S.E., Aberdeen, SD 57401

Phone: 605-622-5800

Hours: Office Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT) Friday 24 hours a day / 7 days a week

Services Offered: Accredited substance abuse services includes Early intervention, Information and referral, Employee Assistance Program, Alcohol and drug assessments, DUI offender program, Cognitive Behavioral Intervention for Substance Abuse (CBISA), Intensive Outpatient Treatment, Day treatment, Gambling treatment, Intensive Methamphetamine Treatment (IMT), Medically-Monitored inpatient treatment, Adolescent prevention and diversion program, Adult aftercare, and Community Prevention Project - provides information and networking with individuals, groups, and other agencies.

Coverage Area: South Dakota and surrounding states

Credentialed Professionals: Addiction Counselor Trainees, Certified Addiction Counselor, Licensed Addiction Counselor

Stepping Stones offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net

Email: info@dakotacounseling.net

Phone: 605-995-8180

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 2:00pm (CT), Friday to schedule appointment Treatment center is open 24 hours a day / 7 days a week / 365 days a year

Services Offered: Stepping Stones is a 24-hour a day, co-ed, treatment center serving Mitchell and the surrounding communities.

Stepping Stones is fully accredited with the State of South Dakota and works with individuals from all walks of life, offering a wide variety of treatment experiences including Treatment Needs Assessments, Detoxification, Intensive Inpatient and Outpatient Treatment, First Offender DUI Courses, Adolescent and Adult Aftercare, Adolescent Treatment, Anger Management, Moral Recognition Therapy (MRT), Relapse Prevention Courses, Parenting classes, Strengths Group, CBISA, and Readiness group for Federal probationers.

Coverage Area: Located in Mitchell, but serving residents of South Dakota

Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net

Email: info@dakotacounseling.net

Phone: 605-995-8180

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 2:00pm (CT), Friday to schedule appointment Treatment center is open 24 hours a day / 7 days a week / 365 days a year

Services Offered: Strives to respond to the needs of individuals in the Mitchell area affected directly or indirectly by mood-altering chemical use or dependency through professional prevention services, education, assessment, intervention, counseling, referral, group and individual therapy, social detoxification, transitional living and continued care.

Coverage Area: Located in Mitchell, but serving residents of South Dakota

Medication-Assisted Treatment offered at Lewis & Clark Behavioral Health Services

1028 Walnut Street, Yankton, SD 57078

Phone: 605-665-4606

Hours: Phone numbers available: 24 hours per day / 7 days per week Clinic hours: 8:00am - 5:00pm (CT), Monday - Friday

Services Offered: MAT (Medication Assisted Treatment) is offered to people who have moderate to severe opioid dependence. Because there is a complex relationship between health, mental health, and addiction, this treatment provides an integrated approach that focuses on the whole person. There are three ways to schedule an appointment with LCBHS:

- Call to schedule an appointment
- Referral from your healthcare provider
- Referral following a treatment needs assessment from an accredited Substance Use Treatment Provider

Individuals can often be seen on the same day that you call or are referred. Everyone will receive an assessment to determine whether or not MAT is appropriate/to help determine the most appropriate level of care. If MAT is determined to be an option, staff provide education about the different forms of MAT.

Two forms of MAT are offered at LCBHS:

- Treatment with Buprenorphine
- Treatment with short- or long-acting Naltrexone

A plan is developed with the patient's provider for the specific form of MAT treatment, level of care, and length of service based on your individual needs. Initial drug screening is required as are laboratory studies depending on history and type of MAT. Ongoing random drug testing is an integral part of treatment. Medically monitored withdrawal management is provided in a residential setting and is available if needed. There is not a set length of time for MAT. While many people may need to stay on medication indefinitely, others may choose to taper off or discontinue using MAT medications.

Coverage Area: South Dakota

Residential Program offered at Tallgrass Recovery and Sober Living Homes

27048 Tallgrass Avenue, Sioux Falls, SD 57108

Phone: 605-368-5559

Hours: 24 hours a day / 7 days a week

Services Offered: 30 day residential program for recovery from drug and alcohol addiction. An intense schedule at a relaxed pace. Residential campus utilizing:

- The Big Book of Alcoholics Anonymous and the way of life contained therein.
- Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share the 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.

Scholarships available.

Coverage Area: Located in Sioux Falls, South Dakota but serving area is not limited.

Resource Guide - Supporting your Loved One with a Substance Use Disorder offered at South Dakota Resource Hotline

No Physical Address, Sioux Falls, SD 57104

Website: www.helplinecenter.org/wp-content/uploads/HELP479-Substance-Use-Disorder-Guide_WEB.pdf

Email:

substanceuse@helplinecenter.org

Phone: 800-920-4343

Hours: Care Coordination: 8:00am - 4:30pm (CT), Monday - Friday Resource Hotline: 24 hours a day / 7 days a week

Services Offered: Resource Guide: Supporting your Loved One with a Substance Use Disorder. This publication was developed by the Helpline Center in partnership with the South Dakota Department of Social Services. For more information, call the Resource Hotline for 24/7 support at 800-920-4343.

To request a print copy, please complete this Request Form.

For more information, visit AvoidOpioidSD.com or Text 'opioid' to 898211.

Coverage Area: South Dakota

Inpatient Adult Treatment offered at Keystone Treatment Center

1010 E. 2nd Street, Canton, SD 57013

Website: www.keystonetreatment.com

Email: info@keystonetreatment.com

Phone: 855-845-6750

Hours: Facility operates 24 hours a day / 7 days a week

Services Offered: An inpatient alcohol, drug, and gambling treatment programs for adults. Care provided by: 24 hour nursing staff, a full-time psychologist, 24 hour on-call doctor, Certified chemical dependency counselors, and ASAM certified Addictionologists.

Based on 12-step recovery model with medically monitored detoxification, Dual-diagnosis track with psychiatrist - For co-occurring disorders, diagnosis must be substance use primary and mental health secondary; Inpatient and outpatient gambling program with certified gambling counselors, Substance abuse, inhalant abuse and Methamphetamine treatment track (IMT), Chronic Pain Program, Medication Assisted Treatment - Different medications are available. Keystone utilizes Vivitrol and Naltrexone. May utilize Subutex and other medications to taper during medically monitored detoxification. Keystone does not utilize Methadone or Suboxone for maintenance.

Unique services available are Native American cultural program (sweat lodge on site, talking circles, etc.), and a Spiritually based 12-step program.

-

Veterans and retired military. Need to be referred through VA; able to take VA funding. Active duty military and dependents may utilize TRICARE West Insurance.

Coverage Area: Located in Canton, but serving residents of South Dakota and anywhere in the United States

Credentialed Professionals: Dr. Terri Clark MD, Nursing Director Matt Lynch - Clinical Supervisor Matt Manley - Counselor III Mental Health Counselor Dr. Marcia Nelsen, MD Medical Director Melanie Olson - Counselor III Women's Unit Supervisor

Counseling Services offered at Living Graciously Therapy

2101 City Springs Road, Rapid City, SD 57702

Phone: 605-209-5540

Hours: 9:00am - 6:00pm (MT), Monday - Friday

Services Offered: Certified school psychologist providing mental health and educational testing. Trained in evidence-based Cognitive Behavior Therapy and treats anxiety and trauma. Provides individual, couples, and family counseling.

Coverage Area: Rapid City area

Credentialed Professionals: Judith Kennedy, LMFT-QMHP, School Psychologist

Behavioral Health Center offered at Monument Health

915 Mountain View Road, Rapid City, SD 57702

Phone: 605-755-7200

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: A psychiatric hospital offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns.

- Inpatient Treatment: Available for patients ages 5 and older. All patients will be psychiatrically assessed and treated by a licensed and board-certified psychiatrist. Additionally, experienced nurses and patient care technicians provide individual specialized attention 24 hours a day, 7 days a week.

- Inpatient Services: Specialized services include group and individual therapy, diagnostic testing, psychological evaluations, and family therapy. Recreational therapists provide a healing and therapeutic environment. Chemical Dependency Specialists perform detailed evaluations and treatment planning for patients struggling with addiction. Intensive case management is available to coordinate external services for the hospitalized patient. The hospital's clergy is available upon patient request or a patient's own spiritual leader is welcome to provide comfort.

- Hospitalization Process: If hospitalization is required, patients are provided a full physical examination and medical evaluation at the Rapid City Monument Hospital Emergency Department prior to hospitalization. Please proceed to the Emergency Department first or if emergent treatment is needed, call local law enforcement or 911.

- Outpatient Clinic: Offers individual and family counseling services for patients of all ages as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Oyate Health Center - Behavioral Health Program offered at Great Plains Tribal Leaders Health Board

3200 Canyon Lake Drive, Rapid City, SD 57702

Phone: 605-718-5095

Hours: Outpatient Clinic Hours: 8:00am - 4:30pm (MT), Monday - Friday Urgent care: 7:00am - 7:00pm (MT), Monday - Sunday Pediatric after hours urgent care appointments available

Services Offered: Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services: comprehensive assessment, outpatient child/adult counseling and psychiatric services, medication management, group and family counseling, community support and education, telepsychiatry consultation, and dual diagnosis treatment. Also offers sweat lodge, please call to schedule.

Coverage Area: Located in Rapid City

Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota

5301 U.S. Highway 16, Rapid City, SD 57701

Phone: 605-343-2811

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Providing coordination of care to increase positive mental health and healing.

Outpatient individual, group and family counseling is offered with many specialties in therapeutic methods.

Psychiatric Services provide evaluations and medication management for youth and adolescents, working with therapy and case-management teams.

Coverage Area: South Dakota

Credentialed Professionals: Melanie Coleman, CSW, QMHP Nichole D. Knepp, MEd, NCC, LPC, QMHP, SW, LPC-MH Supervisee Amy Marker, MSW Jennifer Wallace, CSW, QMHP Dr. Brian Wilson, OD

Counseling Services offered at Bridgewater Behavioral Health, LLC

1770 Rand Road, Rapid City, SD 57702

Phone: 605-791-1514

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Providing individual and family therapy for those who are struggling with behavioral, emotional, social, developmental, and situational difficulties including post traumatic stress (PTSD), depression, anxiety, trauma, personality disorders, bipolar disorder, and relationship difficulty. Specializing in somatic experiencing sensorimotor psychotherapy, Dialectical Behavior Therapy (DBT), cognitive behavioral therapy (CBT), person-centered therapy, eye movement desensitization and reprocessing (EMDR), and Alderian therapeutic techniques.

Offering both telehealth and in-person appointments.

Coverage Area: Black Hills area

Credentialed Professionals: Genni L. Goschke, PsyD, SEP Chantal M. Peterson, PsyD Eric D. Traub, PsyD

Counseling Services offered at Christian Counseling & Ministries of the Black Hills

1719 W. Main, Suite 109, Rapid City, SD 57702

Phone: 605-342-9333

Hours: By appointment.

Services Offered: Individual, couples, and family counseling for all ages regarding issues of depression, anxiety, grief and loss, recovery, stress, crisis, relationship issues, anger, forgiveness, communication, self-concept, learning disabilities, attention deficit / hyperactive disorder (ADD/ADHD), parenting, and spiritual direction.

Also, provides tele-counseling (via phone). Preferred that inquiring clients attend the intake appointment in person.

Coverage Area: Located in Rapid City but serves South Dakota via telehealth.

Credentialed Professionals: June Crist Reilly, MS LPC-MH, QMHP Sandi Ohlen, MS, Certified Spiritual Director

Counseling Services offered at Understood Therapy

1719 W. Main Street, Suite 208, Rapid City, SD 57702

Website: www.understoodtherapy.org **Email:** understoodtherapy@yahoo.com

Phone: 605-939-3771

Hours: 4:30pm - 7:00pm (MT), Monday - Friday 8:00am - 5:00pm (MT), Saturday By appointment only

Services Offered: Provides mental health services to a wide range of people using a variety of therapy specializations including: play therapy, family and couples therapy, solution-focused therapy, and client-centered therapy. A lso addresses anxiety, depression, behavioral problems, grief and loss, parenting, communication, and more.

Coverage Area: Western South Dakota

Credentialed Professionals: Nicole Weron, LPC-MH

Therapy offered at Lifescape

7110 Jordan Drive, Rapid City, SD 57702

Website: <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

Phone: 605-791-7400

Hours: 7:30am - 5:30pm (MT), Monday - Friday

Services Offered: Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence;visual motor/perception;torticollis treatment;serial casting;behavior management;and screenings and evaluations of Autism.

Coverage Area: Located in Sioux Falls and Rapid City.

Credentialed Professionals: Call for information on behavioral health professionals.

Counseling Services offered at Psychological Associates of the Black Hills, LLC

#1, Rapid City, SD 57701

Website: www.pabh.org **Email:** officemanager@rushmore.com

Phone: 605-348-6500

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Counseling for individuals, couples, groups, and families for all ages. Other services include play therapy, psychological assessments, psychotherapy, relationship counseling and limited neuropsychological assessments.

This office is able to provide telehealth to anyone in the state of South Dakota. There is paperwork that must be completed and signed prior to the first appointment.

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Peg Kelsey, PhD, Psychologist Jennifer Kozel, PhD, Psychologist Trisha Miller, PhD, Clinical Child Psychologist Lynette Quast, PhD, Psychologist

Counseling Services offered at Black Hills Mental Health LLC

521 Kansas City Street, Rapid City, SD 57701

Phone: 605-791-2500

Hours: 8:00am - 5:00pm (MT), Monday - Friday. Other appointments available if needed.

Services Offered: Provide medication management and supportive therapy to children (ages 10 and up), adolescents, and adults. Offers counseling the following: individual counseling, adolescent psychiatry, medication management, LGBTQ counseling, mental health screening, adult psychiatry, adolescent/youth counseling, gender identity counseling, parent counseling and telemental health services.

Coverage Area: Black Hills area

Credentialed Professionals: Kristen Corkle, CNP, FNP-BC, PMHNP-BC

Counseling Services offered at Bosworth Therapy & Consultation Services, Inc.

420 Quincy Street, Rapid City, SD 57701

Email: galvin63@yahoo.com

Phone: 605-343-7755

Hours: 10:00am - 7:00pm (MT), Monday - Friday 10:00am - 1:00pm (MT), Saturday

Services Offered: Individuals, couples, family therapy, and play therapy. Offers telehealth services.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Thomas M. Bosworth, MSW, CSW-PIP, RPT

Special Education School Program offered at Children's Home Society of South Dakota

24100 S. Rockerville Road, Owen School, Rapid City, SD 57702

Phone: 605-343-5422

Hours: 24 hours a day / 7 days a week

Services Offered: Services are available for boys and girls, ages 4-14 years old, who exhibit emotional disorders and/or behavioral problems. The average length of diagnostic assessment period is thirty days. The average length of stay for residential treatment is twelve to fourteen months.

The Special Education School Program specializes in the education and treatment of children with emotional and behavioral disorders. Initial assessment includes psychiatric evaluation, physical exam, nursing assessment, educational testing, family/social assessment, trauma assessment, and speech/language screening.

Coverage Area: Western South Dakota

Credentialed Professionals: Sue Andrews, MA, LSW Elizabeth Keizer, MSW, CSW Rachel Walton, MSW, CSW Steven White, MSW

Counseling Services offered at Jean Hoem

550 N. 5th Street, Rapid City, SD 57701

Phone: 605-858-4134

Hours: 10:00am - 5:00pm (MT), Monday - Thursday 10:00am - 3:00pm (MT), Friday

Services Offered: Offers individual, family, and couples psychotherapy. Specializes in bipolar disorder in adults and children.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Jean Hoem, MS, LPC-MH, QMHP

Student Support offered at South Dakota Mines

501 E. Saint Joseph Street, Rapid City, SD 57701

Phone: 605-394-2511

Hours: 7:30am - 4:30pm (MT), Monday - Friday

Services Offered: Public Safety:

- All emergencies should be reported to 911 (9-911 from a campus phone). The Public Safety phone line 6100 from a campus phone or 605-394-6100 is monitored 24 hours a day and is available to report criminal concerns, safety issues, suspect activity, or to request a safety escort.

Counseling and ADA Services:

- The SD Mines Counseling Center offers support to students and assists with a variety of personal, academic, and relationship concerns at no cost to enrolled students. The ADA Services office provides accommodation for individuals with documented disabilities. To schedule an appointment call 605-394-2416.

Health and Safety:

- Provides Clinic Services, Immunizations, and Alcohol Education to enrolled students who pay the health fee at registration each semester. Call 605-755-2273 for summer clinics and 605-394-2354 during the school year.

Residential Life:

- Provides a safe environment that encourages learning and personal growth in an inclusive community that empowers and challenges our residents. Call 605-394-2348 to speak with Residential Life.

Testing, Tutoring, and Academic Support:

- For information or to schedule an appointment call 605-394-2428. Testing scheduling for placement testing, common exams, proctoring services, and more available. Tutoring services are provided for those who need assistance or coaching in coursework in all core subjects, all other courses dependent on tutor's area of expertise. Chemistry tutoring is provided by Alpha Chi Sigma, call the chemistry department at 605-394-1238 for current schedule.

Coverage Area: Campus of South Dakota School of Mines, and surrounding area

School Based Clinic at General Beadle Elementary School offered at Complete Health

10 Van Buren Street, General Beadle Elementary, Rapid City, SD 57701

Phone: 605-721-8985

Hours: 8:00am - 5:00pm (MT), Monday - Thursday

Services Offered: Most routine medical services and several specialized fields including: physicals, pediatric behavioral health and counseling with Psychiatrist, immunizations, preventative medicine, chronic disease management, and counseling. Well child checkups, vaccinations, general pediatric health care.

Same day appointments available for acute/urgent illnesses or injuries.

Coverage Area: Rapid City area

Adolescent Crisis Care Center offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org **Email:** info@wellfully.org

Phone: 605-277-3750

Hours: Residential services: 24 hours a day / 7 days a week Front desk hours: 9:00am - 5:00pm (MT), Monday - Friday
10:00am - 4:00pm (MT), Saturday

Services Offered: Outpatient, voluntary walk-in center for youth in middle and high school who are in crisis or considering suicide. It provides Screenings / Assessments, Observation, De-escalation / Stabilization, and Referrals to appropriate services.

Also has Community Health Workers that will provide case management services (STAY Wellfully):

- Amber Eggert (amber.eggert@wellfully.org)

- Hayley Friese (haley.friese@wellfully.org)

Coverage Area: Primarily Pennington County, although open to anyone in the Black Hills

Community Clinic offered at Complete Health

350 Pine Street, Rapid City, SD 57701

Phone: 605-721-8939

Hours: Medical Clinic Hours: 8:00am - 6:00pm (MT), Monday - Friday Dental Clinic: 8:00am - 5:00pm (MT), Monday - Thursday

Services Offered: Services include Walk-in Urgent Visits (for both medical and dental), Schedule and same day appointments, Family Practice and Internal Medicine Primary Care for adults, Dental Care for all ages (including teeth cleanings), Sexual and Reproductive Health Services, On-site lab and X-Rays, On-Site Pharmacy, and After-Hours On-Call Provider 365 days a year.

Primary and Pediatric Medical Clinic: Most routine medical services and several specialized fields including: physicals, immunizations, preventative medicine, chronic disease management, and counseling. Well child checkups, vaccinations, general pediatric health care.

Mental Health: Offers outpatient counseling and psychiatric services, to both children and adults. Case management is offered to adults and families.

Dental Clinic: Provides emergency, preventive, and oral health care. Accepts Medicaid, Private Insurance, Medicare, free of charge for the homeless and on a sliding fee scale for uninsured.

General Beadle School Based Clinic: Adolescent mental health & family practice.

One Heart Clinic: Providing primary family care to patients with a focus on patients with a primary language of Spanish.

Pharmacy: Convenient, on-site location, CHCBH patients are able to fill most of their medications the same day as appointment.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Alina Hanak, CNP, PMHNP-BC Sheryl J. Jackson, CNP David Jansch, CNP, APRN, PMHNP-BC Mandi Reamer, LPC-MH, QMHP Sheila Szymonski, CNP, RN-MSN

Connecting With Our Youth offered at Great Plains Tribal Leaders Health Board

725 N. LaCrosse Street, Rapid City, SD 57701

Website: www.greatplainstribalhealth.org **Email:** cwoy@gptchb.org

Phone: 605-718-5095

Hours: 8:00am - 5:00pm (MT), Monday - Friday Flexible to meet the needs of participants

Services Offered: The CWOY Support Navigator program is designed to provide support for American Indian youth, adults, and their families in the He Sapa area who struggle with suicidal thoughts or behaviors. CWOY Support Navigators act as mentors, advocates, and resource guides for American Indian youth, adults, and families needing support for their healing and personal growth. Services offered include:

- One-on-one mentorship
- Advocacy
- Individualized care planning
- Outings, activities and workshops
- Transportation to appointments
- Collaboration with behavioral health resources
- Coordination for success in academic programs
- Communication with family members
- Connecting participants to peer and community programs in support of healing goals
- Skill-building
- Mental health counseling
- Therapeutic circles

Coverage Area: Pennington County area

Family Engagement Services offered at Children's Home Society of South Dakota

1330 Jolly Lane, Rapid City, SD 57703

Phone: 605-343-2811

Hours: 8:00am - 4:00pm (MT), Monday - Friday

Services Offered: In-home case management for children, youth, and/or families that are at risk of system involvement (child welfare, juvenile justice, criminal justice, etc.). Assists caregivers strengthen their families and prevent child abuse and neglect through education, skill development and therapeutic crisis management.

Coverage Area: Counties of Butte, Fall River, Lawrence, Meade, and Pennington

Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota

1330 Jolly Lane, Rapid City, SD 57703

Phone: 605-343-2811

Hours: 8:00am - 4:00pm (MT), Monday - Friday

Services Offered: Providing coordination of care to increase positive mental health and healing.

Outpatient individual, group and family counseling is offered with many specialties in therapeutic methods.

Psychiatric Services provide evaluations and medication management for youth and adolescents, working with therapy and case-management teams.

Coverage Area: South Dakota

Credentialed Professionals: Melanie Coleman, CSW, QMHP Nichole D. Knepp, MEd, NCC, LPC, QMHP, SW, LPC-MH Supervisee Amy Marker, MSW Jennifer Wallace, CSW, QMHP Dr. Brian Wilson, OD

Post-Secondary Education offered at Black Hills State University

4300 Cheyenne Boulevard, Box Elder, SD 57719

Website: www.BHSU.edu **Email:** admissions@bhsu.edu

Phone: 605-718-4112

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Black Hills State University is an undergraduate and master's level university that promotes excellence in teaching and learning; supports research, creative and scholarly activities and provides service to the state, region, nation and global community. BHSU provides undergraduate (associate and baccalaureate) programs in the arts, humanities, education, behavioral sciences, mathematics, social sciences, natural sciences, business and technology as well as selected disciplines of strength at the graduate level. Offers a variety of support services to its students including student health & counseling services.

Coverage Area: Campuses of BHSU in Spearfish and Rapid City, and serving students from the region

Behavioral Health Center offered at Monument Health

2140 Junction Avenue, Sturgis, SD 57785

Phone: 605-720-2600

Hours: Call for information.

Services Offered: A psychiatric hospital offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns.

- Inpatient Treatment: Available for patients ages 5 and older. All patients will be psychiatrically assessed and treated by a licensed and board-certified psychiatrist. Additionally, experienced nurses and patient care technicians provide individual specialized attention 24 hours a day, 7 days a week.

- Inpatient Services: Specialized services include group and individual therapy, diagnostic testing, psychological evaluations, and family therapy. Recreational therapists provide a healing and therapeutic environment. Chemical Dependency Specialists perform detailed evaluations and treatment planning for patients struggling with addiction. Intensive case management is available to coordinate external services for the hospitalized patient. The hospital's clergy is available upon patient request or a patient's own spiritual leader is welcome to provide comfort.

- Hospitalization Process: If hospitalization is required, patients are provided a full physical examination and medical evaluation at the Rapid City Monument Hospital Emergency Department prior to hospitalization. Please proceed to the Emergency Department first or if emergent treatment is needed, call local law enforcement or 911.

- Outpatient Clinic: Offers individual and family counseling services for patients of all ages as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Counseling Services offered at Make It Happen Counseling, LLC

824 1st Street, Sturgis Chiropractic, Sturgis, SD 57785

Phone: 605-490-7911

Hours: 9:00am - 6:00pm (MT), Monday - Friday (By appointment)

Services Offered: Provides individual counseling for children ages 12-18, adults and older adults. Areas include depression, anxiety, stress, self-esteem, grief, trauma adjustment, and relationship issues.

Utilizes cognitive behavioral therapy (CBT), solution focused and strength based strategies in treatment. Face to face and telehealth options available.

Coverage Area: Western South Dakota

Credentialed Professionals: Kerri Kinzell, MSW, CSW-PIP, QMHP

Behavioral Health Center offered at Monument Health

1440 N. Main Street, Spearfish, SD 57783

Phone: 605-644-4000

Hours: 24 hours a day / 7 days a week

Services Offered: A psychiatric hospital offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns.

- Inpatient Treatment: Available for patients ages 5 and older. All patients will be psychiatrically assessed and treated by a licensed and board-certified psychiatrist. Additionally, experienced nurses and patient care technicians provide individual specialized attention 24 hours a day, 7 days a week.

- Inpatient Services: Specialized services include group and individual therapy, diagnostic testing, psychological evaluations, and family therapy. Recreational therapists provide a healing and therapeutic environment. Chemical Dependency Specialists perform detailed evaluations and treatment planning for patients struggling with addiction. Intensive case management is available to coordinate external services for the hospitalized patient. The hospital's clergy is available upon patient request or a patient's own spiritual leader is welcome to provide comfort.

- Hospitalization Process: If hospitalization is required, patients are provided a full physical examination and medical evaluation at the Rapid City Monument Hospital Emergency Department prior to hospitalization. Please proceed to the Emergency Department first or if emergent treatment is needed, call local law enforcement or 911.

- Outpatient Clinic: Offers individual and family counseling services for patients of all ages as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Post-Secondary Education offered at Black Hills State University

1200 University Street, Spearfish, SD 57799

Website: www.BHSU.edu **Email:** admissions@bhsu.edu

Phone: 605-642-6131

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Black Hills State University is an undergraduate and master's level university that promotes excellence in teaching and learning; supports research, creative and scholarly activities and provides service to the state, region, nation and global community. BHSU provides undergraduate (associate and baccalaureate) programs in the arts, humanities, education, behavioral sciences, mathematics, social sciences, natural sciences, business and technology as well as selected disciplines of strength at the graduate level. Offers a variety of support services to its students including student health & counseling services.

Coverage Area: Campuses of BHSU in Spearfish and Rapid City, and serving students from the region

Behavioral Health Services offered at Fall River Health Services

1201 Highway 71 South, Hot Springs, SD 57747

Website: www.frhssd.org **Email:** bh@frhssd.org

Phone: 605-745-8910

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Provides comprehensive outpatient behavioral health services to help with a variety of mental health problems for all ages. Psychiatrists are Board Certified in adult, adolescent, and child psychiatry. The Clinical Social Workers provide counseling services.

Coverage Area: West River South Dakota

Credentialed Professionals: Dr. Ami Garrigan, MD, Psychiatrist

Educational Directory (Elementary, Intermediate, Middle and High Schools) offered at South Dakota Department of Education

No Physical Address, Pierre, SD 57501

Website: <https://doe.sd.gov/ofm/edudir.aspx>

Email: doe@state.sd.us

Phone: 605-773-3134

Hours: See website for details.

Services Offered: Visit the South Dakota Educational Directory to get details about any elementary, intermediate, middle, high school or alternative program within South Dakota.

Coverage Area: South Dakota

Drug and Alcohol Treatment Center offered at Our Home, Inc.

40354 210th Street, Huron, SD 57350

Phone: 605-352-9098

Hours: Office Hours: 8:00am - 5:00pm (CT) Monday - Friday Residential services: 24 hours a day / 7 days a week

Services Offered: This program serves male and female youth with a primary diagnosis of substance dependency disorder. Treatment philosophy recognizes substance dependency as a chronic and progressive illness. Treatment includes 12-step groups, Alcoholics Anonymous, and Narcotic Anonymous groups within a therapeutic milieu. Treatment is completed in approximately 45 days.

Coverage Area: Located in Huron, but serving youth residents of South Dakota

Credentialed Professionals: Samantha Kirton, ACT Seth Knight, ACT Oran Williams, CAC

Therapy offered at Lifescope

7220 W. 41st Street, Sioux Falls, SD 57106

Website: <https://www.lifescopesd.org/outpatient-therapy-behavioral-health/>

Phone: 605-444-9700

Hours: 7:30am - 6:00pm (CT), Monday - Friday

Services Offered: Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence; visual motor/perception; torticollis treatment; serial casting; behavior management; and screenings and evaluations of Autism.

Coverage Area: Located in Sioux Falls and Rapid City.

Adolescent Group Therapy Program offered at Avera Behavioral Health

4400 W. 69th Street, Sioux Falls, SD 57108

Website: www.averabehavioralhealth.org

Email: adolescentoutpatient@avera.org

Phone: 605-322-4057

Hours: Meeting time: meets weekly, once a week for 12 weeks (45 minute groups) Office hours: 8:00am - 5:00pm (CT), Monday - Friday

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

Coverage Area: South Dakota

Credentialed Professionals: Heidi Thomas, LCSW I Clinical Therapist, QMHP, CCTP

Unplanned Pregnancy Support and Help offered at Many Hearts Unplanned Pregnancy Support

3409 W. 47th Street, Suite 103, Sioux Falls, SD 57106

Website: <https://many-hearts.com/>

Email: love@many-hearts.com

Phone: 515-571-9964

Hours: 9:00am to 5:00pm (CT), Monday - Friday

Services Offered: Caseworkers work with women who are going through an unplanned pregnancy. Support services are available to clients at no-cost.

Includes: options counseling, evidence-based decision making, adoption planning, adoption parent selection, parenting preparedness program & courses, before & after birth support, mental health counseling, Medicaid & WIC applications, transportation assistance, case management, job application & resume writing, help with difficult family or partner communication, community & state resource connection, and referrals related to housing, substance use, and domestic violence.

Coverage Area: South Dakota

Credentialed Professionals: Virginia Strubbe, CSW-PIP, OSW-C Mark VandeBraak, Ph.D, FT, MT-BC

Therapy offered at Lifescape

1020 W. 18th Street, Sioux Falls, SD 57104

Website: <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

Phone: 605-444-9700

Hours: 7:30am - 6:00pm (CT), Monday - Friday

Services Offered: Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence;visual motor/perception;torticollis treatment;serial casting;behavior management;and screenings and evaluations of Autism.

Coverage Area: Located in Sioux Falls and Rapid City.

Credentialed Professionals: Call for information on behavioral health professionals.

Counseling Services offered at Parts of You Therapy

505 W. 9th Street, Suite 203, Sioux Falls, SD 57104

Phone: 605-550-2655

Hours: 9:00am - 6:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

Services Offered: Services include: individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), brain spotting and internal family systems, and telemental health counseling.

Areas of focus include teenagers, adults, anxiety, depression, suicidal ideation, impulsivity, self harm, personality disorders, life transitions, relationship concerns, coping skills, and stress.

Coverage Area: Individual and group therapy sessions for Sioux Falls area residents. Telehealth services throughout South Dakota.

Credentialed Professionals: Crosby Swanson, NCC, MS, LPC-MH, QMHP

Counseling Services offered at Alexander Therapy & Consulting, PLLC

No Physical Address, Sioux Falls, SD 57103

Phone: 605-206-9301

Hours: 9:00am - 9:00pm (CT), Monday and Tuesday 9:00am - 3:00pm (CT), Wednesday

Services Offered: Provide a safe and compassionate space for people from all walks of life to work through various mental health struggles so they can live a more vibrant and healthy life. Specializes in LGBTQ+ topics and sex therapy, however, also addresses mental health concerns such depression, anxiety, trauma, parenting difficulties, and grief.

Coverage Area: South Dakota via telehealth

Credentialed Professionals: Cherise C. Alexander, LMFT

Suicide and Crisis Prevention Hotlines offered at Trevor Project, The

West Hollywood, CA 90069

Website: www.thetrevorproject.org

Email: info@thetrevorproject.org

Phone: 866-488-7386

Hours: All services 24 hours a day / 7 days a week

Services Offered: ? Trevor Lifeline - The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24), available at 866-488-7386.

TrevorChat - A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors 24/7. Visit trevorchat.org to start.

TrevorText - A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention 24/7. Text START to 678678 to begin.

Coverage Area: United States

LGBT National Youth Talkline offered at LGBT National Help Center

2261 Market Street, Suite 296, San Francisco, CA 94114

Website: www.lgbthotline.org **Email:** help@lgbthotline.org

Phone: 888-843-4564

Hours: 1:00pm - 9:00pm (PT), Monday - Friday 9:00am - 2:00pm (PT), Saturday

Services Offered: Provides assistance to lesbian, gay, bisexual, transgender, and questioning individuals for those under the age of 25. Offering peer counseling and resources in cities and towns across the US.

Online chat available at: www.LGBThotline.org/chat

Coverage Area: United States

Faith Based Therapy

Faith Based Counseling Services offered at Christian Life Ministries

1948 N. Plaza Drive, Rapid City, SD 57702

Phone: 605-341-5305

Hours: 8:00am - 10:30am; 1:00pm - 5:00pm (MT), Monday 8:00am - 12:00noon; 1:00pm - 6:00pm (MT), Tuesday 8:00am - 12:00noon; 1:00pm - 5:00pm (MT), Wednesday and Thursday 8:00am - 12:00noon (MT), Friday

Services Offered: A non-profit ministry which provides Bible-based counseling and training courses. Staff are under the umbrella of pastoral counseling as opposed to state licensed counseling and are not a psychiatric or psychological state licensed professional, legal, or clinical medical advice providers.

Coverage Area: Black Hills area

Counseling Services offered at Greg Swenson

529 Kansas City Street, Suite 205, Rapid City, SD 57701

Email: gregswensonphd@gmail.com

Phone: 605-341-5436

Hours: 9:00am - 5:00pm (MT), Monday - Thursday

Services Offered: Providing individual and marriage counseling from a Christian perspective, and psychological evaluations.

Internet counseling available depending on insurance/third party payment or private pay.

Coverage Area: Located in Rapid City and Black Hills area.

Credentialed Professionals: Greg Swenson, PhD, Licensed Psychologist

Emergency Services offered at Salvation Army of the Black Hills

405 N. Cherry Avenue, 405 N. Cherry Ave., Rapid City, SD 57701

Phone: 605-342-0982

Hours: Emergency Food: 1:00pm - 4:00pm (MT), Monday - Friday Clothing & Household Vouchers: 1:00pm - 4:00pm (MT), Monday - Friday Utility Assistance: By appointment only. Call to make an appointment.

Services Offered: Financial Assistance:

- Utility assistance (gas, electric or water) that is at least 30 days past due and has a shut off notice (cannot do current bills). Call for qualifications and appointment time.

Non-Financial Assistance Programs:

- There are two options for those needing food assistance:

- The Emergency Food Assistance Program (TEFAP) provided by USDA through the State of South Dakota. Requires individuals to fall within income eligible guidelines as well as complete a TEFAP Self Declaration form. Can receive TEFAP food only consisting of protein along with nutritional staple(s).

- Salvation Army's Food Program: Receive TEFAP and other food consisting of protein, canned goods, and nutritional staples. Picture ID, proof of residence, and completed forms required.

- Clothing Vouchers: For those needing assistance for clothing. Assistance may only be given 1 time for every 3 months with photo ID. Verification for any additional individuals needing clothing is required (medical cards, birth certificates, etc.)

- Household Vouchers: For those needing assistance with items used to cook and eat a meal or other household goods (bed linens, towels, etc.). Available to households 1 time every 3 years with a photo ID and current lease or rental agreement.

- Assistance is limited according to what is available at the time.

Pathway of Hope:

- Program for eligible families. Long term case management program to help families move beyond crisis into stability and becoming self-sufficient. Families will be required to meet with a caseworker to design a plan to meet goals, needs and objectives (ex. goal setting, financial counseling, assistance getting healthcare, educational opportunities, etc).

Coverage Area: Western South Dakota

Retreat Ministry offered at New Trails Ministry, Inc.

Custer, SD 57730

Website: <https://newtrailsministries.org> **Email:** info@newtrailsministry.org

Hours: 10:00am - 4:00pm (MT), Tuesday, Thursday Monday and Wednesday by appointment only.

Services Offered: Primarily a clergy retreat ministry specializing in wilderness sabbaticals for pastors to promote wellness and resiliency. Offers professional counseling on a limited schedule through an office in Custer, SD.

Providing a place where helping professionals can find support to deal with the challenges of caring. Also faith based professional counseling services on a limited schedule. Offering services via telehealth.

Coverage Area: Located in Custer but serving South Dakota via telehealth.

Credentialed Professionals: Rodney Veldhuizen, LMFT-QMHP

Pregnancy Services offered at Bella Pregnancy Resource Center

119 E. Grant Street, Suite 2, Spearfish, SD 57783

Website: www.bellapregnancy.com **Email:** info@bellapregnancy.com

Phone: 605-642-4140

Hours: 12:00noon - 5:00pm (MT), Monday, Wednesday 10:00am - 3:00pm (MT), Tuesday, Thursday

Services Offered: Providing confidential and no-cost early pregnancy services including pregnancy testing and limited obstetrical ultrasound.

Other services include Confidential peer counseling, emotional support, information and education on pregnancy options, post-abortion help, pregnancy and parenting classes and referrals for community resources.

Coverage Area: Counties of Butte, Harding, Lawrence, Meade, Perkins, Ziebach and Pennington.

Family and Marriage Therapy

Counseling Services offered at Journey Counseling Services, LLC

2525 W. Main Street, Suite 214, Rapid City, SD 57702

Website: www.journeycounselingservices.com **Email:** info@journeycounselingservices.com

Phone: 605-988-8131

Hours: 10:00am - 7:00pm (MT), Tuesday - Thursday 9:00am - 6:00pm (MT), Friday Available by appointment only. Evening appointments available.

Services Offered: Individual, couple, and family therapy for a wide range of mental and behavioral health concerns including anxiety, depression, marital distress, divorce, blended families, parenting challenges, and grief. Sensitive to indigenous culture through training and direct experience. Telehealth sessions available.

Coverage Area: Rapid City area for in office services and the State of South Dakota by telehealth.

Credentialed Professionals: Michael Wheaton, MA, LMFT, QMHP

Older Adult Issues/Life Transitions

Counseling Services offered at Suzette Wasvick Counseling Services

403 National Street, Suite 1, Rapid City, SD 57701

Website: wasvickcounseling.com **Email:** sw.counselingservices@yahoo.com

Phone: 605-390-8791

Hours: 9:00am - 5:00pm (MT), Tuesday, Wednesday

Services Offered: Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington Offices in Hill City and Rapid City.

Credentialed Professionals: Suzette Wasvick, LPCMH, QMHP, RPTS

Counseling Services offered at Haven Counseling LLC

Rapid City, SD 57702

Phone: 605-863-2498

Hours: 9:00am - 5:00pm (MT), Monday, Wednesday, Thursday 9:00am - 12:00noon (MT), Friday

Services Offered: Individual counseling for those 18 and older. Areas of focus include: adjustment to living with a brain injury, caregiver concerns and fatigue, adjustment to change and life transitions, grief and loss, depression, anxiety, self-esteem, ADHD, wellness and self-care, women's issues, communication, and stress management. Telehealth sessions available.

Coverage Area: Located in Black Hills, serving South Dakota via telehealth.

Credentialed Professionals: Korai Olson, MS, LPC, NCC, CBIS

Home+ Home Health and Hospice Bereavement Support Groups offered at Monument Health

224 Elk Street, Rapid City, SD 57701

Website: <https://monument.health/services/grief-counseling-and-support-groups/>

Phone: 605-755-7729

Hours: Tweens & Teen group: Ages 12-18 Monthly teen support group. No registration required. 3rd Tuesday 3:30pm - 4:30pm Meets in counseling room, lower level of the Hospice House 224 Elk Street. New Adult Closed Group First Tuesday/Monthly: 1:00pm - 2:00pm, for 4 weeks Meets in counseling room, lower level of the Hospice House 224 Elk Street. Please call (605) 755-7729 to get registered. Grieving Parent Closed Group Loss from miscarriage to adolescent. Meets 1st Thursday of the month from 6:00 - 7:00pm. Meetings held off campus, please call for location. Adult Open Group - open to anyone Meets in counseling room, lower level of the Hospice House at 224 Elk Street. Meets 1st and 3rd Thursdays 5:45pm - 6:45pm

Services Offered: Grief Counseling Services

Monument Home+ Home Health and Hospice offers individual, couples, and family grief counseling to the immediate family members of the patients who were on our services. Counselors are professional social workers with specialized training and experience in grief and loss. Since people grieve differently, counseling is offered to meet the distinctive needs of different age groups and types of loss. Call and schedule an appointment.

Support Groups

Monument Health Home+ Home Health and Hospice has educational, supportive grief groups available. These groups bring people together who have experienced loss and provide a safe environment to share experiences and learn from one another. These groups are open to anyone in the community grieving the loss of a loved one at no charge. Please call for additional information and group registration.

Rapid City, Custer, and Hot Springs: 605-755-7729

Rapid City Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the lower level of the Hospice House at 224 Elk Street every Thursday, 5:30pm - 6:30pm.

Rapid City Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

Meets in the lower level of the Hospice House at 224 Elk Street.

Call for registration 605-755-7729

Hot Springs

Open to anyone experiencing the loss of a loved one.

This group meets in the Calvary Hot Springs Church located at 1938 Canton Avenue, 2nd and 4th Friday of the month, 12:00noon - 1:00pm.

Custer

Open to anyone experiencing the loss of a loved one.

This group meets in the Custer Monument Health Hospital Conference Room located at 1220 Montgomery Street, 1st and 3rd Friday of the month, 12:00noon - 1:00pm

Spearfish and Belle Fourche: 605-939-8909

Spearfish Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the Monument Health Hospice Office located at 931 E. Colorado Boulevard, 2nd and 4th Thursday of the month, 12:00noon - 12:45pm.

Spearfish Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

This group meets in the Monument Health Hospice Office located at 931 E. Colorado Boulevard, Tuesdays, 12:00noon - 12:45pm.

Registration Required 605-939-8909

Belle Fourche Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the Global Methodist Church located at 1804 7th Avenue, 1st and 3rd Thursday of the month, 12:00noon - 12:45pm.

Coverage Area: Black Hills area

Family Coaching For Dementia Care offered at Elder Guidance Service, LLC

No Physical Address, Rapid City, SD 57701

Phone: 612-723-8136

Hours: 9:00am - 5:00pm (MT), Monday through Friday by appointment only. Other days/times available per appointment

Services Offered: Provides family guidance and coaching, in-service programs, and community education courses to help individuals learn how to care for people with dementia.

Also provided are life enrichment activities for people with dementia and a hospice chaplain on-site.

Coverage Area: Black Hills area;statewide via Zoom

Home Health and Hospice Services offered at Heartland Senior Living

330 Knollwood Drive, Rapid City, SD 57701

Website: heartlandhome.health **Email:** Office@HeartlandHome.Health

Phone: 605-721-0269

Hours: 24 hours a day / 7 days a week

Services Offered: Provides home health and hospice services to individuals and their loved ones.

The Home Health program delivers skilled nursing services in the home, physical therapy, occupational therapy, speech therapy, and personal care of homemaking services.

Hospice Care includes routine home care, continuous care, general inpatient, and respite care.

Coverage Area: Counties of Butte, Harding, Lawrence, Meade, Pennington, and Perkins.

Counseling Services offered at Suzette Wasvick Counseling Services

280 Main Street, Suite 15, Hill City, SD 57745

Website: wasvickcounseling.com **Email:** sw.counselingservices@yahoo.com

Phone: 605-390-8791

Hours: 9:00am - 4:00pm (MT), Monday 9:00am - 6:00pm (MT), Thursday

Services Offered: Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington Offices in Hill City and Rapid City.

Credentialed Professionals: Suzette Wasvick, LPCMH, QMHP, RPTS

Home+ Home Health and Hospice Bereavement Support Groups offered at Monument Health

1220 Montgomery Street, Meets in the Conference Room of the Monument Health Custer Hospital, Custer, SD 57730

Website: <https://monument.health/services/grief-counseling-and-support-groups/>

Phone: 605-755-7729

Hours: 12:00noon - 1:00pm (MT), 4th Friday of the month

Services Offered: Grief Counseling Services

Monument Home+ Home Health and Hospice offers individual, couples, and family grief counseling to the immediate family members of the patients who were on our services. Counselors are professional social workers with specialized training and experience in grief and loss. Since people grieve differently, counseling is offered to meet the distinctive needs of different age groups and types of loss. Call and schedule an appointment.

Support Groups

Monument Health Home+ Home Health and Hospice has educational, supportive grief groups available. These groups bring people together who have experienced loss and provide a safe environment to share experiences and learn from one another. These groups are open to anyone in the community grieving the loss of a loved one at no charge. Please call for additional information and group registration.

Rapid City, Custer, and Hot Springs: 605-755-7729

Rapid City Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the lower level of the Hospice House at 224 Elk Street every Thursday, 5:30pm - 6:30pm.

Rapid City Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

Meets in the lower level of the Hospice House at 224 Elk Street.

Call for registration 605-755-7729

Hot Springs

Open to anyone experiencing the loss of a loved one.

This group meets in the Calvary Hot Springs Church located at 1938 Canton Avenue, 2nd and 4th Friday of the month, 12:00noon - 1:00pm.

Custer

Open to anyone experiencing the loss of a loved one.

This group meets in the Custer Monument Health Hospital Conference Room located at 1220 Montgomery Street, 1st and 3rd Friday of the month, 12:00noon - 1:00pm

Spearfish and Belle Fourche: 605-939-8909

Spearfish Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the Monument Health Hospice Office located at 931 E. Colorado Boulevard, 2nd and 4th Thursday of the month, 12:00noon - 12:45pm.

Spearfish Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

This group meets in the Monument Health Hospice Office located at 931 E. Colorado Boulevard, Tuesdays, 12:00noon - 12:45pm.

Registration Required 605-939-8909

Belle Fourche Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the Global Methodist Church located at 1804 7th Avenue, 1st and 3rd Thursday of the month, 12:00noon - 12:45pm.

Coverage Area: Black Hills area

Home+ Home Health and Hospice Bereavement Support Groups offered at Monument Health

1938 Canton Avenue, Calvary Hot Springs, Hot Springs, SD 57747

Website: <https://monument.health/services/grief-counseling-and-support-groups/>

Phone: 605-755-7729

Hours: 12:00noon - 1:00pm (MT), 2nd Friday of the month Seating is limited and registration is required.

Services Offered: Grief Counseling Services

Monument Home+ Home Health and Hospice offers individual, couples, and family grief counseling to the immediate family members of the patients who were on our services. Counselors are professional social workers with specialized training and experience in grief and loss. Since people grieve differently, counseling is offered to meet the distinctive needs of different age groups and types of loss. Call and schedule an appointment.

Support Groups

Monument Health Home+ Home Health and Hospice has educational, supportive grief groups available. These groups bring people together who have experienced loss and provide a safe environment to share experiences and learn from one another. These groups are open to anyone in the community grieving the loss of a loved one at no charge. Please call for additional information and group registration.

Rapid City, Custer, and Hot Springs: 605-755-7729

Rapid City Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the lower level of the Hospice House at 224 Elk Street every Thursday, 5:30pm - 6:30pm.

Rapid City Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

Meets in the lower level of the Hospice House at 224 Elk Street.

Call for registration 605-755-7729

Hot Springs

Open to anyone experiencing the loss of a loved one.

This group meets in the Calvary Hot Springs Church located at 1938 Canton Avenue, 2nd and 4th Friday of the month, 12:00noon - 1:00pm.

Custer

Open to anyone experiencing the loss of a loved one.

This group meets in the Custer Monument Health Hospital Conference Room located at 1220 Montgomery Street, 1st and 3rd Friday of the month, 12:00noon - 1:00pm

Spearfish and Belle Fourche: 605-939-8909

Spearfish Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the Monument Health Hospice Office located at 931 E. Colorado Boulevard, 2nd and 4th Thursday of the month, 12:00noon - 12:45pm.

Spearfish Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

This group meets in the Monument Health Hospice Office located at 931 E. Colorado Boulevard, Tuesdays, 12:00noon - 12:45pm.

Registration Required 605-939-8909

Belle Fourche Open Group

Open to anyone experiencing the loss of a loved one.

This group meets in the Global Methodist Church located at 1804 7th Avenue, 1st and 3rd Thursday of the month, 12:00noon - 12:45pm.

Coverage Area: Black Hills area

Home Health and Hospice Services offered at Heartland Senior Living

319 Summit Street, Belle Fourche, SD 57717

Website: heartlandhome.health **Email:** Office@HeartlandHome.Health

Phone: 605-723-4663

Hours: 24 hours a day / 7 days a week

Services Offered: Provides home health and hospice services to individuals and their loved ones.

The Home Health program delivers skilled nursing services in the home, physical therapy, occupational therapy, speech therapy, and personal care of homemaking services.

Hospice Care includes routine home care, continuous care, general inpatient, and respite care.

Coverage Area: Counties of Butte, Harding, Lawrence, Meade, Pennington, and Perkins.

Grief Support and Resources offered at First Candle

49 Locust Avenue, Suite 104, New Canaan, CT 6840

Website: www.firstcandle.org **Email:** info@firstcandle.org

Phone: 800-221-7437

Hours: Office hours: 9:00am - 5:00pm (ET), Monday - Friday Grief hotline: 24 hours a day / 7 days a week

Services Offered: A national non-profit committed to ending SIDS and other sleep-related infant deaths while providing bereavement support to families who have lost a baby due to these causes as well as stillbirth and miscarriage.

Grief support offered via phone calls and online support groups.

Coverage Area: Working with local organizations throughout the country, we are educating new and expectant parents on the importance of providing a safe sleep environment for their baby. And for those families who have tragically lost a baby, we offer bereavement support and counsel.

Other/General

Counseling Services offered at Chrysalis Association, LLC

403 National Street, Suite 1, Rapid City, SD 57702

Phone: 605-341-8647

Hours: 8:00am - 5:00pm (MT), Monday - Saturday

Services Offered: Psychological assessments for attention deficit / hyperactive disorder (ADD/ADHD), learning disorders, and all other psychiatric conditions. Individual treatment for anxiety, depression, post traumatic stress (PTSD), trauma, personality disorders, and marital issues. Custody, competency, and forensic evaluations available. Therapeutic approaches include cognitive behavioral (CBT) and reprocessing therapy. Specialized services for sex offenders and non-adjudicated individuals with psychosexual issues.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington as well as surrounding area

Credentialed Professionals: Lesley Dzintars, LPC-MH, QMHP Laura Hughes, Psy.D. Michelle Veneklasen, MS, NCC, LAC, QMWP, LPC-MH Suzette Wasvick LPC-MH Michael Williams, Ph.D.

Nursing Facility and Assisted Living offered at Fountain Springs Healthcare Center

2000 Wesleyan Boulevard, Rapid City, SD 57702

Website: <https://www.empres.com/location/fountain-springs-healthcare-center/>

Phone: 605-343-3555

Hours: 24 hours a day / 7 days a week

Services Offered: Provides nursing facility and short-term rehabilitation care in a home-like environment with individualized care plans. Services include but are not limited to 24-hour nursing care, wound care management, nutrition services, safety systems, pain management, recreational activities, in-house pet therapy, physical/occupational/speech therapy, and restorative therapy.

Also provides memory support, hospice, respite care services.

Coverage Area: Pennington County.

Counseling Services offered at Cornell Counseling, LLC

628 1/2 6th Street, Rapid City, SD 57701

Website: www.beckycornellcounseling.com

Email: beckycornellcounseling@gmail.com

Phone: 605-549-5433

Hours: Call for information.

Services Offered: Mental health therapy for anxiety, depression, stress, life changes, and relationship issues through individual counseling, trauma informed therapy, and cognitive behavioral therapy. Sessions can be provided in person or via telehealth.

Coverage Area: Rapid City area, but serving South Dakota via telehealth.

Credentialed Professionals: Becky Cornell-Marsich, LPC-MH

Adoption Services offered at Thomas L. Collins

909 St. Joseph Street, Suite 503, Rapid City, SD 57701

Email: tlccsw@gmail.com

Phone: 605-341-7440

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Provides child adoption home-studies, child advocacy services, and supervises adoptive placements.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Thomas L. Collins, LCSW

Counseling Services offered at Project Recovery

625 Flormann Street, Rapid City, SD 57701

Website: www.project-recovery.org **Email:** info@project-recovery.org

Phone: 605-340-1234

Hours: 8:00am - 4:00pm (MT), Monday - Friday Walk-in assessment hours: 8:00am - 11:00am (MT), Monday - Friday

Services Offered: Provides a comprehensive range of state-accredited addiction counseling and mental health services. Services include: Treatment Needs Assessments (also known as drug and alcohol evaluations), individual counseling, couples counseling, and group counseling.

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Alyssa Martin, LAC Rebecca Riss, ACT Randi Schneider, LCSW-PIP, QMHP, ACT Shelbi Thompson, MSW, ACT

Psychiatric Services offered at Manlove Brain + Body Health

636 Saint Anne Street, Rapid City, SD 57701

Website: www.manlovehealth.com **Email:** office@manlovegroup.com

Phone: 605-348-8000

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: General psychiatric services including evaluations and medication management. Treating psychiatric illnesses including depression, anxiety, attention deficit hyperactivity disorder (ADHD), developmental disorders and psychotic illnesses including schizophrenia and schizoaffective disorder. Offers Transcranial Magnetic Stimulation (TMS) and Ketamine/Spravato for treatment of resistant depression.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Megan Burgard, CNP Kay Foland, CNP Amy Hodge, PMHNP Crystal Hollenbeck, PMHNP Thomas Jewitt, MD Stephen P. Manlove, MD Leslie Moss, CNP Richard Rainer, CSW-PIP Maria Sargent, CNP Amanda VanConant, CNP Tamber White, CNP

Psychotherapy and Counseling Services offered at Clinical Psychology Services, LLC

550 N. 5th Street, Rapid City, SD 57701

Phone: 605-961-4106

Hours: 9:00am - 5:00pm (MT), Tuesday, Wednesday

Services Offered: Provides evaluation, prevention, diagnosis, and treatment of mental, emotional and behavioral health issues. Outpatient psychotherapy services for individuals, couples and families for a wide variety of concerns ranging from mental health struggles to life transitions. Promotes whole health and improved quality of life.

Coverage Area: City of Rapid City and surrounding Area

Credentialed Professionals: Mindy Hedlund, Ph.D. Psychologist

Homeless Outreach Clinic offered at Complete Health

30 Main Street, Rapid City, SD 57701

Phone: 605-721-8939

Hours: Vary, call for information.

Services Offered: Provides primary health services free of charge for the homeless. This includes those living in shelters, transitional housing, on the streets, or doubled up with friends, neighbors, or relatives.

Counseling services available.

Coverage Area: Rapid City area

Assertive Community Treatment offered at West River Mental Health

111 North Street, Rapid City, SD 57701

Phone: 605-343-0650

Hours: 8:00am - 4:00pm (MT), Monday - Friday

Services Offered: Services provided to adults with severe mental illness (SMI) including: CARE - Continuous Assistance, Rehabilitation, and Education, IMPACT - Individualized and Mobile Program of Assertive Community Treatment, and Psychiatric Services - assessments and medication management.

Also offers telehealth services.

Coverage Area: Counties of Butte, Lawrence, Meade, Pennington, and Oglala Lakota

Credentialed Professionals: Aimee Janvrin, LPC-MH, QMHP Lisa Kautzman, RN, CNP, QMHP

Iris (LGBTQ+) Clinic offered at Complete Health

350 Pine Street, Rapid City, SD 57701

Website: www.completehealthsd.care **Email:** iris@chsd.care

Phone: 605-721-8939

Hours: Clinic Hours: 8:00am - 5:00pm (MT), Monday - Friday Iris Clinic hours may vary.

Services Offered: Provides primary LGBTQ+ health care for people up to the age of 21. This includes routine check-ups, sexually transmitted/HIV/pregnancy tests, and sexual health education. An in-house pharmacy is available as well as mental health counseling services.

Dr. Amanda Diehl has more than 20 years of experience and trained on LGBTQ+ health care through the Fenway Institute's National LGBT Health Education Center. In addition, the entire staff has been trained to provide an affirming atmosphere for the LGBTQ+ population.

Coverage Area: Black Hills area

Assertive Community Treatment offered at West River Mental Health

547 5th Street, Hot Springs, SD 57747

Phone: 605-745-6222

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday Evenings by appointment

Services Offered: Services provided to adults with severe mental illness (SMI) including: CARE - Continuous Assistance, Rehabilitation, and Education, IMPACT - Individualized and Mobile Program of Assertive Community Treatment, and Psychiatric Services - assessments and medication management.

Also offers telehealth services.

Coverage Area: Counties of Butte, Lawrence, Meade, Pennington, and Oglala Lakota

Credentialed Professionals: Aimee Janvrin, LPC-MH, QMHP Lisa Kautzman, RN, CNP, QMHP

Counseling Services offered at Project Recovery

113 W. Main Street, Anpetu Luta Otipi, Pine Ridge, SD 5770

Website: www.project-recovery.org **Email:** info@project-recovery.org

Phone: 605-867-5595

Hours: 10:00am - 2:30pm (MT), Mondays (excluding standard and tribal holidays)

Services Offered: Provides a comprehensive range of state-accredited addiction counseling and mental health services. Services include: Treatment Needs Assessments (also known as drug and alcohol evaluations), individual counseling, couples counseling, and group counseling.

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Call for a list of mental health providers for this location.

Counseling Services offered at Project Recovery

205 Orchard Drive, Coteau des Prairies Health Care System, Sisseton, SD 57262

Website: www.project-recovery.org **Email:** info@project-recovery.org

Phone: 605-419-1021

Hours: 9:00am - 5:00pm (CT), Tuesday and Wednesday 12:00noon - 5:00pm (CT), Friday

Services Offered: Provides a comprehensive range of state-accredited addiction counseling and mental health services. Services include: Treatment Needs Assessments (also known as drug and alcohol evaluations), individual counseling, couples counseling, and group counseling.

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Call for a list of mental health providers at this location.

Counseling Services offered at Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD 57106

Website: www.mwihealth.org/ **Email:** office@mwihealth.org

Phone: 605-573-2000

Hours: 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.

Services Offered: Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic for all ages, with telehealth options available. Midwest Wellness Institute also brings psychiatric care and medication management to underserved areas through telehealth and on-site clinics, hospitals, correctional facilities and nursing homes through contracted mental health services.

Services include TMS Therapy, Spravato, Botox Injections, Individual Psychotherapy Counseling, Correctional Rehabilitation, Mental Health Screening, Psychological Assessments, Pediatric Psychiatry, Adolescent Psychiatry, Adult Psychiatry, Geriatric Psychiatry, Medication Management, Medication-Assisted Treatment for Opioid Addiction, Independent Psychiatric Evaluations, and Forensic Psychiatry.

Coverage Area: South Dakota

Credentialed Professionals: Lacey Feltman, MSN, LNHA, PMHNP-BC Robert W Giebink, M.D., Psychiatrist Kristin Gilbertson, MS, LPC, QMHP Adrian Jones, PMHNP-BC Darla Miles, PMHNP-BC Britney Ohrlund - DNP, APRN, PMHNP-BC Clay Pavlis, M.D., Psychiatrist, Board Certified Psuchiatriist through American Academy of Psychiatry and Neurology Kyla Peterson, CSW Shjade Smith, PMHNP-BC Diane Teadtke, PMHNP-BC Brittany Thammavongkeo, LCSW, QMHP, CAC Dr. Mary M. Wegner, Board Certified Adult Psychiatrist through American Academy of Psychiatry and Neurology Kristen Winterringer, PMHNP-BC

Counseling and Support Groups offered at CancerCare

275 7th Avenue, New York, NY 10001

Website: www.cancercare.org **Email:** info@cancercare.org

Phone: 212-712-8400

Hours: 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday

Services Offered: Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers. Online support groups are available, 24 hours a day, 7 days a week.

Coverage Area: United States, Puerto Rico and U.S. Territories

Psychiatry and Medication Management

Medication Management for Mental Health offered at Rapid City Mental Health Professionals, LLC

3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702

Website: www.rapidcitymentalhealth.com **Email:** office@rapidcitymentalhealth.com

Phone: 605-716-3555

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Services Offered: Culturally sensitive mental health care for adults and adolescents. Focuses on medication management, mental health screenings for a variety of mental health issues, spravato (eskatamine) for treatment resistant depression, and photobiomodulation therapy (light bed treatment).

Coverage Area: South Dakota and Wyoming

Credentialed Professionals: Jennifer Erdman, CNP, PMHNP Amy Newstrom, DNP, PMHNP, LP-C Rachel Waddell CNP, PMHNP

Psychiatric Care offered at Black Hills Psychiatry Associates

528 Quincy Street, Rapid City, SD 57701

Phone: 605-348-5401

Hours: 8:00am - 4:45pm (MT), Monday - Thursday

Services Offered: Psychiatric services including medication evaluation and management.

Coverage Area: Black Hills area

Credentialed Professionals: R. P. Renka, MD, Psychiatrist

Psychological Testing

Monument Health Hospital offered at Monument Health

353 Fairmont Boulevard, Rapid City, SD 57701

Website: www.monument.health **Email:** info@monument.health

Phone: 605-755-1000

Hours: 24 hours a day / 7 days a week

Services Offered: Monument Health is an integrated health care system with the purpose of helping patients and communities live well. Rapid City Monument Hospital provides health care services 24 hours a day / 7 days a week to the people who live in the Black Hills. The hospital has a pharmacy for medication needs as well as medication disposal.

Specialties include:

Anesthesiology, cancer care, critical care, dentistry, dialysis, emergency medicine, gastroenterology, general surgery, heart and vascular care, hospital medicine, hyperbaric oxygen therapy, infectious disease, laboratory services, medical imaging, neonatology, nutrition services, oral and maxillofacial surgery, pediatric and adolescent medicine, pharmacy, physical therapy, pulmonology therapy services, women's and children's wound and ostomy care.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Pivot Point offered at West River Mental Health

308 Quincy City Street, Pivot Point, Rapid City, SD 57701

Phone: 605-391-4863

Hours: 8:00am - 4:00pm (MT), Monday - Sunday Counselors available 7:00am - 7:00pm (MT), Monday - Sunday

Services Offered: Crisis stabilization for adults, 18 years and older, who are experiencing a mental health or substance abuse crisis. Program features include immediate counseling services, Medical triage screening, at intake to determine the needed level of care, Collaborative recovery oriented stabilization plan, Telephone crisis support and follow up, Opportunities to speak with a qualified mental health professional (QMHP), and Referrals to community agencies including detox, inpatient services, and community based counseling.

This is a Voluntary program, CCC is not a locked facility. The length of stay is up to 24 hours. Limited transportation available to the Crisis Care Center via local law enforcement.

Goals of the Crisis Care Center:

- Provide the community with crisis options other than inpatient psychiatric care, incarceration, and involuntary admission to detox services to match the level of need with the level of care.
- Improve access to after crisis follow-up and mental health and substance abuse treatment.
- Improve service integration and coordination amount agencies and providers to help individuals better navigate complex systems.
- Improve awareness about and access to services to assist people in entering the health care system for mental health and substance abuse services prior to entering a crisis state.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Credentialed Professionals: Sheyenne Bond, CSW Steve Dary, CNP Lisa Kautzman, CNP

Mobile Integrated Health Program offered at City of Rapid City

10 Main Street, Main Station, Rapid City, SD 57701

Website: www.rcgov.org/departments/fire-department/operations/medical-operations-772.html

Email:

mobilemedic@rcgov.org

Phone: 605-791-4064

Hours: 24 hours a day / 7 days a week

Services Offered: The Rapid City Fire Department Mobile Integrated Health Program works proactively to get the right resource to the individuals at the right time.

Mobile Medics are available to provide patients with wound care, assess vital signs and blood sugar levels, and arrange transportation for essential needs.

Community Health Workers (CHWs) act as a case navigator for patients seeking help with addiction. Provides treatment needs and an assessment for alcohol and substance use disorders.

Coverage Area: City of Rapid City

Health Care and Behavioral Health Services offered at VA Black Hills Health Care System

113 Comanche Road, Fort Meade, SD 57741

Website: www.blackhills.va.gov

Email: yhabhhcspublicaffairs@va.gov

Phone: 605-347-2511

Hours: Office Hours: 8:00am - 5:00pm (MT), Monday - Friday Nurse Advice Line: Evenings, Weekends, and Holidays

Residential care: 24 hours a day / 7 days a week

Services Offered: General medical and surgical, primary, nursing home, and rehabilitative care.

Behavioral health services including a ddictive disorder services (ADS), c ompensated work therapy, R esidential Post Traumatic Stress (PTSD) program, Mental health intensive case management, i npatient psychiatric services, and o utpatient psychiatric services.

Gun locks are available through the Suicide Prevention Coordinator.

Coverage Area: Western South Dakota

Acute Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

Website: <http://dss.sd.gov/behavioralhealth/hsc/>

Email: infoHSC@state.sd.us

Phone: 605-668-3100

Hours: The facility is open 24 hours a day/7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

Services Offered: Provides for initial assessment and stabilization of adult psychiatric patients. During the 12-15 day average length of stay, the program initiates and develops treatment and discharge plans.

The program promotes and facilitates the patients independent functioning in daily activities. Emphasis is on providing care, treatment and rehabilitation services that will enable the patients to return to and function in the community at the earliest possible time.

The Acute Program is Medicare approved by the Health Care Financing Administration. The Intensive Treatment Unit is available for adults and adolescents who require short term intensive monitoring.

Coverage Area: South Dakota

Geriatric Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

Website: <https://dss.sd.gov/behavioralhealth/hsc/> **Email:** infoHSC@state.sd.us

Phone: 605-668-3100

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday, except Holidays The facility is open 24 hours a day / 7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

Services Offered: Provides diagnostic and therapeutic services of medical and psychiatric natures to persons with physical conditions requiring nursing home care and psychiatric conditions requiring in-patient hospitalization.

Services are delivered in such a way as to allow the patients maximum opportunity to function as independently as possible in activities of daily living. The goal is for the patients to reside in the least restrictive environment, including return to an appropriate community setting.

This program operates with 3 units located in Spruce Terrace and Willow Terrace I buildings.

Coverage Area: South Dakota

Crisis Drop in Center offered at Human Service Agency

119 19th Street N.E., Watertown, SD 57201

Phone: 605-886-0123

Hours: 24 hours a day / 7 days a week

Services Offered: Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis or having thoughts of self-harm.

Coverage Area: Located in Watertown, but serving residents of South Dakota

Halfway House and Detox Center offered at Human Service Agency

119 19th Street N.E., Watertown, SD 57201

Phone: 605-884-0650

Hours: 24 hours a day / 7 days a week

Services Offered: A therapeutic place of residence for persons suffering from substance use disorders and mental illness. Offering dignity and serenity to continue the journey of recovery, healing, and wholeness.

Serenity Hills offers 3 distinct programs:

-Social setting detoxification

-Halfway house combines a strong AA 12-step philosophy with a multi-disciplinary team approach, including professional addiction, psychiatric and mental health care.

-Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis and/or having thoughts of self-harm.

Coverage Area: Located in Watertown, but serving residents of South Dakota

Suicide Prevention Resources

Suicide Prevention Programs offered at SPEAK Network

1011 11th Street, Room 107, Rapid City, SD 57701

Phone: 605-381-9114

Hours: 8:00am - 5:00pm (MT), Monday - Sunday

Services Offered: Works to reduce suicides and suicide attempts through community action and educational development. Current programs are Positive Self-Discovery course, Question, Persuade, Refer (QPR), and Applied Suicide Intervention Skills Training (ASIST).

These programs provide strategies for addressing health, wellness, and identification of persons at risk for suicide.

Coverage Area: Rapid City

Credentialed Professionals: Tamara Keefner PhD, RN, CNE Mary Kurniawan CSW-PIP

Groups and Workshops offered at West River Mental Health

350 Elk Street, Rapid City, SD 57701

Phone: 605-343-7262

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday Group times and start dates vary, please call for information.

Services Offered: Group sessions are available at different times throughout the year. Some of the group sessions offered include:

- Corrective Thinking: For youth ages 13 - 18 to help members identify:
 - The five basic thinking errors and deterrents to thinking errors
 - The four characteristics that are essential for change
 - The impact of behaviors on family, friends, and the community

 - Couples Workshops: For couples who wish to enhance their relationship, whether or not they are having difficulties. Workshops offer:
 - Skill and idea description and demonstration
 - Opportunity for couples to practice skills privately
 - Participants have the opportunity to ask questions and discuss their experiences if they would like

 - Introduction to Mindfulness: What happens in your life depends on your mind
 - Social Skills Group : For 10-15 year olds struggling with social skills or fitting in.
 - Understanding Fetal Alcohol Spectrum Disorder: For children ages 5 - 11 and their birth, foster, or adoptive parents. While the parents or parenting team is involved in education, supportive discussion and training, the children will gather in a separate group to work on developmental and behavioral issues.
 - Mental Health First Aid Trainings: Offered periodically. Participants are taught to assess for risk of suicide or harm;listen non-judgmentally;give reassurance and information;encourage appropriate professional help;and encourage self-help and other support strategies.
 - Youth Mental Health First Aid Trainings: Offered periodically. Participants are taught to assess for risk of suicide or harm;listen non-judgmentally;give reassurance and information;encourage appropriate professional help;and encourage self-help and other support strategies. All within the context of helping the youth population.
- Coverage Area:** Counties of Butte, Custer, Fall River, Lawrence, Meade, and Pennington

EveryDay Strong - United Way of the Black Hills offered at United Way of the Black Hills

621 6th Street, Suite 100, Rapid City, SD 57701

Website: www.unitedwayblackhills.org

Email: info@unitedwayblackhills.org

Phone: 605-343-5872

Hours: 8:00am - 4:30pm (MT), Monday - Thursday. Friday by appointment

Services Offered: United Way has collaborated with a panel that includes medical professionals, educators, social workers, and mental health specialists on anxiety, depression, and psychological well-being to develop activities to build resilience, by fostering safety, connections, and confidence in the lives of children and young adults.

The program provides a new framework for mental health including training, guidance, and tools to address mental health needs and crisis intervention, and works with the Lost and Found organization to present and distribute information. This program is for parents, teachers, neighbors and other trusted adults who are involved with children and young people.

Coverage Area: Counties of Butte, Custer, Haakon, Harding, Fall River, Jackson, Lawrence, Meade, Pennington and Perkins.

Community Outreach Program offered at Catholic Social Services

529 Kansas City Street, Rapid City, SD 57701

Phone: 605-348-6086

Hours: 8:00am - 7:00pm (MT), Monday 8:00am - 5:00pm (MT), Tuesday - Thursday 8:00am - 12:00noon (MT), Friday

Services Offered: Provides training and technical assistance in disaster preparedness, disaster case management & disaster volunteer training, certified mental health first aid training and QPR, and suicide prevention training.

Trainings are available to registered volunteer organizations or individuals and are provided in person or via Zoom.

Coverage Area: West River Counties

LOSS Team offered at Journey On

124 Quincy Street, Rapid City, SD 57701

Phone: 605-348-6692

Hours: 9:00am - 5:00pm (MT), Monday - Friday

Services Offered: A team of first responders who work with law enforcement when there has been a death by suicide in Pennington County. The LOSS Team is called to the scene to help survivors with the next steps and offer any extra support and resources to the surviving loved ones. The Loss Team follows families for up to a year after their loss with case management services.

The LOSS Team offers an 8-week class called "Understanding Your Suicide Grief" for survivors of suicide. It is offered twice a year in the spring and fall. This class focuses on helping those who have lost a loved one to suicide in hopes of assisting them in understanding the grief process and helping them find hope and health their hearts.

The LOSS Team also has a monthly support group called SOS - Survivors of Suicide Support Group - a peer-to-peer lead support group, held the fourth Saturday of every month from 10:00am - 12:00noon. This monthly support group is offered to anyone 18 years of age and older who has lost someone to Suicide.

Coverage Area: Rapid City, Box Elder, Meade, and some of Lawrence

Mental Health First Aid offered at SDSU Extension

1910 W. Kemp Avenue, Watertown Regional Center, Watertown, SD 57201

Website: <https://www.mentalhealthfirstaid.org/> **Email:** whitney.reetz@sdstate.edu

Phone: 605-882-5140

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Services Offered: Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges.

SDSU Extension provides Mental Health First Aid courses to adults, teens, and youth.

Coverage Area: South Dakota

Prevention Trainings offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/help@helplinecenter.org

Phone: 605-339-4357

Hours: Call Center: 24 hours a day / 7 days a week 8:00am - 5:00pm (CT), Monday - Friday

Email:

Services Offered: ASIST is an Applied Suicide Intervention Skills Training designed to provide a practical face-to-face intervention model for caregivers to use when encountering a person at-risk of suicide. CEUs and undergraduate and graduate credit are available for this training.

Means Safety Training - Means safety is a critical component of suicide prevention that focuses on limiting access to lethal means, thereby reducing the risk of self-harm and suicide. It acknowledges that restricting access to potentially harmful items or methods can play a pivotal role in preventing impulsive and irreversible actions.

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis until appropriate professional, peer or family support can be engaged. This course prepares participants to provide Mental Health First Aid to those in need. Specialized version for law enforcement available.

Safety Planning - Learn how to help someone at risk develop a set of concrete strategies to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. Target audience would be any behavioral health or health staff.

QPR (Question, Persuade and Refer) are three steps anyone can learn to help prevent suicide. QPR is an emergency response to someone in crisis and can save lives. Participants learn about the nature of suicidal communications, what forms these communications take and how they may be used as a stimulus for a QPR intervention.

Youth Mental Health First Aid is a course emphasizing the importance of early intervention and reviewing the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It is intended for anyone 16 years or older.

Critical Incidence Training for Police Agencies - CIT is a training provided to law enforcement personnel on appropriate emergency response to someone in crisis that can help save lives. Additionally, participants learn directly from a suicide attempt survivor about what responses may and may not be perceived as helpful, and hear from a suicide loss survivor about the collateral impact of suicide.

Customized presentations on suicide information, crisis and prevention are available upon request.

Coverage Area: South Dakota

Suicide Survivor Services offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: <https://loss.helplinecenter.org/>

Email: griefsupport@helplinecenter.org

Phone: 800-273-8255

Hours: SAS Education/Support Classes are 7:00pm - 8:30pm (CT), on Tuesdays for 10 consecutive weeks. SAS In Person Support Group: 7:00pm - 8:30pm (CT), 3rd Thursday of each month SAS Virtual Support Group: 6:00pm - 7:30pm (CT), 2nd Wednesday of each month

Services Offered: - Surviving After Suicide (SAS) Education/Support Class

- Surviving After Suicide (SAS) Education/Support Class Designed to help people who have lost a loved one to suicide express and understand the troubling and powerful grief, stigma, pain, and guilt they experience. It is a nine week education class and support group for survivors of suicide. Each class will focus on a unique aspect of survivor grief and includes a component in which group members share and support each other. The class is offered three times a year in January, April, and September. Registration is required.

- Surviving After Suicide (SAS) Support Group

- A monthly support group for people who have lost someone to suicide. Survivor information packets are also available at no cost. The focus is on survivors connecting and supporting each other. Any survivor age 18 and over is welcome to attend. Registration is not required for this support group. It is an open/on-going group.

- 1 group will be available:

- In person - 7:00pm - 8:30pm, 3rd Thursday of each month

- Virtual - 6:00pm - 7:30pm, 3rd Wednesday of each month

- Surviving After Suicide Events

- Supportive events are open to anyone over 18 who has been impacted by a suicide loss. Various activities throughout the year including: Suicide Prevention Week; National Survivors of Suicide Loss Day (Saturday before Thanksgiving); etc. Email or call to get on invite list for events.

- If you would like to get in touch with someone, please complete the Suicide Services Request Form .

- Local Outreach to Suicide Survivors (LOSS) Program

- The LOSS program responds to survivors of suicide immediately after the death of the loved one.

- Staff provide immediate assistance to new suicide survivors by making an outreach visit to their home (in the Sioux Falls area) or making a support phone call (anywhere in South Dakota). This visit and/or call provides support, comfort, and education about being a survivor of suicide.

Individuals needing immediate crisis care should call 9-8-8.

Standard message and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to: <http://www.preventionpaystext.com/policies/>

Coverage Area: South Dakota

Survivors Joining for Hope offered at Lost&Found

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

Website: <https://resilienttoday.org/programs/survivors-joining-for-hope/>

Phone: 605-215-0676

Hours: Call or email for appointment.

Services Offered: Provides peer support and financial assistance to individuals and families who have lost a loved one to suicide.

Examples consist of financial assistance for grief counseling, burial expenses, clean-up costs, legal fees, and other suicide-related expenses.

The Program Coordinator supports clients with referrals and resources to additional financial assistance programs and/or therapeutic support if needed.

Also provides peer and emotional support and resource referrals for a year. Peer support is provided through telehealth meetings and check-ins.

Coverage Area: Coordinator located in Spearfish, SD, but serves clients statewide via telehealth.

988 Suicide & Crisis Lifeline offered at Helpline Center

No Physical Address, Sioux Falls, SD 57105

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday 24 hours a day / 7 days a week / 365 days a year

Services Offered: Suicide prevention and crisis intervention service available to anyone in suicidal crisis or emotional distress. Callers to the 988 Suicide & Crisis Lifeline are routed to the nearest accredited crisis center in the caller's area. The Lifeline's Crisis and Text/Chat Service routes visitors to a network of crisis centers accredited in providing online emotional support.

The Helpline Center's Suicide and Crisis Support is an accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need.

Services include call, text, chat 988 to connect with a 988 Crisis Counselor, grief support for individuals who have lost a loved one to suicide, and professional suicide awareness and prevention training.

Coverage Area: South Dakota

Hope Squad offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org/school-resources-hope-squad

Email: hopesquad@helplinecenter.org

Phone: 605-274-8789

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Services Offered: An evidence-based, peer-to-peer suicide prevention program. Members of Hope Squad are nominated by their classmates as trustworthy and supportive peers with whom others feel comfortable. They are trained by Hope Squad advisors on how to notice, support, and intervene with peers who may be at risk.

The main goals of the Hope Squad program are promoting a school and community culture of safety, connectedness, mental wellness, anti-bullying, and reducing mental health stigma. It reduces the risk of youth suicide through education, training, and peer intervention. They also respond to peer-to-peer disclosure of suicide risk.

Hope Squad is present in schools nationally and internationally.

Coverage Area: South Dakota

SAVE Suicide Prevention Training offered at Suicide Awareness Voices of Education

7900 Xerxes Avenue S., Suite 810, Minneapolis, MN 55431

Website: www.save.org

Email: admin@save.org

Phone: 952-946-7998

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday

Services Offered: A proprietary 3-tiered suicide prevention training model that can be adapted for any occupation. Tailoring training to the audience ensures that the content is directly relevant to their needs, job roles, and challenges. This relevance increases engagement and the likelihood of participants applying what they've learned.

Coverage Area: United States

Bereavement Support - National Office offered at Compassionate Friends, The

PO Box 46, Wheaton, IL 60187

Website: www.compassionatefriends.org

Email: nationaloffice@compassionatefriends.org

Phone: 877-969-0010

Hours: National Office hours: 9:00am - 5:00pm (CT), Monday - Friday Support group times vary by location. See Compassionate Friends Chapter Locator on website.

Services Offered: The Compassionate Friends (TCF) is a national nonprofit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no individual membership fees or dues are charged. All bereaved family members are welcome.

Founded in England in 1969, TCF was established in the United States in 1972, with 501(c)(3) not-for-profit incorporation in 1978, under which provision the organization's more than 650 local chapters also operate. TCF operates as separate entities in at least 30 countries around the world.

- Regular meetings of local chapters provide a caring environment in which bereaved parents, siblings, and grandparents can work through their grief with the help of others who have been there. Monthly, more than 17,000 attend chapter meetings.
- Outreach is provided to more than 182,000 bereaved family members and professionals each month through chapter newsletters, websites, Facebook Pages, special programs including regional conferences, concurrent walks, phone calls, letters, e-mails, and personal visits.
- Educational information on grief following the death of a child and the work of TCF is provided to the community through publicity, speaking engagements, and the distribution of materials.
- Virtual chapters through an Online Support Community supply support, encouragement, and friendship. There are general bereavement sessions as well as more specific sessions. This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child.

Coverage Area: United States

Prevention and Advocacy Services offered at American Association of Suicidology

No Physical Address, Washington, DC 20036

Website: www.suicidology.org **Email:** info@suicidology.org

Phone: 888-977-3868

Hours: 8:30am - 4:30pm (CT), Monday - Friday

Services Offered: To empower all toward resilient lives, inspiring hope and preventing suicide through the advancement of suicidology.

We accomplish this mission by directing efforts to Advance Suicidology as a science;encouraging, developing, and disseminating scholarly work in suicidology. To encourage the development and application of strategies that reduce the incidence and prevalence of suicidal behaviors. Compile, develop, evaluate and disseminate accurate information about suicidal behaviors to the public. Foster the highest possible quality of suicide prevention, intervention and postvention to the public. Publicize official AAS positions on issues of public policy relating to suicide. Promote research and training in suicidology.

Founded in 1968 by Edwin S. Shneidman, PhD, AAS promotes research, public awareness programs, public education and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

AAS, a not-for-profit organization, encourages and welcomes both individual and organizational members.

Coverage Area: United States

Telemental Health

Medication-Assisted Treatment offered at Project Recovery

625 Flormann Street, Rapid City, SD 57701

Website: www.project-recovery.org **Email:** info@project-recovery.org

Phone: 605-340-1234

Hours: 8:00am - 4:00pm (MT), Monday - Friday

Services Offered: Provides Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions. Physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine. Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD).

Other services include MAT services, HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals; Medication assistance programs, and Patient advocacy & resource connection.

Frequently Asked Questions:

- Do I need to be clean? NO
- Do I need insurance? NO
- Do I need a referral? NO
- Can I just walk in? YES
- Is there help to pay for meds? YES
- Is perfection expected? NO

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Devon Graham, PA Kendra Joswiak, DNP Alyssa Martin, LAC Rebecca Riss, ACT Randi Schneider, LCSW-PIP, QMHP, ACT Shelbi Thompson, MSW, ACT Troy Thompson, PA

Rapid City Counseling Services offered at Vet Center

21 E. Omaha Street, Rapid City, SD 57701

Phone: 605-348-0077

Hours: 8:00am - 4:30pm (MT), Monday, Tuesday, Thursday, Friday 8:00am - 6:00pm (MT), Wednesday

Services Offered: Outpatient mental health counseling center providing 100% free services to eligible Veterans, active duty service members, and their families. Part of the US Department of Veterans Affairs but separate from the VA Medical Centers, with separate and confidential medical records.

Offering individual, group, and couples counseling both in Rapid City and at a number of Community Access Points in the Black Hills. Also, a referral service and can point Veterans in the right direction for any information they may need in terms of accessing benefits, enrolling in VA health care, etc.

Specialty is helping Veterans readjust successfully into civilian life, and provides counseling for a wide range of problems, from mental health issues like PTSD, depression, and anxiety to life stressor issues such as work-related or relationship difficulties.

Provides free bereavement counseling for loved ones of service members who died while on active duty or Veterans who died by suicide.

Coverage Area: Western South Dakota, Western Nebraska, Eastern Wyoming

Credentialed Professionals: Margaret K. Anable, LPC Michelle Hough, LICSW, Director Jara Swan, LPC-MH, NCC, QMHP

Pharmacy Services offered at CVS Pharmacy

1415 Eglin Street, Target, Rapid City, SD 57701

Phone: 605-341-8621

Hours: 9:00am - 1:30pm; 2:00pm - 9:00pm (MT), Monday - Sunday

Services Offered: Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) Screening and Treatment, Chronic Disease Self Management Program, Birth Control and Family Planning, and Smoking Cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

Coverage Area: Counties of Lincoln, Meade, Minnehaha, and Pennington.

Medication-Assisted Treatment offered at Project Recovery

113 W. Main Street, Anpetu Luta Otipi, Pine Ridge, SD 5770

Website: www.project-recovery.org **Email:** info@project-recovery.org

Phone: 605-867-5595

Hours: 10:00am - 2:30pm (MT), Mondays (excluding standard and tribal holidays)

Services Offered: Provides Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions. Physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine. Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD).

Other services include MAT services, HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals; Medication assistance programs, and Patient advocacy & resource connection.

Frequently Asked Questions:

- Do I need to be clean? NO
- Do I need insurance? NO
- Do I need a referral? NO
- Can I just walk in? YES
- Is there help to pay for meds? YES
- Is perfection expected? NO

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Call for a list of mental health providers for this location.

Rapid City Counseling Services offered at Vet Center

403 Veterans Avenue, VA Clinic, Pine Ridge, SD 57770

Phone: 605-348-0077

Hours: Call for hours and availability of counselor on site. Telehealth is available at other times.

Services Offered: Outpatient mental health counseling center providing 100% free services to eligible Veterans, active duty service members, and their families. Part of the US Department of Veterans Affairs but separate from the VA Medical Centers, with separate and confidential medical records.

Offering individual, group, and couples counseling both in Rapid City and at a number of Community Access Points in the Black Hills. Also, a referral service and can point Veterans in the right direction for any information they may need in terms of accessing benefits, enrolling in VA health care, etc.

Specialty is helping Veterans readjust successfully into civilian life, and provides counseling for a wide range of problems, from mental health issues like PTSD, depression, and anxiety to life stressor issues such as work-related or relationship difficulties.

Provides free bereavement counseling for loved ones of service members who died while on active duty or Veterans who died by suicide.

Coverage Area: Western South Dakota, Western Nebraska, Eastern Wyoming

Credentialed Professionals: Call for a list of providers at this location.

Medication-Assisted Treatment offered at Project Recovery

205 Orchard Drive, Coteau des Prairies Health Care System, Sisseton, SD 57262

Website: www.project-recovery.org **Email:** info@project-recovery.org

Phone: 605-419-1021

Hours: 9:00am - 5:00pm (CT), Tuesday and Wednesday 12:00noon - 5:00pm (CT), Friday

Services Offered: Provides Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions. Physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine. Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD).

Other services include MAT services, HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals; Medication assistance programs, and Patient advocacy & resource connection.

Frequently Asked Questions:

- Do I need to be clean? NO
- Do I need insurance? NO
- Do I need a referral? NO
- Can I just walk in? YES
- Is there help to pay for meds? YES
- Is perfection expected? NO

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Credentialed Professionals: Call for a list of mental health providers at this location.

Pharmacy Services offered at CVS Pharmacy

3600 S. Louise Avenue, Target, Sioux Falls, SD 57106

Phone: 605-254-1100

Hours: 9:00am - 8:00pm (CT), Monday - Friday 9:00am - 6:00pm (CT), Saturday 10:00am - 6:00pm (CT), Sunday

Services Offered: Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) Screening and Treatment, Chronic Disease Self Management Program, Birth Control and Family Planning, and Smoking Cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

Coverage Area: Counties of Lincoln, Meade, Minnehaha, and Pennington.

Medication-Assisted Treatment offered at Project Recovery

3800 W. Technology Circle, Suite 201, Sioux Falls, SD 57106

Website: www.project-recovery.org **Email:** info@project-recovery.org

Phone: 605-340-1234

Hours: 9:00am - 5:00pm (CT), Monday - Friday

Services Offered: Provides Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions. Physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine. Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD).

Other services include MAT services, HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals; Medication assistance programs, and Patient advocacy & resource connection.

Frequently Asked Questions:

- Do I need to be clean? NO
- Do I need insurance? NO
- Do I need a referral? NO
- Can I just walk in? YES
- Is there help to pay for meds? YES
- Is perfection expected? NO

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Cognitive Behavioral Group Therapy offered at Transformation Project, The

500 N. Western Avenue, Sioux Falls, SD 57104

Website: www.transformationprojectsd.org **Email:** admin@transformationprojectsd.org

Phone: 605-610-8579

Hours: Hours vary. Please call or email

Services Offered: Provides a supportive and affirming environment to address LGBTQ-related stress, depression, and anxiety. Participants engage in sessions to learn coping strategies, build emotional resilience, and connect with peers. The program is hybrid, offering both in-person and virtual options, and is facilitated by trained professionals.

A screening process ensures participants are a good fit, with an emphasis on readiness and safety. Sessions focus on topics such as mindfulness, cognitive flexibility, and emotional regulation, fostering a pathway to mental wellness.

Coverage Area: South Dakota and a 40-mile radius

Credentialed Professionals: Maisy Anderson, BSW Brianna Heppler, LMFT-S

Post-High School and Therapy Services offered at Teachwell Solutions

715 E. 14th Street, Sioux Falls, SD 57104

Website: <http://teachwell.org> **Email:** info@teachwell.org

Phone: 605-367-7680

Hours: 7:30am - 4:00pm (CT), Monday - Friday

Services Offered: A non-profit education co-op created by South Dakota public schools. Specializes in alternative education, special education programming, education-related therapy and supported transition services

Teachwell Transitions - Helps individuals with disabilities navigate life changes with confidence. It prepares students for life after high school and help young adults in their search for meaningful employment. The team of special education professionals, counselors and success coaches work with community partners to create a supportive environment that helps each person succeed.

Teachwell Therapy Services - Experienced team of professional therapy providers, providing schools and families with a powerful resource to address a wide range of individual learning needs. Provides the following:

- Speech-Language Therapy
- Occupational Therapy
- Physical Therapy
- School Psychology
- Applied Behavior Analysis Therapy
- Assistive Technology Consultation and Services

Coverage Area: South Dakota

Pharmacy Services offered at CVS Pharmacy

1021 S. Highline Place, Target, Sioux Falls, SD 57110

Phone: 605-333-5601

Hours: 9:00am - 8:00pm (CT), Monday - Friday 9:00am - 6:00pm (CT), Saturday and Sunday

Services Offered: Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) Screening and Treatment, Chronic Disease Self Management Program, Birth Control and Family Planning, and Smoking Cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

Coverage Area: Counties of Lincoln, Meade, Minnehaha, and Pennington.