Mental Health Resource Guide

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

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

Counseling Services offered at A Center For Training And Restoration
2101 City Springs Road, Rapid City, SD 57702
Website: www.ACenterForTrainingAndRestoration.com  Email: eleite101@gmail.com
Phone: (605) 484-0576
Hours: 9:00am - 7:00pm (MT), By appointment only
Services Offered: Provides addiction and mental health counseling and educations for culturally diverse groups of people. Offers a series of video workshops on addiction and grief as well as a workshop on Post Traumatic Stress Disorder (PTSD). Counseling services include: individual, substance use, faith based, Eye Movement Desensitization and Reprocessing (EMDR), Family Systems therapy, grief, terminal illness, spouse/intimate partner abuse, and child abuse survivor counseling for adults. Offers a sliding fee scale as well as telehealth.
Credentialed Professionals: Evelyn Leite, MHR, LPC Verlyn Long Wolf, Drug and Alcohol Counselor

Counseling Services offered at Mindfulness Matters Behavioral Health, LLC
3421 W. Main Street, Suite 101, Rapid City, SD 57702
Phone: (605) 718-0488
Hours: 9:00am - 4:00pm (MT), Monday - Thursday
Services Offered: Provides individual and family therapy to children, adolescents, and adults with experience in anxiety, mood, ADHD, depression, trauma, grief, sexual abuse, domestic violence, low self-esteem, self-harm behaviors, anger management, assisting children affected by divorce, behavior management, attachment issues, personality disorders, and autism spectrum disorders. Specialties include trauma work utilizing Trauma Focused Cognitive Behavioral therapies, Play Therapy, and Dialectical Behavioral Therapy (DBT). Offering services via telehealth.
Credentialed Professionals: Kambra Deitz, MSW, LCSW-PIP, RPT-S

Counseling Services offered at Lisa Porisch Counseling
3421 W. Main Street, Rapid City, SD 57702
Website: lisaporischcounseling.com  Email: hello@lisaporischcounseling.sprucecare.com
Phone: (605) 468-1865
Hours: 8:00am - 2:30pm (MT), Monday - Friday
Services Offered: Helps clients transform personal challenges and create a more balanced life. Offers the following services: Individual counseling Divorce counseling Grief/bereavement counseling Terminal illness counseling Child abuse survivor counseling for adults Family counseling Play therapy Cognitive behavioral therapy Parent counseling Internet (telehealth) counseling
Credentialed Professionals: Lisa Porisch, LPC-MH, RPT-S

Counseling Services offered at Scovel Psychological and Counseling Services, LTD
2902 W. Main Street, Rapid City, SD 57702
Phone: (605) 721-8822
Hours: 8:00am - 5:00pm (MT), Monday - Friday 8:00am - 1:00pm (MT), Saturday*COVID info below
Services Offered: Individual, couples and family counseling/ psychotherapy, forensic testing and psychological testing (personality, intelligence, achievement and neuropsychological). Groups include a grief group, COVID support group, adolescent support group, and chronic pain groups. Offering in-person therapy as well as telehealth.
Credentialed Professionals: Kay Ermish, LCSW-PIP Michael E. Forgy, LCSW-PIP Val Frie, PhD, LCSW Jan Sanford, LPC-MH, QMHP Kari A. Scovel, Ph. D., LP, LPC-MH, QMHP Scott V. Sternhagen, Ph. D. Beth Trennepohl, LPC, QMHP Tamara Ulmer, LCSW, LPC-MH, QMHP Christle Usera, LCSW-PIP

LSS Rapid City - Behavioral Health Services offered at LUTHERAN SOCIAL SERVICES - WESTERN REGION
2920 Sheridan Lake Road, Rapid City, SD 57702
Website: https://lsssd.org/what-we-do/behavioral-health-services/ Email: info@lsssd.org
Phone: (855) 334-2953
Hours: 8:00am - 7:00pm (MT), Monday - Tuesday 8:00am - 6:00pm (MT), Wednesday - Thursday 8:00am - 5:00pm (MT), Friday Or by appointment
Services Offered: Offers a variety of counseling services including: Individual, couples, and family therapy Group therapy and education groups Mental health assessments and evaluations Mediation Counseling for victims of crime (including all types of child abuse) Substance abuse assessments and counseling Functional Family Therapy Moral Reconation Therapy Domestic Violence (MRT-DV) Aggression Replacement Training (ART) Cannabis Youth Treatment (CYT) Employee Assistance Program (EAP) counseling Culturally Sensitive Services Offering telehealth services.

Counseling Services offered at Knuppe Counseling
2650 Jackson Boulevard, 11, Rapid City, SD 57702
Website: www.facebook.com/people/Knuppe-Counseling-LLC/100057537065261 Email: knuppecounseling@gmail.com
Phone: (605) 390-7055
Hours: 8:00am - 6:00pm (MT), Monday - Friday
Services Offered: Working with individuals, couples and families of all ages with a variety of challenges. Specialty training in family therapy, helping families dealing with challenging behaviors, and communication problems. Offers group therapy for parenting and eye movement desensitization and reprocessing (EMDR). Trauma focused cognitive behavioral therapy (CBT) trained.
Credentialed Professionals: Triscell Knuppe, MSW, LCSW-PIP

Counseling Services offered at Isaacs Behavioral Health, LLC
2650 Jackson Boulevard, Suite 18, Rapid City, SD 57702
Phone: (605) 877-2010
Hours: 9:00am - 5:00pm (MT), Monday - Thursday
Services Offered: Services Offered: Individual Psychotherapy for: PTSD, trauma, depression, anxiety, loss-grief, addictions, communications, self-esteem, and behavioral issues. Group Therapy: Survivor Strong Groups for female survivors of sexual, physical and psychological abuse. Modalities: Eye movement desensitization and reprocessing (EMDR), motivational interviewing (MI), cognitive behavior therapy (CBT), rational emotive behavioral therapy (REBT), and dialectical behavior therapy (DBT).
Credentialed Professionals: Nicholas W. Isaacs LCSW-PIP, LAC, QMHP

Counseling Services offered at Family Solutions Center
2650 Jackson Boulevard, Creekside Plaza, Rapid City, SD 57702
Phone: (605) 359-9491
Hours: 8:00am - 6:00pm (MT), Monday - Friday by appointment only
Services Offered: Specializing in individual (including adolescents), couples, and family therapy. Works with issues of depression, anxiety, fertility, eating disorders, abuse and victimization, anger management, conflict resolution, dependency and codependency, parent/child conflict, woman's issues, grief and loss, and business conflicts. Trained in systems therapy.
Credentialed Professionals: Kathy Sazama, MS, LMFT, QMHP

Counseling Services offered at Heynen Health & Wellness Services
2650 Jackson Boulevard, Suite 2, Rapid City, SD 57702
Website: www.heatherheynen.com Email: info@heatherheynen.com
Phone: (605) 390-8332
Hours: By appointment.
Services Offered: In-office or telehealth Mental Health Counseling and Therapy to help navigate through mental and emotional stresses, alleviate anxiety and depression, and reach daily and life goals. Assessment and goal-setting. On-line or in-office Life Coaching, Counseling, Consulting. Helps facilitate processes for individuals to reach goals in life through practical direct direction, emotion management, habit change, and skill building.
Credentialed Professionals: Heather Heynen, LPC-MH, QMHP, NCC

Counseling Services offered at Black Hills Center for Healing and the Advancement of Psychotherapy
2525 W. Main Street, Suite 303A6, Rapid City, SD 57702
Phone: (605) 440-2287
Hours: By appointment only
Services Offered: Individual therapy for adults, specializing in trauma, including dissociative functioning and complex trauma. Integrative treatments for trauma, as well as depression/anxiety that has not been responsive to traditional modalities. Mindfulness and self compassion focused approaches improve one's relationship with oneself and others. Seasonal experiential workshops, including equine assisted therapy, are held periodically. Contact for more information. Telehealth available on a limited basis. Inquire for additional information.
Credentialed Professionals: Elizabeth Ostolozaga, CSW-PIP, EMDR certified

Counseling Services offered at Bach Counseling Services, LLC
2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702
Phone: (605) 431-4106
Hours: 10:00am - 6:00pm (MT), Tuesday - Thursday10:00am - 5:00pm (MT), Friday
Services Offered: Specializing in anxiety, depression, mood disorders, bipolar disorder, attention deficit / hyperactivity disorder (ADD/ADHD), trauma, post traumatic stress (PTSD), chronic pain, life-altering health issues, communication and relationship concerns, stress management, grief and loss, abuse issues and identity development / LGBTQ counseling.
Credentialed Professionals: Mahala Bach, LPC-MH, QMHP

Counseling Services offered at Gammeter & Associates LLC
810 Mountain View Road, Rapid City, SD 57702
Phone: (605) 431-8876
Hours: 1:00pm - 6:00pm (MT), Tuesday - ThursdayPhone monitored 24 hours a day
Services Offered: Works with children and adults, specializing in helping heal the impact of trauma. Offers Trauma Focused Cognitive Behavioral Therapy (CBT), Art Therapy, and Eye Movement Desensitization and Reprocessing (EMDR).
Credentialed Professionals: Barbara K. Gammeter, BA, MS, LPC-MH, TFCBT, EMDR, QMHP, NBCC

Counseling Services offered at Abourezk Counseling
2020 W. Omaha Street, Rapid City, SD 57702
Phone: (605) 863-2881
Hours: 10:00am - 6:00pm (MT), Monday - Thursday*COVID info below
Services Offered: Individual therapy for ages 12 and up. Topics discussed include: anxiety, depression, trauma, PTSD, chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues. Telehealth sessions available.
Credentialed Professionals: Lena Abourezk, MS, LPC-MH, NCC

Counseling Services offered at Jetson Counseling
1301 W. Omaha Street, Suite 220, Rapid City, SD 57701
Website: www.jetsoncounseling.com Email: jetsond@yahoo.com
Phone: (605) 718-5500
Hours: 10:00am - 6:00pm (MT), Monday, Wednesday8:00am - 5:00pm (MT), Tuesday8:00am - 6:00pm (MT), Thursday
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.
Credentialed Professionals: David Jetson, LPC-MH, LCPC, QMHP

Rising Hope Counseling, LLC
1301 W. Omaha Street, Suite 202, Rapid City, SD 57701
Website: risinghope605.com  Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Thorn Counseling
1301 W. Omaha Street, Suite 220, Rapid City, SD 57701
Email: jetsonea@yahoo.com
Phone: (605) 716-9944
Hours: 9:00am - 6:00pm (MT), Monday - Friday
Services Offered: Individual, marital, family, and group counseling for depression, anxiety, marital issues, and trauma.
Credentialed Professionals: Liz Thorn, LPC-MH, LMFT, QMHP

Counseling Services offered at Visionary Mental Health Services, LLC
628 1/2 Sixth Street, Suite #201A, Rapid City, SD 57701
Website: www.visionarymentalhealth.com  Email: visionarymentalhealth@gmail.com
Phone: (605) 280-9778
Hours: Office Hours are Available by Request
Services Offered: Works with teens and adults to process through the hurts of the past and focus on the possibilities in the future. Offers counseling for individuals, family, marriage, couples, adolescent/young, parents, LGBTQ, grief, substance use, hoarding, spouse/intimate partner abuse, and child abuse survivor for adults. Cognitive behavioral therapy (CBT), custody evaluations, and telemental health counseling are available.
Credentialed Professionals: Lindsay Bruckner, MSW, LCSW-PIP, QMHP

Counseling Services offered at Crossroads Counseling Services
809 S. Street, Suite 306, Suite 306, Rapid City, SD 57701
Phone: (605) 430-9521
Hours: 11:00am - 6:00pm (MT), Tuesday - Thursday
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 EMDR, play therapy, art therapy, behavior modification, and short-term solution-focused therapy. Telehealth is available through Doxy.me, a HIPAA compliant platform. Some phone sessions are also available.
Credentialed Professionals: Beverly D. Dafler, LPC-MH, EdS, NCC

Counseling Services offered at Choices Counseling
809 S. Street, Suite 210, Rapid City, SD 57701
Phone: (605) 209-3688
Hours: 10:00am - 4:00pm (MT), Tuesday - Thursday
Services Offered: Adolescent and adult counseling for crisis, trauma, depression, anxiety, marital issues, adoption, stress management, and grief and loss.
Credentialed Professionals: Charlie Lindgren, MEd, LPC-MH

Counseling Services offered at Satterwhite Therapy Services
660 Flormann Street, Suite 20, Rapid City, SD 57701
Phone: (605) 315-7159
Hours: 8:00am - 5:00pm (MT), Monday - Friday

Feel free to share this information, we ask that you credit the Helpline Center as your source.
Services Offered: Provides the following: individual/family therapy TF-CBT, trauma recovery functional development cd assessments general assessments Emphasis and experience with fetal alcohol spectrum disorder (FASD), autism, attachment issues, and suicidality.  
Credentialed Professionals: Nora Boesem MSW, CSW, QMHP Leah Hosch MSW, CSW, QMHP Bryan Satterwhite MSW, CSW-PIP, QMHP, ACT

Counseling Services offered at Torno Mediation and Mental Health Services  
730 South Street, Rapid City, SD 57701  
Phone: (605) 718-3613  
Hours: By appointment: 8:30am - 5:00pm (MT), Monday - Wednesday  
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.  
Credentialed Professionals: Melanie Torno, MS, LPC-MH, QMHP, EMDR, TF-CBT

Counseling Services offered at Kelly Marker  
623 Quincy Street, Suite 102, Rapid City, SD 57701  
Phone: (605) 381-4608  
Hours: Tuesday - Friday. Hours may vary.  
Services Offered: Provides outpatient counseling services for individuals ages 18 through adulthood. Specialties include: anxiety, trauma stress, grief, compassion fatigue and burnout among professionals. Telehealth services are available for new and existing clients who live in South Dakota. Call or email for information.  
Credentialed Professionals: Kelly Marker, MS, LPC-MH

Working Against Violence, Inc.  
527 Quincy Street, Rapid City, SD 57701  
Phone: (888) 716-9284  
Hours: Office hours: 9:00am - 4:00pm (MT), Monday - Friday  
Services Offered: WAVI works to create a community free of domestic violence and sexual assault through advocacy, education, and support services. Services provided include: Emergency room response Court advocacy Assistance filing protection orders Assistance filing crime victim compensation Emotional support Temporary emergency shelter  
Comprehensive case management Supportive services Information and referral

Counseling Services offered at Behavior Management Systems  
350 Elk Street, Rapid City, SD 57701  
Phone: (605) 343-7262  
Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday  
Evenings by appointment  
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. Offers telehealth services. Family Pathways (Family Outreach Services) counselors provide intensive counseling and support services for children in community locations such as home or school. Psychiatric Services provides assessments and medication management.  

Counseling Services offered at Catholic Social Services  
529 Kansas City Street, Suite 100, Rapid City, SD 57701  
Website: www.cssrapidcity.com Email: css@cssrapidcity.com  
Phone: (605) 348-6086  
Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 12:00noon (MT), Friday
Services Offered: Individual, couple and family counseling for issues related to trauma, abuse, substance abuse prevention, relationships, unplanned pregnancy, adoption and parenting. Offers Telehealth counseling services - for rural South Dakotans to have access to an outpatient therapist via smart phone, tablet or computer. Call to schedule a session via confidential/secure HIPAA compliant video technology. Employee Assistance Program (EAP) - can provide trainings, classes/groups or counseling for employees Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide. Variety of educational workshops available. Other programs include: Lakota Circles of Hope, Disaster Relief and Uplifting Parents.CSS is offering free counseling services to ranchers and producers facing stress, family conflict:persistent worry;depression;irritability;or relying on substances to manage.

Credentialed Professionals: Angie Banley, MA, LPC, QMHP
Charlie Hartpence, MS
James T. Kinyon, MS, LPC-MH, QMHP, LMFT
John Olenyik, MDiv, LPC, QMHP
Norma Runner, MA, LPC, QMHP

Counseling Services offered at Rapid City Counselors
528 Kansas City Street, Suite 5, Rapid City, SD 57701
Website: rapidcitycounselors.com    Email: admin@rapidcitycounselors.com
Phone: (605) 299-9100
Hours: 8:00am - 6:00pm (MT), Monday - Friday
Services Offered: Seeking to inspire and renew individual adults, children, adolescents, and couples to identify concerns and issues within themselves and their relationships that impede healthy life areas of functioning and connective relationships. Specialties include: Trauma Anxiety Depression Self-esteem issues Conflict management Mediation Personality disorders Bipolar Sexual identity concerns. Modalities of treatment encompass: Cognitive Behavior Therapy (CBT) Eye Movement Desensitization and Reprogramming (EMDR) Emotional Freedom Techniques (EFT, Tapping) Virtual Reality Therapy (VR) Brain Tap Acceptance & Commitment Therapy (ACT) Gottman Couples Techniques Christian Counseling Play Therapy Parent-Child Interactive Therapy (PCIT) Sand Tray Therapy Other techniques specific to the individual, adolescent, children, family, and couples needs.

Credentialed Professionals: Kris Jeakins, MS, LPC-MH, NCC, QMHP
Shelsta Kaufmann, MA, NCCE
Emily Lake, MA, LPC, NCC, QMHP
Stacy L Keyser, MS, LPC-MH, NCC, QMHP
Mary Schweitzer, Supervisee
Silver See, MALynsey Ward, MA, NCC

Children's Home Society - Residential Treatment offered at Children's Home Society of South Dakota
24100 S. Rockerville Road, Rapid City, SD 57702
Phone: (605) 343-5422
Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Residential 24 hours a day / 7 days a week
Services Offered: A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-14. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services.Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-14 with emotional and behavioral problems.Madsen House Intensive Unit is an eight-bed unit for children ages 7-13 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming. Childcare teams consist of three counselors and one team coordinator, creating a ratio of one staff for every two children.

Credentialed Professionals: Call for information on mental health professionals available to provide services.

Counseling Services offered at Vet Center
21 E. Omaha Street, Rapid City, SD 57701
Phone: (605) 348-0077
Hours: 8:00am - 4:30pm (MT), Monday, Tuesday, Thursday, Friday8:00am - 6:00pm (MT), Wednesday
Services Offered: Outpatient mental health counseling center providing 100% free services to eligible Veterans, Active Duty Service Members, and their families. Part of the US Department of Veterans Affairs but separate from the VA Medical Centers, with separate and confidential medical records.Offering individual, group, and couples counseling both in Rapid City and at a number of Community Access Points in the Black Hills. Also, a referral service and can point Veterans in the right direction for any information they may need in terms of accessing benefits, enrolling in VA health care, etc.Specialty is helping Veterans readjust successfully into civilian life, and provides counseling for a wide range of problems, from mental health issues like PTSD, depression, and anxiety to life stressor issues such as work-related or relationship difficulties.Also provides free bereavement counseling for loved ones of service members who died while on Active Duty or Veterans who died by suicide.

Credentialed Professionals: Michelle Hough, LICSW, Director
Jara Swan, LPC, NCC, QMHP
Support Group offered at Legacy Family Services
3932 Kyle Street, Rapid City, SD 57701
Phone: (406) 550-1948
Hours: Office Hours: 8:00am - 5:00pm (MT), Monday - Friday Grief Support Group: 6:30pm - 8:30pm (MT), Wednesday, October 19 - December 14, 2022
Services Offered: Presenting a unique bereavement educational and support group for persons who lost a loved one from COVID-19 or from a sudden, unexpected death. Provides the following: Journey - a special grief group Grief support groups for bereaved individuals who have lost a relative, friend, child, or someone who experienced a sudden, unexpected death Critical Incident Stress Management
Credentialed Professionals: Jo Kimery, RN, MA

Counseling Center offered at Youth & Family Services
202 E. Adams Street, Rapid City, SD 57701
Website: www.youthandfamilyservices.org Email: ccgeneral@youthandfamilyservices.org
Phone: (605) 342-4789
Hours: Call for information.
Services Offered: Crisis intervention, assessments, counseling, and case management services that help young people and their families overcome challenges and pave the way for an improved quality of life. Provides support to individuals suffering from mental health issues, alcohol and drug abuse, child abuse and neglect, domestic violence, and crime victimization. Support is also provided to individuals struggling with personality development and relationship issues. Therapists specialize in: Individual, family, and group therapy Play, art, and sand therapy Marriage and relationship counseling Treatment for depression, anxiety, and behavior issues Trauma Stress and anger management Chemical dependency treatment and prevention Level 1 alcohol and drug evaluation and treatment Suicide crisis intervention Treatment for youth with problematic sexual behaviors Additional Services Parenting classes Mind-Body workshops Domestic violence program Seeking Safety Women's Group: For women, 18 years or older, wanting to recover from the negative effects of substance use and/or traumatic stress/PTSD. Individuals do not have to have a substance use disorder nor suffer from Post-Traumatic Stress Disorder (PTSD) to find healing in this group. Mental health consultations and trainings Equine Assisted Therapy Group Mental Health Evaluations Child abuse survivor program Telehealth sessions available. Perfer first session in person.
Credentialled Professionals: Stephanie Beard, MSW, CSW, QMHP Jennifer Freyensee, MS, LPCValerie Lick, MSMaureen Murray, MA, LPC-MH, LAC Desiree Swann, MSSW, CSW, ACT Sierra Toms, MABridget Williams, MS, LPC-MH, QMHP

Youth Trauma Center offered at Youth & Family Services
202 E. Adams Street, Rapid City, SD 57701
Website: www.youthandfamilyservices.org Email: ccgeneral@youthandfamilyservices.org
Phone: (605) 342-4789
Hours: Call for information.
Services Offered: Works to increase identification of youth and families who have been exposed to traumatic stress and shorten the time it takes to get them into effective treatment programs. Offers free screenings to children who may be experiencing traumatic stress, and then, if information warrants, a full assessment will be scheduled. Youth and families who are identified as experiencing traumatic stress will be referred to appropriate treatment providers. Treatments available at YFS include: Trauma-focused cognitive behavioral therapy Child parent psychotherapy Equine Therapy Problematic sexual behavior-cognitive behavioral therapy Prolonged exposure therapy Dialectical behavior therapy (DBT) Integrative treatment for complex trauma Motivational interviewing Also assists community mental health providers' expansion of trauma-focused knowledge and skills through education, training, and collaboration.
Credentialled Professionals: Stephanie Beard, MSW, CSW, QMHP Jennifer Freyensee, MS, LPC Valerie Lick, MSMaureen Murray, MA, LPC-MH, LAC Desiree Swann, MSSW, CSW, ACT Sierra Toms, MABridget Williams, MS, LPC-MH, QMHP

Counseling Services offered at LifeStages Counseling, LLC
811 E. Saint Andrew Street, Suite 3, Rapid City, SD 57701
Phone: (605) 388-2163
Hours: 9:00am - 5:30pm (MT), Monday - Friday
Services Offered: Provides counseling to children, adolescents, and their families in the Black Hills area. Issues that are addressed include: ADHD, adoption and foster care, adjustment to life situations, anxiety, anger management, behavioral concerns, coping skills, depression, family conflict, FASD, oppositional defiance, parenting, suicidal ideation, stress management, and trauma (including emotional, physical, and sexual abuse). Telehealth available and determined on a case by case basis.

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

Counseling Services offered at Gossamer Threads Counseling
811 E. Saint Andrew Street, Suite 12, Rapid City, SD 57701
Website: gossamerthreadsounseling.com  Email: gossamerthreadsounseling@gmail.com
Phone: (605) 209-5513
Hours: 9:00am - 5:00pm (MT), Monday - Thursday
Services Offered: Providing narrative therapy for individual adults, couples or adolescents: a relational therapy that seeks to collaboratively resolve problems and create new possibilities. Areas of special emphasis: Identity transformation and development Mood and anxiety concerns Relationship difficulties Family dynamics Recovery from trauma (including religious trauma) Offering telehealth
Credentialed Professionals: Jessica Hubner, MS, LPC

Residential Behavioral Health/Group Care Program offered at Wellfully
22 Waterloo Street, Rapid City, SD 57701
Website: www.wellfully.org  Email: info@wellfully.org
Phone: (605) 718-4870
Hours: Residential services: 24 hours a day / 7 days a weekFront desk hours: 9:00am - 5:00pm (MT), Monday - Friday10:00am - 4:00pm (MT), Saturday
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
Credentialed Professionals: W. Burke Eilers, MS. LPC-MH, LAC, CPS, QMHP, NCCDr. Mark T. Garry, MD

Equine Therapy offered at Red Horse Healing
3315 S. Valley Drive, Rapid City, SD 57703
Phone: (605) 441-2038
Hours: 8:00am - 5:00pm (MT), Monday - Sunday
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. Telehealth available.
Credentialed Professionals: Bridget Williams, MS, LPC-MH, QMHP

Counseling Services offered at Heartspace Counseling, LLC
24349 Abe Place, Keystone, SD 57751
Website: http://sdheartspace.com  Email: sdheartspacecounseling@gmail.com
Phone: (605) 484-6030
Hours: 9:00am - 7:00pm (MT), WednesdayVirtual only
Services Offered: Specializing in group therapy for food/body image issues or eating disorders and their origins. An eating disorder diagnosis is not required. Weekly group is virtual only. Day long retreats are in person, free will offering. Participation in either requires a screening/assessment, fee is negotiated.
Credentialed Professionals: Susan Kay Lorenzen, MA, MS, LPC-MH, NCC, ACS

Counseling Services offered at Grief Recovery Method, Coaching, and Training, Wellness/Brain Health Coaching
24651 Whitetail Ridge Road, Hermosa, SD 57744
Phone: (303) 590-4403
Hours: By appointment and request.
Services Offered: An evidence-based and practice informed program that has been shown to effectively influence components of grief and grief recovery. Based on over 40 years of practice dealing with grief and working one on one with grievers, the GRM program helps reduce grief by teaching grievers new skills on how to cope and process grief; how to confront old myths or unhelpful patterns of grieving; how to examine the ways in which grief has impacted their life through detailed assignments and exercises; and how to let go of pain from loss through the timely identification of apologies, forgiveness, and significant emotional statements, all within a helpful, supportive environment. There are four programs; 8 weeks support group, 7 weeks one on one, 4 weeks Helping Children Deal with Loss, and 6 weeks for Pet Loss. Wellness/Brain Health Coaching is a psycho-education program for working with a variety of issues such as depression, anxiety, self efficacy, ADD, ADHD, and addictions which address the four circles of health and healing: biology, psychology, social, and spiritual. Services can be offered by Skype, Zoom, and onsite. Contact by phone or email to discuss process and procedure.

Credentialed Professionals: Margie Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Method Specialist (R). Certified by the Grief Recovery Institute(R) Involved in Dr. Amen's Brain Health Coaching program.

Women Escaping A Violent Environment
No Physical Location, Custer, SD
Phone: (605) 673-4357
Hours: 24 hours a day / 7 days a week
Services Offered: Offering services for victims of child abuse, domestic violence, sexual assault, stalking, sex trafficking, and elder abuse including: 24-hour crisis line Advocacy Shelter Counseling and support groups Counseling and services for incest survivors Community preventative education available on domestic violence, dating violence, sex trafficking, and sexual assault.

Crisis Intervention Shelter Service, Inc.
No Physical Address, Sturgis, SD 57785
Phone: (605) 347-0050
Hours: 24 hours a day / 7 days a week
Services Offered: Emergency shelter and advocacy to battered women and their children as well as victims of sexual assault and human trafficking. Off-site advocacy available for male victims. CISS provides a 24-hour crisis line, financial assistance (when funds are available), counseling, referrals, legal aid (when funds are available), assistance with protection orders and Crime Victims Compensation program.

Counseling Services offered at Black Hills Counseling LLC
1238 Main Street, Suite 4, Sturgis, SD 57785
Email: bhcounseling1@vastbb.net
Phone: (605) 720-8090
Hours: 9:00am - 5:00pm (MT), Monday - Friday; by appointment only
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.
Credentialed Professionals: Jeff DeKraai, MS, LPC-MH, QMHP

Counseling Services offered at Behavior Management Systems
623 Dahl Road, Spearfish, SD 57783
Phone: (605) 642-2777
Hours: 8:00am - 5:00pm (MT), Monday - Friday
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. Offers telehealth services. 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.
Credentialed Professionals: Katy Davis, MSW, LSW, QMHP Jodi Guy, APRN, CNP Lisa Kautzman, RN, CNP, QMHP Peggy O'Connor, RN
Counseling Services offered at Black Hills Psychology
115 N. 7th Street, Suite 6, Spearfish, SD 57783
Phone: (605) 645-0100
Hours: 9:00am - 5:00pm (MT), Monday - Friday
Services Offered: Psychiatric evaluations, prescription medication management, psychological testing, and comprehensive therapy services including Eye Movement Desensitization and Reprocessing (EMDR) and biofeedback. Psychological testing and evaluation services available for issues including Autism spectrum, learning disorders, attention deficit / hyperactive disorder (ADD/ADHD), bipolar, anxiety, depression, ability and achievement, IQ, memory, bariatric surgery evaluations, and court-ordered evaluations. Specializing in therapeutic services for depression, life-transition, behavioral issues, divorce, premarital, families, relationship issues, parenting, work-life balance, LGBTQ, grief and loss, serious and chronic disease, postpartum depression, infertility, stress management, eating disorders, physical disability, abuse issues, and chronic pain. Also offering telehealth services.
Credentialed Professionals: Mark Britzman, EdD, LP, Michele Clodfelder, LPC-MH, Emilia Flint, PhD, LPTara Ginter, LPC-MH, Cherise Lerew, PhD, LPS, Shannon Maxwell, PsyD, LPRita Van Norman, CSW-PIP

Counseling Services offered at Northern Hills Counseling Associates
211 N. Main Street, Suite 203, Spearfish, SD 57783
Phone: (605) 559-2006
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Services Offered: Outpatient mental health counseling services for individuals and families. Services include: individual counseling marriage counseling divorce counseling substance abuse counseling grief/bereavement counseling dialectical behavioral therapy terminal illness counseling LGBTQ counseling child abuse counseling child abuse survivor counseling for adults family counseling couples (conjoint) counseling trauma informed therapy cognitive behavioral therapy adolescent/youth counseling gender identity counseling parent counseling spouse/intimate partner abuse counseling telemental health counseling
Credentialed Professionals: Tracie Bren-Clegg, LPC-MH, QMHP, Seth Courtne, MS, LPC, NCCLinda M. Gross, LPC-MH, QMHP

Victims of Violence Intervention Program, Inc.
No Physical Address, Spearfish, SD 57783
Website: www.artemishouse.org Email: director@artemishouse.org
Phone: (800) 999-2348
Hours: Office hours: 8:00am - 4:30pm (MT), Monday - FridayHotline is available 24 hours a day / 7 days a week
Services Offered: Providing the following services to those affected by domestic violence, dating violence, stalking, and sexual assault: Advocates work one-on-one with clients providing: Emergency shelter for people made homeless due to recent domestic violence 24-hour crisis line staffed by crisis advocates Calls are 100% confidential and judgment free Accommodations including housing, food, and personal supplies for up to 42 people of any gender Moral support Assistance with finding affordable housing, suitable employment, transportation, and applying for public assistance Accompaniment when seeking medical attention, legal or court services Moral recognition therapy (MRT): a 24-week course aimed at offenders that provides the tools they need to take responsibility for their actions and end the cycle of abuse. Domestic violence recognition (DVR): a course aimed at survivors who have come into contact with law enforcement and are needing support to recognize and avoid abuse. Continued support services for clients as they gain independence Services for children including: Development of self esteem Creative conflict resolution techniques Validation of feelings Public education and community outreach. Training for partner agencies Speakers for community events Facilitator of Northern Hills Sexual Assault Response Team (SART) Facebook Page: https://www.facebook.com/ArtemisHouseVVIP/

Counseling Services offered at Funk Counseling
526 Main Street, Spearfish, SD 57783
Phone: (605) 722-0795
Hours: 8:00am - 5:00pm (MT), Monday - Friday
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. Telehealth sessions available. Prefer first session in person.
Credentialed Professionals: Rebecka Funk, MA, LPC-MH
**Counseling Services offered at Enso Mental Health, LLC**
717 5th Street, Spearfish, SD 57783  
**Phone:** (605) 519-5850  
**Hours:** 8:00am - 5:00pm (MT), Monday - Thursday; 8:00am - 12:00noon (MT), Friday by appointment only*

**Services Offered:** Specializes in working with adults and teens on a variety of concerns including couples 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, eye movement desensitization and reprocessing (EMDR) and domestic violence counseling. Able to offer sessions via telehealth. Prefer first session in person.

**Credentialed Professionals:** Shannon Howard, MA, LPC-MH, QMHP, NCC  
Heather Janvrin, MS, LPC-20761  
JoAnna Prewitt, MS, LPC-MH, QMHP, NCC

---

**Spearfish - Counseling Services offered at Catholic Social Services**
814 W. King Street, Black Hills State University Newman Center, Spearfish, SD 57783  
**Website:** www.cssrapidcity.com  
**Email:** css@cssrapidcity.com  
**Phone:** (605) 348-6086  
**Hours:** Varies / 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. CSS is offering free counseling services to ranchers and producers facing stressful times. Stress comes out in different ways: family conflict; persistent worry; depression; irritability; relying on substance to manage. 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 decision 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. Start Making It Livable for Everyone (SMILE) classes 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 understand the needs of their children; help parents learn what they can do to create a nurturing and safe environment so their children can recover and feel good about themselves; inform parents how to prevent destructive game playing that is common among divorce; help parents gain problem solving skills; and let parents know they are not alone. Other programs include: Lakota Circles of Hope, disaster relief, Prosperity Initiative, and Uplifting Parent.

**Credentialed Professionals:** Angela Banley, MA, LPC, QMHP

---

**LSS Spearfish - Canyon Hills Center offered at LUTHERAN SOCIAL SERVICES - WESTERN REGION**
2519 Windmill Drive, Spearfish, SD 57783  
**Website:** https://lsssd.org/what-we-do/residential-services-for-children-youth/  
**Email:** info@lsssd.org  
**Phone:** (605) 559-3500  
**Hours:** Office hours: 8:00am - 5:00pm (MT), Monday - Friday; Residential program: 24 hours a day / 7 days a week

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

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

---

**Counseling Services offered at Life Counseling and Coaching, The**
1930 N. Avenue, Suite 3, Spearfish, SD 57783  
**Phone:** (605) 639-5641  
**Hours:** 8:00am - 6:00pm (MT), Monday - Friday
Services Offered: Provides individual and couples counseling for adults struggling with symptoms of anxiety, depression, grief and trauma as well as difficulties with parenting, relationships and professional burn-out. Offers Life and Success Coaching. Telemental health services available.

Credentialed Professionals: Tracy Hunt, LPC-MH

Counseling Services offered at HOPE Counseling Center
1245 Sherman Street, Hot Springs, SD 57747
Phone: (605) 745-5334
Hours: By appointment

Services Offered: Offering 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. Telemental health services available.

Credentialed Professionals: Alison Ritterbush, LPC-MH, QMHP

Counseling Services offered at Behavior Management Systems
3 Canyon View Circle, Hot Springs, SD 57747
Phone: (605) 745-6222
Hours: 8:00am - 5:00pm (MT), Monday - Friday

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. Offers telehealth services. 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.

Credentialed Professionals: Matt Gordon, LPC, QMHP, Lisa Kautzman, RN, CNP, QMHP, Kim McNemar, LPC-MH, CMHP, Shauna Smith, LPC, QMHP

Counseling Services offered at Sharon K. Hansen
27003 U.S. Highway 385, Hot Springs, SD 57747
Phone: (605) 890-0580
Hours: 8:00am - 12:00noon (MT), Monday, Tuesday

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).

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

Fall River Behavioral Health Services offered at FALL RIVER HEALTH SERVICES
1201 Highway 71 South, Hot Springs, SD 57747
Website: www.frhssd.org Email: bh@frhssd.org
Phone: (605) 745-8910
Hours: 8:00am - 5:00pm (CT), Monday - Friday

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

Credentialed Professionals: Dr. Brian Wilson - DO, Board certified by American Board of Psychiatry and Neurology and Board Certified by American Association of Child Adolescent Psychiatry. Dr. Dominick Trombetta - MD, Board Certified Adult Psychiatrist and Board Eligible Child & Adolescent Psychiatry. Galen Britain - LCSW-PIP, Clinical Social Worker

Counseling Services offered at Belle Fourche Counseling, LLC
515 National Street, Suite 103, Suite 103, Belle Fourche, SD 57717
Website: www.bellefourchecounseling.com Email: info@bellefourchecounseling.com
Phone: (605) 722-8090
Services Offered: Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting. Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through a secure video connection. Strives to provide culturally relevant and sensitive care. 

Credentialed Professionals: Allison Benson, MS, LPC-MH; Kayla Grams, LPC-MH; Linnea Grosz, LPC-MH; Britney McGraw, LPC

Three Rivers Mental Health & Chemical Dependency Center
112 N. 2nd Avenue W., Horizons Clinic, Faith, SD 57626
Website: www.threeriverscounseling.com  
Email: threerivers@sdplains.com
Phone: (605) 374-3862

Services Offered: A private, non-profit, community-based human services agency service. Therapists, counselors, and case managers provide: Individual and family counseling (e.g., marriage counseling, parenting skills, trauma informed services, depression, anxiety, PTSD, anger management, coping skill development, etc) Addiction and dependency services Evaluations and assessments Social learning programs Systems of Care Offering services via telehealth. All calls and scheduling of appointments will need to be done through the Lemmon office (605) 374-3862

Communities Against Violence & Abuse, Inc. offered at COMMUNITIES AGAINST VIOLENCE AND ABUSE, INC.
701 3rd Avenue E., Lemmon, SD 57638
Phone: (605) 244-7233

Services Offered: A grass roots, non-profit organization, Communities Against Violence and Abuse, Inc., has been formed to provide non-judgmental advocacy, intervention, and shelter of victims of domestic abuse, sexual assault, child abuse, and elder abuse. This agency also provides education about the issues which surround domestic violence. Also provides visitation services.

Rising Hope Counseling, LLC
420 S. Henry Street, Pierre, SD 57501
Website: risinghope605.com  
Email: admin@risinghope605.com
Phone: (605) 494-1500

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

Counseling Services offered at Visionary Mental Health Services, LLC
1709 N. Lincoln Avenue, Suite #102, Pierre, SD 57501
Website: www.visionarymentalhealth.com  
Email: visionarymentalhealth@gmail.com
Phone: (605) 280-9778

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

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

Counseling Services offered at Support Circle, The
1710 E. Grand Crossing, Mobridge, SD 57601
Website: https://www.thesupportcircle.com/  
Email: hello@thesupportcircle.com
Phone: (605) 845-2058

Hours: 8:00am - 10:00pm (CT)
Services Offered: Counseling services provided are: Individual Counseling Couples Counseling Divorce Counseling LGBTQ+ Counseling Gender Identity Counseling Child Abuse Survivor Counseling for Adults Youth Counseling Parent Counseling Spouse/Intimate Partner Abuse Counseling Marriage Counseling Substance Abuse Counseling Grief Counseling Terminal Illness Counseling Child Abuse Counseling Family Counseling Trauma Informed Therapy Cognitive Behavioral Therapy Telemental health Counseling
Credentialed Professionals: Mac Baker, MSW, CSW, QMHP Christie Green, MSW, CSW, QMHP

Wiconi Wawokiya, Inc. - Project Safe Shelter offered at WICONI WAWOKIYA, INC.
125 Red Horse Road, Fort Thompson, SD 57339
Website: www.wiconiways.org Email: wiconi@midstatesd.net
Phone: (800) 723-3039
Hours: 24 hours a day / 7 days a week
Services Offered: 24-hour emergency shelter for women and children that provides crisis services for rape victims, child abuse victims and their non-offending family members, family members of homicide victims, adults molested as children, and victims of elder abuse. Services include: Accompany victims to hospital and through systems Transportation Advocacy, including criminal justice and court Emergency clothing and other supplies Assistance with protection orders Weekly women's support groups Crisis counseling Referrals and information Assistance in filing for victim compensation

Rising Hope Counseling, LLC
118 S. Main Street, Suite 1, Chamberlain, SD 57325
Website: risinghope605.com Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information.
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Rising Hope Counseling, LLC
841 Jackson Street, Suite C, Burke, SD 57523
Website: risinghope605.com Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Our Home, Inc. offered at OUR HOME, INC
334 3rd Street S.W., Huron, SD 57350
Phone: (605) 352-4368
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week
Services Offered: Our Home, Inc., is a psychiatric residential treatment facility for youth. Programs are based on the philosophy of holistic health and strive to assess youth problems in an accurate manner, using approved adolescent testing procedures. Our Home makes every effort to place residents in the least restrictive program possible so that normal development processes are not disturbed. A multidisciplinary treatment plan is used to incorporate the fields of medicine, psychology, education, recreation, community service, and other professions and disciplines when appropriate. Our Home draws from community resources and employs networking concepts to ensure that residents experience a smooth transition back to their families and normal daily life.
Credentialed Professionals: TF-CBT

Rising Hope Counseling, LLC
110 Third Street S.W., Suite 107, Huron, SD 57350
Website: risinghope605.com Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for more information
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Rising Hope Counseling, LLC
426 N. Highway 281, Suite 3, Aberdeen, SD 57401
Website: risinghope605.com Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for more information.
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Inspire Counseling, LLC
405 8th Avenue N.W., Suite 321, Aberdeen, SD 57401
Phone: (605) 262-0513
Hours: 8:30am - 5:00pm (CT), Monday - Thursday8:30am - 2:30pm (CT), Friday
Services Offered: Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families. Also provides a Spanish speaking translator at no cost if needed. Other services include: individual counseling divorce counseling grief/bereavement counseling Dialectical Behavioral Therapy (DBT) LGBTQ counseling child abuse counseling child abuse survivor counseling for adults family counseling play therapy trauma informed therapy Cognitive Behavioral Therapy (CBT) adolescent/youth counseling gender identity counseling parent counseling spouse/intimate partner abuse counseling internet (tele-health) counseling
Credentialed Professionals: Angel Feiock, MS, LPC-MH, QMHP

Rising Hope Counseling, LLC
The Minor County Pioneer, 120 S. Main Street, Howard, SD 57349
Website: risinghope605.com Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Rising Hope Counseling, LLC
600 Billars Street, Scotland, SD 57059
Website: risinghope605.com Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information.
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Rising Hope Counseling, LLC
700 S. Washington Avenue, Suite 100, Madison, SD 57042
Website: risinghope605.com Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information.
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Better Me Counseling and Consulting
818 S. Broadway, Suite 113, Watertown, SD 57201
Phone: (605) 880-0100  
Hours: 8:30am - 5:30pm (CT), Monday, Tuesday, Thursday  
Services Offered: Provides mental health counseling for children, adults, families and couples. Including the following services: individual counseling marriage counseling divorce counseling grief/bereavement counseling LGBTQ counseling child abuse counseling child abuse survivor counseling for adults family counseling couples (conjoint) counseling trauma informed therapy cognitive behavioral therapy adolescent/youth counseling parent counseling spouse/intimate partner abuse counseling internet (tele-health) counseling farm crisis counseling retirement and aging concerns  
Credentialed Professionals: Stacy Solsaa, PhD, LPC-MH, NCC, NCSC

Rising Hope Counseling, LLC  
818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201  
Website: risinghope605.com    Email: admin@risinghope605.com  
Phone: (605) 494-1500  
Hours: Call for information.  
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Rising Hope Counseling, LLC  
610 W. 23rd Street, Suite #7, Yankton, SD 57078  
Website: risinghope605.com    Email: admin@risinghope605.com  
Phone: (605) 494-1500  
Hours: Call for information.  
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Rising Hope Counseling, LLC  
304 W. SD Highway 38, Suite 126, Hartford, SD 57033  
Website: risinghope605.com    Email: admin@risinghope605.com  
Phone: (605) 494-1500  
Hours: Call for information  
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Rising Hope Counseling, LLC  
601 4th Street, Suite 102, Brookings, SD 57006  
Website: risinghope605.com    Email: admin@risinghope605.com  
Phone: (605) 494-1500  
Hours: Call for more information  
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Black Hills Behavioral Health Guide offered at HELPLINE CENTER - RESOURCE GUIDES  
No Physical Address, Rapid City, SD 57701  
Website: www.helplinecenter.org/support-programs/mhguides    Email: help@helplinecenter.org  
Phone: 2-1-1  
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday  
Services Offered: This guide is produced as an initiative of the Human Services Collaborative and funded by the John T. Vucurevich Foundation. It was established to help people more readily identify and select licensed/credentialed practitioners and agencies. It includes both non profit and for profit behavioral health practitioners, and is available in both printable and online searchable versions.
Counseling Services offered at Aspire Counseling, LLC
6340 S. Western Avenue, Sioux Falls, SD 57108
Website: www.aspirecounselingsd.com  Email: info@aspirecounselingsd.com
Phone: (605) 277-1422
Hours: 8:00am - 7:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday
Flexible per client needs
Services Offered: Provides therapy services for those with mental health needs, striving to meet clients in their time of need, creating a secure location to explore, process and establish healthy coping skills. Services include: individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, dialectical behavioral therapy, terminal illness counseling, LGBTQ counseling, child abuse counseling, child abuse survivor counseling for adults, family counseling, couples counseling, trauma-informed therapy, cognitive behavioral therapy, adolescent/youth counseling, gender identity counseling, parent counseling, spouse/intimate partner abuse, counseling internet (tele-health) counseling.
Credentialed Professionals: Lindsay Neth, MSW, CSW-PIP
Kelli Willis, MSW, CSW-PIP

Rising Hope Counseling, LLC
6340 S. Western Avenue, Suite 120, Sioux Falls, SD 57108
Website: risinghope605.com  Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

LSS Center for Children and Youth - Summit Oaks Center offered at LUTHERAN SOCIAL SERVICES - SOUTHEAST REGION
621 E. Presentation Street, Sioux Falls, SD 57104
Website: https://lsssd.org/what-we-do/residential-services-for-children-youth/  Email: info@lsssd.org
Phone: (605) 221-2346
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week

Counseling Services offered at Guiding Light Counseling, LLC
5000 S. MacArthur Lane, Suite 104, Sioux Falls, SD 57108
Website: https://sarah-scherr.clientsecure.me/?mld=18341d8b6e8569-0e1e8db0ccd33d-26021c51-15f900-18341d8b6e93cc#home
Phone: (605) 413-6835
Hours: Monday - Friday; Call for specific hours
Services Offered: Counseling services offered at this agency include: Individual counseling, Dialectical behavioral therapy, Child abuse survivor counseling for adults, Couples (conjoint) counseling, Adolescent/youth counseling, Parent counseling, Marriage counseling, Grief/bereavement counseling, Trauma informed therapy, Cognitive behavioral therapy, Telemental health counseling. Also trained in: Accelerated Resolution Therapy - a type of therapy that helps alleviate trauma symptoms.
Credentialed Professionals: Sarah Scherr, MSW, CSW, QMHP

Children's Home Society - Residential Treatment offered at Children's Home Society of South Dakota
801 N. Sycamore Avenue, Sioux Falls, SD 57110
Phone: (605) 334-6004
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential 24 hours a day / 7 days a week
**Services Offered:** A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-14. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services. Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-14 with emotional and behavioral problems. Madsen House Intensive Unit is an eight-bed unit for children ages 7-13 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming. Childcare teams consist of three counselors and one team coordinator, creating a ratio of one staff for every two children.

**Credentialed Professionals:** Call for information on mental health professionals available to provide services.

---

**Domestic Violence Hotline for South Dakota**
No Physical Address, Sioux Falls, SD 57105
**Phone:** (800) 430-7233
**Hours:** 24 hours a day / 7 days a week
**Services Offered:** The Domestic Violence Hotline for South Dakota is answered by the Helpline Center providing support and crisis intervention 24 hours a day / 7 days a week.

---

**Counseling Cafe, The**
4804 S. Minnesota Avenue, Sioux Falls, SD 57108
**Phone:** (605) 271-8008
**Hours:** 8:30am - 8:00pm (CT), Monday - Friday; 8:30am - 6:00pm (CT), Tuesday - Thursday; 7:30am - 12:00noon (CT), Friday
**Services Offered:** Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include: Evaluations and assessments Professional therapy and counseling Free coffee bar and baked goods for clients Licensed clinical professionals work with individuals, couples and families.

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

---

**Rising Hope Counseling, LLC**
1108 W. Cedar Street, Suite 5B, Beresford, SD 57004
**Website:** risinghope605.com **Email:** admin@risinghope605.com
**Phone:** (605) 494-1500
**Hours:** Call for information
**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

---

**Rising Hope Counseling, LLC**
904 E. 5th Street, Canton, SD 57013
**Website:** risinghope605.com **Email:** admin@risinghope605.com
**Phone:** (605) 494-1500
**Hours:** Call for information.
**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

---

**StrongHearts Native Helpline**
No Physical Address, Saint Paul, MN 55122
**Website:** www.strongheartshelpline.org **Email:** info@strongheartshelpline.org
**Phone:** (844) 762-8483
**Hours:** 24 hours a day / 7 days a week
Services Offered: A culturally-appropriate, anonymous, confidential and free service dedicated to serving Native American and Alaska Native survivors, concerned family members and friends affected by domestic, dating and sexual violence. Advocates are available 24/7 and offer: peer to peer support crisis intervention assistance with safety planning education and information referrals to Native-centered domestic violence and sexual violence service providers. Call or text 1-844-7NATIVE (1-844-762-8483) or click on the chat icon at strongheartshelpline.org.

Rising Hope Counseling, LLC
317 N. Heritage Parkway, Tea, SD 57064
Website: risinghope605.com  Email: admin@risinghope605.com
Phone: (605) 494-1500
Hours: Call for information
Services Offered: Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

SAMHSA Behavioral Health Treatment Finder offered at SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION
5600 Fishers Lane, Substance Abuse and Mental Health Services Administration, Rockville, MD 20857
Phone: (800) 662-4357
Hours: Website available 24 hours a day / 7 days a week
Services Offered: The Behavioral Health Treatment Services Locator, is a source of information related to substance abuse/addiction and/or mental health services for persons seeking treatment facilities (outside of South Dakota) in the United States or U.S. Territories.

Addiction/Substance Use Services

South Dakota National Guard Psychological Health Program offered at SOUTH DAKOTA DEPARTMENT OF THE MILITARY
2823 W. Main Street, Rapid City, SD 57702
Phone: (605) 737-6582
Hours: 9:00am - 5:00pm (MT), Monday - Friday
Services Offered: Provides mental health, substance abuse, suicide prevention and resiliency information to members of the South Dakota Army National Guard and families.
Credentialed Professionals: LTC Amber Heinert, MSWKristi Cricket Palmer, MA, ACT, CPS

Lifeways, Inc.
1010 9th Street, Suite 2, Rapid City, SD 57701
Website: www.lifeways.us  Email: office@lifeways.us
Phone: (605) 716-6555
Hours: 8:00am - 5:00pm (MT), Monday - Thursday8:00am - 4:30pm (MT), FridayParent component: Saturdays as needed for classes
Services Offered: Adolescent substance use prevention, early intervention, drug and alcohol assessments and outpatient treatment for all students in the Rapid City and Custer School Districts as well as surrounding communities. Counselors are primarily school based in RCAS and CSD middle and high schools along with select elementary schools. Services for all adolescent students (public, private and home-schooled) who are experiencing problems with substance use.
Credentialed Professionals: All Lifeways Counselors are Addiction Counselors credentialed by the SD Board of Addiction and Prevention Professionals.

Full Circle offered at Behavior Management Systems
350 Elk Street, Rapid City, SD 57701
Phone: (605) 343-7262  
**Hours:** Full Circle: 24 hours a day / 7 days a week  
**Services Offered:** A residential substance abuse treatment and prevention program for pregnant and parenting women. Intensive inpatient treatment is offered along with prenatal care, parenting information, case management, and continued care in a residential facility for those who have completed treatment. Also, offers MAT (Medication Assisted Treatment).

**Counseling Services offered at Harbor House Counseling**
No Physical Address, Rapid City, SD 57701  
Email: harborhouse3@gmail.com  
Phone: (605) 645-9898  
**Hours:** Flexible hours available by appointment. *COVID info below  
**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.  
**Credentialed Professionals:** Patricia Burnham, LAC

**Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills**
1520 Haines Avenue, Suite 6, Rapid City, SD 57701  
Phone: (605) 716-7841  
**Hours:** 8:00am - 8:00pm (MT), Monday - Thursday; 8:00am - 2:00pm (MT), Friday 24 hours a day / 7 days a week on-call staff available  
**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 Re却ation Therapy); CBISA (Cognitive Behavioral Intervention Substance Abuse); individual and group counseling; and 12-hour DUI classes. Telehealth services available.  
**Credentialed Professionals:** Julie Birner, MSW, MA, CSW, LAC, QMHP; Diana Boyle, MS, LPC, NCC, CEAP; Jade Doering, ACT; Uriah Glynn, ACT; Laura Lewis, BSAH, ACT; Steve Mauch, BA, LACH; Nagele, BA, ACT; Tyler O'Sullivan, BS, ACT; Lizzy Suto, ACT; Colleen Zimmerman, BA, ACT, MSW

**Outpatient Treatment offered at ROADS Outpatient Treatment Program**
103 E. Omaha Street, Rapid City, SD 57701  
Email: roadsoutpatient@gmail.com  
Phone: (605) 348-8026  
**Hours:** 9:00am - 5:00pm (MT), Monday - Thursday; 9:00am - 12:00noon (MT), Friday  
**Services Offered:** Outpatient counseling (for Chemical Dependency and Co-Occurring Disorders) for adults 18 years and older including intensive outpatient treatment, continued care, Moral Re却ation Therapy (MRT), and assessments.  
**Credentialed Professionals:** Danielle Colicheski, CAC; Linda Pratt, LAC; Barbara Samson, CAC; Heather Ochocki, MA, LACT; Tiffany Mooney, LPC-MHR; Roger Schriver, LAC; Peter M. Sweitzer, M.Ed., LPC, LAC

**Afterschool Programming and Addiction Recovery Program (IOP) offered at Wellfully**
22 Waterloo Street, Rapid City, SD 57701  
Website: www.wellfully.org  
Email: info@wellfully.org  
Phone: (605) 718-4870  
**Hours:** After school  
**Services Offered:** After-school care for boys and girls ages 10 - 18 meeting intensive outpatient guidelines for addiction recovery treatment. Services offered include: Drug and alcohol treatment needs assessment Intensive outpatient group program Continued Care group program Individual therapy Telehealth options available Learning Above and Beyond (LAB) afterschool prevention based program

**Residential Addiction Recovery Center offered at Wellfully**
22 Waterloo Street, Rapid City, SD 57701  
Website: www.wellfully.org  
Email: info@wellfully.org  
Phone: (605) 718-4870  
**Hours:** Office hours: 8:00am - 5:00pm (MT), Monday - Friday  
Residential services: 24 hours a day / 7 days a week.*COVID info below
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

Credentialed Professionals: Dr. Mark Garry, MD

Oglala Sioux Tribe - Native Healing Program offered at OGLALA SIOUX TRIBE
1205 E. St. James Street, Rapid City, SD 57701
Phone: (605) 342-8925
Hours: 8:00am - 4:30pm (MT), Monday - Friday

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

Credentialed Professionals: Stanley LaRoque, LAC, MS, Mental Health Counselor; Janelle Janis, ADC-III

Pennington County Sheriff's Office - Addiction Treatment Services offered at Pennington County
321 Kansas City Street, Suite 110, Care Campus, Rapid City, SD 57701
Website: www.pennco.org/sheriff/ Email: ccadp@pennco.org
Phone: (605) 394-6128
Hours: Administrative hours: 8:00am - 5:00pm (MT) Monday - Friday Detox open: 24 hours a day / 7 days a week. **Please note - Substance use assessments are not scheduled. However, clients can come at 8:00am and assessments are first come, first serve with 2-4 walk-in appointments daily.

Services Offered: Residential and intensive group outpatient treatment and specialized programming including: Intensive Methamphetamine Treatment program (IMT), and Opiate Day Treatment Intensive outpatient treatment 12-hour DUI class Moral Reconciliation Therapy (MRT) Cognitive Behavioral Intervention for Substance Abuse program (CBISA) treatment needs assessments social-setting detox emergency/involuntary commitments Crisis Care screening and interventions Residency treatment services are provided at 321 Kansas City Street, Rapid City, SD 57701.

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

Rapid City VA Community Based Outpatient Clinic offered at UNITED STATES DEPARTMENT OF VETERANS AFFAIRS
3625 5th Street, Rapid City, SD 57701
Phone: (605) 718-1095
Hours: Office hours: 7:00am - 4:30pm (MT), Monday - Friday Laboratory services: 7:00am - 3:30pm (MT), Monday - Friday Nurse Advice Line: Evenings, weekends, and Holidays

Services Offered: Features: Personalized Primary Care: Primary care providers, telehealth, and specialty care referrals to the VA Black Hills Health Care System, Fort Meade and Hot Springs campuses. Laboratory offers blood drawing services Prescriptions are processed through the mail or My HealtheVet. Intensive Outpatient Program (IOP) for Substance Abuse Disorder, with 9 hours per week of group therapy along with individual counseling sessions. Also, outpatient addictive disorder services.

Counseling Services offered at Practical Christian Counseling, Inc.
1351 Jolly Lane, Rapid City, SD 57703
Phone: (605) 484-7089
Hours: 8:00am - 8:30pm (MT), Tuesday, Wednesday 8:00am - 6:00pm (MT), Thursday 8:00am - 5:30pm (MT), Friday

Services Offered: Counseling from a biblically Christian worldview. Services include counseling for couples, marriage, marriage preparation, parenting, family, adolescents, depression, anxiety, grief, anger, crisis management, decision making, male sex addiction, gambling addiction, self-esteem, adjustment, life/professional coaching. Therapies include CBT, solution-focused, emotionally-focused couples, person-centered, Biblical, and prayer. Offering telehealth sessions.

Credentialed Professionals: Scott Wiley, MS, LPC, LPC-MH, NBCC
Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills
14 Mount Rushmore Road, Suite C, Custer, SD 57730
Phone: (605) 673-2844
Hours: Office House: 12:00noon - 8:00pm (MT), Tuesday, Thursday4:30pm - 8:00pm (MT), Wednesday24 hours a day / 7 days a week on-call staff available
Services Offered: Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes. Telehealth services available.

VA Black Hills Health Care System, Fort Meade offered at UNITED STATES DEPARTMENT OF VETERANS AFFAIRS
113 Comanche Road, Fort Meade, SD 57741
Phone: (605) 347-2511
Hours: Hospital: 24 hours a day / 7 days a weekOffice hours: 7:30am - 5:00pm (MT), Monday - Friday
Services Offered: General medical and surgical, primary, nursing home, and rehabilitative care. 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
Credentialed Professionals: Thomas Curtin, Ph.D.

Action for the Betterment of the Community
1426 Short Track Road, 1807 Williams Street, Sturgis, SD 57785
Phone: (605) 347-2991
Hours: 8:00am - 7:00pm (MT), Monday 8:00am - 5:00pm (MT), Tuesday - Friday Meeting time: 11:30am - 1:00pm (MT), 2nd Thursday of each month*COVID info below
Services Offered: Provides the following services: Substance use/abuse services (for youth) Individuals Counseling Assessments Outpatient Counseling Intensive Outpatient Counseling Prevention programming in the middle schools and communities After school program for grades 1st-8th and a summer program Classes / workshops Positive Action LifeSkills Safe Dates Prime for Life Prime Solutions TruThought/Corrective Thinking Tobacco Class 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.
Credentialed Professionals: Licensed Addiction Counselors, Certified Addiction Counselors

Compass Point, The - Sturgis - Outpatient offered at COMPASS POINT, THE
1807 Williams Street, Sturgis, SD 57785
Phone: (605) 347-3003
Hours: Outpatient Services: 8:00am - 5:00pm (MT), Monday - Friday Group: 5:00pm - 7:00pm (MT), Monday - Thursday
Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Moral reonation therapy class, 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. Offering telehealth services.
Credentialed Professionals: Gloria Burzlaff, MS, ACTJean Earl, BS, ACTAshley Pray MS, LACTara Silverman, MS, LAC, LPCMichelle Teeslink, MS, LAC

Compass Point, The - Spearfish offered at COMPASS POINT, THE
710 E. Colorado Boulevard, Suite A, Spearfish, SD 57783
Phone: (605) 642-7093
Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 12:00noon (MT), Friday
Services Offered: Offers screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include moral reonation therapy class, continued care, and adolescent diversion classes. Also offers CBISA (Cognitive Behavioral Interventions for Substance Abuse) and MRT treatment. Offering telehealth services.
Credentialed Professionals: Trudy Draflkovic, ACTJeanie Montgomery, MS, LACAshLee Pray, BS, CACBonnie Sorzano, BS, CAC
New Dawn Center offered at Residential Treatment Program
19271 SD Highway 79, Vale, SD 57788
Phone: (605) 309-5105
Hours: Facility is open and staffed 24 hours a day / 7 days a week. *COVID info below
Services Offered: Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program for adult males. Treatment program is designed around an initial 90 day treatment plan. There are no guarantees as to the results of treatment. Services provided: A minimum of 12 hours of individual, group or family counseling per week. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs. Intravenous (SP) (IV) Drug Users: Client referrals who are identified as having a history of using drugs intravenously (IV) will be prioritized for admission into this program.
Credentialed Professionals: Sara Ellington, MS, NCC, ACT Kara Graveman, MS, LAC, CPS

VA Black Hills Health Care System, Hot Springs offered at UNITED STATES DEPARTMENT OF VETERANS AFFAIRS
500 N. 5th Street, Hot Springs, SD 57747
Phone: (605) 745-2000
Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday. Urgent Care: 7:00am - 7:00pm (MT), Monday - Friday. Nurse Advice Line: evenings, weekends, and holidays. Residential care: 24 hours a day / 7 days a week.
Services Offered: General medical and surgical, primary, nursing home and rehabilitative care. Behavioral Health Services include: Addictive Disorder Services (ADS) - outpatient and short and long-term residential treatment; transitional residence / halfway house. Compensated work therapy. Residential Post Traumatic Stress (PTSD) program. Mental health intensive case management. Outpatient psychiatric services. The Suicide Prevention Coordinator has gun locks available.
Credentialed Professionals: Dr. Thomas Curtin, MD

Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills
646 Jennings Avenue, Suite 2, Hot Springs, SD 57747
Phone: (605) 745-6300
Hours: 8:00am - 8:00pm (MT), Monday - Thursday. 8:00am - 2:00pm (MT), Friday. 24 hours a day / 7 day a week on-call staff available.
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. Telehealth services available.

Action for the Betterment of the Community
1853 5th Avenue, Belle Fourche, SD 57717
Phone: (605) 347-2991
Hours: By appointment only.
Services Offered: Substance use programming as well as chemical abuse assessments and groups and individual services are available by appointment.
Credentialed Professionals: Licensed Addiction Counselors, Certified Addiction Counselors

Clinical Services offered at Aneptu Luta Otipi
North Route, Kyle, SD 57752
Phone: (605) 455-2331
Hours: 9:00am - 4:00pm (MT), Monday - Friday
Services Offered: A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (i.e. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)). Alcohol and Substance Abuse Services include: Alcohol and Drug Evaluation/Assessments (Phone assessments by appointment): Provides alcohol and substance abuse diagnostic services to determine the presence of alcohol and substance abuse disorders. Results from client assessment are used to arrange treatment, recovery support, and other social services that are administered within the Tribe and external agencies. Call to set up an appointment Outpatient Treatment: Provides intervention for individuals and families burdened with alcohol and substance abuse disorders. Provides group and individual counseling as well as education on a wide variety of topics. When implemented in a group setting, Outpatient Treatment works toward creating an environment of positive peer culture where clients learn from each other's experiences and work together to develop solutions to common problems. Outpatient Treatment is tied to each client's individual treatment/success plan, which facilitates the development of new life skills necessary to eliminate alcoholism, substance abuse, and other destructive behavior. Outpatient Treatment Groups (more than 3 groups active online) Youth Group (2 active groups at 5:00pm on Thursdays) Day Treatment: Provides intensive alcohol and drug treatment for 5 - 7 hours per day for several days a week. Day treatment programming that serves inmates in the Adult Offender Facility (AOF) in Pine Ridge, SD. The duration of client participation is dependent upon the specific evidence based curriculum being used to guide day treatment programming. Primary Residential Treatment: Facilitates the rehabilitation of an alcohol/substance abuse user by placing the client in a highly structured therapeutic environment that is short-term ranging from 30 to 60 days. Provides diagnostic services, group and individual counseling, alcohol and drug abuse education. Assists the client cultivate psychological self-awareness and positive self-esteem, healthy decision making skills, coping strategies, and attitudes of civic/community responsibility. Medication Assisted Treatment (MAT) In office visits every Monday from 9:00am - 1:00pm at Pine Ridge Counseling Center. Telehealth appointments available Monday - Friday by appointment. DUI/DWI Classes (Online) Call to register. Pre-registration, attendance in both sessions and successful test required.

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

Prevention Services offered at Aneptu Luta Otipi
North Route, Kyle, SD 57752
Phone: (605) 455-2331
Hours: 9:00am - 4:00pm (MT), Monday - Friday

Services Offered: A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (i.e. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)). Prevention services include: Prevention: Aims to delay the initiation and/or progression ATODs. Prevention initiatives can be implemented at the population level as well as within the small group setting. Anpetu Luta Otipi's strategy for prevention includes: 1. Developing the capacity of prevention stakeholders to plan and implement evidence based prevention practices;2. Promote policies that promote the health of the public and restrict access to ATODs;3. Health promotion/disease prevention through social Marking and health communication;and 4 facilitation of cultural-based alcohol and drug free events that communicate public health messages. Early Intervention: Aims to curb at risk behavior (i.E. binge drinking) that has not yet become a disorder (i.E. alcoholism). Early Intervention services are delivered in groups or one-on-one with clients. Early Intervention links the client with both internal and/or external resources that are the most appropriate for his/her situation. Offers 2 types of early interventions: South Dakota's DUI First Program, provides 12 hours of education to individuals who have been convicted of a first offense DUI/DWI. Provides youth diversion for infractions and/or misdemeanors related to alcohol and substance abuse. Parenting (Online) Online Meeting: Thursday at 2:00pm Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

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

Support Groups offered at Aneptu Luta Otipi
North Route, Kyle, SD 57752
Phone: (605) 455-2331
Hours: 9:00am - 4:00pm (MT), Monday - Friday
Services Offered: A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)). Support Services include: Recovery Support Meeting (Online): Assists clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety and traditional pathways, and talking circles. There are no requirements to participate. Online Meetings: 2:00pm, every Wednesday and Thursday Join the meeting in 2 steps: Step 1: go to www.zoom.us and Step 2: Meeting ID (883-9859-6211) No passcode Family Support Meeting (Online) Support for family members who struggle with a friend or relative with a substance use addiction. Online meeting every Monday at 2:00pm Recovery Support Meeting (Online) Individuals at all stages of recovery are welcome. There are no requirements to participate. Online meeting every Wednesday and Thursday at 2pm Parenting (Online) Online Meeting: Thursday at 2:00pm Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

Credentialed Professionals: Michael Brooks, MS Michael Christensen, CACSharon Green, MS, LAC, LPCPeggy Janis, CAC Favian Kennedy, MSWRaulin Martin, MS, LACKristi Shultz, MS, LAC

Faith Community Health Center and Dental Clinic offered at HORIZON HEALTH CARE, INC.
112 N. 2nd Avenue W., PO Box 577, Faith, SD 57626
Website: www.horizonhealthcare.org/our-locations/faith-community-health-center Email: info@horizonhealthcare.org
Phone: (605) 967-2644
Hours: Medical Clinic: 7:00am - 5:30pm (MT), Monday - Thursday8:00am - 5:00pm (MT), FridayDental Clinic: 7:00am - 5:30pm (MT), Monday - Thursday7:00am - 5:30pm (MT), Last Friday of the month
Services Offered: Faith Community Health Center is full-service medical clinic offering the following services: preventative screenings acute care chronic care management well child visits men's and women's health immunizations family planning lab/x-ray patient education care management DOT exams after-hours access to care Certified Application Counselors for the Health Insurance MarketplaceAlso offers behavioral health services: medication management, counseling, case management, integrated care, addiction services, and Medication Assisted Therapy (MAT). Faith CHC is also a partner with the Department of Veterans Affairs (VA) Community Care Program.Faith Dental Clinic offers a full range of family oral health services including: check-ups, fillings, crowns, bridges, root canals, oral dentures and extractions.

Self Transaction Exclusion Program offered at NATIONAL PROBLEM GAMBLING HELPLINE
No Physical Address, Pierre, SD
Website: www.everi.com Email: step@everi.com
Phone: (844) 383-7424
Hours: 24 hours a day / 7 days a week
Services Offered: Everi's Personal Self Transaction Exclusion Program (STeP) is a way for patrons to block access to cash across the company's national network of ATMs, cash access kiosks, and booth services. The program works in conjunction with a casino's own exclusion program. The STeP exclusion is effective on credit cards, ATM debit cards, and checking accounts at both machine terminals and cashier cages. Patrons who believe they have a problem can download a Request to Block Transactions form and indicate what cards and accounts they wish to block. Once Everi processes the form, the identified account is blocked at participating Everi access points for at least one year. The account block remains in place until a customer unblocks his or her account(s) by filling out and submitting the Request to Unblock Transactions form.After downloading the appropriate form, please mail, fax, or email the completed form.

IHS Great Plains Youth Regional Treatment Center offered at INDIAN HEALTH SERVICE
12451 Highway 1806, Mobridge, SD 57601
Website: www.ihs.gov/greatplains/healthcarefacilities/greatplainsyrtc/ Email: lavon.booth@ihs.gov
Phone: (605) 845-7181
Hours: 24 hours a day / 7 days a week
Services Offered: Provides drug and alcohol treatment for adolescents ages 13 - 17 years of age who are enrolled as a member of a federally recognized Tribe or able to show the lineal descendancy. It is a rolling admission and can be anywhere from 90 - 120 days.

Avera St. Luke's Hospital - Avera Addiction Care Center offered at AVERA - ABERDEEN
620 3rd Avenue S.E., Aberdeen, SD 57401
Stepping Stones offered at DAKOTA COUNSELING INSTITUTE
901 S. Miller, Mitchell, SD 57301
Website: www.dakotacounseling.net  Email: info@dakotacounseling.net
Phone: (605) 995-8180
Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 2:00pm (CT), Friday to schedule appointment
Open 24 hours a day / 7 days a week
Services Offered: Stepping Stones is a 24-hour a day, co-ed, treatment center serving Mitchell and the surrounding communities. Stepping Stones is fully accredited with the State of South Dakota and works with individuals from all walks of life, offering a wide variety of treatment experiences including: Treatment Needs Assessments, Detoxification, Intensive Inpatient and Outpatient Treatment, First Offender DUI Courses, Adolescent and Adult Aftercare, Adolescent Treatment, Anger Management, Moral Recognition Therapy (MRT), Relapse Prevention Courses, Parenting classes, Strengths Group, CBISA Readiness group for Federal probationers.

Stepping Stones Rehabilitation Services offered at DAKOTA COUNSELING INSTITUTE
901 S. Miller, Mitchell, SD 57301
Website: www.dakotacounseling.net  Email: info@dakotacounseling.net
Phone: (605) 995-8180
Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 2:00pm (CT), Friday
Open 24 hours a day / 7 days a week
Services Offered: Strives to respond to the needs of individuals in the Mitchell area affected directly or indirectly by mood-altering chemical use or dependency through professional prevention services, education, assessment, intervention, counseling, referral, group and individual therapy, social detoxification, transitional living and continued care.

Lewis & Clark Behavioral Health Services - Medication-Assisted Treatment offered at LEWIS & CLARK BEHAVIORAL HEALTH SERVICES
1028 Walnut Street, Yankton, SD 57078
Phone: (605) 665-4606
Hours: Phone numbers available: 24 hours per day / 7 days per week, Clinic hours: 8:00am - 5:00pm, Monday, Wednesday, Friday 8:00am - 8:00pm, Tuesday and Thursday
Services Offered: MAT (Medication Assisted Treatment) is offered to people who have moderate to severe opioid dependence. Because there is a complex relationship between health, mental health, and addiction, this treatment provides an integrated approach that focuses on the whole person. There are three ways to schedule an appointment with LCBHS: Call to schedule an appointment, Referral from your healthcare provider, Referral following a treatment needs assessment from an accredited Substance Use Treatment Provider. Individuals can often be seen on the same day that you call or are referred. Everyone will receive an assessment to determine whether or not MAT is appropriate/to help determine the most appropriate level of care. If MAT is determined to be an option, staff provide education about the different forms of MAT. Two forms of MAT are offered at LCBHS: Treatment with Buprenorphine Treatment with short- or long-acting Naltrexone. A plan is developed with the patient's provider for the specific form of MAT treatment, level of care, and length of service based on your individual needs. Initial drug screening is required as are laboratory studies depending on history and type of MAT. Ongoing random drug testing is an integral part of treatment. Medically monitored withdrawal management is provided in a residential setting and is available if needed. There is not a set length of time for MAT. While many people may need to stay on medication indefinitely, others may choose to taper off or discontinue using MAT medications.

Residential Program offered at Tallgrass Recovery and Sober Living Homes
27048 Tallgrass Avenue, Sioux Falls, SD 57108
Phone: (605) 368-5559
Hours: 24 hours a day / 7 days a week
**Services Offered:** 30 day residential program for recovery from drug and alcohol addiction. An intense schedule at a relaxed pace. Residential campus utilizing: The Big Book of Alcoholics Anonymous and the way of life contained therein. Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share the mission of advocacy for and implementation of the 12-step approach to recovery. An alternative to medical treatment models for the recovery of alcoholism and chemical dependency. Scholarships available.

**Credentialed Professionals:** Tallgrass is a 12-step spiritual recovery program.

---

**Resource Guide - Supporting your Loved One with a Substance Use Disorder offered at SOUTH DAKOTA RESOURCE HOTLINE**

No Physical Address, Sioux Falls, SD 57104  
**Phone:** (800) 920-4343  
**Hours:** Care Coordination: 8:00am - 4:30pm (CT), Monday - Friday  
Resource Hotline: 24 hours a day / 7 days a week  
**Services Offered:** Resource Guide: Supporting your Loved One with a Substance Use Disorder. This publication was developed by the Helpline Center in partnership with the South Dakota Department of Social Services. For more information, call the Resource Hotline for 24/7 support at (800) 920-4343. To request a print copy, please complete this Request Form. For more information, visit AvoidOpioidSD.com or Text 'opioid' to 898211.

---

**Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program offered at Avera - Sioux Falls**

2412 S. Cliff Avenue, Suite 100, Avera Professional Plaza, Sioux Falls, SD 57105  
**Phone:** (605) 322-4079  
**Hours:** 8:00am - 8:00pm (CT), Monday - Thursday  
8:00am - 5:00pm (CT), Friday  
Various daytime and evening group programming available.  
**Services Offered:** Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties. Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment. Court-approved provider for chemical dependency assessments, counseling and treatment services. Adolescents can be seen for chemical dependency evaluations and individual therapy. Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties. Dual-credentialed therapists licensed in mental health and addictions. Telemedicine counseling services including CD assessments and individual therapy. Anyone can participate in this service. Accredited by the State of South Dakota as well as by the Joint Commission (JCAHO).  
**Credentialed Professionals:** Joseph Block, LAC  
Claire Bryant, LCSW, ACT  
Natausha Deurmier, LCSW, CAC  
Malia Holbeck, MSW, LCSW-PIP, LAC  
Elisa Lewis, MS, LPC, NCC, LAC  
QMHP Melissa Roby, MS, LPC  
LAC Linda Rush, LPC  
LAC Lana Smith, MA, LMFT, QMHP  
LAC

---

**Avera - Behavioral Health Medication Assisted Treatment Program offered at Avera - Sioux Falls**

4400 W. 69th Street, Sioux Falls, SD 57108  
**Phone:** (605) 504-2222  
**Hours:** 8:00am - 5:00pm (CT), Monday - Friday  
**Services Offered:** Avera Behavioral Health provides Medication Assisted Treatment for opioid addiction.  
**Credentialed Professionals:** Vivek Anand, MD

---

**Inpatient Adult Treatment offered at Keystone Treatment Center**

1010 E. 2nd Street, Canton, SD 57013  
**Website:** [www.keystonetreatment.com](www.keystonetreatment.com)  
**Phone:** (855) 845-6750  
**Hours:** Facility operates 24 hours a day / 7 days a week  
**Email:** info@keystonetreatment.com
**Services Offered:** An inpatient alcohol, drug, and gambling treatment programs for adults. Care provided by: 24 hour nursing staff, a full-time psychologist, 24 hour on-call doctor, Certified chemical dependency counselors, and ASAM certified Addictionologists. Based on 12-step recovery model with: Medically monitored detoxification Dual-diagnosis track with psychiatrist For co-occurring disorders, diagnosis must be substance use primary and mental health secondary Inpatient and outpatient gambling program with certified gambling counselors Substance abuse, inhalant abuse and Methamphetamine treatment track (IMT) Chronic Pain Program Medication Assisted Treatment Different medications are available. Keystone utilizes Vivitrol and Naltrexone. May utilize Subutex and other medications to taper during medically monitored detoxification. Keystone does not utilize Methadone or Suboxone for maintenance. Unique services available: Native American cultural program (sweat lodge on site, talking circles, etc). Spiritually based 12-step program. Veterans and retired military. Need to be referred through VA; able to take VA funding. Active duty military and dependents may utilize TRICARE West Insurance.

---

**GA International Service Office offered at GAMBLERS ANONYMOUS**
1306 Monte Vista Avenue Suite 5, Upland, CA 91786  
**Website:** [www.gamblersanonymous.org/ga/locations](http://www.gamblersanonymous.org/ga/locations)  
**Email:** isomain@gamblersanonymous.org  
**Phone:** (909) 931-9056  
**Hours:** 7:00am - 4:00pm (PT), Monday - Friday  
**Services Offered:** A national and international information line for callers to find local GA phone numbers for meeting times.

---

**National Problem Gambling Helpline**
730 11th Street N.W., Suite 601, Washington, DC 20001  
**Website:** [www.ncpgambling.org](http://www.ncpgambling.org)  
**Email:** ncpg@ncpgambling.org  
**Phone:** (202) 547-9204  
**Hours:** 24 hours a day / 7 days a week  
**Services Offered:** The National Council on Problem Gambling is a non-profit health agency whose mission is to disseminate information about problem and pathological (compulsive) gambling and to promote the development of services for those afflicted with the disorder.

---

**Children/Adolescent Therapy**

**Brain Injury Rehabilitation Center, The**
803 Sioux San Drive, Rapid City, SD 57702  
**Website:** [www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center](http://www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center)  
**Phone:** (605) 343-7297  
**Hours:** 8:00am - 4:00pm (MT), Monday - Friday  
**Services Offered:** Services offered: Neuropsychological Evaluation Autism Spectrum Evaluation Various other evaluations Occupational Therapy Counseling (individual, family, and group formats) Cognitive Retraining Speech Therapy The Aging Brain Workshop Driving Simulator  
**Credentialed Professionals:** Laura Armstrong, MS, CCC-SLP Dr. Justine Ashokar, PhDMark Flint, MS, LPC-Supervisee, NCCLaura Hughes, PsyDAlexa Steve, MOT, OTR/LJennifer Williams, MS, LPC-Supervisee, NCC

**Behavioral Health Center offered at Monument Health - Rapid City**
915 Mountain View Road, Rapid City, SD 57702  
**Website:** [www.monument.health](http://www.monument.health)  
**Email:** ksullivan1@monument.health  
**Phone:** (605) 755-7200  
**Hours:** Outpatient clinic: 8:30am - 5:00pm (MT), Monday - Friday Inpatient treatment: 24 hours a day / 7 days a week Visiting hours child and adolescent unit: 5:00pm - 7:00pm (MT), Monday - Friday3:00pm - 7:00pm (MT), Sunday Visiting hours adult unit: 6:00pm - 8:00pm (MT), Monday - Friday3:00pm - 8:00pm (MT), Saturday - Sunday
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.

Credentialed Professionals: Stacy Danielson, PADr. Mark Garry, MDDr. Harry Hamlyn, MDDr. Susan Howard, MDDr. Hellekson, MDMorgan Hoffman, CSW-PIPDr. Heather Spain, MD

Counseling Services offered at Journey Counseling Services, LLC
2525 W. Main Street, Suite 214, Rapid City, SD 57702
Website: www.journeycounselingservices.com  Email: info@journeycounselingservices.com
Phone: (605) 988-8131
Hours: 9:00am - 8:00pm (MT), Tuesday - Thursday9:00am - 5:00pm (MT), Friday Available by appointment only. Evening appointments available.
Services Offered: Individual, couple, and family therapy for a wide range of mental and behavioral health concerns including anxiety, depression, marital distress, divorce, blended families, parenting challenges, and grief. Sensitive to indigenous culture through training and direct experience. Telehealth sessions available.
Credentialed Professionals: Michael Wheaton, MA, LMFT, QMHP

Counseling Services offered at Bridgewater Behavioral Health, LLC
1770 Rand Road, Rapid City, SD 57702
Phone: (605) 791-1514
Hours: 8:00am - 5:00pm (MT), Monday - Friday*COVID info below
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.
Credentialed Professionals: Genni L. Goschke, PsyD, SEPChantal M. Peterson, PsyD Eric D. Traub, PsyD

Counseling Services offered at Psychological Associates of the Black Hills, LLC
1818 W. Fulton Street, Suite 201, Rapid City, SD 57702
Website: www.pabh.org  Email: officemanager@rushmore.com
Phone: (605) 348-6500
Hours: 8:00am - early evenings, Monday - Friday*COVID info below
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.
Credentialed Professionals: Laura Hughes, PsyD, NeuropsychologistPeg Kelsey, PhD, PsychologistJennifer Kozel, PhD, PsychologistTrisha Miller, PhD, PsychologistMark Perrenoud, PhD, PsychologistLynette Quast, PhD, Psychologist

Counseling Services offered at Understood Therapy
1719 W. Main Street, Suite 109, Rapid City, SD 57702
Website: https://www.understoodtherapy.org/  Email: understoodtherapy@yahoo.com
Phone: (605) 939-3771
Hours: 7:00am - 9:00am (MT), Monday - Friday 8:00am - 4:00pm (MT), Saturday
By appointment only

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

LifeScape - Therapy offered at Lifescape
7110 Jordan Drive, Rapid City, SD 57702
Phone: (605) 791-7400
Hours: 8:00am - 5:30pm (MT), Monday - Friday

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. Lifescape offers telehealth services.

Credentialled Professionals: Call for information on behavioral health professionals.

Living Graciously Therapy
824 Columbus Street, Suite 403, Rapid City, SD 57701
Phone: (605) 209-5540
Hours: 9:00am - 6:00pm (MT), Monday - Friday

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

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

Counseling Services offered at Spirals Counseling, LLC
623 Quincy Street, Suite 102, Rapid City, SD 57701
Phone: (605) 381-5277
Hours: 10:00am - 5:00pm, Monday - Thursday

Services Offered: Counseling and psychotherapy for individuals, couples, families and adolescents 18 years and older. Areas of focus include premarital and marriage counseling, perinatal and postpartum, 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, progressive counting (PC) exposure therapy. Telemental Health/Video appointments are available for individuals and couples living in South Dakota (as long as the client has access to high-speed Internet and connect without interruption). A confidential environment is critical for individuals seeking Telemental health services.

Credentialled Professionals: Lynell Rice Brinkworth, MA, LMFT

Counseling Services offered at Christian Counseling & Ministries of the Black Hills
624 6th Street, Suite 207, Rapid City, SD 57701
Phone: (605) 342-9333
Hours: By appointment.

Services Offered: Individual, couples, and family counseling for all ages regarding issues of depression, anxiety, grief and loss, recovery, stress, crisis, relationship issues, anger, forgiveness, communication, self-concept, learning disabilities, attention deficit / hyperactive disorder (ADD/ADHD), parenting, and spiritual direction. Also, provides tele-counseling (via phone). Preferred that inquiring clients attend the intake appointment in person.

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

Counseling Services offered at Black Hills Mental Health LLC
521 Kansas City Street, Rapid City, SD 57701
Phone: (605) 791-2500
Hours: 8:00am - 5:00pm (MT), Monday - Friday

Feel free to share this information, we ask that you credit the Helpline Center as your source. Printed 3.22.23
Services Offered: Provides counseling in person or on the phone for individuals struggling with depression, anxiety, trauma, crisis, and general wellness. Offers the following specific services: individual counseling, adolescent psychiatry, medication management, LGBTQ counseling, mental health screening, adult psychiatry, adolescent/youth counseling, gender identity counseling, parent counseling, telemental health counseling.

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

Counseling Services offered at Bosworth Therapy & Consultation Services, Inc.
420 Quincy Street, Rapid City, SD 57701
Phone: (605) 343-7755
Hours: 10:00am - 7:00pm (MT), Monday - Friday 10:00am - 1:00pm (MT), Saturday
Services Offered: Individuals, couples, and family therapy. Play therapy, mediation, and custody evaluations. Also offering telehealth services.
Credentialed Professionals: Thomas M. Bosworth, MSW, CSW-PIP, RPT

Black Hills Children's Home offered at Children's Home Society of South Dakota
24100 S. Rockerville Road, Rapid City, SD 57702
Phone: (605) 343-5422
Hours: 24 hours a day / 7 days a week
Services Offered: Services are available for boys and girls, ages 4-14 years old, who exhibit emotional disorders and/or behavioral problems. The average length of diagnostic assessment period is thirty days. The average length of stay for residential treatment is twelve to fourteen months. The Special Education School Program specializes in the education and treatment of children with emotional and behavioral disorders. Initial assessment includes psychiatric evaluation, physical exam, nursing assessment, educational testing, family/social assessment, trauma assessment, and speech/language screening.
Credentialed Professionals: Sue Andrews, MA, LSW Matthew Boyce, LACE Elizabeth Keizer, MSW, CSW Rachel Walton, MSW, CSW

Counseling Services offered at Jean Hoem
550 N. 5th Street, Rapid City, SD 57701
Phone: (605) 858-4134
Hours: 10:00am - 5:00pm (MT), Monday - Thursday 10:00am - 3:00pm (MT), Friday
Services Offered: Offering individual, family, and couples psychotherapy.
Credentialed Professionals: Jean Hoem, MS, LPC-MH, QMHP Charles J. Lord, MD

South Dakota Mines - Student Support offered at SOUTH DAKOTA MINES
501 E. Saint Joseph Street, Rapid City, SD 57701
Phone: (605) 394-2511
Hours: Vary, call for information.
Services Offered: Public Safety: All emergencies should be reported to 911 (9-911 from a campus phone). The Public Safety phone line 6100 from a campus phone or (605) 394-6100 is monitored 24 hours a day and is available to report criminal concerns, safety issues, suspect activity, or to request a safety escort. Counseling and ADA Services: The SD Mines Counseling Center offers support to students and assists with a variety of personal, academic, and relationship concerns at no cost to enrolled students. The ADA Services office provides accommodation for individuals with documented disabilities.

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

School Based Clinic at General Beadle Elementary School offered at Community Health Center of the Black Hills, Inc.
Boys' Health Program offered at Youth & Family Services
120 E. Adams Street, Suite 100, Rapid City, SD 57701
Website: www.youthandfamilyservices.org  Email: wehelpkids@youthandfamilyservices.org
Phone: (605) 791-5025
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Services Offered: Youth & Family Services Boys' Health Program is offered to boys, ages 5 - 17, who may be at risk of developing physical, mental, or social health problems. Boys are referred to the program by school counselors, teachers, parents, health service providers, and social services agencies. Once enrolled, boys work closely with advocates to set and attain individualized goals. The Boys' Health Program serves boys and young men in Rapid City with health-focused case management, education, advocacy, and prevention services. The Boys' Health Program helps lay the groundwork for lifestyle habits and attitudes that will strongly influence boys' health and behaviors as adults.

Stronger Family Program offered at Youth & Family Services
120 E. Adams Street, Suite 100, Rapid City, SD 57701
Website: www.strongerfamily.org  Email: wehelpkids@youthandfamilyservices.org
Phone: (605) 791-5025
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Services Offered: A free, relationship enrichment program open to the public. It serves individuals, couples, and families. The goal of the program is for participating adults to develop the skills they need to experience healthy relationships and improve their path toward financial wellness and employability. Relationship education and family support topics include: Communication skills Controlling emotions Conflict resolution Making wise choices Setting life goals Mentorship Stress management Advocacy Parenting strategies Financial wellness/employability services include: Financial literacy Job search assistance Money management Joint budgeting Interview practice Resume coaching Job skills and interest assessments

Counseling Services offered at Barse Counseling, LLC
811 E. St. Andrew Street, Suite 6, Rapid City, SD 57701
Website: barsecounseling.com  Email: barsecounseling@gmail.com
Phone: (605) 388-2258
Hours: 8:00am - 5:00pm (MT), Tuesday - Thursday; 8:00am - 11:30am (MT), Friday
Services Offered: Helps provide navigation for children, teens, and adults through difficult life circumstances, emotional and behavioral problems, communication and relational conflicts, and social and self-esteem/self-confidence issues. Specializes in helping decrease/eliminate problems with depression, anxiety, women's issues, anger management, acting out behaviors, and life transitions, including separation and divorce, and grief and loss through: Individual Counseling Family Counseling Sand Tray Therapy Play Therapy Cognitive Behavioral Therapy Psycho-educational Therapy Bibliotherapy Telehealth services available and are provided through Simple Practice system. A secure, private link to this service will be emailed after scheduling an appointment. New clients are welcomed.
Credentialed Professionals: Lynnette Barse, MS, LPC, QMHP

Adolescent Crisis Care Center offered at Wellfully
22 Waterloo Street, Rapid City, SD 57701
Website: www.wellfully.org  Email: info@wellfully.org
Phone: (605) 277-3750
Hours: Residential services: 24 hours a day / 7 days a week; Front desk hours: 9:00am - 5:00pm (MT), Monday - Friday; 10:00am - 4:00pm (MT), Saturday
Services Offered: Outpatient, voluntary walk-in center for youth in middle and high school who are in crisis or considering suicide. It provides: Screenings / Assessments Observation De-escalation / Stabilization Referrals to appropriate services

Community Clinic offered at Community Health Center of the Black Hills, Inc.
Services Offered: Services include: Walk-in Urgent Visits (for both medical and dental) Schedule and same day appointments Family Practice and Internal Medicine Primary Care for adults Dental Care for all ages (including teeth cleanings) Reproductive Health Services On-site lab and X-Rays On-Site Pharmacy After-Hours On-Call Provider 365 days a yearPrimary and Pediatric Medical Clinic: Most routine medical services and several specialized fields including: physicals, immunizations, preventative medicine, chronic disease management, and counseling. Well child checkups, vaccinations, general pediatric health care.Mental Health: Offers outpatient counseling and psychiatric services, to both children and adults. Case management is offered to adults and families.Oral Health Center: Provides emergency, preventive, and oral health care. Accepts Medicaid, Private Insurance, Medicare, free of charge for the homeless and on a sliding fee scale for uninsured.General Beadle School Based Clinic: Most routine medical services and several specialized fields including: physicals, pediatric behavioral health and counseling with Psychiatrist, immunizations, preventative medicine, chronic disease management, and counseling. Well child checkups, vaccinations, general pediatric health care.Family Planning Program: Confidential birth control services including birth control pills and injections (donations only or sliding scale charge). Physical exams, pap-tests, exams/testing and treatment for sexually transmitted infections (male and female patients including teens), information about all forms of birth control, infertility information and referral, pregnancy diagnosis and referrals.Diabetes Case Management: Provides diabetes and nutritional services for those with diabetes and their families. A licensed registered dietician works closely with CHCBH medical providers and provides education, skills, and tools to help patients manage their disease and avoid dangerous and expensive complications.Pharmacy: Convenient, on-site location, CHCBH patients are able to fill most of their medications the same day as appointment.

Credentialed Professionals: Mark Garry, MD PsychiatristSheryl J. Jackson, CNPSheila Szymonski, CNPMandi Woolridge, LPC-MH

Oyate Health Center - Behavioral Health Program offered at Great Plains Tribal Leaders Health Board
725 N. LaCrosse Street, Rapid City, SD 57701
Phone: (605) 718-5095
Hours: 8:00am - 5:00pm (MT), Monday - Friday
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 treatmentTo schedule time for the Sweat Lodge contact: Jacqueline Arpan at (605) 719-5408 or Sheila Red Thunder at (605) 355-2376
Credentialed Professionals: Brittny Vollmer, NP-CRebecca Leslie, MS

Great Plains Tribal Leaders Health Board - Connecting With Our Youth offered at Great Plains Tribal Leaders Health Board
725 North Lacrosse, Rapid City, SD 57701
Phone: (605) 858-3804
Hours: 8:00am - 5:00pm (MT), Monday - FridayFlexible to meet the needs of participants*COVID info below
Services Offered: The CWOY Support Navigator program is designed to provide support for American Indian youth in the He Sapa area who struggle with suicidal thoughts or behaviors. CWOY Support Navigators act as mentors, advocates and resource guides for American Indian youth in need of support for their healing and personal growth. Services offered include: One on one mentorship Advocacy Individualized care planning Outings, activities and workshops Transportation to appointments Collaboration with behavioral health resources Coordination for success in academic programs Communication with family members Connecting participants to peer and community programs in support of healing goals Skill-building

Children's Home Society - Family Engagement Services offered at Children's Home Society of South Dakota
1330 Jolly Lane, Rapid City, SD 57703
Phone: (605) 343-2811
Hours: 8:00am - 4:00pm (MT), Monday - Friday
Services Offered: In-home case management for children, youth, and/or families that are at risk of system involvement (child welfare, juvenile justic, criminal justice, etc.).
Ellsworth Air Force Base - Airman and Family Readiness Center offered at ELLSWORTH AIR FORCE BASE
1000 Ellsworth Street, Suite 1500, Ellsworth Afb, SD 57706
Website: www.ellsworthafrc.org Email: ellafrc2@ellsworth.af.mil
Phone: (605) 385-4663
Hours: 8:00am - 4:00pm (MT), Monday - Friday
Services Offered: Employment Assistance - Career planning, development of jobs search skills, interviewing, networking, and resume assistance. Exceptional Family Member Program (EFMP) - Provides information and referrals to local resources for Air Force Families with an exceptional family member (whether medical, emotional, physical or educational). Military and Family Life Counselor Program - Masters or doctorate-level licensed counselors provide short term, non-medical counseling services to service members and their families at no-cost (anger management, communication, relationship issues, conflict resolution, parenting, decision making skills, deployment stress, coping skills, homesickness, relocation adjustment, reintegration, separation, sadness, grief and loss). Personal Financial Management - Provides counseling and education with budget and savings management. This can be done in a one-to-one financial counseling setting or in a class. In conjunction with the American Center for Credit Education, provides classes such as Credit when Credit is Due, Money In Motion, and Home Buying classes for financial education. Readiness program - Assists military members and their families to prepare and go through deployments, TDY's, and remote tours. The Readiness program offers assistance with pre-deployment counseling, preparing practical aspects of separations, providing support to families, and offering reunion support. School Liaison Program (SLO) - Provides support to families, with school related questions or issues, as they move from one base to another and when the military member is deployed. The SLO can provide information on area public and private schools, home schooling, enrollment guidelines, graduation requirements, post secondary preparation, and military and community resources.

Counseling Services offered at Make It Happen Counseling, LLC
1001 Lazelle Street, Suite 3, Sturgis, SD 57785
Phone: (605) 490-7911
Hours: 9:00am - 6:00pm (MT), Monday - Friday (By appointment)
Services Offered: Provides individual counseling for children ages 10-18, adults and older adults. Also provides couples counseling and EAP Counseling. Areas include: depression anxiety stress self-esteem grief trauma adjustment relationship issuesUtilizes cognitive behavioral therapy (CBT), solution focused and strength based strategies in treatment. Face to face and telehealth options available.

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

Black Hills State University
1200 University Street, Spearfish, SD 57799
Website: www.BHSU.edu Email: admissions@bhsu.edu
Phone: (605) 642-6131
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Services Offered: Black Hills State University is a master's level university that promotes excellence in teaching and learning; supports research, creative and scholarly activities and provides service to the state, region, nation and global community. BHSU provides undergraduate (associate and baccalaureate) programs in the arts, humanities, education, behavioral sciences, mathematics, social sciences, natural sciences, business and technology as well as selected disciplines of strength at the graduate level. Black Hills State University offers a variety of support services to its students including: Public Safety for Spearfish Campus: (605) 642-6297. After hours (605) 641-6988 Weather line, Spearfish (605) 642-6059, (605) 718-4118 Student Health & Counseling Services (605) 642-6520. After hours: (605) 641-6988 Veterans Affairs (605) 642-6415 Residential Life (605) 642-6464 Dining Services (605) 642-6060 Clubs & Organizations (605) 642-6080 Disability Services (605) 642-6099 Math Assistance Center email: mac@bhsu.edu Writing Assistance Center (605) 642-6922 Rapid City Campus of BHSU is located at: 4300 Cheyenne Blvd. Rapid City, SD 57703 Public Safety for Rapid City location: (605) 718-4220

South Dakota Educational Directory (Elementary, Intermediate, Middle and High Schools) offered at SOUTH DAKOTA DEPARTMENT OF EDUCATION
No Physical Address, Pierre, SD 57501
Hours: See website for details.
Services Offered: Visit the South Dakota Educational Directory to get details about any elementary, intermediate, middle, high school or alternative program within South Dakota.

Our Home, Inc. - PRTF Huron offered at OUR HOME, INC
40354 210th Street, Huron, SD 57350
Phone: (605) 352-9098
Hours: Residential services: 24 hours a day / 7 days a week
Services Offered: Serves males between the age of 12 - 17 who have legal, school or family concerns. Huron PRTF also specializes in youth who have demonstrated some type of sexually aggressive or sexually abusive behavior towards others. The length of stay ranges from 6 - 18 months. The program works with youth to develop healthier attitudes and coping skills for the behaviors that caused the need(s) for treatment. The sexual adjustment treatment program focuses on reducing the risk of re-offense and to have each adolescent learn to understand and manage their sexual abusive behavior. A multidisciplinary treatment team works with each resident every 30 days to identify specific problem areas and develop objectives to assist in progressing through the recovery process. While using an individual approach, Our home, Inc. also follows a modality that includes the utilization of a therapeutic group milieu, in which peers become an important part of each resident's daily program, by developing concepts that include: respect for self and others, development of healthy relationships, developing and meeting expectations, and responsibility to provide and promote a safe and secure environment. Specific emphasis for sexual adjustment treatment is working on victim empathy, healthy relationships, relapse prevention, denial, techniques to interrupt inappropriate arousal and taking full responsibilities for their offenses.

Our Home, Inc. - Rediscovery - PRTF Drug and Alcohol Treatment Center offered at OUR HOME, INC
40354 210th Street, Huron, SD 57350
Phone: (605) 353-1025
Hours: Residential services: 24 hours a day / 7 days a week
Services Offered: A psychiatric residential treatment facility for youth; serves male and female youth with a primary diagnosis of substance dependency disorder. Treatment philosophy recognizes substance dependency as a chronic and progressive illness. Treatment includes 12-step groups, Alcoholics Anonymous, and Narcotic Anonymous groups within a therapeutic milieu. Treatment is completed in approximately 45 days. Programs are based on the philosophy of holistic health and strive to assess youth problems in an accurate manner, using approved adolescent testing procedures. Our Home makes every effort to place residents in the least restrictive program possible so that normal development processes are not disturbed. A multidisciplinary treatment plan is used to incorporate the fields of medicine, psychology, education, recreation, community service, and other professions and disciplines when appropriate. Our Home draws from community resources and employs networking concepts to ensure that residents experience a smooth transition back to their families and normal daily life.

Our Home, Inc.- PRTF Parkston offered at OUR HOME, INC
103 W. Maple Street, Parkston, SD 57366
Phone: (605) 928-7907
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week
Services Offered: Our Home, Inc., is a psychiatric residential treatment facility for youth. PRTF - Parkston serves both female and male adolescents ages 12-17 that have experienced legal, school or family concerns. The program works with the resident to develop healthier attitudes and coping skills for the behaviors that caused the need(s) for treatment. The Parkston program also works with youth who have experienced chemical use and/or have had their lives impacted by other's chemical use. The Parkston program has a Chemical Dependency counselor on staff that provides several groups including 12-step programming, and education group, and relapse prevention. A multidisciplinary treatment team works with the youth and family to design a treatment plan that addresses each youth's individual needs and objectives. Programs are based on the philosophy of holistic health and strive to assess youth problems in an accurate manner, using approved adolescent testing procedures. Our Home makes every effort to place residents in the least restrictive program possible so that normal development processes are not disturbed. A multidisciplinary treatment plan is used to incorporate the fields of medicine, psychology, education, recreation, community service, and other professions and disciplines when appropriate. Our Home draws from community resources and employs networking concepts to ensure that residents experience a smooth transition back to their families and normal daily life.

Counseling Program offered at Lourdes Center, The
523 N. Duluth Avenue, Sioux Falls, SD 57104
Website: www.thelourdescenter.com Email: tlc@sfcatholic.org
Feel free to share this information, we ask that you credit the Helpline Center as your source.

Phone: (605) 988-3775  
Hours: 8:30am - 5:00pm (CT), Monday - Friday Tuesday evening by appointment.  
Services Offered: Counselors strive to empower adults, children, couples, and families to find solutions to difficult situations or issues in a confidential, professional, caring, and Christian atmosphere. Counselors are trained to deal with any issue in a variety of ways.  
Credentialed Professionals: Janell Christenson, AP, RN-BC, LAC, CT, CHPNTeresa Henrickson, LPC-MHElena McDonald, MAPatricia Schwan, LPC-MH, LMFTSara Vetch, MS EdMary Weber, LPC-LMFT

LifeScape - Therapy offered at Lifescape  
1020 W. 18th Street, Sioux Falls, SD 57105  
Phone: (605) 444-9700  
Hours: 8:00am - 5:30pm (CT), Monday - Friday  
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. Lifescape offers telehealth services.  
Credentialed Professionals: Call for information on behavioral health professionals.

Counseling Services offered at Alexander Therapy & Consulting, PLLC  
No Physical Address, Sioux Falls, SD 57103  
Phone: (605) 206-9301  
Hours: 9:00am - 9:00pm (CT), Monday and Tuesday  
Services Offered: Provide a safe and compassionate space for people from all walks of life to work through various mental health struggles so they can live a more vibrant and healthy life. Specializes in LGBTQ+ topics and sex therapy, however, also addresses mental health concerns such as depression, anxiety, trauma, parenting difficulties, and grief.  
Credentialed Professionals: Cherise C. Alexander, LMFT

Avera Behavioral Health - Adolescent Partial Program offered at Avera - Sioux Falls  
4400 W. 69th Street, Sioux Falls, SD 57108  
Phone: (605) 322-4056  
Hours: 8:00am - 5:00pm (CT), Monday - Friday  
Services Offered: Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adolescent outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Partial Hospital Program (PHP) Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 5 days per week, 4 hours per day. Intensive Outpatient Program (IOP) The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.  
Credentialed Professionals: Ann Flynn Crowe, MSW, CSW-PIP Danielle Gundermann, LPC Miranda Lang, CSW Lea Long, CSW-PIP Christine Mann, CSW-PIP Chelsea Oppold, CSW-PIP Kelsey Sjaarda, CSW-PIP, Program Manager Jennifer Wiese LPC-MH

Avera McKennan Behavioral Health Center - Adolescent Group Therapy Program offered at Avera - Sioux Falls  
4400 W. 69th Street, Avera Behavioral Health Center, Sioux Falls, SD 57108  
Website: www.averabebehavioralhealth.org  
Email: adolescentoutpatient@avera.org  
Phone: (605) 322-4057  
Hours: Meeting time: meets weekly, once a week for 12 weeks (45 minute groups)Office hours: 8:00am - 5:00pm (CT), Monday - Friday  
Services Offered: Psychotherapy group meeting for adolescents age 13 - 18 (still in school), facilitated by a trained mental health professional. Group uses a combination of cognitive behavioral therapy, dialectical behavioral therapy, and coping skills to help adolescents develop strategies to manage daily stress and emotional and behavioral difficulties.  
Credentialed Professionals: Ann Flynn Crowe, MSW, CSW-PIP Marcus Otten, MSW-QMHP
Trevor Project, The
No Physical Address, West Hollywood, CA 90069
Website: www.thetrevorproject.org  Email: info@thetrevorproject.org
Phone: (866) 488-7386
Hours: All services 24 hours a day / 7 days a week
Services Offered: Trevor Lifeline - The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24), available at 1 (866) 488-7386. TrevorChat - A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors 24/7. Visit trevorchat.org to start. TrevorText - A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention 24/7. Text START to 678678 to begin.

LGBT National Help Center - LGBT National Youth Talkline offered at LGBT NATIONAL HELP CENTER
2261 Market Street, Unit 296, San Francisco, CA 94114
Website: www.lgbthotline.org  Email: help@lgbthotline.org
Phone: (800) 246-7743
Hours: 1:00pm - 9:00pm (PT), Monday - Friday 9:00am - 2:00pm (PT), Saturday
Services Offered: Provides assistance to lesbian, gay, bisexual, transgender, and questioning individuals for those under the age of 25. Offering peer counseling and resources in cities and towns across the US. Online chat available at: www.LGBThotline.org/chat

LifeScape - Therapy offered at Lifescape
7220 W. 41st Street, , SD 57106
Phone: (605) 444-9700
Hours: 8:00am - 5:30pm (CT), Monday - Friday
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. Lifescape offers telehealth services.
Credentialed Professionals: Call for information on behavioral health professionals.

Faith Based Therapy

Christian Life Ministries
1948 N. Plaza Drive, Rapid City, SD 57702
Phone: (605) 341-5305
Hours: 8:00am - 10:30am; 1:00pm - 5:00pm (MT), Monday 8:00am - 12:00noon; 1:00pm - 6:00pm (MT), Tuesday 8:00am - 12:00noon; 1:00pm - 5:00pm (MT), Wednesday and Thursday 8:00am - 12:00noon (MT), Friday
Services Offered: A non-profit ministry which provides Bible-based counseling and training courses. Staff are under the umbrella of pastoral counseling as opposed to state licensed counseling and are not a psychiatric or psychological state licensed professional, legal, or clinical medical advice providers.

Counseling Services offered at Greg Swenson
929 Kansas City Street, Suite 201, Rapid City, SD 57701
Phone: (605) 341-5436
Hours: 9:00am - 5:00pm (MT), Monday - Thursday
Services Offered: Providing individual and marriage counseling from a Christian perspective, and psychological evaluations. Internet counseling available depending on insurance/third party payment or private pay. All therapy sessions are online.

Credentialed Professionals: Greg Swenson, PhD, Licensed Psychologist

Emergency Services offered at Salvation Army Rapid City, The
405 N. Cherry Avenue, 405 N. Cherry Ave., Rapid City, SD 57701
Phone: (605) 342-0982

Hours: Emergency Food Box: 1:00pm - 4:00pm (MT), Monday - Friday Clothing & Household Vouchers: 1:00pm - 4:00pm (MT), Monday - Friday

Utility Assistance: By appointment only. Call to make an appointment.

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

Non-Financial Assistance Programs:
- Food Pantry: For those needing assistance with food once every 60 days. Personal hygiene and grooming supplies may be available on a limited basis. Verification of residency and picture ID is required.
- Clothing Vouchers: For those needing assistance with clothing. Assistance may only be given 1 time for every 3 months with photo ID. Verification for any additional individuals needing clothing is required (medical cards, birth certificates, etc.)
- Household Vouchers: For those needing assistance with items used to cook and eat a meal or other household goods (bed linens, towels, etc). Available to households 1 time every 3 years with a photo ID and current lease or rental agreement. Assistance is limited according to what is available at the time.
- Pathway of Hope: Program for eligible families. Long term case management program to help families move beyond crisis into stability and becoming self-sufficient. Families will be required to meet with a caseworker to design a plan to meet goals, needs and objectives (ex: goal setting, financial counseling, assistance getting healthcare, educational opportunities, etc).

New Trails Ministry offered at New Trails Ministry, Inc.
12480 Highway 16 A, Custer, SD 57730
Website: https://newtrailsministries.org Email: info@newtrailsministry.org
Phone: (605) 760-3633

Hours: 10:00am - 6:00pm (MT), Tuesdays and Thursdays

Monday, Wednesday and Friday by appointment only. The ministry site is only three seasons, offering services beginning late April - early November of each year.

Services Offered: Primarily a clergy retreat ministry specializing in wilderness sabbaticals for pastors to promote wellness and resiliency. Offers professional counseling on a limited schedule through an office in Custer, SD. Providing a place where helping professionals can find support to deal with the challenges of caring. Also faith based professional counseling services on a limited schedule. Offering services via telehealth.

Credentialed Professionals: Rodney Veldhuizen, LMFT-QMHP

Bella Pregnancy Resource Center
119 E. Grant Street, Suite 2, Spearfish, SD 57783
Website: www.bellapregnancy.com Email: info@bellapregnancy.com
Phone: (605) 642-4140

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

Services Offered: Providing confidential and no-cost early pregnancy services including: Pregnancy testing Limited obstetrical ultrasound Other services include: Confidential peer counseling Emotional support Information and education on pregnancy options Post-abortion help Pregnancy and parenting classes Referrals for community resources Earn While You Learn program

Family and Marriage Therapy

Counseling Services offered at Chrysalis Association, LLC
403 National Street, Suite 1, Rapid City, SD 57702
Phone: (605) 341-8647

Hours: 8:00am - 5:00pm (MT), Monday - Saturday
Services Offered: Psychological assessments for attention deficit / hyperactive disorder (ADD/ADHD), learning disorders, and all other psychiatric conditions. Individual treatment for anxiety, depression, post traumatic stress (PTSD), trauma, personality disorders, and marital issues. Custody, competency, and forensic evaluations available. Therapeutic approaches include cognitive behavioral (CBT) and reprocessing therapy. Specialized services for sex offenders and non-adjudicated individuals with psychosexual issues.

Credentialed Professionals: Lesley Dzintars, LPC-MH, QMHP, Laura Hughes, Psy.D., Michelle Veneklasen, MS, NCC, LAC, QMWP, LPC-MH, Suzette Wasvick LPC-MH, Michael Williams, Ph.D.

Groups and Workshops offered at Behavior Management Systems
350 Elk Street, Rapid Cit, SD 57701
Phone: (605) 343-7262
Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday
Group times and start dates vary, please call for information. *COVID info below

Services Offered: Group sessions are available at different times throughout the year. Some of the group sessions offered include: Corrective Thinking: For youth ages 13 - 18 to help members identify: The five basic thinking errors and deterrents to thinking errors The four characteristics that are essential for change The impact of behaviors on family, friends, and the community
Couples workshops: For couples who wish to enhance their relationship, whether or not they are having difficulties. Workshops offer: Skill and idea description and demonstration Opportunity for couples to practice skills privately
Participants have the opportunity to ask questions and discuss their experiences if they would like Introduction to Mindfulness: What happens in your life depends on your mind
Keepin It Cool: For youth ages 9 - 12 years of age, who find managing their anger a challenge, the group focuses on: Sources of anger and behavior;What are you doing with that anger;What the future looks like
Social Skills Group: For 10-15 year olds struggling with social skills or fitting in.
Understanding Fetal Alcohol Spectrum Disorder: For children ages 5 - 11 and their birth, foster, or adoptive parents. While the parents or parenting team is involved in education, supportive discussion and training, the children will gather in a separate group to work on developmental and behavioral issues. Mental Health First Aid Trainings: Offered periodically.
Participants are taught to assess for risk of suicide or harm;listen non-judgmentally;give reassurance and information;encourage appropriate professional help;and encourage self-help and other support strategies. Youth Mental Health First Aid Trainings: Offered periodically. Participants are taught to assess for risk of suicide or harm;listen non-judgmentally;give reassurance and information;encourage appropriate professional help;and encourage self-help and other support strategies. All within the context of helping the youth population.

Older Adult Issues/Life Transitions

There aren't any resources available for this category in your area. Please call 211 if you'd like to learn more about potential resources in another county near you

Other/General

Counseling Services offered at Suzette Wasvick Counseling Services
403 National Street, Suite 1, Rapid City, SD 57701
Website: wasvickcounseling.com Email: sw.counselingservices@yahoo.com
Phone: (605) 390-8791
Hours: 9:00am - 5:00pm (MT), Tuesday, Wednesday
Services Offered: Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.
Credentialed Professionals: Suzette Wasvick, MS, LPC-MH, QMHP, RPT-S
**Family Evaluator offered at Thomas L. Collins, LCSW**
909 St. Joseph Street, Suite 503, Rapid City, SD 57701  
Email: tlccsw@gmail.com  
Phone: (605) 342-0300  
Hours: 8:00am - 5:00pm (MT), Monday - Friday  
Services Offered: Child custody evaluations, parent coordinator services, adoption homestudies, and child advocacy services.  
Credentialed Professionals: Thomas L. Collins, LCSW

**Counseling Services offered at Manlove Brain + Body Health**
636 Saint Anne Street, Rapid City, SD 57701  
Website: www.manlovehealth.com  
Email: office@manlovegroup.com  
Phone: (605) 348-8000  
Hours: 8:00am - 5:00pm (MT), Monday - Friday  
Services Offered: General psychiatric services including evaluations and medication management. Treating psychiatric illnesses including depression, anxiety, attention deficit hyperactivity disorder (ADHD), developmental disorders and psychotic illnesses including schizophrenia and schizoaffective disorder. Offers Transcranial Magnetic Stimulation (TMS) and Ketamine/Spravato for treatment of resistant depression.  
Credentialed Professionals: Kim Benjamin, CNP  
Megan Burgard, CNP  
Kay Foland, CNP  
Lindsey Hansen, CNP  
Thomas Jewitt, MD  
Stephen P. Manlove, MD  
Leslie Moss, CNP  
Kimberly Oberloh, CNP  
Angela Ratzch, CNP  
Laura Schirber, CNP  
Amanda VanConant, CNP  
Tamber White, CNP

**Counseling Services offered at Clinical Psychology Services, LLC**
550 N. 5th Street, Suite 101, Rapid City, SD 57701  
Phone: (605) 961-4106  
Hours: 9:00am - 5:00pm (MT), Tuesday, Wednesday  
Services Offered: Provides evaluation, prevention, diagnosis, and treatment of mental, emotional and behavioral health issues. Outpatient psychotherapy services for individuals, couples and families for a wide variety of concerns ranging from mental health struggles to life transitions. Promotes whole health and improved quality of life.  
Credentialed Professionals: Mindy Hedlund, Ph.D. Psychologist

**Homeless Outreach Clinic offered at Community Health Center of the Black Hills, Inc.**
30 Main Street, Rapid City, SD 57701  
Phone: (605) 721-8939  
Hours: Vary, call for information.  
Services Offered: Provides primary health services free of charge for the homeless. This includes those living in shelters, transitional housing, on the streets, or doubled up with friends, neighbors, or relatives. Counseling services available.

**Mainstream Office offered at Behavior Management Systems**
111 North Street, Rapid City, SD 57701  
Phone: (605) 343-0650  
Hours: 8:00am - 5:00pm (MT), Monday - Friday  
Services Offered: Services provided to adults with severe mental illness (SMI) including: CARE - Continuous Assistance, Rehabilitation, and Education IMPACT - Individualized and Mobile Program of Assertive Community Treatment 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 Requires a referral from a mental health professional. Offers telehealth services.  
Credentialed Professionals: Jody Guy, APRN, CNP  
Aimee Janvrin, LPC-MH, QMHPLisa Kautzman, RN, CNP, QMHP  
Peggy O'Connor, RN

**Iris (LGBTQ+) Clinic offered at Community Health Center of the Black Hills, Inc.**
350 Pine Street, Rapid City, SD 57701  
Website: www.chcbh.com  
Email: iris@chcbh.org  
Phone: (605) 721-8939  
Hours: Clinic Hours: 8:00am - 5:00pm (MT), Monday - Friday Iris Clinic hours may vary.
Services Offered: Provides primary LGBTQ+ health care for people up to the age of 21. This includes routine check-ups, sexually transmitted/HIV/pregnancy tests, and sexual health education. An in-house pharmacy is available as well as mental health counseling services. Dr. Amanda Diehl has more than 20 years of experience and trained on LGBTQ+ health care through the Fenway Institute's National LGBT Health Education Center. In addition, the entire staff has been trained to provide an affirming atmosphere for the LGBTQ+ population.

Counseling Services offered at Suzette Wasvick Counseling Services
280 Main Street, Suite 9, Hill City, SD 57745
Website: wasvickcounseling.com  Email: sw.counselingservices@yahoo.com
Phone: (605) 390-8791
Hours: 9:00am - 5:00pm (MT), Monday, Thursday
Services Offered: Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.
Credentialed Professionals: Suzette Wasvick, MS, LPC-MH, QMHP, RPT-S

Monument Health Medical Clinic - Sturgis offered at Monument Health - Sturgis
2140 Junction Avenue, Sturgis, SD 57785
Website: www.monument.health  Email: info@monument.health
Phone: (605) 720-2600
Hours: 8:00am - 5:00pm (MT), Monday - Friday
Services Offered: A primary care, family medicine clinic. Board certified physicians and physician assistants offer health care services sensitive to individual needs. Services include: Outpatient counseling for adults Family Medicine Audiology/Hearing Aids Bone Density Screening Childhood & Adult Immunizations General Surgery Laboratory OB/GYN Office-Based Surgery Sports & Pre-Employment Physicals X-ray

VA Black Hills Health Care System, Fort Meade - Polytrauma/TBI Clinic offered at UNITED STATES DEPARTMENT OF VETERANS AFFAIRS
113 Comanche Road, Fort Meade, SD 57741
Phone: (605) 347-2511, Ext. 17033
Hours: Hospital: 24 hours a day / 7 days a weekOffice hours: 7:30am - 5:00pm (MT), Monday - Friday

Counseling Services offered at Midwest Wellness Institute, PLLC
4308 S. Arway Drive, Sioux Falls, SD 57106
Website: www.mwihealth.org/  Email: office@mwihealth.org
Phone: (605) 573-2000
Hours: 8:00am - 5:00pm (CT), Monday - FridayOffice staff works remotely some days:please call before stopping in.*COVID info below
Services Offered: Finds innovative ways to improve lives with a team of mental health providers. Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic for all ages, with telehealth options available. The premiere service in Sioux Falls for NeuroStar TMS, a FDA-cleared, non-drug treatment for chronic depression. The buprenorphine-certified providers offer customized treatment plans for opioid addiction. Midwest Wellness Institute also brings psychiatric care and medication management to underserved areas through telehealth and on-site clinics, hospitals and correctional facilities through contracted mental health services. The mental health team works with QTC, LHI, VES, and REE Medical to provide Veteran Comp & Pension Evaluations. Dr. Pavlis provides Forensic Psychiatry services across the state of South Dakota as well. Services include: TMS Therapy Individual Psychotherapy Counseling Correctional Rehabilitation Mental Health Screening Psychological Assessments Pediatric Psychiatry Adolescent Psychiatry Adult Psychiatry Geriatric Psychiatry Medication Management Medication-Assisted Treatment for Opioid Addiction Independent Psychiatric Evaluations Forensic Psychiatry
Credentialed Professionals: Kristin Gilbertson, MS, LPC, QMHPBrittany Kennedy, PMHNP-BCDarla Miles, PMHNP-BCSusan Njuakom, PMHNP-BC, FNP-BCPavlis, M.D., PsychiatristDione Rowe, DNP, PMHNP-BCDiane Teadtke, PMHNP-BCPaula Tofte, PMHNP-BC
Sioux Falls VA Health Care System - Women's Health Clinic offered at UNITED STATES DEPARTMENT OF VETERANS AFFAIRS
2501 W. 22nd Street, Sioux Falls, SD 57105
Phone: (605) 336-3230, Ext. 7500
Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Nurse Advice Line: evenings, weekends, and holidays CLC's are staffed 24 hours day / 7 days a week
Services Offered: Providing health care and services to eligible women Veterans. Services include: Primary care Gynecology services Infertility care Pregnancy care Contraceptive services Mammography Social work Mental health care Care for menopausal issues

Objective Zero Foundation
2008 S. Abbeystone Court, Sioux Falls, SD 57110
Website: www.objectivezero.org Email: contactus@objectivezero.org
Phone: (202) 573-9660
Hours: 24 hours day / 7 days week
Services Offered: The Objective Zero App connects service members, veterans, their families, and caregivers to peer and civilian support through voice, video and text and to mental health and wellness tools and resources. The app is free to download and free to use.

CancerCare Counseling offered at CANCERCARE
275 7th Avenue, New York, NY 10001
Phone: (212) 712-8400
Hours: 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday
Services Offered: Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers. Online support groups are available, 24 hours a day, 7 days a week.

Counseling Services offered at Haven Counseling LLC
Rapid City, SD 57702
Phone: (605) 863-2498
Hours: 9:00am - 5:00pm (MT), Monday, Wednesday, Thursday 9:00am - 12:00noon (MT), Friday
Services Offered: Individual counseling for those 18 and older. Areas of focus include: adjustment to living with a brain injury; caregiver concerns and fatigue; adjustment to change and life transitions; grief and loss; depression; anxiety; self-esteem; ADHD; wellness and self-care; women's issues; communication; and stress management. Telehealth sessions available.
Credentialed Professionals: Koral Olson, MS, LPC, NCC, CBIS

Psychiatry and Medication Management

Counseling Services offered at Rapid City Mental Health Professionals, LLC
3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702
Website: www.rapidcitymentalhealth.com Email: office@rapidcitymentalhealth.com
Phone: (605) 716-3555
Hours: 8:00am - 5:00pm (MT), Monday - Friday *Some hours of availability on Saturdays
Services Offered: Provides medication management of mental health disorders: depression, anxiety, PTSD, OCD, ADHD, bipolar disorder, schizophrenia and other psychotic illnesses. Services provided by psychiatric mental health nurse practitioners who have been employed in the inpatient settings, correctional facilities, and outpatient mental health. Other services provided: Adolescent psychiatry Medication management Mental health screening Adult psychiatry Geriatric psychiatry Spravato treatment Culturally sensitive Photobiomodulation Therapy (light therapy)
Credentialed Professionals: Jennifer Erdman, CNP, PMHNP; Jessica Koupal, DNP; Amy Newstrom, DNP, PMHNP, LP-C; Rachel Waddell CNP, PMHNP

Psychiatric Care offered at Black Hills Psychiatry Associates
528 Quincy Street, Rapid City, SD 57701
Email: renka528@gmail.com
Phone: (605) 348-5401
Hours: 8:00am - 5:00pm (MT), Monday - Thursday
Services Offered: Adolescent psychiatry Medication management Mental health screening Adult psychiatry Geriatric psychiatry Spravato treatment Culturally sensitive Photobiomodulation Therapy (light therapy)

Avera McKennan Behavioral Health Center - Adult Partial Hospital and Intensive Outpatient offered at Avera - Sioux Falls
4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108
Phone: (605) 322-4056
Hours: 8:00am - 4:30pm (CT), Monday - Friday
Services Offered: Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Partial Hospital Program (PHP) Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 5 days per week, 4 hours per day. Intensive Outpatient Program (IOP) The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.
Credentialed Professionals: Danielle Gundermann, LPC; Miranda Lang, MSW, CSW; Lea Long, MSW, CSW-PIP; Christine Mann, MSW, CSW-PIP; Chelsea Oppold, MSW, CSW; Kelsey Sjaarda, MSW, CSW-PIP

Avera McKennan Behavioral Health Center - Inpatient Units offered at Avera - Sioux Falls
4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108
Phone: (605) 322-4065
Hours: 24 hours a day / 7 days a week
Services Offered: Inpatient treatment with units dedicated for children, adolescents, adults and seniors with acute psychiatry needs. A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns. Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia. Group therapies focus on developing coping skills through expressive therapies and behavioral therapy.
Credentialed Professionals: Inpatient Therapists: Ann Flynn-Crowe, MSW, CSW-PIP; Chelsea Oppold, MSW, CSW-PIP; Jennifer Wiese, MA, NCC, LPC-MH, LAC

Psychological Testing

Rapid City Hospital offered at Monument Health - Rapid City
353 Fairmont Boulevard, Rapid City, SD 57701
Website: www.monument.health Email: info@monument.health
Phone: (605) 755-1000
Hours: 24 hours a day / 7 days a week
**Services Offered:** Monument Health is an integrated health care system with the purpose of helping patients and communities live well. Rapid City Monument Hospital provides health care services 24 hours a day / 7 days a week to the people who live in the Black Hills. The hospital has a pharmacy for medication needs as well as medication disposal.

**Pivot Point offered at Behavior Management Systems**  
308 Quincy St, Pivot Point, Rapid City, SD 57701  
**Phone:** (605) 391-4863  
**Hours:** 24 hours a day / 7 days a week / 365 days a year, no appointment needed.  
**Services Offered:** Crisis stabilization for adults, 18 years and older, who are experiencing a mental health or substance abuse crisis. Program features include: Voluntary program, CCC is not a locked facility Medical triage screening, at intake to determine the needed level of care Opportunity to speak with a qualified mental health professional (QMHP) Length of stay: Up to 24 hours Collaborative recovery oriented stabilization plan Immediate counseling services Referrals to community agencies including detox, inpatient services, and community based counseling Limited transportation available to the Crisis Care Center via local law enforcement Telephone crisis support and follow upGoals of the Crisis Care Center: Provide the community with crisis options other than inpatient psychiatric care, incarceration, and involuntary admission to detox services to match the level of need with the level of care. Improve access to after crisis follow-up and mental health and substance abuse treatment. Improve service integration and coordination amount agencies and providers to help individuals better navigate complex systems. Improve awareness about and access to services to assist people in entering the health care system for mental health and substance abuse services prior to entering a crisis state.  
**Credentialed Professionals:** Randy Allen, CSW-PIP, QMHPHeather Armstrong, LPC, QMHPRuss Conti, CSW-PIP, QMHP

**Custer Hospital offered at Monument Health - South Dakota**  
1220 Montgomery Street,  
Custer, SD 57730  
**Website:** [www.monument.health](http://www.monument.health)  
**Email:** info@monument.health  
**Phone:** (605) 673-9400  
**Hours:** 24 hours a day / 7 days a week  
**Services Offered:** 24-hour physician-covered emergency department Diabetes education Full-service laboratory Medical imaging services Digital mammography Physical therapy Occupational therapy Speech therapy Radiology Medication disposal

**Monument Health Sturgis Hospital offered at Monument Health - Sturgis**  
2140 Junction Avenue,  
Sturgis, SD 57785  
**Website:** [www.monument.health](http://www.monument.health)  
**Email:** info@monument.health  
**Phone:** (605) 720-2400  
**Hours:** 24 hours a day / 7 days a week  
**Services Offered:** A 25-bed critical access hospital that also houses an 84-bed senior care facility and specialty clinic for visiting physicians. The hospital offers 24-hour emergency service, inpatient and outpatient care, and hospice.

**Lead-Deadwood Hospital offered at Monument Health - South Dakota**  
61 Charles Street,  
Deadwood, SD 57732  
**Website:** [www.monument.health](http://www.monument.health)  
**Email:** info@monument.health  
**Phone:** (605) 717-6000  
**Hours:** 24 hours a day / 7 days a week  
**Services Offered:** 18-bed critical access hospital provides: 24-hour emergency service Inpatient and outpatient care Ambulance service Home health care Laboratory services Physical therapy Medication disposal

**Hospital offered at Monument Health - Spearfish**  
1440 N. Main Street,  
Spearfish, SD 57783  
**Website:** [www.monument.health](http://www.monument.health)  
**Email:** info@monument.health  
**Phone:** (605) 644-4000  
**Hours:** 24 hours a day / 7 days a week*COVID info below  
**Services Offered:** Monument Health Spearfish Hospital is a 40-bed hospital that offers extensive patient services centralized at one location which includes both the hospital and Spearfish Monument Medical Clinic. Services include: Emergency care: 24 hours a day / 7 days a week Diabetes care Heart & vascular care Home care Hospice Labor & delivery Laboratory services Medical imaging Physical therapy & rehabilitation Surgery Swing-bed program Telemedicine Medication disposal
**Human Services Center - Acute Program offered at SOUTH DAKOTA DEPARTMENT OF SOCIAL SERVICES - HUMAN SERVICES CENTER**

3515 N. Broadway Avenue, Yankton, SD 57078

**Website:** [http://dss.sd.gov/behavioralhealth/hsc/](http://dss.sd.gov/behavioralhealth/hsc/)  
**Email:** infoHSC@state.sd.us

**Phone:** (605) 668-3100  
**Hours:** The facility is open 24 hours a day/7 days a week. Crisis assessments are done/accepted through an ER or community mental health center.  
**Services Offered:** Provides for initial assessment and stabilization of adult psychiatric patients. During the 12-15 day average length of stay, the program initiates and develops treatment and discharge plans. The program promotes and facilitates the patients independent functioning in daily activities. Emphasis is on providing care, treatment and rehabilitation services that will enable the patients to return to and function in the community at the earliest possible time. The Acute Program currently consists of 4 treatment units with a total bed capacity of 60, and is Medicare approved by the Health Care Financing Administration. The Intensive Treatment Unit has a total bed capacity of 14, for adults and adolescents who require short term intensive monitoring.

**Human Services Center - Geriatric Program offered at SOUTH DAKOTA DEPARTMENT OF SOCIAL SERVICES - HUMAN SERVICES CENTER**

3515 N. Broadway Avenue, Yankton, SD 57078

**Website:** [https://dss.sd.gov/behavioralhealth/hsc/](https://dss.sd.gov/behavioralhealth/hsc/)  
**Email:** infoHSC@state.sd.us

**Phone:** (605) 668-3236  
**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday - Friday, except Holidays  
**Services Offered:** Provides diagnostic and therapeutic services of a medical and psychiatric nature to persons with physical conditions requiring nursing facility care. Services are delivered in such a way as to allow the patients maximum opportunity to function as independently as possible in activities of daily living. The goal is for the patients to reside in the least restrictive environment, including return to an appropriate community setting. This program operates with 3 units located in Spruce Terrace and Willow Terrace I buildings.

**Avera Behavioral Health Urgent Care offered at Avera - Sioux Falls**

4400 W. 69th Street, Sioux Falls, SD 57108  
**Phone:** (605) 322-4065  
**Hours:** Open 24 hours a day / 7 days a week  
**Services Offered:** Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

**Avera McKennan Behavioral Health Center - Assessment and Referral offered at Avera - Sioux Falls**

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108  
**Phone:** (605) 322-4065  
**Hours:** 24 hours a day / 7 days a week. A message may be left if call is not able to be answered immediately. A staff will respond to messages as soon as possible.  
**Services Offered:** Program provides assessments 24 hours a day for mental health problems to determine an appropriate level of care.

---

**Suicide Prevention Resources**

**Great Plains Tribal Leaders Health Board**

2611 Elderberry Boulevard, Rapid City, SD 57703  
**Website:** [https://gptchb.org/](https://gptchb.org/)  
**Email:** info@gptchb.org  
**Phone:** (605) 721-1922  
**Hours:** 8:00am - 5:00pm (MT), Monday - Friday
Services Offered: An organization representing the 18 tribal communities in the four-state region of South Dakota, North Dakota, Nebraska and Iowa. GPTLHB divides its programs and services into 5 major focuses: Behavioral Health & Recovery Connecting With Our Youth (CWOY) Program Native Connections Program Community Health Great Plains Good Health and Wellness Program Great Plains Tobacco Prevention Program Great Plains Partnerships to Improve Community Health Program Great Plains Colorectal Cancer Screening Initiative Great Plains Comprehensive Cancer Control Program USD Center of Excellence/Childhood Obesity Prevention Program Epidemiology & Informatics Great Plains Tribal Epidemiology Center Sexually Transmitted Infection/Teen Pregnancy Prevention Program Maternal & Child Health Northern Plains Healthy Start Program LAUNCH - Indigenous Linking Actions in Unmet Needs Children's Health Ride Safe Motor Vehicle Injury Prevention Maternal, Infant, and Early Childhood Home Visiting Program

Community Outreach Program offered at Catholic Social Services
529 Kansas City Street, Rapid City, SD 57701
Phone: (605) 641-3621
Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Outreach hours: 8:00am - 10:00pm (MT), Monday - Sunday
Services Offered: Provides training and technical assistance in: Disaster Preparedness Disaster Case Management & Disaster Volunteer Training Certified Mental Health First Aid Training and QPR Suicide Prevention TrainingTrainings are available to registered volunteer organizations or individuals and are provided in person or via Zoom.

Black Hills Survivors of Suicide offered at Front Porch Coalition
504 E. Monroe Street, Rapid City, SD 57701
Phone: (605) 348-6692
Hours: Meeting time: 10:00am - 12:00noon (MT), 4th Saturday of each month
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.

Mental Health Support offered at Front Porch Coalition
504 E. Monroe Street, Rapid City, SD 57701
Website: www.frontporchcoalition.org Email: office@frontporchcoalition.org
Phone: (605) 348-6692
Hours: Office Hours: 9:00am - 5:00pm (MT), Monday - Friday 10:00am - 12:00noon (MT), 4th Saturday of the month: Suicide survivors support group at Front Porch Coalition, 504 E. Monroe Street, Rapid City. Call for support group times and more information for the 8-week closed suicide survivors support group. Call (605) 348-6692 or email office@frontporchcoalition.org for meetings updates and/or additional, more frequent meeting times.
Services Offered: Crisis Certified volunteers called to a scene at the time of a death by suicide to be with family and friends to provide support and mental health resources. SOS (Survivors of Suicide) support group meets from 10:00am to 12:00noon every 4th Saturday at 504 E. Monroe Street. An intense healing journey 8-week support group is offered twice a year for survivors of suicide. No fees for any of these services.

SPEAK Network
1011 11th Street, Room 209, Rapid City, SD 57701
Phone: (605) 381-9114
Hours: 3:00pm - 8:00pm (MT), Thursday
Services Offered: Works to reduce suicides and suicide attempts through community action and educational development. Current programs are: Positive Self-Discovery course Question, Persuade, Refer (QPR) Applied Suicide Intervention Skills Training (ASIST). These programs provide strategies for addressing health, wellness, and identification of persons at risk for suicide.

Survivors Joining for Hope offered at LOST&FOUND
319 N. Main Street, Suite 1, Sioux Falls, SD 57104
Website: https://resilienttoday.org/programs/survivors-joining-for-hope/ Email: djordan@resilienttoday.org
Prevention Trainings offered at HELPLINE CENTER
3817 S. Elmwood Avenue, Sioux Falls, SD 57105
Website: http://www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/  Email: help@helplinecenter.org
Phone: 2-1-1
Hours: 24 hours a day / 7 days a week Office hours: 8:00am - 5:00pm (CT), Monday - Friday
Services Offered: To register for an upcoming training, visit: Helpline Center Prevention Training Registrations ASIST is an Applied Suicide Intervention Skills Training. It is a two-day skills-based training designed to provide a practical face-to-face intervention model for caregivers to use when encountering a person at-risk of suicide. CEUs and undergraduate and graduate credit are available for this training. Means Restriction Training - Restriction Education is designed to help parents and adult caregivers of at-risk youth recognize the importance of taking immediate, new action to restrict access to firearms, alcohol, and prescription and over-the-counter drugs in the home. This training will take approximately 1 hour - 1.5 hours. The targeted audience would be staff from the Emergency Department and behavioral health staff. Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis until appropriate professional, peer or family support can be engaged. This highly interactive course prepares participants to provide Mental Health First Aid to those in need. Mental Health First Aid for Public Safety - specialized version for law enforcement. In-Person Mental Health First Aid: 8-hour course Blended Mental Health First Aid: Session One: 2 hours. Online self-paced course that is a prerequisite for participants. Session Two: 4 hours in-person ILT (Instructor Lead Training). Includes virtual manual, course handouts, space for taking notes, and case scenario practice. Virtual Mental Health First Aid: Session One: 2 hours. Online self-paced course that is a prerequisite for participants. Session Two: 5.5 hour VILT (Virtual Instructor Lead Training) which includes virtual manual, course handouts, space for taking notes, and case scenario practice. QPR stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. In this 1-2 hour training, participants first learn about the nature of suicidal communications, what forms these communications take and how they may be used as a stimulus for a QPR intervention. Can be provided virtually. Question, Persuade, Refer, Treat (QPRT) is an eight-hour workshop designed for all first responders, primary healthcare professionals, counselors, social workers, psychiatrists, psychologists, substance abuse treatment providers, and clinical pastoral counselors who evaluate and treat persons at risk of suicide. Safety Planning - Come learn how to help someone at risk develop a set of concrete strategies to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. This training will take approximately 1 hour - 1.5 hours. The targeted audience would be any behavioral health or health staff. Suicide Prevention for Primary Care - A one-hour presentation for primary care practitioners and staff on how to recognize the warning signs and risk factors of suicide and how to intervene. It also includes information about developing an Office Plan of Action that can assist your providers and staff to be prepared to assist individuals who may be in a suicide crisis. Youth Mental Health First Aid is a course emphasizing the importance of early intervention and reviewing the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It is intended for anyone 16 years or older. In-Person Youth Mental Health First Aid: 6.5 hour course Blending Youth Mental Health First Aid: Session One: 2 hours. Online self-paced course that is a prerequisite for participants. Session Two: 4 hours in-person ILT (Instructor Lead Training) which includes virtual manual, course handouts, space for taking notes, and case scenario practice. Virtual Youth Mental Health First Aid: Session One: 2 hours. Online self-paced course that is a prerequisite for participants. Session Two: 4.5 hour VILT (Virtual Instructor Lead Training) which includes virtual manual, course handouts, space for taking notes, and case scenario practice. Critical Incidence Training for Police Agencies - CIT is a two-hour training provided to law enforcement personnel on appropriate emergency response to someone in crisis that can help save lives. Additionally, they have the opportunity to learn directly from a suicide attempt survivor about what responses may and may not be perceived as helpful, and hear from a suicide loss survivor about the collateral impact of suicide. Customized presentations on suicide information, crisis and prevention are available upon request.
Suicide Survivor Services offered at HELPLINE CENTER
3817 S. Elmwood Avenue, Sioux Falls, SD 57105
Website: www.helplinecenter.org/suicide-and-crisis-support/survivor-services  
Email: help@helplinecenter.org
Phone: 2-1-1
Hours: 24 hours a day / 7 days a week
Office hours: 8:00am - 5:00pm (CT), Monday - Friday
Services Offered: Surviving After Suicide (SAS) Education/Support Class Designed to help people who have lost a loved one to suicide express and understand the troubling and powerful grief, stigma, pain, and guilt they experience. It is an 10 week education class and support group for survivors of suicide. Each class will focus on a unique aspect of survivor grief and includes a component in which group members share and support each other. The class is offered three times a year in January, April, and September. Registration is required. Surviving After Suicide (SAS) Support Group A monthly support group for people who have lost someone to suicide. Survivor information packets are also available at no cost. The focus is on survivors connecting and supporting each other. Any survivor age 18 and over is welcome to attend. Registration is not required for this support group. It is an open/on-going group. 1 group will be available: In person - 7:00pm - 8:30pm, 3rd Thursday of each month Children and Teen Grief Groups Specialized suicide bereavement groups for children available at no cost. Children ages 6 - 12 and 13 - 18 receive support in sharing and understanding their grief related to the loss of a loved one to suicide. Healing is promoted through caring discussions and activities. Registration is required. Surviving After Suicide Events Supportive events are open to anyone over 18 who has been impacted by a suicide loss. Various activities throughout the year including: Suicide Prevention Week; National Survivors of Suicide Loss Day (Saturday before Thanksgiving); etc.
Email or call to get on invite list for events. If you would like to get in touch with someone, please complete the Suicide Services Request Form. Local Outreach to Suicide Survivors (LOSS) Program The LOSS program responds to survivors of suicide immediately after the death of the loved one. Staff provide immediate assistance to new suicide survivors by making an outreach visit to their home (in the Sioux Falls area) or making a support phone call (anywhere in South Dakota). This visit and/or call provides support, comfort, and education about being a survivor of suicide. Individuals needing immediate crisis care should call 9-8-8. Standard message and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 85511, go to: http://www.preventionpaystext.com/policies/

Text4Hope - High School Texting Program offered at HELPLINE CENTER
3817 S. Elmwood Avenue, Sioux Falls, SD 57105
Website: https://www.helplinecenter.org/suicide-and-crisis-support/suicide-information/
Phone: 898211
Hours: 24 hours a day / 7 days a week
Office hours: 8:00am - 5:00pm (CT), Monday - Friday
Services Offered: Text4Hope serves all high schools in South Dakota. Teens can text icare to 898211 to talk with a caring staff from the Helpline Center. Help is available 24/7. Standard msg&data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 85511, go to: http://www.preventionpaystext.com/policies/

Suicide and Crisis Support offered at HELPLINE CENTER
No Physical Address, Sioux Falls, SD 57105
Website: www.helplinecenter.org  
Email: help@helplinecenter.org
Phone: (800) 273-8255
Hours: 24 hours a day / 7 days a week / 365 days a year
Services Offered: The Helpline Center is the leading organization in South Dakota for suicide prevention and response. If you or someone you know is having suicidal thoughts, please call 988 anytime, day or night, to find the understanding, caring support and hope you need. Our Suicide and Crisis Support is an accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need. Services include: a crisis texting program for every high school student in South Dakota grief support for individuals who have lost a loved one to suicide professional suicide awareness and prevention training
Credentialed Professionals: Janet Kittams, MA, LPC

Avera McKennan Behavioral Health Center - Adult Grief Services offered at Avera - Sioux Falls
4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108
Phone: (605) 322-4074
Hours: Group: 9:00am - 12:00noon (CT), Saturday, starting in January, April, and October
Office hours: 8:00am - 5:00pm (CT), Monday - Friday
Services Offered: A professionally directed program designed to help adults navigate through any type of grief process in a small group and/or individual setting. Offers telehealth services. Additionally offers a grief group specifically for those who have experienced an infant loss.
Credentialed Professionals: Dr. Mark Vande Braak, PhD, FT (Fellow in Thanatology)
Suicide Prevention offered at Suicide Awareness Voices of Education
7900 Xerxes Avenue S., Suite 810, Minneapolis, MN 55431
Website: www.save.org  Email: admin@save.org
Phone: (952) 946-7998
Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday
Services Offered: Provides education about suicide prevention and to speaking for suicide survivors. SAVE is committed to:
Raising awareness of depression which when left untreated is the number one cause of suicide. Erasing the stigma and shame by educating people about brain diseases with a goal of ensuring that those who suffer will get proper medical treatment.

Compassionate Friends, The - National Office offered at Compassionate Friends, The
48660 Pontiac Trail, Suite 930808, Wixom, MI 48393
Website: www.compassionatefriends.org  Email: nationaloffice@compassionatefriends.org
Phone: (877) 969-0010
Hours: National Office hours: 9:00am - 5:00pm (CT), Monday - Friday Support group times vary by location. See Compassionate Friends Chapter Locator on website.
Services Offered: The Compassionate Friends (TCF) is a national nonprofit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no individual membership fees or dues are charged. All bereaved family members are welcome. Founded in England in 1969, TCF was established in the United States in 1972, with 501(c)(3) not-for-profit incorporation in 1978, under which provision the organization’s more than 650 local chapters also operate. TCF operates as separate entities in at least 30 countries around the world. Regular meetings of local chapters provide a caring environment in which bereaved parents, siblings, and grandparents can work through their grief with the help of others who have been there. Monthly, more than 17,000 attend chapter meetings. Outreach is provided to more than 182,000 bereaved family members and professionals each month through chapter newsletters, websites, Facebook Pages, special programs including regional conferences, concurrent walks, phone calls, letters, e-mails, and personal visits. Educational information on grief following the death of a child and the work of TCF is provided to the community through publicity, speaking engagements, and the distribution of materials. Virtual chapters through an Online Support Community supply support, encouragement, and friendship. There are general bereavement sessions as well as more specific sessions. This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The national website www.compassionatefriends.org includes an Online Support Community, information about the annual National Conference, and national Facebook Page at www.facebook.com/TCFUSA.

Prevention and Advocacy Services offered at American Association of Suicidiology
1717 N. Street N.W., Suite 1, Washington, DC 20036
Website: www.suicidology.org  Email: info@suicidology.org
Phone: (888) 9-PREVENT
Hours: Call for information.
Services Offered: To promote the understanding and prevention of suicide and support those who have been affected by it. We accomplish this mission by directing efforts to: Advance Suicidiology as a science; encouraging, developing, and disseminating scholarly work in suicidiology. Encourage the development and application of strategies that reduce the incidence and prevalence of suicidal behaviors. Compile, develop, evaluate and disseminate accurate information about suicidal behaviors to the public. Foster the highest possible quality of suicide prevention, intervention and postvention to the public. Publicize official AAS positions on issues of public policy relating to suicide. Promote research and training in suicidiology. Founded in 1968 by Edwin S. Shneidman, PhD, AAS promotes research, public awareness programs, public education and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide. AAS, a not-for-profit organization, encourages and welcomes both individual and organizational members.

988 Suicide & Crisis Lifeline offered at VIBRANT EMOTIONAL HEALTH
50 Broadway, 19th Floor, New York, NY 10004
Phone: 9-8-8
Hours: Admin Hours: 9:00am - 5:00pm (ET), Monday - Friday
**Services Offered:** Suicide prevention and crisis intervention service available to anyone in suicidal crisis or emotional distress. Callers to the 988 Suicide & Crisis Lifeline are routed to the nearest accredited crisis center in the caller's area. 988 Suicide & Crisis Lifeline calls are answered by staff at over 200 accredited crisis centers across the United States who provide callers with crisis counseling and mental health referrals. The Lifeline's Crisis and Text Chat Service routes chat visitors to a subnetwork of crisis centers accredited in providing online emotional support.

**Veterans Crisis Line offered at VIBRANT EMOTIONAL HEALTH**
50 Broadway, 19th Floor, New York, NY 10004  
**Phone:** 988, Ext. 1  
**Hours:** Crisis support available 24 hours a day / 7 days a week  
**Services Offered:** The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if those who are not registered with VA or enrolled in VA health care. The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. The Veterans Crisis Line also offers a lifeline Crisis Chat program. Available at [www.veteranscrisisline.net/get-help-now/chat/](http://www.veteranscrisisline.net/get-help-now/chat/)

**Crisis Text Line**  
No Physical Address, , SD  
**Website:** [www.crisistextline.org](http://www.crisistextline.org)  
**Email:** info@crisistextline.org  
**Phone:** Text HELLO HOLA to 741741  
**Hours:** Available 24 hours a day / 7 days a week  
**Services Offered:** Provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need. Text HELLO to 741741 or text to 443-SUPPORT in WhatsApp to be connected to a trained volunteer Crisis Counselor in English. Text HOLA to 741741 or text to 442-AYUDAME in WhatsApp for Spanish.