Black Hills Behavioral Health Guide 2020

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

For more info, dial 211 or visit www.helplinecenter.org
211 Helpline Features

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

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

Community Calendar
- Information on basic needs events
- Continuing ed and professional training opportunities
  - www.helplinecenter.org/community-events

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ABOUT THE BLACK HILLS BEHAVIORAL HEALTH GUIDE

Welcome to the 2020 Black Hills Behavioral Health Guide. The Guide is produced as an initiative of the Human Services Collaborative and is funded by the John T. Vucurevich Foundation. This guide was established to help the consumer more readily identify and select licensed and credentialed practitioners and agencies that provide a variety of behavioral health services in the Black Hills area. It provides the community with easily accessible information about the services that are listed.

Organizations and/or behavioral health practitioners are listed in alphabetical order.

There are four additional ways to find a specific resource:

By Location...
Search alphabetically in the Location Index beginning on VI for providers in your city or the city closest to you.

By Service Category...
Search by the following service categories: Abuse Issues (for children and/or adult victims and survivors), Addiction / Substance Abuse, Children / Adolescent, Faith Based, Older Adult Issues, Psychiatry and Medication Management, Psychological Testing, and Suicide Survivor Support. The Service Category Index begins on VIII.

By Name...
Search alphabetically by last name of the person you are seeking in the Practitioner Name Index on pages XI. Listed to the right of their name is the page number for the organization with which they are associated.

Online...
Search online at www.helplinecenter.org/guides for information at your fingertips.

Inclusion in this Guide should in no way be construed to constitute an endorsement of a practitioner, an agency, organization, or its service, nor should exclusion be construed to constitute disapproval. The information and certifications which appear in this publication were self-reported by the organizations and practitioners.
The following list provides a brief description for the various kinds of Behavioral Health Professionals. Learn more about South Dakota licensing requirements by visiting the Licensing Boards page at dss.sd.gov for alcohol and drug professionals, counselors, psychologists, and social workers or doh.sd.gov for physicians and nurses.

Addiction and Prevention Professionals - Work with people to overcome an addiction to drugs or alcohol in individual or group settings. They may also assist families of people with addictions to better understand addiction and how to help their loved one.

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

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

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

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

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

Counselor - Counselors are trained in therapeutic technique and theory. They provide “talk therapy” as opposed to medication to help people with their concerns. Some counselors have extra focus on a specific topic such as marriage and family. In the behavioral health setting, counselors can be found providing therapy or case management services.

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

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

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

Psychiatrist - A psychiatrist is a physician with additional specialized training in psychiatry. In the behavioral health setting, psychiatrists prescribe medications and engage patients in therapy.

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

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

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

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

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

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

CSW-PIP – A Clinical Social Worker - Practitioner in Private Practice has met the requirements of a CSW (for a minimum of two years), have had 2 additional years of specialized supervision, and passed a Board examination.
Choosing among the many options available in behavioral health care can be a confusing task. As with any type of service there are basic questions that can assist you in becoming an informed consumer. Ask yourself these questions:

- What are the critical issues for which you are seeking help and what results you hope to see?
- What type of counseling do you think would be most helpful (i.e. inpatient, outpatient, group therapy, etc.)?
- Is there a certain therapeutic approach that you think would work well (or not) for your concerns?
- What time of the day or week would be best for your appointment?
- Is there coverage offered by your insurance, health care plan, or employer that can offset some or all of the cost of treatment?

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

- What therapeutic approaches and techniques do they most frequently use?
- How will therapeutic goals be established?
- How will you know when therapy is complete?

After talking with a potential practitioner, ask yourself:

- Did you feel a sense of confidence in this person?
- Did the practitioner’s approach seem to make sense to you?
- Did you feel comfortable talking with this practitioner?

### Glossary of Abbreviations - Degrees

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

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA</td>
<td>Associate Degree</td>
</tr>
<tr>
<td>BA</td>
<td>Bachelor of Arts</td>
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<tr>
<td>BFA</td>
<td>Bachelor of Fine Arts</td>
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<tr>
<td>BS</td>
<td>Bachelor of Science</td>
</tr>
<tr>
<td>BSW</td>
<td>Bachelor of Social Work</td>
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<tr>
<td>DMin</td>
<td>Doctor of Ministry</td>
</tr>
<tr>
<td>DO</td>
<td>Doctor of Osteopathy</td>
</tr>
<tr>
<td>DSW</td>
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<td>JD</td>
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</tr>
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<td>MA</td>
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</tr>
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<td>MAT</td>
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</tr>
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<td>MBA</td>
<td>Master of Business Administration</td>
</tr>
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<td>MD</td>
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</tr>
<tr>
<td>MDiv</td>
<td>Masters in Divinity</td>
</tr>
<tr>
<td>MEd</td>
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</tr>
<tr>
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</tr>
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</tr>
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<td>PhD</td>
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</tr>
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<td>PsyD</td>
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</tr>
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<td>RD</td>
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</tr>
<tr>
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</tr>
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<td>RN-BC</td>
<td>Registered Nurse, Board Certified</td>
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<tr>
<td>Abbreviation</td>
<td>Description</td>
</tr>
<tr>
<td>--------------</td>
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</tr>
<tr>
<td>ABN</td>
<td>American Board of Professional Neuropsychology</td>
</tr>
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<td>ACA</td>
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</tr>
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<td>ACS</td>
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<td>AP/RN-BC</td>
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<td>BCBA</td>
<td>Board Certified Behavioral Analyst</td>
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<td>BCPCC</td>
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<td>CAC</td>
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<td>CBIS</td>
<td>Certified Brain Injury Specialist</td>
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<td>CCSII</td>
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<td>CCTP</td>
<td>Certified Clinical Trauma Professional</td>
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<td>CTTT</td>
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<tr>
<td>CFLE</td>
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<td>CNS</td>
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<td>CPS</td>
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<td>CRC</td>
<td>Commission on Rehabilitation Counselor Certification</td>
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<td>CSW</td>
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<tr>
<td>LCSW-PIP</td>
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<td>LGSW</td>
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<td>LN</td>
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<td>LP</td>
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<td>MAC</td>
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<tr>
<td>MFT</td>
<td>Marriage and Family Therapy</td>
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<td>MSW-PIP</td>
<td>Master of Social Work - Practitioner in Private Practice</td>
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<tr>
<td>MT-BC</td>
<td>Music Therapist - Board Certified</td>
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</tbody>
</table>

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support

www.helplinecenter.org/BHBHG
# Glossary of Abbreviations - Certifications and Licenses

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

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

[www.helplinecenter.org/sfmhg](www.helplinecenter.org/sfmhg)
BELLE FOURCHE  
Belle Fourche Counseling ........................................................................................................ Page 4

BLACK HAWK  
Harbor House Counseling ........................................................................................................ Page 10

CUSTER  
Addiction Recovery Centers of the Black Hills ................................................................. Page 1
Black Hills Center for Healing and the Advancement of Psychotherapy ........................ Page 4
New Trails Ministry ..................................................................................................................... Page 4

FORT MEADE  
VA Black Hills Healthcare System ....................................................................................... Page 20

HERMOSA  
Grief Recovery Method, Coaching and Training .......................................................... Page 10

HILL CITY  
Suzette Wasvick Counseling Services ................................................................................ Page 19

HOT SPRINGS  
Addiction Recovery Centers of the Black Hills ................................................................. Page 1
Behavior Management Systems, Inc ..................................................................................... Page 3
HOPE Counseling .................................................................................................................... Page 12
Sharon K. Hansen ...................................................................................................................... Page 19
VA Black Hills Healthcare System ....................................................................................... Page 20

PIEDMONT  
Red Horse Healing .................................................................................................................. Page 18

RAPID CITY  
Abourezk Counseling ............................................................................................................ Page 1
Addiction Recovery Centers of the Black Hills ................................................................. Page 1
Adult and Child Psychological Services ............................................................................. Page 2
Awareness Counseling, LLC ................................................................................................ Page 2
Bach Counseling Services, LLC ............................................................................................ Page 2
Barse Counseling, LLC .......................................................................................................... Page 2
Behavior Management Systems ............................................................................................. Page 2
Black Hills Center for Healing and the Advancement of Psychotherapy ........................ Page 4
Black Hills Children’s Home .................................................................................................... Page 4
Black Hills Psychiatry Associates ............................................................................................ Page 5
Black Hills Survivors of Suicide ............................................................................................. Page 22
Bosworth Therapy & Consultation Services, Inc ............................................................. Page 5
Brain Injury Rehabilitation Center, The ............................................................................. Page 5
Bridgewater Behavioral Health, LLC .................................................................................... Page 6
Catholic Social Services ........................................................................................................ Page 6
Choices Counseling ................................................................................................................ Page 7
Christian Counseling & Ministries of the Black Hills ..................................................... Page 7
Chrysalis Association, LLC .................................................................................................... Page 7
Crisis Care Center ................................................................................................................... Page 8
Crossroads Counseling Services .......................................................................................... Page 8
Dakota Hills Counseling, Inc ................................................................................................ Page 8
Dakota Psychiatry Clinic ......................................................................................................... Page 9
Family Solutions ...................................................................................................................... Page 9
Front Porch Coalition ............................................................................................................... Page 22
Gammeter & Associates LLC .............................................................................................. Page 9
Gaylen Bendewald .................................................................................................................. Page 10
Gossamer Threads Counseling .............................................................................................. Page 10

www.helplinecenter.org/BHBHG
## Location Index

### RAPID CITY - CONT’D
- Greg Swenson, PhD ........................................ Page 10
- Haven Counseling LLC ..................................... Page 10
- HeartSpace Counseling, LLC ............................. Page 11
- Helpline Center - 211 Resources .......................... Page 11
- Helpline Center - Suicide and Crisis Support .......... Page 11, 22
- Heynen Health & Wellness Services ..................... Page 11
- Isaacs Behavioral Health, LLC ............................ Page 12
- Jetson Counseling ........................................... Page 12
- Katy Bendewald, MSW ...................................... Page 12
- Kelly Marker .................................................. Page 12
- Knuppe Counseling ......................................... Page 12
- LifeScape ...................................................... Page 13
- LifeStages Counseling, LLC ............................... Page 13
- Lifeways, Inc .................................................. Page 13
- Lutheran Social Services ................................... Page 13
- Manlove Health: Brain & Body ............................ Page 14
- Monument Behavioral Health Center .................... Page 15
- Oglala Sioux Tribe Native Healing Program ............ Page 16
- Oyate Health Center - Behavioral Health ............... Page 16
- Pennington County Sheriff’s Office - Addiction Treatment Services Page 16
- Practical Christian Counseling, Inc ...................... Page 16
- Project Recovery ............................................. Page 17
- Psychological Associates of the Black Hills, LLC .... Page 17
- Rapid City Counselors ...................................... Page 17
- Rapid City Vet Center ....................................... Page 17
- ROADS Outpatient Treatment Program ................ Page 18
- Scovel Psychological and Counseling Services, LTD Page 18
- Spirals Counseling, LCC .................................... Page 18
- Thomas L. Collins, LCSW ................................... Page 19
- Thorn Counseling ............................................ Page 19
- Torno Mediation and Mental Health Services .......... Page 20
- Wellfully Residential Addiction Recovery Center .... Page 20
- Wellfully Residential Behavioral Health/Group Care Program Page 20
- Youth & Family Services Counseling Center .......... Page 21
- Youth & Family Services Youth Trauma Center ....... Page 21

### SPEARFISH
- Behavior Management Systems, Inc ..................... Page 3
- Black Hills Psychology ...................................... Page 5
- Catholic Social Services .................................... Page 6
- Compass Point, The ....................................... Page 8
- Enso Mental Health, LLC ................................... Page 9
- Funk Counseling ............................................ Page 9
- Life Counseling and Coaching, The ..................... Page 13
- Lutheran Social Services - Canyon Hills Center .... Page 14
- Stronghold Counseling Services ......................... Page 19

### STURGIS
- Action for the Betterment of Our Community ........ Page 1
- Black Hills Counseling Services ........................ Page 4
- Compass Point, The ....................................... Page 7
- Lutheran Social Services .................................. Page 14

### VALE
- New Dawn Center .......................................... Page 15
## Service Category Index

### ABUSE ISSUES (for children and/or adult victims and survivors)

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abourezk Counseling</td>
<td>1</td>
</tr>
<tr>
<td>Bach Counseling Services, LLC</td>
<td>2</td>
</tr>
<tr>
<td>Behavior Management Systems</td>
<td>2</td>
</tr>
<tr>
<td>Belle Fourche Counseling</td>
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</tr>
<tr>
<td>Black Hills Center for Healing and the Advancement of Psychotherapy</td>
<td>4</td>
</tr>
<tr>
<td>Black Hills Children’s Home</td>
<td>4</td>
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<td>4</td>
</tr>
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<td>5</td>
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<tr>
<td>Brain Injury Rehabilitation Center, The</td>
<td>5</td>
</tr>
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<td>6</td>
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<td>Catholic Social Services</td>
<td>6</td>
</tr>
<tr>
<td>Choices Counseling</td>
<td>7</td>
</tr>
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<td>Crossroads Counseling Services</td>
<td>8</td>
</tr>
<tr>
<td>Family Solutions Center</td>
<td>9</td>
</tr>
<tr>
<td>Funk Counseling</td>
<td>9</td>
</tr>
<tr>
<td>Gossamer Threads Counseling</td>
<td>10</td>
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<tr>
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<td>12</td>
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<td>Jetson Counseling</td>
<td>12</td>
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</tr>
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<td>Lutheran Social Services</td>
<td>13</td>
</tr>
<tr>
<td>Monument Behavioral Health Center</td>
<td>15</td>
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<td>Rapid City Vet Center</td>
<td>17</td>
</tr>
<tr>
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<td>18</td>
</tr>
<tr>
<td>Sharon K. Hansen</td>
<td>18</td>
</tr>
<tr>
<td>Spirals Counseling, LLC</td>
<td>18</td>
</tr>
<tr>
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<td>19</td>
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<td>Suzette Wasvick Counseling Services</td>
<td>19</td>
</tr>
<tr>
<td>Thorn Counseling</td>
<td>19</td>
</tr>
<tr>
<td>Torno Mediation and Mental Health Services</td>
<td>20</td>
</tr>
<tr>
<td>Wellfully</td>
<td>20</td>
</tr>
<tr>
<td>Youth &amp; Family Services</td>
<td>21</td>
</tr>
</tbody>
</table>

### ADDICTION SERVICES / SUBSTANCE ABUSE SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction Recovery Centers of the Black Hills</td>
<td>1</td>
</tr>
<tr>
<td>Behavior Management Systems</td>
<td>2</td>
</tr>
<tr>
<td>Brain Injury Rehabilitation Center, The</td>
<td>5</td>
</tr>
<tr>
<td>Catholic Social Services</td>
<td>6</td>
</tr>
<tr>
<td>Compass Point, The</td>
<td>7</td>
</tr>
<tr>
<td>Crisis Care Center</td>
<td>8</td>
</tr>
<tr>
<td>Harbor House Counseling</td>
<td>10</td>
</tr>
<tr>
<td>Isaacs Behavioral Health, LLC</td>
<td>12</td>
</tr>
<tr>
<td>Lifeways, Inc</td>
<td>13</td>
</tr>
<tr>
<td>Monument Behavioral Health Center</td>
<td>15</td>
</tr>
<tr>
<td>Oglala Sioux Tribe Native Healing Program</td>
<td>16</td>
</tr>
<tr>
<td>Oyate Health Center—Behavioral Health</td>
<td>16</td>
</tr>
<tr>
<td>Pennington County Sherriff’s Office—Addiction Treatment Services</td>
<td>16</td>
</tr>
<tr>
<td>Project Recovery</td>
<td>17</td>
</tr>
<tr>
<td>ROADS Outpatient Treatment Program</td>
<td>18</td>
</tr>
<tr>
<td>Stronghold Counseling Services</td>
<td>19</td>
</tr>
<tr>
<td>VA Black Hills Health Care System</td>
<td>20</td>
</tr>
<tr>
<td>Wellfully</td>
<td>20</td>
</tr>
<tr>
<td>Youth &amp; Family Services</td>
<td>21</td>
</tr>
</tbody>
</table>
## Service Category Index

### CHILDREN / ADOLESCENT THERAPY
- Addiction Recovery Centers of the Black Hills ........................................ Page 1
- Adult and Child Psychological Services ................................................ Page 2
- Awareness Counseling, LLC ................................................................. Page 2
- Behavior Management Systems ............................................................ Page 2
- Black Hills Children’s Home ............................................................... Page 4
- Black Hills Counseling Services ......................................................... Page 4
- Black Hills Psychology ......................................................................... Page 4
- Bosworth Therapy & Consultation Services, Inc ..................................... Page 5
- Bridgewater Behavioral Health, LLC ................................................... Page 6
- Catholic Social Services .................................................................... Page 6
- Choices Counseling ............................................................................ Page 7
- Christian Counseling & Ministries of the Black Hills ......................... Page 7
- Crossroads Counseling Services ....................................................... Page 8
- Dakota Hills Counseling, Inc ............................................................. Page 8
- Family Solutions Center .................................................................... Page 9
- Funk Counseling ................................................................................ Page 9
- Gammeter & Associates LLC .............................................................. Page 9
- Gossamer Threads Counseling ............................................................ Page 10
- Heartspace Counseling, LLC ............................................................. Page 11
- Kelly Marker ...................................................................................... Page 12
- LifeScape—Therapy ........................................................................... Page 13
- LifeStages Counseling, LLC ............................................................... Page 13
- Lifeways, Inc ....................................................................................... Page 13
- Lutheran Social Services .................................................................... Page 13
- Monument Behavioral Health Center ................................................ Page 15
- Psychological Associates of the Black Hills, LLC ................................. Page 17
- Rapid City Counselors ....................................................................... Page 17
- Red Horse Healing ............................................................................. Page 18
- Sharon K. Hansen ............................................................................... Page 18
- Spirals Counseling, LLC ..................................................................... Page 18
- Stronghold Counseling Services ....................................................... Page 19
- Suzette Wasvick Counseling Services ................................................ Page 19
- Thomas L. Collins, LCSW ................................................................. Page 19
- Torno Mediation and Mental Health Services ...................................... Page 20
- Wellfully .......................................................................................... Page 21
- Youth & Family Services .................................................................... Page 21

### FAITH BASED THERAPY
- Christian Counseling & Ministries of the Black Hills ......................... Page 7
- Crossroads Counseling Services ....................................................... Page 8
- Enso Mental Health, LLC .................................................................. Page 9
- Greg Swenson, PhD ........................................................................... Page 10
- Practical Christian Counseling, Inc .................................................... Page 16
- Stronghold Counseling Services ....................................................... Page 19

### OLDER ADULT ISSUES
- Awareness Counseling, LLC ............................................................. Page 2
- Behavior Management Systems .......................................................... Page 2
- Black Hills Psychology ....................................................................... Page 2
- Haven Counseling LLC ................................................................. Page 5
- Heartspace Counseling, LLC ............................................................. Page 10
- Katy Bendewald, MSW ....................................................................... Page 12
- Monument Behavioral Health Center ................................................ Page 15
- Practical Christian Counseling, Inc .................................................... Page 16
### OTHER/GENERAL

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abourezk Counseling</td>
<td>1</td>
</tr>
<tr>
<td>Action for the Betterment of the Community</td>
<td>1</td>
</tr>
<tr>
<td>Barse Counseling, LLC</td>
<td>2</td>
</tr>
<tr>
<td>Enso Mental Health, LLC</td>
<td>9</td>
</tr>
<tr>
<td>Gammeter &amp; Associates LLC</td>
<td>9</td>
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<tr>
<td>Gaylen Bendewald</td>
<td>9</td>
</tr>
<tr>
<td>Grief Recovery Method, Coaching, and Training</td>
<td>10</td>
</tr>
<tr>
<td>Helpline Center—211 Resources</td>
<td>11</td>
</tr>
<tr>
<td>Heynen Health &amp; Wellness Services</td>
<td>11</td>
</tr>
<tr>
<td>HOPE Counseling</td>
<td>11</td>
</tr>
<tr>
<td>Life Counseling and Coaching, The</td>
<td>13</td>
</tr>
<tr>
<td>New Dawn Center</td>
<td>15</td>
</tr>
<tr>
<td>New Trails Ministry</td>
<td>15</td>
</tr>
<tr>
<td>Rapid City Counselors</td>
<td>17</td>
</tr>
<tr>
<td>Thorn Counseling</td>
<td>19</td>
</tr>
</tbody>
</table>

### PSYCHIATRY AND MEDICATION MANAGEMENT

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavior Management Systems</td>
<td>2</td>
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<tr>
<td>Black Hills Psychiatry Associates</td>
<td>5</td>
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<td>Black Hills Psychology</td>
<td>5</td>
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<tr>
<td>Dakota Psychiatry Clinic</td>
<td>8</td>
</tr>
<tr>
<td>Manlove Brain + Body Health</td>
<td>14</td>
</tr>
<tr>
<td>Monument Behavioral Health Center</td>
<td>15</td>
</tr>
<tr>
<td>Oyate Health Center—Behavioral Health</td>
<td>16</td>
</tr>
<tr>
<td>VA Black Hills Health Care System</td>
<td>20</td>
</tr>
</tbody>
</table>

### PSYCHOLOGICAL TESTING

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
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<td>2</td>
</tr>
<tr>
<td>Behavior Management Systems - Mainstream Office</td>
<td>3</td>
</tr>
<tr>
<td>Black Hills Children's Home</td>
<td>4</td>
</tr>
<tr>
<td>Black Hills Psychology</td>
<td>5</td>
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<tr>
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<td>7</td>
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<td>Greg Swenson, PhD</td>
<td>10</td>
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<tr>
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<td>15</td>
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<tr>
<td>Psychological Associates of the Black Hills, LLC</td>
<td>17</td>
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<td>Scovel Psychological and Counseling Services, LTD</td>
<td>18</td>
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</table>

### SUICIDE SURVIVOR SUPPORT SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
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<tbody>
<tr>
<td>Black Hills Survivors of Suicide</td>
<td>22</td>
</tr>
<tr>
<td>Front Porch Coalition</td>
<td>22</td>
</tr>
<tr>
<td>Helpline Center - Suicide and Crisis Support</td>
<td>11, 22</td>
</tr>
<tr>
<td>Practitioner Name</td>
<td>Page</td>
</tr>
<tr>
<td>-------------------</td>
<td>------</td>
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<td>15</td>
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<td>6</td>
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<td>2</td>
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<td>Barse, Lynnette</td>
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<td>Bendewald, Gaylen</td>
<td>9, 10</td>
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<td>Bendewald, Katy</td>
<td>12</td>
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<td>4,14</td>
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<td>13</td>
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<td>13</td>
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<td>21</td>
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<td>Burnham, Patricia</td>
<td>10</td>
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<tr>
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<td>8</td>
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<td>15</td>
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<td>16</td>
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<td>13</td>
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<td>18</td>
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<td>16</td>
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<td>8</td>
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<td>Danielson, Stacy</td>
<td>15</td>
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<tr>
<td>Practitioner Name Index</td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
<td></td>
</tr>
<tr>
<td>Howard, Shannon ..........</td>
<td>Page 3</td>
</tr>
<tr>
<td>Howard, Susan ............</td>
<td>Page 15</td>
</tr>
<tr>
<td>Hubner, Jessica ..........</td>
<td>Page 10</td>
</tr>
<tr>
<td>Hunt, Tracy ..............</td>
<td>Page 13</td>
</tr>
<tr>
<td>Hurtig, Christie ..........</td>
<td>Page 16</td>
</tr>
<tr>
<td>Huxford, Michael ..........</td>
<td>Page 6</td>
</tr>
<tr>
<td>Isaacs, Nicholas ..........</td>
<td>Page 12</td>
</tr>
<tr>
<td>Jackson, Sheryl ..........</td>
<td>Page 15</td>
</tr>
<tr>
<td>Janvrin, Aimee ...........</td>
<td>Page 3</td>
</tr>
<tr>
<td>Jetson, David ............</td>
<td>Page 12</td>
</tr>
<tr>
<td>Jones, Christine ..........</td>
<td>Page 1</td>
</tr>
<tr>
<td>Kautzman, Lisa ...........</td>
<td>Page 3, 9</td>
</tr>
<tr>
<td>Keizer, Elizabeth .......</td>
<td>Page 4</td>
</tr>
<tr>
<td>Kelsey, Peg ..............</td>
<td>Page 17</td>
</tr>
<tr>
<td>Kennedy, Judith ..........</td>
<td>Page 2</td>
</tr>
<tr>
<td>Keyser, Stacy ...........</td>
<td>Page 17</td>
</tr>
<tr>
<td>Kinard, Kayla ............</td>
<td>Page 14</td>
</tr>
<tr>
<td>Kinyon, James ............</td>
<td>Page 6, 7</td>
</tr>
<tr>
<td>Kittams, Janet ...........</td>
<td>Page 11, 22</td>
</tr>
<tr>
<td>Knuppe, Triscell ..........</td>
<td>Page 12</td>
</tr>
<tr>
<td>Kohler, Mike .............</td>
<td>Page 18</td>
</tr>
<tr>
<td>Kozel, Jennifer ..........</td>
<td>Page 17</td>
</tr>
<tr>
<td>Kramlich, Roberta (Bobbi)</td>
<td>Page 5</td>
</tr>
<tr>
<td>Kurniawan, Mary ..........</td>
<td>Page 15</td>
</tr>
<tr>
<td>Kuske, Janet .............</td>
<td>Page 13</td>
</tr>
<tr>
<td>Larsen, Cathy ............</td>
<td>Page 21</td>
</tr>
<tr>
<td>Laskowski, Megan ..........</td>
<td>Page 14</td>
</tr>
<tr>
<td>Leresw, Cherise ...........</td>
<td>Page 5</td>
</tr>
<tr>
<td>Lindgren, Charlie ..........</td>
<td>Page 7</td>
</tr>
<tr>
<td>Long Fox, Paula ..........</td>
<td>Page 13</td>
</tr>
<tr>
<td>Lore, Tonya ..............</td>
<td>Page 16</td>
</tr>
<tr>
<td>Lorenzen, Susan Kay ......</td>
<td>Page 11</td>
</tr>
<tr>
<td>Lux, Sarah ...............</td>
<td>Page 14</td>
</tr>
<tr>
<td>Maher, Sara ..............</td>
<td>Page 16</td>
</tr>
<tr>
<td>Manlove, Stephen ..........</td>
<td>Page 14, 15</td>
</tr>
<tr>
<td>Marker, Kelly ............</td>
<td>Page 12</td>
</tr>
<tr>
<td>Maxwell, Shannon ..........</td>
<td>Page 5, 18</td>
</tr>
<tr>
<td>McGlade, Amy .............</td>
<td>Page 16</td>
</tr>
<tr>
<td>McLaughlin, Tommie ......</td>
<td>Page 1</td>
</tr>
<tr>
<td>McNemar, Kim ............</td>
<td>Page 3</td>
</tr>
<tr>
<td>Samson, Barbara ..........</td>
<td>Page 18</td>
</tr>
<tr>
<td>Santos, Kat de los ......</td>
<td>Page 21</td>
</tr>
</tbody>
</table>
# Practitioner Name Index

<table>
<thead>
<tr>
<th>Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sazama, Kathy</td>
<td>9</td>
</tr>
<tr>
<td>Scherr, Ron</td>
<td>1</td>
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<tr>
<td>Schieffer, Rhonda</td>
<td>5</td>
</tr>
<tr>
<td>Schirber, Laura</td>
<td>15</td>
</tr>
<tr>
<td>Schriver, Roger</td>
<td>18</td>
</tr>
<tr>
<td>Schwab, Hillary</td>
<td>8</td>
</tr>
<tr>
<td>Schwartz, Bryson</td>
<td>16</td>
</tr>
<tr>
<td>Scovel, Kari</td>
<td>18</td>
</tr>
<tr>
<td>Seidel, Jacob</td>
<td>5</td>
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<tr>
<td>Shepherd, Rachel</td>
<td>14</td>
</tr>
<tr>
<td>Short, Carolyn</td>
<td>19</td>
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<tr>
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<td>1</td>
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<tr>
<td>Sorzano, Bonnie</td>
<td>8</td>
</tr>
<tr>
<td>Spellacy-Leir, Eileen</td>
<td>8</td>
</tr>
<tr>
<td>Spielman, Lisa</td>
<td>6, 7</td>
</tr>
<tr>
<td>Sprague, Marcie</td>
<td>16</td>
</tr>
<tr>
<td>Sprynczynatyk, Nancy</td>
<td>21</td>
</tr>
<tr>
<td>Sternhagen, Scott</td>
<td>18</td>
</tr>
<tr>
<td>Stucke, Rebecca</td>
<td>13</td>
</tr>
<tr>
<td>Suess-Carlin, JoSee</td>
<td>3</td>
</tr>
<tr>
<td>Swanson, Janna</td>
<td>14</td>
</tr>
<tr>
<td>Sweitzer, Peter</td>
<td>18</td>
</tr>
<tr>
<td>Swenson, Greg</td>
<td>10</td>
</tr>
<tr>
<td>Teeslink, Michelle</td>
<td>16</td>
</tr>
<tr>
<td>Terry, Thomas G</td>
<td>5</td>
</tr>
<tr>
<td>Terry, Tom</td>
<td>5</td>
</tr>
<tr>
<td>Terveen, Susan</td>
<td>19</td>
</tr>
<tr>
<td>Thorn, Liz</td>
<td>20</td>
</tr>
<tr>
<td>Tibbs, Alicia</td>
<td>14</td>
</tr>
<tr>
<td>Torno, Melanie</td>
<td>20</td>
</tr>
<tr>
<td>Traub, Eric</td>
<td>6</td>
</tr>
<tr>
<td>Trautman, Jason</td>
<td>18</td>
</tr>
<tr>
<td>Trucano, Terry</td>
<td>5</td>
</tr>
<tr>
<td>Ulmer, Tamara</td>
<td>18</td>
</tr>
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<td>Van Gerpen, Shawn</td>
<td>14</td>
</tr>
<tr>
<td>Van Norman, Rita</td>
<td>5</td>
</tr>
<tr>
<td>VanBockel, Fran</td>
<td>6, 7</td>
</tr>
<tr>
<td>Veldhuizen, Rodney</td>
<td>15</td>
</tr>
<tr>
<td>Vollmer, Brittney</td>
<td>16</td>
</tr>
<tr>
<td>Wahl, Jeff</td>
<td>3</td>
</tr>
<tr>
<td>Walton, Rachel</td>
<td>4</td>
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<tr>
<td>Wasvick, Suzette</td>
<td>19</td>
</tr>
<tr>
<td>Wellensiek, Kate</td>
<td>16</td>
</tr>
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<td>4</td>
</tr>
<tr>
<td>Wheeler, Susan</td>
<td>14</td>
</tr>
<tr>
<td>Whelchel, Amanda</td>
<td>16</td>
</tr>
<tr>
<td>Wilder, Evelyn</td>
<td>6, 7</td>
</tr>
<tr>
<td>Wiley, Scott</td>
<td>17</td>
</tr>
<tr>
<td>Wilhelm, Charisa</td>
<td>16</td>
</tr>
<tr>
<td>Wilkinson Smith, Paula</td>
<td>13</td>
</tr>
<tr>
<td>Williams, Bridget</td>
<td>18, 21</td>
</tr>
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<td>Williamson, Michelle</td>
<td>14</td>
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<td>14</td>
</tr>
<tr>
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<td>16</td>
</tr>
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<td>16</td>
</tr>
</tbody>
</table>
Abourezk Counseling
2020 W. Omaha Street, Rapid City, SD 57702
Phone: (605) 863-2881
Fax: (605) 342-5170
Hours: 10:00am - 6:00pm, Monday - Friday
Fees: Accepts most insurances, including Medicaid
Services Offered: Individual and family therapy for ages 10 and up. Topics discussed include: addictions, anxiety, depression, trauma, PTSD (Post Traumatic Stress Disorder), chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues.
Behavioral Health Professional: Lena Abourezk, MS, LPC-MH, QMHP, NCC

Action for the Betterment of the Community
1807 Williams Street, Sturgis, SD 57785
Phone: (605) 347-2991
Fax: (605) 269-4733
Hours: 8:00am - 7:00pm, Monday 8:00am - 6:00pm / Tuesday - Friday / Meeting time: 11:30am - 1:00pm, 2nd Thursday of each month
Fees: Sliding scale
Services Offered: Group of citizens from the greater Sturgis area who have united to: plan events (drug and alcohol free) and identify strengths to promote community cohesion, healthy lifestyles, and positive experiences for people of all ages. Monthly meeting location: SDSU Extension, 1029 5th Street, Sturgis, SD 57785 Classes / Services offered include: Tobacco Class; Individuals Counseling; Assessments; Outpatient Counseling; Intensive Outpatient Counseling; Positive Action; LifeSkills; Safe Dates; Prime for Life; Prime Solutions; TruThought/Corrective Thinking
Behavioral Health Professionals: Licensed Addiction Counselors, Certified Addiction Counselors

Addiction Recovery Centers of the Black Hills - Rapid City
1520 Haines Avenue, Suite 6, Rapid City, SD 57701
Phone: (605) 716-7841
Fax: (605) 519-1987
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 2:00pm, Friday / On-call staff available: 24 hours a day / 7 days a week
Fees: State funding and sliding fee scale available
Services Offered: Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include needs assessments (regarding mental health, substance abuse, and gambling); Intensive Outpatient Treatment; After Care; MRT (Moral Reconation Therapy); CBISA (Cognitive Behavioral Intervention Substance Abuse); individual and group counseling; and 12-hour DUI classes. Along with individual and group counseling, provides MAT (Medication Assisted Treatment) using FDA approved medication to reduce cravings.
Behavioral Health Professionals:
- Darrin Alfson, ACT
- Doug Austin, LAC
- Mac Baker, ACT
- Jade Doering, ACT
- Aspin Eno, ACT
- Christie Green, ACT
- Tommie McLaughlin, ACT
- Paula Nason, CAC
- Ron Scherr, LAC
- Bernice Sorensen, ACT
- Julie Birner, MSW, MA, CSW, LAC, QMHP

Addiction Recovery Centers of the Black Hills - Custer
14 Mount Rushmore Road, Suite C, Custer, SD 57730
Phone: (605) 673-2844
Office hours: 12:30pm - 8:30pm, Tuesday – Thursday / On-call staff available: 24 Hour a day / 7 days a week
Fees: State funding and sliding fee scale available
Services Offered: Provides adults and adolescents with behavioral health services focusing on addiction and co-occurring disorders. Services include walk-in needs assessments (regarding mental health, substance abuse, and gambling), intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes.

Addiction Recovery Centers of the Black Hills - Hot Springs
646 Jennings Avenue, Suite 2, Hot Springs, SD 57747
Phone: (605) 745-6300
Hours: 8:00am - 5:00pm, Monday – Friday / On-call staff available: 24 hours a day / 7 days a week
Fees: State funding and sliding fee scale available
Addiction Recovery Centers of the Black Hills - Hot Springs – Cont’d

Services Offered: Provides adults and adolescents with behavioral health services focusing on addiction and co-occurring disorders. Services include walk-in needs assessments (regarding mental health, substance abuse, and gambling), intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes.

**Adult and Child Psychological Services**
420 Quincy Street, Rapid City, SD 57701
Phone: (605) 209-5540  
Website: childrenpsychology.com

**Behavioral Health Professionals:** Judith Kennedy, LMFT-QMHP, School Psychologist

**Awareness Counseling, LLC (Retired as of April 2020)**
809 South Street, Suite 201, Rapid City, SD 57701
Phone: (605) 391-3482  
Website: www.awarenesscounseling.net

**Behavioral Health Professional:** Pam Barickman, RN, LPC-MH

**Bach Counseling Services, LLC**
2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702-3452
Phone: (605) 431-4106  
Website: www.bachcounseling.com

**Behavioral Health Professional:** Mahala Bach, LPC-MH QMHP

**Barse Counseling, LLC**
811 E. St. Andrew Street, Suite 6, Rapid City, SD 57701
Phone: (605) 388-2258  
Website: https://barsecounseling.com/

**Behavioral Health Professional:** Lynnette Barse, MS, LPC, QMHP

**Behavior Management Systems Rapid City – Main Office**
350 Elk Street, Rapid City, SD 57701
Phone: (605) 343-7262  
Website: www.BMSCares.org

**Behavioral Health Professional:** Lynnette Barse, MS, LPC, QMHP

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2020 Black Hills Behavioral Health Guide

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**www.helplinecenter.org/BHBHG**
Help At Your Fingertips...

Behavior Management Systems Rapid City – Main Office – Cont’d

Fees: Accepts most insurance, Medicare, Medicaid, and Title 19. Other funding may be available depending on eligibility.

Services Offered:

- Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women’s issues.
- Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school.
- Full Circle is 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).
- Psychiatric Services - assessments and medication management.

Behavioral Health Professionals:

<table>
<thead>
<tr>
<th>Aimee Janvrin, LPC, QMHP</th>
<th>Carmen Heaphy, LPC, QMHP</th>
<th>Matt Gordon, LPC, QMHP</th>
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<tr>
<td>Jim Ruhe, CSW-PIP, QMHP</td>
<td>Randy Allen, CSW-PIP, QMHP</td>
<td>Jeff Wahl, LPC, QMHP</td>
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<td>Kim McNemar, LPC-MH, QMHP</td>
<td>Teri Corrigan, CSW-PIP, QMHP</td>
<td>Amber Roduner, LPC</td>
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<td>Lisa Kautzman, RN, CNP, QMHP</td>
<td>Nancy Middleton, CSW, QMHP</td>
<td>Peggy O’Connor, RN</td>
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<td>Shannon Howard, LPC, QMHP</td>
<td>Janet Opoien Twedt, LPC-MH, QMHP</td>
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<td>JoSee Suess-Carlin, LPC, LAC, QMHP</td>
<td>Sarah Hewitt, MS, LPC, QMHP</td>
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Behavior Management Systems Rapid City – Mainstream Office
111 North Street, Rapid City, SD 57701
Phone: (605) 343-0650
Fax: (605) 342-3692
Hours: 8:00am - 4:00pm, Monday - Friday
Fees: Sliding fee scale available, accepts most insurance, Medicaid, and Medicare.

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; Psychiatric Services - assessments and medication management; Transitional – residential program for people who have been released from a mental health institution or low intensity correctional institution.

Behavior Management Systems – Hot Springs Office
3 Canyon View Circle, Hot Springs, SD 57747
Phone: (605) 745-6222
Fax: (605) 745-4930
Hours: 8:00am - 5:00pm, Monday – Thursday / 8:00am - 4:00pm, Friday / Evenings by appointment
Fees: Accepts most insurance, Medicare, and Medicaid. Other funding may be available depending on eligibility.

Services Offered: Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women’s issues. Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school. Psychiatric Services include assessments and medication management. CARE - Continuous Assistance, Rehabilitation, and Education services for adults with severe mental illness.

Behavior Management Systems – Spearfish Office
623 Dahl Road, Spearfish, SD 57783
Phone: (605) 642-2777
Fax: (605) 642-9356
Hours: 8:00am - 5:00pm, Monday – Thursday / 8:00am - 4:00pm, Friday / Evenings by appointment / Phone answered: 24 hours a day / 7 days a week

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support

www.helplinecenter.org/BHBHG
Behavior Management Systems – Spearfish Office – Cont’d

**Fees:** Sliding fee scale available, accepts most insurance, Medicare, and Medicaid.

**Services Offered:** Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women’s issues. Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school. Psychiatric Services include assessments and medication management. CARE - Continuous Assistance, Rehabilitation, and Education services for adults with severe mental illness.

**Belle Fourche Counseling, LLC**
515 National Street, Suite 103, Belle Fourche, SD 57717
**Phone:** (605) 722-8090
**Hours:** 8:00am - 5:00pm, Monday - Friday / Available evenings and weekends by appointment.

**Fees:** Sliding fee scale ($65.00 - $125.00); Accepts most private insurance

**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 an IPAD format or a secure video connection for those without Apple products.

**Behavioral Health Professionals:**
  - Allison Bensen, MS, LPC-MH
  - Kayla Grams, LPC-MH
  - Karen Griffith, LPC

**Black Hills Center for Healing and the Advancement of Psychotherapy**
2525 W. Main Street, Suite 303A6, Rapid City, SD 57702
**Additional location:** 11 N. 5th Street, Custer, SD 57730
**Phone:** (605) 440-2287
**Fax:** (605) 791-2086
**Website:** [https://www.bhchap.com/](https://www.bhchap.com/)
**Hours:** By appointment

**Fees:** In network with most regional plans; out of pocket costs depend on copay/deductible.

**Services Offered:** Individual therapy for adults and couples, specializing in dissociative functioning and complex trauma. Integrative Trauma treatment approaches, featuring Eye Movement Desensitization and Reprocessing (EMDR), somatic psychotherapies, along with a Mindfulness and Self Compassion practice focus, for core healing. Specialty programs and retreats available. Telehealth services/counseling available. Initial assessment required. Not all insurances reimburse for telehealth, so out of pocket payment may be required.

**Behavioral Health Professional:** Elizabeth Ostolozaga, CSW-PIP, QMHP

**Black Hills Children’s Home**
24100 S. Rockerville Road, Rapid City, SD 57702
**Phone:** (605) 343-5422
**Fax:** (605) 343-1411
**Website:** [www.chssd.org](http://www.chssd.org)
**Hours:** 24 hours a day / 7 days a week
**Fees:** Call for information

**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 30 days. The average length of stay for residential treatment is 12-14 months. The Special Education Day School Program specializes in the education and treatment of children with emotional and behavioral disorders. Initial assessment includes psychiatric evaluation, psychological evaluation, educational testing, family/social assessment, abuse assessment, therapeutic activities assessment, and speech/language screening.

**Behavioral Health Professionals:**
  - Sue Andrews, MA, LSW
  - Elizabeth Keizer, MSW, CSW
  - Rachel Walton, MSW, CSW
  - Kelli Whartman, BSW, LSW

**Black Hills Counseling Services**
1238 Main Street, Suite 4, Sturgis, SD 57785
**Phone:** (605) 720-8090
**E-mail:** bhcounseling1@vastbb.net
Help Black Hills Counseling Services – Cont’d
Hours: 9:00am - 5:00pm, Monday - Friday; by appointment only
Fees: Sliding fee scale; accepts most insurance and Medicaid
Services Offered: Individual, couples, and family counseling (ages 10 and up). Specializing in family and/or co-parenting mediation, development of co-parenting plans, critical incident stress management, and training on various mental health issues including abuse, stress management, and workplace issues.
Behavioral Health Professional: Jeff DeKraai, MS, LPC-MH, QMHP

Black Hills Psychiatry Associates
528 Quincy Street, Rapid City, SD 57701
Phone: (605) 348-5401
Fax: (605) 348-7319
Hours: 8:00am - 5:00pm, Monday - Thursday
Fees: $100.00 psychotherapy (45 min), $275.00 psychiatric evaluation, $90.00 medication checks (15 min)
Services Offered: Psychiatric services including medication evaluation and management. Individual, family, and marital counseling.
Behavioral Health Professionals:
- Roberta "Bobbi" Kramlich, MA, LP
- Tom Terry, MA, LPC, LMFT
- R. P. Renka, MD
- Thomas G. Terry, MA, LMFT, LPC

Black Hills Psychology
115 N. 7th Street, Suite 6, Spearfish, SD 57783
Website: www.blackhillspsychology.com

Brain Injury Rehabilitation Center, The
803 Soo San Drive, Rapid City, SD 57702
Website: http://blackhillsworks.org/who-we-are/our-affiliates/brain-injury-rehabilitation-center/

Help At Your Fingertips...
Dial 2•1•1
Helpline Suicide & Crisis Support
1-800-273-TALK(8255)
www.helplinecenter.org/BHBHG
Brain Injury Rehabilitation Center, The – Cont’d
focusing on the specific needs of people with traumatic brain injury and any co-occurring issues such as substance abuse, physical abuse, depression, anxiety, and grief and loss.

Behavioral Health Professionals:
Dr. Justine Ashokar, PhD  
Michael Huxford, PsyD

Bridgewater Behavioral Health, LLC
902 Columbus Street, Rapid City, SD 57701
Phone: (605) 791-1514  
Website: www.bridgewaterbehavioralhealth.com
Fax: (844) 831-2349
Hours: 8:00am - 5:00pm, 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 Adlerian therapeutic techniques.

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

Catholic Social Services Counseling Services – Rapid City
529 Kansas City Street, Suite 100, Rapid City, SD 57701
Phone: (605) 348-6086  
Website: www.cssrapidcity.com
Fax: (605) 348-1050
E-mail: css@cssrapidcity.com
Hours: 8:00am - 7:00pm, Monday / 8:00am - 5:00pm, Tuesday – Friday / Evenings available by appointment

Services Offered: Counseling Services - Individual, marital, and family counseling with a focus on addiction recovery (treatment needs assessments, individual counseling, relapse prevention), abuse, healthy relationships, unplanned pregnancy, adoption, and birth parents. Offers Telehealth counseling services - for rural South Dakotans to have access to a counselor via smart phone, tablet or computer. Call to schedule a session via confidential/secure HIPPA 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. Variety of educational workshops available and other programs that include: Lakota Circles of Hope, disaster relief, Prosperity Initiative, and Uplifting Parent.

Behavioral Health Professionals:
Darlene Nichols-Ecoffey, MS, NCC  
Fran VanBockel, RN, MS, LPC-MH  
Lisa Spielman, LSW  
Evelyn Wilder, MS, LPC, LAC  
James T. Kinyon, MS, LPC-MH, QMHP, LMFT  
Tracy Palecek, MS, NCC

Catholic Social Services Counseling Services – Spearfish
844 N. 5th Street, Spearfish, SD 57783 (St. Joseph’s Catholic Church)
Phone: (605) 348-6086  
Website: www.cssrapidcity.com
Fax: (605) 348-1050
E-mail: css@cssrapidcity.com
Hours: Vary / call to make an appointment

Services Offered: Counseling Services provide individual, marital, and family counseling with a focus on addiction recovery (including evaluations), abuse, healthy relationships, unplanned pregnancy, adoption, and birth parents. Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide. Variety of educational workshops available. Adoption services offer domestic and international adoption services, including, but not limited to: support for individuals coping with the many emotions and decisions that come from choosing adoption; providing birth parents have the opportunity to interview and select the adoptive family; working under the provisions of "Baby Moses" law; and providing home studies and training for potential foster parents/homes. Pregnancy Counseling supports mothers as they experience the many emotions and decisions that come with facing an unplanned pregnancy and help find the options that will work the best. Assistance with medical costs associated with pregnancy may be available. Some infant items are also available (layettes, infant clothing, etc.). Caring and licensed social workers are available to travel and meet mothers involved in a crisis situation. Crisis pregnancy meeting sites will be kept confidential and be convenient for the mother. SMILE Education program for separating and divorcing parents with children under the age of 18, designed to inform parents how to better understand the effects of divorce; assist parents to
Catholic Social Services Counseling Services – Spearfish – Cont’d
understand the needs of their children; help parents learn what they can do to create a nurturing and safe envi-
ronment so their children can recover and feel good about themselves; inform parents how to prevent destruc-
tive game playing that is common among divorce; help parents gain problem solving skills; and let parents know
they are not alone.

Behavioral Health Professionals:
James T. Kinyon, MS, LPC-MH, QMHP, LMFT
Evelyn Wilder, MS, LPC-MH, QMHP, NCC, LAC
Tracy Palecek, MS, NCC
Lisa Spielman, LSW

Choices Counseling
809 S. Street, Rapid City, SD 57701
Phone: (605) 209-3688
Hours: 10:00am - 5:00pm, Tuesday - Thursday
Fees: $165.00 per hour; accepts most insurance

Services Offered: Adolescent and adult counseling for crisis, trauma, depression, anxiety, marital issues, adop-
tion, stress management, and grief and loss.

Behavioral Health Professional: Charlie Lindgren, MEd, LPC

Christian Counseling & Ministries of the Black Hills
624 6th Street, Suite 207, Rapid City, SD 57701
Phone: (605) 342-9333
Fax: (605) 342-9333
Website: www.ccmbh.com
Hours: By appointment
Fees: Sliding fee scale ($20.00 - $150.00)

Services Offered: Individual, couples, and family counseling for all ages regarding issues of depression, anxie-
ty, 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.

Behavioral Health Professionals:
Dadra Avery, MS, LPC
Sandi Ohlen, MS, LPC
June Reilly, MS, LPC-MH

Chrysalis Association, LLC
403 National Street, Suite 1, Rapid City, SD 57702
Phone: (605) 341-8647
Fax: (605) 341-0489
Website: www.chrysalisassociation.com
Hours: 8:00am - 5:00pm, Monday - Saturday
Fees: $120.00 - $170.00 per session

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 Therapy (CBT) and reprocessing therapy. Specialized services for sex offend-
ers and non-adjudicated individuals with psychosexual issues.

Behavioral Health Professionals:
Dewey J. Ertz, EdD
Lesley Dzintars, LPC-MH, QMHP
Linda Holcomb, MSW, CSW-PIP
Dr. William Moss, PsyD
Michelle Veneklasen, MS, NCC, LAC, QMWP, LPC-MH

Compass Point, The – Sturgis
1807 Williams Street, Sturgis, SD 57785
Phone: (605) 347-3003
Fax: (605) 347-4944
Website: www.TheCompassPoint.org
Hours: Outpatient Services: 8:00am - 5:00pm, Monday - Friday / Group: 5:00pm - 7:00pm, Monday – Thursday / Inpatient Services: 24 hours a day / 7 days a week
Fees: Sliding fee scale

Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for sub-
stance abuse and co-occurring disorders. Programs include Moral Reconciliation Therapy class, 28-day medically moni-
tored inpatient adult treatment, DUI Classes, Continuing Care and adolescent 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.
Compass Point, The – Sturgis – Cont’d
Behavioral Health Professionals:
Gloria Burtzlaff, MS, ACT  Fe Rorie, MA, ACT  Heather Ochocki, MA, LAC
Seth Courtney, BS, MS, BAT, ACT  Hillary Schwab, MS, LPC, QMHP, NCC, ACT

Compass Point, The – Spearfish
710 E. Colorado Boulevard, Suite A Spearfish, SD 57783
Phone: (605) 642-7093  Website: www.thecompasspoint.org
Fax: (605) 722-3931
Hours: 8:00am - 5:00pm, Monday – Thursday / 8:00am - 12:00noon, Friday
Fees: Sliding fee scale/Indigent funding for those who qualify
Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include Moral Reconation Therapy class, continued care, and adolescent diversion classes. Also offers CBISA (Cognitive Behavioral Interventions for Substance Abuse) and MRT treatment.
Behavioral Health Professionals:
Jeanie Montgomery, LAC, LPN  Ashlee Pray, BS, ACT
Bonnie Sorzano, BS, ACT  Heather Dragoo, BS, ACT

Crisis Care Center
321 Kansas City Street, Rapid City, SD 57701
Phone: (605) 391-4863  Website: www.crisiscarecenter.org
Fax: (605) 791-0434
Hours: 24 hours a day / 7 days a week / 365 days a year, no appointment needed
Fees: Accepts most insurance including Medicaid and Medicare; income-based grants available.
Services Offered: 24/7 access to crisis stabilization for individuals 18+ experiencing a mental health and/or substance abuse crisis. Aftercare services include transitional counseling and case management.
Behavioral Health Professionals:
Heather Armstrong, LPC, QMHP  Randy Allen, CSW-PIP, QMHP  Russ Conti, CSW, QMHP

Crossroads Counseling Services
809 South Street, Suite 208, Rapid City, SD 57701
Phone: (605) 430-9521
E-mail: bdafler@rushmore.com
Hours: 11:00am - 6:30pm, Tuesday - Thursday
Fees: $115.00 per 45-minute session; some fee reduction for uninsured
Services Offered: Individual counseling for ages 8 through 62. Therapeutic approaches include client centered, existential, and cognitive-behavioral. Christian counseling is also offered. Therapy techniques include Eye Movement Desensitization and Reprocessing (EMDR), sand tray therapy, play therapy, art therapy, behavior modification, and short-term solution-focused therapy.
Behavioral Health Professional: Beverly D. Dafler, LPC-MH, EdS, NCC

Dakota Hills Counseling, Inc.
623 Quincy Street, Suite 102, Rapid City, SD 57701
Phone: (605) 390-1029  Website: www.dakotahillscounselinginc.com
Fax: (605) 716-9491  E-mail: eleir@rushmore.com
Hours: 9:00am - 5:00pm, Wednesday afternoon, Thursday, Friday until noon
Fees: $170.00; accepts most insurance including Medicare.
Services Offered: General counseling services for adults, families, and couples.
Behavioral Health Professional: Eileen Spellacy-Leir, CSW-PIP, ACSW

Dakota Psychiatry Clinic
419 Quincy Street, Rapid City, SD 57701
Phone: (605) 348-6365
Fax: (605) 348-9408
Hours: 12:00noon - 5:00pm, Monday / 12:00noon - 6:30pm, Tuesday / 11:00am - 5:00pm, Wednesday, Thursday / 8:00am - 3:00pm, Friday
Fees: Medication checks $175.00; other services $175.00 - $300.00
Services Offered: Psychiatric evaluations, medication management, individual, family, and couples counseling.
Helpline Suicide & Crisis Support

Dakota Psychiatry Clinic – Cont’d
Behavioral Health Professionals:
  Jean Hoem, MS, LPC-MH, QMHP
  Lisa Kautzman, RN, CNP, QMHP
  Jim Kienitz, MSW, CSW-PIP
  Charles J. Lord, MD

Enso Mental Health, LLC
211 Main Street, Suite 104, Spearfish, SD 57783
Phone: (605) 519-5850
Fax: (605) 699-8373
Hours: 9:00am - 5:00pm, Monday - Thursday, by appointment only
Fees: $180.00 for initial session (90 minutes); $150.00 for regular counseling session (60 minutes); Insurance accepted: Aetna; Avera Health Plans; BlueCross and BlueShield; Cigna; DAKOTACARE; Medicaid; Optum; Sanford Health Plan; Wellmark
Services Offered: Specializes in working with adults and teens on a variety of concerns including couple’s therapy, grief and loss, trauma, anxiety, depression, general wellness and health, and parenting. Provides individual therapy and marriage/couples therapy. Also, provides faith based counseling; bereavement counseling; Cognitive Behavioral Therapy (CBT); terminal illness counseling; LGBTQ Counseling; Gender Identity Counseling; hoarding counseling and domestic violence counseling.
Behavioral Health Professionals: JoAnna Prewitt, MS, LPC-MH, QMHP, NCC

Family Solutions Center
2650 Jackson Boulevard, Rapid City, SD 57702
Phone: (605) 359-9491
Website: http://www.familysolutionscenter.net
E-mail: fsckathy.sazama@yahoo.com
Hours: 8:00am - 6:00pm, Monday - Friday by appointment only
Fees: Initial interview $250.00. Individual Therapy $175.00. Marriage Counseling $125.00.
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, women’s issues, grief and loss, and business conflicts. Trained in systems therapy.
Behavioral Health Professional: Kathy Sazama, MS, LMFT, QMHP

Funk Counseling
526 Main Street, (Lower Level) Spearfish, SD 57783
Phone: (605) 722-0795
Website: www.funkcounseling.com
Fax: (605) 722-0795
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: $150.00 Initial Assessment; $125.00 per session
Services Offered: Provides individual counseling to children, adolescents and adults. Specialized training in Cognitive Behavioral Therapy (CBT), experiential, and directive play therapy. Also offers trauma based training for children.
Behavioral Health Professional: Rebecka Funk, MA, LPC-MH

Gammeter & Associates LLC
810 Mountain View Road, Rapid City, SD 57702
Phone: (605) 431-8876
Website: http://www.sdemdr.com
Fax: (605) 786-5941
E-mail: barbgammeter@msn.com
Hours: 10:00am - 6:00pm, Tuesday - Thursday
Fees: Medicaid, Tricare, Most Insurances, Sliding Scale
Services Offered: Specializing in helping heal the impact of trauma. Works with children and adults.
Behavioral Health Professionals:
  Dan Gammeter, BA, MS
  Barbara K. Gammeter, BA, MS, LPC-MH, TFCBT, EMDR, QMHP, NBCC

Gaylen Bendewald
1719 W. Main Street, Suite 305, Rapid City, SD 57702
Phone: (605) 360-6566
Website: www.gaylenbendewald.com
E-mail: gaylenbendewald@gmail.com
Hours: 8:00am - 6:00pm, Monday - Friday
Fees: $100.00 - $125.00 depending on income and insurance coverage
Gaylen Bendewald – Cont’d

**Services Offered:** Individual and couples counseling with a focus on issues of communication, conflict, sexual issues, anxiety, or depression.

**Behavioral Health Professional:** Gaylen Bendewald, MSW, CSW-PIP

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**Gossamer Threads Counseling**

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

**Phone:** (605) 209-5513  
**Website:** [https://gossamerthreadscounseling.com/](https://gossamerthreadscounseling.com/)

**Hours:** 9:00am - 5:00pm, Monday - Thursday  
**E-mail:** gossamerthreadscounseling@gmail.com

**Fees:** $109.00 Individual or Family Session (1 hour)  
$39.00 Group Session (1.5 hours)

**Services Offered:** Narrative therapy for adults, children and families: a relational therapy that seeks to collaboratively resolve problems and create solutions. Areas of special emphasis include: identity concerns, family dynamic questions, trouble in relationships, recovery from abuse or trauma, marginalization or discrimination, complications in grieving, problems in childhood or with growing up, difficulties with mood, stress, and spiritual problems.

**Behavioral Health Professional:** Jessica Hubner, MS, LPC

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**Greg Swenson, PhD**

929 Kansas City Street, Suite 201, Rapid City, SD 57701

**Phone:** (605) 341-5436  
**Website:** [http://gregswensonphd.net/](http://gregswensonphd.net/)

**Fax:** (605) 721-5436

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

**Fees:** $200.00 initial session, $125.00 subsequent sessions, $125.00/hour psychological evaluation; some insurances accepted.

**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.

**Behavioral Health Professional:** Greg Swenson, PhD, Licensed Psychologist

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**Grief Recovery Method, Coaching, and Training**

24651 Whitetail Ridge Road, Hermosa, SD 57744

**Phone:** (303) 590-4403

**Hours:** By appointment or response to announcement of a Support Group beginning

**Fees:** Sliding scale

**Services Offered:** The Grief Recovery Method is an evidence-based action program for moving beyond loss and grief.

**Behavioral Health Professional:** Margie Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Method Specialist (R)

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**Harbor House Counseling**

925 9th Street, Rapid City, SD 57701

**Phone:** (605) 645-9898  
**Website:** [www.harborhousecounseling.com](http://www.harborhousecounseling.com)

**Fees:** Sliding fee scale  
**E-mail:** harborhouse3@gmail.com

**Hours:** Flexible hours available by appointment

**Services Offered:** Providing individual and group counseling, aftercare and relapse prevention and smoking cessation. Life management workshops, creative arts therapy, emotional freedom therapy (tapping), vision board workshops. Dedicated to treating the whole person with traditional and alternative therapies.

**Behavioral Health Professional:** Patricia Burnham, LAC

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**Haven Counseling LLC**

625 1/2 Main Street, Suite 1, Rapid City, SD 57701

**Phone:** (605) 863-2498  
**Website:** [www.havencounselingllc.com](http://www.havencounselingllc.com)

**Fax:** (605) 646-2321

**Hours:** By appointment

**Fees:** Intake session $175.00; subsequent sessions $125.00

**Services Offered:** Individual, family, and group 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 (Attention Deficit and Hyperactivity Disorder); wellness and self-care; women's issues; communication; and stress management.

**Behavioral Health Professional:** Koral Olson, MS, LPC, NCC, CBIS
Help At Your Fingertips...  
Dial 2•1•1

Heartspace Counseling, LLC  
811 E. Street Andrew, Suite 10, Rapid City, SD 57701  
Phone: (605) 484-6030  
Website: http://sdheartspace.com  
E-mail: sdheartspacecounseling@gmail.com  
Fees: Individual or family therapy - $120.00 per session; group therapy - $55.00 for adult, $40.00 for youth.  
Services Offered: Specializing in eating disorders, trauma, depression, anxiety, couples, life changes, spirituality, and aging. Group therapy for youth and adults with disordered eating. Conducts telemental health when necessary using VSee. First appointment preferred face to face, but not required.  
Behavioral Health Professional: Susan Kay Lorenzen, MA, MS, LPC-MH, NCC, QMHP, ACS

Heartspace Counseling, LLC  
811 E. Street Andrew, Suite 10, Rapid City, SD 57701  
Phone: (605) 484-6030  
Website: http://sdheartspace.com  
E-mail: sdheartspacecounseling@gmail.com  
Fees: Individual or family therapy - $120.00 per session; group therapy - $55.00 for adult, $40.00 for youth.  
Services Offered: Specializing in eating disorders, trauma, depression, anxiety, couples, life changes, spirituality, and aging. Group therapy for youth and adults with disordered eating. Conducts telemental health when necessary using VSee. First appointment preferred face to face, but not required.  
Behavioral Health Professional: Susan Kay Lorenzen, MA, MS, LPC-MH, NCC, QMHP, ACS

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

Heynen Health & Wellness Services  
809 South Street, Rapid City, SD 57702  
Phone: (605) 390-8332  
Website: https://www.heatherheynen.com/  
E-mail: info@heatherheynen.com  
Fees: Most insurance accepted; Sliding fee scale  
Services Offered: In-office 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; On-line or in-office Life Coaching, Counseling, Consulting; Helps facilitate processes for individuals to reach goals in life through practical direction, emotion management, habit change, and skill building.  
Behavioral Health Professional: Heather Heynen, LPC-MH, QMHP, NCC

HOPE Counseling  
1245 Sherman Street, Hot Springs, SD 57747  
Phone: (605) 745-5334  
E-mail: hope.counseling@live.com  
Fax: (605) 745-6256  
Fees: Insurance filing  
Services Offered: A supportive, collaborative relationship to develop and meet meaningful goals through: individual counseling; family counseling; marriage counseling; play therapy; mental health screening; grief/bereavement counseling; adolescent and youth counseling; parent counseling; spouse/intimate partner abuse counseling; Lifespan Integration Therapy.  
Behavioral Health Professional: Alison Ritterbush, LPC-MH, QMHP
Isaacs Behavioral Health, LLC
2650 Jackson Boulevard, Suite 18, Rapid City, SD 57702
Phone: (605) 877-2010
E-mail: nick.ibh7@gmail.com
Hours: 8:00 am - 6:00 pm, Monday - Thursday
Fees: Sliding scale

Services Offered:
- Group Psychotherapy: Twice a year, facilitates a Survivor Strong Group for females that have suffered sexual & physical abuse; 10-11 weeks’ duration 1/week for 2 hours
- Loss/Grief Groups available.
- Therapies used: Eye Movement Desensitization and Reprocessing (EMDR), Motivational Interviewing (MI), Cognitive Behavior Therapy (CBT), Rational Emotive Behavioral Therapy (REBT), and Dialectical Behavior Therapy (DBT)
- Individual Psychotherapy for: Post-Traumatic Stress (PTSD), Trauma, Depression, Anxiety, Loss/Grief, Mood Disorders, Addictions, Self-esteem, Identity and relationship issues, and Eating Disorders

Behavioral Health Professional: Nicholas W. Isaacs, CSW-PIP, LAC, QMHP

Jetson Counseling
1301 W. Omaha Street, Suite 220, Rapid City, SD 57701
Phone: (605) 718-5500
Website: www.jetsoncounseling.com
E-mail: dave@jetsoncounseling.com
Hours: 10:00 am - 6:00 pm, Monday, Wednesday / 8:00 am - 5:00 pm, Tuesday / 8:00 am - 6:00 pm, Thursday
Fees: Call for information

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, and more. Face-to-face and internet options available. Internet counseling/tele-therapy is offered via Zoom and other modalities the client wishes to use.

Behavioral Health Professional: David Jetson, LPC-MH, LCPC, QMHP

Katy Bendewald, MSW
811 Columbus Street, Rapid City, SD 57701
Phone: (605) 310-0356
Fax: (605) 716-4397
Hours: 8:00 am - 5:00 pm, Monday - Friday
Fees: Accepts most insurance

Services Offered: Individual counseling for adults. Emphasis on anxiety, major life changes, stress, and trauma. Therapeutic techniques include Eye Movement Desensitization and Reprocessing (EMDR).

Behavioral Health Professional: Katy Bendewald, MSW, CSW-PIP

Kelly Marker
623 Quincy Street, Suite 102, Rapid City, SD 57701
Phone: (605) 381-4608
Fax: (605) 716-9491
Hours: 9:00 am - 5:00 pm, Tuesday - Thursday / 9:00 am - 1:00 pm, Friday
Fees: Accepts a variety of insurance

Services Offered: Provides outpatient counseling services for individuals ages 14 through adulthood. Specialties include; anxiety, trauma, stress, grief, and adolescent issues. Also specializes in compassion fatigue and burnout among professionals.

Behavioral Health Professional: Kelly Marker, MS, LPC-MH, QMHP

Knuppe Counseling
2650 Jackson Boulevard, Suite 11, Rapid City, SD 57702
Phone: (605) 390-7055
E-mail: knuppecounseling@gmail.com
Website: www.psychologytoday.com/us/therapists/knuppe-counseling-llc-rapid-city-sd/335735
Hours: 8:00 am - 6:00 pm, Monday - Friday
Fees: $100.00 - $160.00 per hour; sliding scale based on income

Services Offered: Working with individuals, couples and families of all ages with a variety of challenges. Specialty training in family therapy, helping families deal with challenging behaviors, and communication problems. Offers group therapy for parenting. Trauma focused Cognitive Behavioral Therapy (CBT) trained.

Behavioral Health Professional: Triscell Knuppe, LCSW-PIP
Help At Your Fingertips...

Life Counseling and Coaching, The
526 Main Street (lower level), Spearfish, SD 57783
Phone: (605) 639-5641
Fax: (605) 646-2580
Hours: 8:00am - 6:00pm, Monday - Friday
Fees: $150.00 Initial Diagnostic Assessment; $125.00 Psychotherapy; $75.00 Success Coaching
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. Offers Life and Success Coaching. Telemental health services available.
Behavioral Health Professional: Tracy Hunt, LPC-MH

LifeScape – Therapy
7110 Jordan Drive, Rapid City, SD 57702
Phone: (605) 791-7400 Website: http://www.lifescapesd.org/services/therapy/
Hours: Call for information
Fees: Based on service; call for information
Services Offered: Specialized therapy (including occupational, speech and physical therapies) and psychology services for individuals of all ages. Utilizes Applied Behavior Analysis. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence; visual motor/perception; torticollis treatment; serial casting; behavior management; and diagnosis and treatment of Autism.
Behavioral Health Professional: Call for information on behavioral health professionals.

LifeStages Counseling, LLC
811 E. Saint Andrew Street, Suite 3, Rapid City, SD 57701
Phone: (605) 388-2163 Website: www.lifestageshelp.com
Fax: (605) 653-5517 E-mail: janet@lifestageshelp.com
Hours: 9:00am - 5:30pm, Monday - Friday
Fees: $110.00 - $190.00 / Insurance accepted: SD Medicaid (Title 19), Blue Cross Blue Shield, Avera Health Plans, First Choice of the Midwest, Dakotacare, TLC, Sanford Health Plans, Sliding Fee Scale
Services Offered: Provides counseling to children, adolescents, and their families in the Black Hills area. Issues that are addressed include: Attention Deficit Hyperactivity Disorder (ADHD), adoption and foster care, adjustment to life situations, anxiety, anger management, behavioral concerns, coping skills, depression, family conflict, Fetal Alcohol Spectrum Disorders (FASD), oppositional defiance, parenting, suicidal ideation, stress management, and trauma (including emotional, physical, and sexual abuse).
Behavioral Health Professional: Janet K. Kuske, MA, LPC-MH, QMHP

Lifeways, Inc.
1010 9th Street, Suite 2, Rapid City, SD 57701
Phone: (605) 716-6555 Website: www.lifeways.us
Fax: (605) 716-6557 E-mail: office@lifeways.us
Hours: 8:00am - 5:00pm, Monday – Friday / Parent component: Evenings and Saturdays
Fees: Sliding scale
Services Offered: In-school prevention and intervention services for all students in the Rapid City and Custer Area middle and high schools; research-based classroom curriculum, individual and group support/education sessions, peer to peer mentoring, individual screening and referral. For all students (public, private and home-schooled), and for students who are experiencing problems with substance abuse; intervention programs, outpatient intensive treatment, in-school recovery support and continued care. Out of school services/afterschool include: individual counseling, alcohol/drug assessments, intensive outpatient treatment and family support/education, continued care groups, and evidenced based trauma counseling for youth impacted by trauma.
Behavioral Health Professionals:
Danielle Meyer, BS, CAC
Michele Brink-Gluhosky, CAC
Rebecca Stucke, BS
Paula Wilkinson Smith, LAC, CPS
Kelsey Hansen, MA, LAC
Michelle Ames, BS, ACT
Matthew Boyce, MS
Kritina Benter, LAC
Paula Long Fox, MS
Bill Clucas, BS, ACT
Michele Brink-Gluhosky, CAC
Rebecca Stucke, BS
Paula Wilkinson Smith, LAC, CPS
LSS (Lutheran Social Services) - Counseling Services
2920 Sheridan Lake Road, Rapid City, SD 57702
Phone: (855) 334-2953 Website: www.lsssd.org
LSS (Lutheran Social Services) Rapid City - Counseling Services – Cont’d
Fax: (605) 348-0477  E-mail: info@lsssd.org
Hours: 8:00am - 7:00pm, Monday – Tuesday / 8:00am - 6:00pm, Wednesday - Thursday / 8:00am - 5:00pm, Friday / Or by appointment
Fees: Sliding fee scale
Services Offered:
· Individual, couples, and family therapy
· Group therapy and education groups
· Mental health assessments and evaluations
· Mediation
· Counseling for victims of crime (including all types of child abuse)
· Substance abuse assessments and counseling
· Functional Family Therapy and Moral Reconciliation Therapy
· EAP (Employee Assistance Program) counseling

Behavioral Health Professionals:
Diana Mueller, MS, NCC, LSW
Stacy Hayford, MS, LPC
Melissa Good, LPC
Darnell Dorenkamp, CSW-PIP
Susan Wheeler, MS, LPC-MH, QMHP, SAP
Rachel Shepherd, MSW, CSW-PIP
Heather Wood, MSW, LSW
Megan Laskowski, MS
Sarah Lux, MSW
Rebecca Caselli-Smith, MA, LPC-MH, QMHP

LSS (Lutheran Social Services) Spearfish - Canyon Hills Center
2519 Windmill Drive, Spearfish, SD 57783
Phone: (605) 559-3500  Fax: (605) 221-2346
Office hours: 8:00am - 5:00pm, Monday – Friday / Residential program: 24 hours a day / 7 days a week
Fees: Call for information
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 a specialized education program, extensive outdoor recreation, opportunities for community involvement and evidence-based programming including cognitive behavior therapy (CBT) groups.

Behavioral Health Professionals:
Allison Bensen, MS, LPC-MH
Michelle Williamson, MS, LPC
Alicia Tibbs, SWA
William Moss, PsyD
Kayla Kinard, MS, LPC
Janna Swanson, MA, LPC
Shawn Van Gerpen, MD

LSS (Lutheran Social Services) Sturgis - Counseling Services
Grace Lutheran Church 1061, Sherman Street, Sturgis, SD 57785
Phone: (855) 334-2953  Fax: (605) 348-0477
Hours: By appointment
Fees: Sliding fee scale; accepts most insurance; EAP, Medicaid, and Medicare
Services Offered: Offers a variety of counseling services including:
· Individual, couples, and family therapy
· Group therapy and education groups
· Mental health assessments and evaluations
· Counseling for victims of crime (including all types of child abuse)
· EAP (Employee Assistance Program) counseling

Behavioral Health Professionals: Rachel Shepherd, MSW, CSW-PIP

Manlove Brain + Body Health
636 Saint Anne Street, Rapid City, SD 57701
Phone: (605) 348-8000  Website: www.manlovehealth.com
Fax: (605) 716-2023  E-mail: office@manlovegroup.com
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Evaluations $345.00; medication follow-up appointments $121.00
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) for treatment resistant depression.
Manlove Brain + Body Health – Cont’d

Behavioral Health Professionals:
Kay Foland, CNP
Dr. Stephen P. Manlove, MD
Dr. Gregor Howard, PhD, MSW, CSW-PIP
Sheryl Jackson, CNP
Amy Newstrom, CNP
Laura Schirber, CNP

Monument Health Behavioral Health Center
915 Mountain View Road, Rapid City, SD 57702
Phone: (605) 755-7200
Website: www.monument.health
E-mail: info@monument.health

Hours for outpatient clinic: 8:30am - 5:00pm, Monday – Friday
Hours for inpatient treatment: 24 hours a day / 7 days a week
Visiting hours child and adolescent unit: 5:00pm - 7:00pm, Monday – Friday / 3:00pm - 7:00pm, Sunday
Visiting hours adult unit: 6:00pm - 8:00pm, Monday – Friday / 3:00pm - 8:00pm, Saturday - Sunday
Fees: Vary; call for information.

Services Offered: A psychiatric hospital located on the west side of Rapid City. 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.

Behavioral Health Professionals:
Dr. Harry Hamlyn, MD
Dr. Kirsten Butz, MD
Dr. Mark Garry, MD
Dr. Susan Howard, MD
Stacy Danielson, PA
Mary Kurniawan, CSW-PIP

New Dawn Center
19271 SD Highway 79, Vale, SD 57788
Phone: (605) 456-2968
Fax: (605) 456-9892
Website: www.newdawncenter.us

Hours: Facility is open and staffed 24 hours a day / 7 days a week.
Fees: $5.00/day for those who qualify for EBT / $10.00/day for those not able to qualify for EBT

Services Offered: Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs.

Behavioral Health Professionals:
Kara Graveman, MS, LAC, CPS
Almer Anderson, ACT
Sara Ellington, BS, ACT

New Trails Ministry
11455 Elliot Road, Custer, SD 57730
Phone: (605) 760-3633
Fax: (605) 299-1984
E-mail: info@newtrailsministry.org
Website: https://newtrailsministries.org

Hours: 10:00am - 6:00pm, Tuesdays and Thursdays / Monday, Wednesday and Friday by appointment only.
Fees: Sliding scale

Services Offered: New Trails works to sort through the challenges and issues in a person's life in an effort to help find a new trail of vitality.

Behavioral Health Professional: Rodney Veldhuizen, LMFT-QMHP
Oglala Sioux Tribe Native Healing Program
1205 E. St. James Street, Rapid City, SD 57701
Phone: (605) 342-8925  Website: https://nativehealingprogram.com
Fax: (605) 718-3022
Hours: 8:00am - 4:30pm, Monday - Friday
Fees: Services are provided free of charge to tribally enrolled individuals
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.
Behavioral Health Professionals:
   Michelle Obineche, MSW-CSW, ACT  Michael Holley LPC, ACT
   Marcie Sprague, MSW, CSW-PIP, LAC

Oyate Health Center – Behavioral Health (formerly known as Sioux San)
3200 Canyon Lake Drive, Rapid City, SD 57702
Phone: (605) 355-2500  Website: www.GPTCHB.org
Fax: (605) 355-2510
Hours: Outpatient Clinic: 8:00am - 4:30pm, Monday - Friday
Fees: No fees (for services or prescriptions) for federally recognized tribal members only
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; Dual diagnosis treatment.
Sweat Lodges/Inipis - Open to community members, schedule through Jacquie in the Community Health Education office (605) 355-2257.
Behavioral Health Professional:
   Brittny Vollmer, NP-C  Josephine Chase, PhD, LCSW-PIP

Pennington County Sheriff’s Office – Addiction Treatment Services
321 Kansas City Street, Suite 110 (Care Campus), Rapid City, SD 57701
Phone: (605) 394-6128  Website: www.pennco.org/sheriff/
Fax: (605) 394-6890  E-mail: ccadp@pennco.org
Hours: Administrative hours: 8:00am - 5:00pm, Monday – Friday / Detox open: 24 hours a day / 7 days a week.
Fees: Varying, call for information. State funding available for those meeting eligibility requirements.
Services Offered: Residential and intensive group outpatient treatment and specialized programming including: Intensive Methamphetamine Treatment program (IMT), and Opiate Day 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; Crisis Care screening and interventions.
Behavioral Health Professional:
   Amy McGlade MA, LAC  Charisa Wilhelm, ACT  Dawn Riter, ACT
   Deanna Nolan, LAC  Kate Wellensiek, MA, LAC  Lauren Craft, LAC
   Lori Sargent, CCDCI  Michael Goetz, LAC  Tonya Lore, MS, LAC
   Michelle Teeslink, MS, LAC  Sara Maher, CAC  Bryson Schwartz, ACT
   Casey Woods, ACT  Christie Hurtig, ACT  Peri Decory, ACT
   Amanda Whelchel, LAC  Tommi Young Bull Bear, ACT

Practical Christian Counseling, Inc.
1351 Jolly Lane, Rapid City, SD 57703
Phone: (605) 484-7089  Website: www.practicalcc.com
Fax: (605) 721-9345
Hours: Weekday afternoons and some evenings.
Fees: $80.00 per hour
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.
Practical Christian Counseling, Inc. – Cont’d
Therapies include Cognitive Behavioral Therapy (CBT), solution-focused, emotionally-focused couples, person-centered, Biblical, and prayer.

Behavioral Health Professional: Scott Wiley, MS, LPC, LPC-MH-SUPV, NBCC

Project Recovery
625 Flormann Street, Rapid City, SD 57701
Phone: (605) 340-1234
Fax: (855) 526-0199
Hours: 10:00am - 5:00pm, Monday - Friday
Fees: Sliding fee scale

Services Offered: 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). It is an evidence-based practice and the Gold standard for SUD treatment and overdose prevention.

Medical Staff also provides HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals. Recovery Coaches do peer one-on-one visits. Social Workers help with medication assistance programs and patient advocacy & resource connection.

Behavioral Health Professional: Tim Aylward, PA-C

Psychological Associates of the Black Hills, LLC
1818 W. Fulton Street, Suite 201, Rapid City, SD 57702
Phone: (605) 348-6500
Fax: (605) 341-7409
Hours: 8:00am - early evenings, Monday - Friday
Fees: Vary; accepts most insurance

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.

Behavioral Health Professionals:
Peg Kelsey, PhD, Psychologist
Trisha Miller, PhD, Psychologist
Lisa Porisch, MA, LPC-MH, RPT-S
Jennifer Kozel, PhD, Psychologist
Mark Perrenoud, PhD, Psychologist
Lynette Quast, PhD, Psychologist

Rapid City Counselors
832 Saint Joseph Street, Suite 204, Rapid City, SD 57701
Phone: (605) 299-9100
Fax: (605) 250-5159
Hours: 9:00am - 5:30pm, Monday, Tuesday, Thursday, Friday / 9:00am - 7:30pm, Wednesday
Fees: Accepts insurances, self-pay, and federal program mental health coverages

Services Offered: Empowers individuals and couples to identify concerns and issues within themselves and their relationships that impede a healthy, productive relationship and lifestyle. Works with individuals, children, adolescents, couples, and families. Research shows that healthy communication in relationships, as well as balancing body, mind, and spirit substantiate and enhance one's ability to live a longer, more fulfilling life.

Behavioral Health Professional: Stacy L. Keyser, MS, LPC-MH, NCC, QMHP

Rapid City Vet Center
621 6th Street, Suite 101, Rapid City, SD 57701
Phone: (605) 348-0077
Fax: (605) 348-0878
Hours: 8:00am - 4:30pm, Monday, Tuesday, Thursday and Friday / 8:00am - 7:00pm, Wednesday
Fees: None

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...
Rapid City Vet Center – Cont’d
counseling for a wide range of problems, from mental health issues like PTSD (Post Traumatic Stress Disorder), depression, and anxiety to life stressor issues such as work-related or relationship difficulties. Also provides free bereavement counseling for loved ones of service members who died while on Active Duty or Veterans who died by suicide.

**Behavioral Health Professionals:**
- Adriane Cox, CSW-PIP
- Mike Kohler, CSW-PIP

Red Horse Healing
11424 Chimney Canyon Road, Piedmont, SD 57769
Phone: (605) 441-2038
E-mail: Contact@redhorsehealing.net
Website: [http://redhorsehealing.net](http://redhorsehealing.net)

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

**Behavioral Health Professional:** Bridget Williams, MS, LPC-MH, QMHP

ROADS Outpatient Treatment Program
103 E. Omaha Street, Rapid City, SD 57701
Phone: (605) 348-8026
Fax: (605) 388-8902
E-mail: roadsoutpatient@gmail.com
Website: [http://www.roadsoutpatient.com](http://www.roadsoutpatient.com)

**Services Offered:** Outpatient counseling for adults 18 years and older including intensive outpatient treatment, continued care, Moral Reconation Therapy (MRT), cognitive behavioral groups, and assessments.

**Behavioral Health Professionals:**
- Danielle Colicheski, CAC
- Barbara Samson, CAC
- Roger Schriver, LAC
- Peter M. Switzer, M.Ed., LPC, LAC
- Linda Rush, LAC

Scovel Psychological and Counseling Services, LTD
2902 W. Main Street, Rapid City, SD 57702
Phone: (605) 721-8822
Fax: (605) 716-9491
Website: [http://www.scovelpsycho.com](http://www.scovelpsycho.com)

**Services Offered:** Individual, couples and family counseling/psychotherapy, forensic testing, and psychological testing (personality, intelligence, achievement, and neuropsychological). Groups include pain management, wellness, and a cognitive therapy group for brain injured patients. Now offering an Autism clinic.

**Behavioral Health Professionals:**
- Kay Ermish, LCSW-PIP
- Adria S. Hagg, LCSW
- Caitlin Nissen, LPC-MH, QMHP
- Scott Sternhagen, PhD, LP
- Jacob Folstrom, LPC, QMHP
- Michael E. Forgy, LCSW-PIP
- Peggy Heuston, LPC-MH, QMHP
- Kari A. Scovel, PhD, LP, LPC-MH, QMHP
- Tamara Ulmer, LCSW-PIP, LPC-MH, QMHP
- Shannon Maxwell, Psy. D
- Jason Trautman, Psy. D

Sharon K. Hansen
27003 U.S. Highway 385, Hot Springs, SD 57747
Phone: (605) 890-0580
E-mail: jshansen@goldenwest.net
Hours: 8:00am - 12:00noon, Monday - Thursday
Fees: $100.00 per hour

**Services Offered:** Evaluation, individual psychotherapy, family therapy, play therapy, and anger management. Focus areas include depression, anxiety, stress, coping skills, relationship issues, abuse and domestic violence, and Post-Traumatic Stress (PTSD).

**Behavioral Health Professional:** Sharon K. Hansen, MA, CNS, LMFT

Spirals Counseling, LLC
623 Quincy Street, Suite 102, Rapid City, SD 57701
Phone: (605) 381-5277
Fax: (605) 716-9491
Website: [www.spiralscounseling.com](http://www.spiralscounseling.com)

Hours: 10:00am - 5:00pm, Monday - Thursday
Spirals Counseling, LLC – Cont’d

Fees: Accepts many insurance companies; initial intake - $171.00; following sessions - $167.00

Services Offered: Counseling and psychotherapy for individuals, couples, families, and adolescents. Areas of focus include premarital and marriage counseling, grief and loss, anxiety, depression, trauma and post-traumatic stress (PTSD), mind-body connection, mindfulness, stress management, and assertiveness skills. Therapeutic techniques offered include Eye Movement Desensitization and Reprocessing (EMDR), systemic family therapy, and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Telehealth/Video appointments are available for individuals and couples living in SD (as long as the client has access to high speed internet and can connect without interruption) utilizing Zoom, which is a HIPAA complaint application. Intake in person preferred but not required. A confidential environment is critical for individuals seeking Telehealth services. Sessions will be billed as cash pay or possibly through insurance if specific company covers Telehealth counseling services.

Behavioral Health Professional: Lynell Rice Brinkworth, MA, LMFT, QMHP

Stronghold Counseling Services, Inc. - Spearfish
1320 North Avenue, Spearfish, SD 57783

Phone: (605) 334-7713
Fax: (605) 334-5348
Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Accepts Medicaid, Medicare, most insurances and EAPs; sliding fee scale is available.

Services Offered: Assessments and therapy for individuals of all ages, groups, and families for both mental health and substance abuse issues. Providing counseling for issues related to anger management, depression, anxiety, eating disorders, post-traumatic stress (PTSD), physical and emotional abuse, parent-child conflicts, adolescent and child adjustment, marriage and divorce, grief and loss, and spiritual. Therapeutic specialties include spiritually based, therapeutic play, parenting with love and logic, Cognitive Behavioral Therapy (CBT), and Eye Movement Desensitization and Reprocessing (EMDR). Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

Behavioral Health Professionals:
  Linnea Grosz, LPC
  Susan Terveen, LPC-MH, QMHP, LAC
  Carolyn Short, MSW, CSW-PIP, QMHP

Suzette Wasvick Counseling Services
280 Main Street, Suite 9, Hill City, SD 57745

Rapid City location: 2218 Jackson Boulevard, Suite 13, Rapid City, SD 57701

Phone: (605) 390-8791
Fax: (605) 791-0122
Hours: Hill City Office: Monday and Thursday / Rapid City Office: Tuesday, Wednesday and Friday.

Fees: Accepts most insurance and Medicaid

Services Offered: Individual, 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, and other issues. Provides play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population.

Behavioral Health Professional: Suzette Wasvick, MS, LPC-MH, QMHP, RPT-S

Thomas L. Collins, LCSW
909 St. Joseph Street, Suite 503, Rapid City, SD 57701

Phone: (605) 342-0300
Fax: (605) 342-0300
E-mail: tlcsw@aol.com
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: $110.00 per hour

Services Offered: Child custody evaluations, parent coordinator services, and child advocacy services.

Behavioral Health Professional: Thomas L. Collins, LCSW

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

Phone: (605) 716-9944
Fax: (605) 718-0413
E-mail: jetsonea@yahoo.com
Hours: 9:00am - 6:00pm, Monday - Friday
Fees: $180.00 per hour; all insurance accepted (except Tricare and Medicare)
Thorn Counseling – Cont’d

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

**Behavioral Health Professional:** Liz Thorn, LPC-MH, LMFT, QMHP

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**Torno Mediation and Mental Health Services**
730 South Street, Rapid City, SD 57701

**Phone:** (605) 718-3613  
**Website:** [www.tornommhs.com](http://www.tornommhs.com)  
**E-mail:** melanie.torno@tornommhs.com

**Hours:** By appointment

**Fees:** Accepts most insurance and Medicaid; cash discount

**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.

**Behavioral Health Professional:** Melanie Torno, MS, LPC-MH, QMHP

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**VA Black Hills Health Care System, Fort Meade**
113 Comanche Road, Fort Meade, SD 57741

**Phone:** (605) 347-2511  
**Website:** [www.blackhills.va.gov](http://www.blackhills.va.gov)

**Hours:** Office hours: 8:00am - 5:00pm, Monday - Friday / Nurse Advice Line: Evenings, weekends, and Holidays / Residential care: 24 hours a day / 7 days a week

**Fees:** Sliding fee scale for eligible Veterans only

**Services Offered:** Behavioral health services including: Addictive disorder services; Compensated work therapy; Residential Post Traumatic Stress (PTSD) program; Mental health intensive case management; Inpatient psychiatric services; Outpatient psychiatric services. Also offers Polytrauma/TBI Clinic.

**Behavioral Health Professionals:**
Lisa Foodim, LCSW, CCM, MAC  
Steve Deming, CSW-PIP

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**Wellfully – Residential Addiction Recovery Center**
22 Waterloo Street, Rapid City, SD 57701

**Phone:** (605) 718-4870  
**Website:** [www.wellfully.org](http://www.wellfully.org)

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

**Fees:** Call for information; Medicaid can help cover some costs; accepts private insurance and self-pay options.

**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: Free assessment; Treatment planning; Mental health evaluation; Group therapy; Family involvement; Individual therapy; Aftercare planning; Aftercare groups; 12-step groups; Advocacy; Referrals. Offers an Afterschool Addiction Recovery Program.

**Behavioral Health Professionals:** Dr. Mark Garry, MD

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**Wellfully – Residential Behavioral Health/Group Care Program**

**Fees:** Call for information

**Services Offered:** Residential behavioral/group care program for abused and neglected youth offers youth 24-hour supervision. Services offered: Individual therapy; Treatment planning; Mental health evaluation; Group therapy; Collaboration with parents/guardians/ foster parents, referral agency, schools or other provider; Educational services provided in program.

**Behavioral Health Professionals:**
Dr. Mark Garry, MD  
W. Burke Eilers, MS, LPC-MH, LAC, CPS, QMHP, NCC
Youth & Family Services Counseling Center
202 E. Adams Street, Rapid City, SD 57701
Phone: (605) 342-4789  Website: www.youthandfamilyservices.org
Fax: (605) 399-0833  E-mail: wehelpkids@youthandfamilyservices.org
Hours: 8:00am - 6:00pm, Monday – Thursday / 8:00am - 5:00pm, Friday
Fees: 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
  · 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 include: Parenting classes; Mind-Body workshops; Domestic violence program; Seeking Safety Women's Group; State-accredited, 12-hour DUI classes; Mental health consultations and trainings; Intensive Family Support Program; and Child abuse survivor program.
Behavioral Health Professionals:
Rebecca Dodds, MS, LPC-MH, NCC, QMHP
Nancy Sprynczynatyk, LPC-MH
Kat de los Santos, MS, NCC
Maureen Murray, MA, LPC-MH, LAC
Cathy Larsen, MS, LPC-MH, QMHP, CAC
Jodi Burke, MSW, CSW-PIP, QMHP, LAC
Jennifer Peters, M.A., LPC-MH, QMHP
Bridget Williams, MS, LPC-MH, QMHP

Youth & Family Services Youth Trauma Center
Hours: 8:00am - 6:00pm, Monday – Thursday / 8:00am - 5:00pm, Friday
Fees: Call for information
Services Offered: Youth & Family Services' Youth Trauma Center 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. Western Prevention Resource Center and the Boys' Health Program are offered at this address.
Behavioral Health Professionals:
Rebecca Dodds, MS, LPC-MH, NCC, QMHP
Nancy Sprynczynatyk, LPC-MH
Kat de los Santos, MS, NCC
Maureen Murray, MA, LPC-MH, LAC
Cathy Larsen, MS, LPC-MH, QMHP, CAC
Jodi Burke, MSW, CSW-PIP, QMHP, LAC
Jennifer Peters, M.A., LPC-MH, QMHP
Bridget Williams, MS, LPC-MH, QMHP
Vonnie Ackerman, MS, CAC, CPS
Suicide Prevention Resources

Black Hills Survivors of Suicide
Meeting location: First Congregational Church - 1200 Clark Street, Rapid City, SD 57701
Phone: (605) 721-7720  Website: http://www.frontporchcoalition.org/
Hours: Meeting time: 10:00am - 12:00noon, 4th Saturday of each month
Fees: None
Services Offered: A monthly support group for those who have lost a family member or friend to suicide. Goals are to help survivors better understand and cope with their situation, create an atmosphere of acceptance and support where survivors can share feelings with each other and learn from each other and to encourage survivors in the re-growth of self-esteem and develop a better attitude toward life. Please call the meeting facilitator before attending to discuss the group's guidelines and get answers to any questions. Group is facilitated by a peer who volunteers with the local outreach to suicide survivors (LOSS) team.

Front Porch Coalition
915 Mountain View Road, Rapid City, SD 57702
Phone: (605) 348-6692  Website: www.frontporchcoalition.org
E-mail: office@frontporchcoalition.org
Hours: Office Hours: 8:00am - 5:00pm, Monday – Friday / 10:00am - 12:00noon, 4th Saturday of the month: Suicide survivors support group at First Congregational UCC Church at 1200 Clark Street in Rapid City. Call for support group times and more information for the eight week closed suicide survivors support group. Call or visit website for meeting updates and/or additional more frequent meeting times.
Fees: No fees for the support group; call for information on trainings.
Services Offered: Neighbors working together to promote mental health and to prevent suicide while providing support to those who have lost someone to suicide. Provides a LOSS Support Group for survivors of a loss to suicide. The LOSS (Local Outreach to Suicide Survivors) Team responds with law enforcement to provide immediate help and support to families and friends immediately after discovering the loss of their loved one to suicide. Offers a variety of suicide prevention training, including Mental Health First Aid for both youth and adult, including those specific for first responder/law enforcement, veterans, military members, and their families, older adults, higher education populations, and rural populations. Provides suicide prevention, intervention, and postvention training to community members, parents, teachers, first responders, behavioral health providers.

Helpline Center – Suicide and Crisis Support
Phone: (800) 273-8255  Website: www.helplinecenter.org
Fax: (605) 332-1333  E-mail: help@helplinecenter.org
Hours: 24 hours a day / 7 days a week / 365 days a year
Fees: None
Services Offered: The Helpline Center is the leading organization in South Dakota for suicide prevention and response. If you or someone you know is having suicidal thoughts, please call (800) 273-8255 anytime, day or night, to find the caring support you need. Suicide and Crisis Support services include: A crisis texting program for teens at over 40 high schools in South Dakota; Grief support for individuals who have lost a loved one to suicide; Professional suicide awareness and prevention training; An accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need.
Behavioral Health Professionals:
   Janet Kittams, MA, LPC
   Sheri Nelson, MA, LAC
211 Community Resources

- Information, Referral, and Crisis Helpline
- Social Services
- Government Information
- Community Information
- Financial Assistance
- Donation Information
- Food
- Shelter

- HelpLists—customized lists of resources
- HelpSheets—informational documents on variety of subjects
- Resource Database—over 4,500 searchable programs
- Community Calendar—Helping events, and continuing ed opportunities

Suicide and Crisis Support

- 1-800-273-TALK (8255) • 24-hour Crisis Intervention
- Suicide Information • Suicide Prevention Trainings
- Support for family and friends who have lost a loved one to suicide

Volunteer Connections

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

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

For more information or to support the Helpline Center please contact us at:
Helpline Center • 1000 N. West Avenue, Suite 310 • Sioux Falls, SD 57104
Visit www.helplinecenter.org • Dial 211 • Text your zip code to 898211