

Mental Health Resource Guide

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

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, Eye Movement Desensitization and Reprocessing (EMDR), 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

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: Tiffany Mooney, LPC-MH, QMHP Kettie Rindelau, LPC-MH, QMHP 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

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 Reconciliation Therapy (MRT)
- Moral Reconciliation Therapy Domestic Violence (MRT-DV)
- Aggression Replacement Training (ART)
- Cannabis Youth Treatment (CYT)
- EAP (Employee Assistance Program) counseling
- Culturally Sensitive Services

Offering telehealth services.

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

Counseling Services offered at Knuppe Counseling

2650 Jackson Boulevard, 11, Rapid City, SD 57702

Email: knuppecounseling@gmail.com

Phone: (605) 390-7055

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

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

Credentialed Professionals: Triscell Knuppe, MSW, LCSW-PIP

Trauma Therapy 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 Heynen Health & Wellness Services

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

Website: [www.heatherheynen.com](http://www.heatherheyнен.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 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 Black Hills Center for Healing and the Advancement of Psychotherapy

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

Phone: (605) 440-2287

Hours: By appointment only

Services Offered: Individual therapy for adults, specializing in trauma, including dissociative functioning and complex trauma. Integrative treatments for trauma, as well as depression/anxiety that has not been responsive to traditional modalities. Mindfulness and self compassion focused approaches improve one's relationship with oneself and others. Seasonal experiential workshops, including equine 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: 8:00am - 6:00pm (MT), Tuesday - Thursday 10:00am - 4:00pm (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 Lecy Therapy

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

Phone: (605) 864-4151

Hours: Call for information

Services Offered: Services provided are:

-Individual Counseling

-LGBTQ+ Counseling

-Trauma Informed Therapy

-Couples Therapy

-Family Counseling

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

Counseling Services offered at Family First Therapy

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

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

Phone: (605) 786-7797

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

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

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

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 - Thursday Phone monitored 24 hours a day

Services Offered: Works with children and adults, specializing in helping heal the impact of trauma. Offers Trauma Focused Cognitive Behavioral Therapy (CBT), Art Therapy, 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

7501 Captain Soelzer Street, Black Hawk, SD 57718

Phone: (605) 863-2881

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

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

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

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

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

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 - Wednesday

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 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.

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

Counseling Services offered at 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/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 Crossroads Counseling Services

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

Phone: (605) 430-9521

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

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

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

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

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

Phone: (605) 315-7159

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

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 Boes MSW, CSW, QMHP Christopher Evensen MSW, CSW, QMHP Bryan Satterwhite MSW, CSW-PIP, QMHP

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

730 South Street, Rapid City, SD 57701

Phone: (605) 718-3613

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

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

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

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.

Credentialed Professionals: Randy Allen, CSW-PIP, QMHP June Anderson, LPC, QMHP Tammy Arens Beauchamp, CSW-PIP, QMHP Teri Corrigan, CSW-PIP, QMHP Jodi Guy, APRN, CNP Aimee Janvrin, LPC, QMHP Lisa Kautzman, RN, CNP, QMHP Jessica Koupal, RN, CNP, QMHP Nancy Middleton, CSW, QMHP Peggy O'Connor, RN Amber Roduner, LPC-MH Jim Ruhe, CSW-PIP, QMHP Jeff Wahl, LPC-MH, QMHP

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, Ste 05, Rapid City, SD 57701

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

Phone: (605) 299-9100

Hours: 8:00am - 5:00pm (MT), Monday - Friday Occasional after hours sessions with select providers

Services Offered: Guides and inspires adults, children, adolescents, couples and families with concerns that are impeding joy and life fulfillment. Will assist in ways to improve relationships, eliminate symptoms and inspire the best version of each individual. Specialties include:

- Trauma
- Anxiety
- Depression
- Self-esteem issues
- Conflict management
- Mediation
- Personality disorders
- Bipolar

Modalities of treatment encompass:

- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprogramming (EMDR)
- Emotional Freedom Techniques (EFT, Tapping)
- Psychodynamic Therapy
- Filial Therapy
- Brain Tap
- Acceptance & Commitment Therapy (ACT)
- Gottman Couples Techniques
- Christian Counseling
- Play Therapy
- Parent-Child Interactive Therapy (PCIT)
- Sand Tray Therapy
- Other techniques specific to the individual, adolescent, children, family, and couples needs.

Credentialed Professionals: Stacy L Keyser MS, LPC-MH, NCC, QMHP Elizabeth Miller MA, LPC, QHMP Silver See MA, LMFT, CCTP Mary Schweitzer MS, LPC Supervisee Jazmin Perez Osorio LSW, MSW, LPC Supervisee

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

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

Phone: (605) 343-5422

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

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

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

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

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

Counseling Services offered at Kelly Marker

No Physical Location, Rapid City, SD 57701

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

Email:

Phone: (605) 545-0941

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

Services Offered: Provides outpatient counseling services for individuals ages 18 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

Grief Support Group offered at Legacy Family Services

Rapid City, SD 57701

Phone: (406) 550-1948

Hours: Office Hours: 10:00am - 6:00pm (MT), Monday - Friday Grief Support Group: available when 6 members sign up.

Services Offered: Provides the following:

- Journey - a special grief group for bereaved individuals who have lost a relative, friend, or child through either a natural death, or a sudden, unexpected death.
- Critical Incident Stress Management services for law enforcement or affected bystanders.

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.

Credentialed Professionals: Stephanie Beard, MSW, CSW, QMHP Jennifer Freyensee, MA, LPC Cathy Larsen, MS, LPC-MH, QMHP, CAC Valerie Lick, MS Maureen Murray, MA, LPC-MH, LAC Desiree Swann, MSSW, CSW, ACT Sierra Toms, MA Bridget Williams, MS, LPC-MH, QMHP

Youth Trauma Center offered at Youth & Family Services

202 E. Adams Street, Rapid City, SD 57701

Website: www.youthandfamilyservices.org

Email: ccgeneral@youthandfamilyservices.org

Phone: (605) 342-4789

Hours: 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.

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

Counseling Services offered at LifeStages Counseling, LLC

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

Phone: (605) 388-2163

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

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

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

Counseling Services offered at Gossamer Threads Counseling

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

Website: gossamerthreadscounseling.com

Email: gossamerthreadscounseling@gmail.com

Phone: (605) 209-5513

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

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

Areas of special emphasis:

Identity transformation and development

Recovery from trauma

Mood and anxiety concerns

Relationship difficulties

Family dynamics

LGBTQIA+

Credentialed Professionals: Jessica Hubner, MS, LPC

Residential Behavioral Health/Group Care Program offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

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

Phone: (605) 718-4870

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

Services Offered: Residential behavioral/group care program for abused and neglected youth offers youth 24-hour supervision. Services offered:

- 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, NCC Dr. Mark T. Garry, MD

Equine Therapy offered at Red Horse Healing

3315 S. Valley Drive, Rapid City, SD 57701

Phone: (605) 441-2038

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

Services Offered: Equine-assisted psychotherapy for individuals, families, and groups. 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

Keystone, SD 57751

Website: <http://sdheartspace.com> **Email:** sdheartspacecounseling@gmail.com

Phone: (605) 484-6030

Hours: 9:00am - 7:00pm (MT), Wednesday Virtual only

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

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

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

Hermosa, SD 57744

Phone: (303) 590-4403

Hours: By appointment and request.

Services Offered: An evidence-based and practice informed program that has been shown to effectively influence components of grief and grief recovery. Based on over 40 years of practice dealing with grief and working one on one with 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 57730

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.

Emergency Shelter offered at 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

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, anger management and domestic violence training/therapy, 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

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 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

Psychiatric & Counseling Services offered at Black Hills Psychology

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

Phone: (605) 645-0100

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

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

Credentialed Professionals: Mark Britzman, EdD, LP Michele Clodfelder, LPC-MH Katherine Corey, PMHNP-BC Emilia Flint, PhD, LP Tara Ginter, LPC-MH Cherise Lerew, PhD, LP Shannon Maxwell, PsyD, LP Rita Van Norman, CSW-PIP

Counseling Services offered at Northern Hills Counseling Associates

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

Phone: (605) 559-2006

Hours: 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, NCC Linda 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 - Friday Hotline 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 reconnection 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)

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 *COVID info below

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: Katy Davis, LCSW, QMHP Shannon Howard, MA, LPC-MH, QMHP, NCC Heather Janvrin, MS, LPC-20761 Supervisee JoAnna Prewitt, MS, LPC-MH, QMHP, NCC Jessica Ruzicka, MS, LPC, QMHP, NCC Ashley Siebrasse, MS, NCC

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

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. Telemental health services available.

Credentialed Professionals: Tracy Hunt, LPC-MH

Counseling Services offered at Rising Hope Counseling, LLC

3105 W. Fairground Loop, Spearfish, SD 57783

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

Phone: (605) 494-1500

Hours: Call for information

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

Credentialed Professionals: Anissa Fuller, MSW, CSW-PIP

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
- Telehealth services

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, QMHP Shauna Smith, LPC, QMHP

Counseling Services offered at Sharon K. Hansen

Hot Springs, SD 57747

Phone: (605) 890-0580

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

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

Offering services via tele-health only.

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

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) 745-3460

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

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

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

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

Strives to provide culturally relevant and sensitive care.

Credentialed Professionals: Allison Bensen, MS, LPC-MH Kayla Grams, LPC-MH Linnea Grosz, LPC-MH Brittney McGraw, LPC

Three Rivers Mental Health & Chemical Dependency Center

112 N. 2nd Avenue W., Horizons Clinic, Faith, SD 57626

Phone: (605) 374-3862

Hours: Call (605) 374-3862 or (800) 658-3900 for scheduling.

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, EMDR, 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 or (800) 658-3900

Credentialed Professionals: Mikki Haines-CSW-PIP, QMHP Allison Oxner-LPC, QMHP Pat Poitra-LPC, QMHP Jason Lillich-CSW-PIP, QMHP Kyli VanDusen-LAC Amanda Weber-MS

Three Rivers Mental Health & Chemical Dependency Center

105 E. Main Street, Horizons Clinic, Bison, SD 57620

Phone: (605) 374-3862

Hours: Call (605) 374-3862 or (800) 658-3900 for scheduling.

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, EMDR, 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 or (800) 658-3900

Credentialed Professionals: Mikki Haines-CSW-PIP, QMHP Allison Oxner-LPC, QMHP Pat Poitra-LPC, QMHP Jason Lillich-CSW-PIP, QMHP Kyli VanDusen-LAC Amanda Weber-MS

Three Rivers Mental Health & Chemical Dependency Center

404 S. Spiel Court, Eagle Butte, SD 57625

Phone: (605) 374-3862

Hours: 9:00am - 5:00pm (MT), Monday - Friday, or by appointment for after hours Call (605) 374-3862 or (800) 658-3900 for scheduling.

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, EMDR, 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 or (800) 658-3900

Credentialed Professionals: Mikki Haines-CSW-PIP, QMHP Allison Oxner-LPC, QMHP Pat Poitra-LPC, QMHP Jason Lillich-CSW-PIP, QMHP Kyli VanDusen-LAC Amanda Weber-MS

Domestic Violence Services offered at Communities Against Violence and Abuse, Inc.

701 3rd Avenue E., Lemmon, SD 57638

Phone: (605) 244-7233

Hours: Office hours: 9:00am - 4:00pm (MT), Monday - Thursday Crisis line: Available 24 hours a day / 7 days a week

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.

Three Rivers Mental Health & Chemical Dependency Center

711 Main Street, Timber Lake, SD 57656

Phone: (605) 374-3862

Hours: 8:00am - 6:00pm (CT), Tuesday - Thursday Call (605) 374-3862 or (800) 658-3900 for services at this location

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, EMDR, 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 or (800) 658-3900

Credentialed Professionals: Mikki Haines-CSW-PIP, QMHP Allison Oxner-LPC, QMHP Pat Poitra-LPC, QMHP Jason Lillich-CSW-PIP, QMHP Kyli VanDusen-LAC Amanda Weber-MS

Counseling Services offered at Rising Hope Counseling, LLC

420 S. Henry Street, Pierre, SD 57501

Website: risinghope605.com

Email: admin@risinghope605.com

Phone: (605) 494-1500

Hours: Call for information.

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

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

Counseling Services offered at Visionary Mental Health Services, LLC

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

Website: www.visionarymentalhealth.com

Email: visionarymentalhealth@gmail.com

Phone: (605) 280-9778

Hours: 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/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

Three Rivers Mental Health & Chemical Dependency Center

135 Main Street, Mc Intosh High School, Mc Intosh, SD 57641

Phone: (605) 374-3862

Hours: Call (605) 374-3862 or (800) 658-3900 for scheduling.

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, EMDR, 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 or (800) 658-3900

Credentialed Professionals: Mikki Haines-CSW-PIP, QMHP Allison Oxner-LPC, QMHP Pat Poitra-LPC, QMHP Jason Lillich-CSW-PIP, QMHP Kyli VanDusen-LAC Amanda Weber-MS

Three Rivers Mental Health & Chemical Dependency Center

212 A 1st Avenue W., Lutheran Church, Mc Laughlin, SD 57642

Phone: (605) 374-3862

Hours: 9:00am - 5:00pm (MT), Monday - Friday or by appointment for after hours. Call (605) 374-3862 or (800) 658-3900 for scheduling.

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, EMDR, 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 or (800) 658-3900

Credentialed Professionals: Mikki Haines-CSW-PIP, QMHP Allison Oxner-LPC, QMHP Pat Poitra-LPC, QMHP Jason Lillich-CSW-PIP, QMHP Kyli VanDusen-LAC Amanda Weber-MS

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.**

Fort Thompson, SD 57339

Website: www.wiconiways.org**Email:** wiconi@midstatesd.net**Phone:** (800) 723-3039**Hours:** 8:00am - 5:00pm (MT), Monday - Friday**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

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: risinghope605.com**Email:** admin@risinghope605.com**Phone:** (605) 494-1500**Hours:** Call for information.**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Credentialed Professionals:** Jae Csongradi, MSW, CSW-PIP, QMHP Jill Janecke, Founder, MS, LPC-MH**Counseling Services offered at Rising Hope Counseling, LLC**

841 Jackson Street, Suite C, Burke, SD 57523

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

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

Youth Residential Treatment Facility 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

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.

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: (605) 494-1500

Hours: Call for more information

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: (605) 494-1500

Hours: Call for more information.

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

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

Counseling Services offered at Inspire Counseling, LLC

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

Phone: (605) 262-0513

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

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

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

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

Youth Residential Treatment Facility offered at Our Home, Inc.

40354 210th Street, Huron, SD 57350

Phone: (605) 352-9098

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

Services Offered: 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.

Counseling Services offered at Rising Hope Counseling, LLC

1401 N. Main Street, Mitchell, SD 57301

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

Phone: (605) 494-1500

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

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

Credentialed Professionals: Andrea Walcott, MSW, CSW-PIP

Youth Residential Treatment Facility 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 Services offered at Rising Hope Counseling, LLC

104 W. Main Street, Parkston, SD 57366

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

Phone: (605) 494-1500

Hours: Call for information

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

Credentialed Professionals: Madi Griebel, MS, LPC-Supervisee

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: (605) 494-1500

Hours: Call for information

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

Credentialed Professionals: Jordan Davis, MS, LPC, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: (605) 494-1500

Hours: Call for information

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

Credentialed Professionals: Jordan Davis, MS, LPC, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: (605) 494-1500

Hours: Call for information

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

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

Counseling Services offered at 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.**Credentialed Professionals:** Natasha Auch, MSW, CSW-PIP**Counseling Services offered at Rising Hope Counseling, LLC**

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

Website: risinghope605.com**Email:** admin@risinghope605.com**Phone:** (605) 494-1500**Hours:** Call for information.**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Credentialed Professionals:** Jill Janecke, Founder, MS, LPC-MH Colette Tolley, MS, LPC-MH Jordan Davis, MS, LPC, QMHP Bailey Schmidt, MS, LPC Lane Madsen, MA, LAC, LPC-Supervisee**Counseling Services offered at Better Me Counseling and Consulting**

818 S. Broadway, Suite 113, Watertown, SD 57201

Phone: (605) 880-0100**Hours:** 8:30am - 5:30pm (CT), Tuesday, Wednesday, Thursday 9:00am - 7:00pm (CT), Monday**Services Offered:** Provides mental health counseling for children, adults, families and couples. Including the following services:

- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjont) 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**Counseling Services offered at Rising Hope Counseling, LLC**

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

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

Counseling Services offered at Stronghold Counseling Services, Inc.

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

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com**Phone:** (605) 334-7713**Hours:** 10:00am - 8:00pm (CT), Monday - Thursday**Services Offered:** Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

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

Credentialed Professionals: Constance Birgen, EdS**Counseling Services offered at Rising Hope Counseling, LLC**

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

Website: risinghope605.com **Email:** admin@risinghope605.com**Phone:** (605) 494-1500**Hours:** Call for information**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Credentialed Professionals:** Lane Madsen, MA, LAC, LPC-Supervisee Danae Mutchelknaus, MS, LPC-MH, QMHP Tammy Vande Kamp, CNP, QMHP**Counseling Services offered at Rising Hope Counseling, LLC**

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

Website: risinghope605.com **Email:** admin@risinghope605.com**Phone:** (605) 494-1500**Hours:** 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.**Credentialed Professionals:** Karrie Barnes, MS, LPC-MH-Supervisee Andrea Brown, MS, LAC, LPC-MH-Supervisee, QMHP Keely Delaney, MS, LPC-MH-Supervisee Brooke Rustman, MS, LPC-Supervisee Bridgett Sturzenbechler, LSW, LPC-MH, QMHP**Counseling Services offered at Stronghold Counseling Services, Inc.**

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

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com**Phone:** (605) 334-7713**Hours:** 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday**Services Offered:** Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

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

Credentialed Professionals: Nick Buus, MA, LMFT Larry Dancler, MS, LPC-MH, QMHP Joshua Duncan, MA, LPC, LAC Eleanor Larsen, MA, LMFT, QMHP, LAC John Sivesind, EdD, Psychologist Paul Wurth, LPC Supervisee Ryan Folk, LMFT Supervisee Laura Garmatz, LPC Supervisee Richard Slattery, LMFT Supervisee**Black Hills Behavioral Health Guide offered at Helpline Center - Resource Guides**

No Physical Address, Sioux Falls, SD 57104

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

Email:

Phone: 2-1-1

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

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

Counseling Services offered at 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.

Credentialed Professionals: Austin Halppop, MS, LPC-MH-Supervisee Ian McClure, MS, LPC-MH-Supervisee, QMHP

Counseling Services offered at Aspire Counseling, LLC

6340 S. Western Avenue, Sioux Falls, SD 57108

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

Phone: (605) 277-1422

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

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

Services include:

- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- dialectical behavioral therapy
- 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
- internet (tele-health) counseling

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

Summit Oaks Center offered at Lutheran Social Services - Southeast Region

621 E. Presentation Street, Sioux Falls, SD 57104

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

Phone: (605) 221-2346

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

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

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

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 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

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

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

Phone: (605) 334-6004

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

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

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

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

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

Counseling Services offered at Counseling Cafe, The

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

Phone: (605) 271-8008

Hours: 8:30am - 8:00pm (CT), Monday 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, QMHP Zachary Seefeldt - MA, LPC-MH, LAC, NBCC, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

717 E. Main Street, Vermillion, SD 57069

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

Phone: (605) 494-1500

Hours: Call for information.

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

Credentialed Professionals: Cora Youngberg, MSW, CSW

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: (605) 494-1500

Hours: Call for information

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

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

Counseling Services offered at Rising Hope Counseling, LLC

904 E. 5th Street, Canton, SD 57013

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

Phone: (605) 494-1500

Hours: Call for information.

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

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

Counseling Services offered at Rising Hope Counseling, LLC

317 N. Heritage Parkway, Tea, SD 57064

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

Phone: (605) 494-1500

Hours: Call for information

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

Credentialed Professionals: Mackenzie Burns, MS, LPC-MH-Supervisor, QMHP Ellen Oppold, MA, LPC-MH, QMHP Hannah Vander Broek, MSW, CSW, QMHP Caitlin Norlen, MS, LPC-Supervisee

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

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

Phone: (800) 662-4357

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

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

Addiction/Substance Use Services

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

Services Offered: Adolescent substance use prevention, early intervention, drug and alcohol assessments and outpatient treatment for all 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).

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 Reconciliation 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 Laura Lewis, BSAH, ACT Steve Mauch, BA, LAC Heidi Nagle, 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 Reconciliation Therapy (MRT), and assessments.

Credentialed Professionals: Matthew Boyce, LAC Danielle Colichesi, CAC Amy McGlade, MA, LAC Linda Pratt, LAC Barbara Samson, CAC Peter M. Sweitzer, M.Ed., LPC, LAC

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

22 Waterloo Street, Rapid City, SD 57701

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

Phone: (605) 718-4870

Hours: After school

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

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, MSW, LCSW Janelle Janis, ADC-III Candace Pourier LAC

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

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

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

Phone: (605) 394-2156

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
- Pivot Point

Residential 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, CCDCI Amanda Whelchel, LAC Casey Woods, ACT Tommi Young Bull Bear, ACT

Counseling Services offered at Practical Christian Counseling, Inc.

1351 Jolly Lane, Rapid City, SD 57703

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 Hours: 12:00noon - 8:00pm (MT), Tuesday, Thursday 4:30pm - 8:00pm (MT), Wednesday 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 intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes. Telehealth services available.

Credentialed Professionals: Paula Nason, MS, LAC

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

Services Offered: Substance use programming as well as chemical abuse assessments, and groups and individual services available by appointment. Classes/workshops and prevention programming available for middle schools and communities.

Credentialed Professionals: Kara Graveman, LAC, MS, CPS Franke Gonzales-Avery, MSW, CAC Dadra Avery, LPC, LAC, NCC, MS Carly Yost, BS,CAC

Outpatient Services offered at Compass Point, The

1807 Williams Street, Sturgis, SD 57785

Phone: (605) 347-3003

Hours: Outpatient Services: 8:00am - 5:00pm (MT), Monday - Friday Group: 5:00pm - 7:00pm (MT), Monday - Thursday
Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders.

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

A Family Program is available to family members and friends affected by the substance use of another. Compass Point also offers CBISA (Cognitive Behavioral Interventions for Substance Abuse) and MRT treatment. Offering telehealth services.
Credentialed Professionals: Gloria Burtzloff, MS, ACT Jean Earl, MS, ACT Ashley Pray MS, LAC

Counseling Services 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 - Friday

Services Offered: Offers screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include moral reconnection 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 Drafkovic, ACT Jeanie Montgomery, MS, LAC AshLee Pray, BS, CAC Bonnie Sorzano, BS, CAC

Residential Treatment Program offered at New Dawn Center

19271 SD Highway 79, Vale, SD 57788

Phone: (605) 309-5105

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

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

Services provided:

-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

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.

Credentialed Professionals: Lori Dahly, ACT Julie Schaffner, AS, BS, ACT Melvin Schaffner, ACT

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 available by appointment. Classes/workshops and prevention programming available for middle schools and communities.

Credentialed Professionals: Kara Graveman, LAC, MS, CPS Franke Gonzales-Avery, MSW, CAC Dadra Avery, LPC, LAC, NCC, MS Carly Yost, BS, CAC

Prevention Services offered at Aneptu Luta Otipi

North Route, Kyle, SD 57752

Phone: (605) 455-2331

Hours: 8:00am - 4:30pm (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. waca'tognaka (generosity), woohitika (courage), wowaci'ta'ka (perseverance), waoholaka (respect), wau'sila (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 Marketing 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: 8:00am - 4:30pm (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, CAC Sharon Green, MS, LAC, LPC Peggy Janis, CAC Favian Kennedy, MSW Raulin Martin, MS, LAC Kristi 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 - Thursday 7:00am - 4:00pm (MT), Friday Dental Clinic: 7:00am - 5:30pm (MT), Monday - Thursday 7:00am - 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 Marketplace

Also 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.

Treatment Program offered at Rosebud Sioux Tribe

719 Hospital Drive, Alcohol Treatment Center, Rosebud, SD 57570

Website: www.greatplainsbehavioralhealth.org/rosebud-sioux-tribe-alcohol-drug-tr

Phone: (605) 747-2342

Hours: 24 hours a day / 7 days a week

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

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

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 descendency. It is a rolling admission and can be anywhere from 90 - 120 days.

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

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

Phone: (605) 622-5800

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

Services Offered: Accredited substance abuse services includes:

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

Stepping Stones offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net **Email:** info@dakotacounseling.net

Phone: (605) 995-8180

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

Services Offered: Stepping Stones is a 24-hour a day, co-ed, treatment center serving Mitchell and the surrounding communities. Stepping Stones is fully accredited with the State of South Dakota and works with individuals from all walks of life, offering a wide variety of treatment experiences including:

- Treatment Needs Assessments
- Detoxification
- Intensive Inpatient and Outpatient Treatment
- First Offender DUI Courses
- Adolescent and Adult Aftercare
- Adolescent Treatment
- Anger Management
- Moral Recognition Therapy (MRT)
- Relapse Prevention Courses
- Parenting classes
- Strengths Group
- CBISA
- 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 to schedule appointment Treatment center is open 24 hours a day / 7 days a week / 365 days a year

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

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

1028 Walnut Street, Yankton, SD 57078

Phone: (605) 665-4606

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

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

Phone: (800) 920-4343

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

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

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

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

Inpatient Adult Treatment offered at Keystone Treatment Center

1010 E. 2nd Street, Canton, SD 57013

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

Phone: (855) 845-6750

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

Services Offered: An inpatient alcohol, drug, and gambling treatment programs for adults. Care provided by: 24 hour nursing staff, a full-time psychologist, 24 hour on-call doctor, Certified chemical dependency counselors, and ASAM certified Addictionologists. Based on 12-step recovery model with:

- Medically monitored detoxification
- Dual-diagnosis track with psychiatrist
- For co-occurring disorders, diagnosis must be substance use primary and mental health secondary

- Inpatient and outpatient gambling program with certified gambling counselors
- Substance abuse, inhalant abuse and Methamphetamine treatment track (IMT)

-Chronic Pain Program

-Medication Assisted Treatment

-Different medications are available. Keystone utilizes Vivitrol and Naltrexone. May utilize Subutex and other medications to taper during medically monitored detoxification. Keystone does not utilize Methadone or Suboxone for maintenance.

-Unique services available:

-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 **Email:** isomain@gamblersanonymous.org

Phone: (909) 931-9056

Hours: Office hours: 8:00am - 5:00pm (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 **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

Counseling Services offered at Living Graciously Therapy

2101 City Springs Road, Rapid City, SD 57702

Phone: (605) 209-5540

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

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

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

Behavioral Health Center offered at Monument Health - Rapid City

915 Mountain View Road, Rapid City, SD 57702

Website: 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 - Friday 3:00pm - 7:00pm (MT), Sunday Visiting hours adult unit: 6:00pm - 8:00pm (MT), Monday - Friday 3:00pm - 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, PA Dr. Mark Garry, MD Dr. Harry Hamlyn, MD Dr. Susan Howard, MD Dr. Hellekson, MD Morgan Hoffman, CSW-PIP Dr. Heather Spain, MD

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

3200 Canyon Lake Drive, Rapid City, SD 57702

Phone: (605) 355-2500

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

Services Offered: Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services:

- Comprehensive assessment
- Outpatient child/adult counseling and psychiatric services
- Medication management
- Group and family counseling
- Community support and education
- Telepsychiatry consultation
- Dual diagnosis treatment

To schedule time for the Sweat Lodge contact: Jacqueline Arpan at (605) 719-5408 or Sheila Red Thunder at (605) 355-2376

Credentialed Professionals: Danielle Akason, PMHNP-BC Cassie Brewer, LPC Dr. Mark Britzman, Psychologist Sydnie Gamroth, PMHNP-BC Leah Hosch, CSW Amber Janis, PMHNP-BC Rebecca Leslie, LPC-MH Trina Wilcken, LPC

Brain Injury Services offered at Black Hills Brain Health

803 Sioux San Drive, Rapid City, SD 57702

Website: 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
- The Aging Brain Workshop
- Driving Simulator

Credentialed Professionals: Laura Armstrong, MS, CCC-SLP Dr. Justine Ashokar, PhD Mark Flint, MS, LPC-Supervisee, NCC Laura Hughes, PsyD Alexa Steve, MOT, OTR/L Jennifer Williams, MS, LPC-Supervisee, NCC

Counseling Services offered at Journey Counseling Services, LLC

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

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

Phone: (605) 988-8131

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

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

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

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

Offering both telehealth and in-person appointments.

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

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

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

Phone: (605) 342-9333

Hours: By appointment.

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

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

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

Counseling Services offered at Understood Therapy

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

Website: <https://www.understoodtherapy.org/> **Email:** understoodtherapy@yahoo.com

Phone: (605) 939-3771

Hours: 7:00pm - 9:00pm (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.

Credentialed Professionals: Nicole Weron, LPC-MH

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.

Credentialed Professionals: Call for information on behavioral health professionals.

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

825 Columbus Street, Suite 1, #1, Rapid City, SD 57701

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

Phone: (605) 348-6500

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

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

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

Credentialed Professionals: Peg Kelsey, PhD, Psychologist Jennifer Kozel, PhD, Psychologist Trisha Miller, PhD, Psychologist Mark Perrenoud, PhD, Psychologist Lynette Quast, PhD, Psychologist

Counseling Services offered at Spirals Counseling, LLC

No Physical Location, Rapid City, SD 57701

Website: www.spiralscounseling.com

Email: email@spiralscounseling.org

Phone: (605) 381-5277

Hours: Tuesday - Friday. Hours may vary.

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.

Credentialed Professionals: Lynell Rice Brinkworth, MA, LMFT

Counseling Services offered at Black Hills Mental Health LLC

521 Kansas City Street, Rapid City, SD 57701

Phone: (605) 791-2500

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

Services Offered: Provide medication management and supportive therapy to children (ages 10 and up), adolescents, and adults.

Offers 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, Owen School, Rapid City, SD 57702

Phone: (605) 343-5422

Hours: 24 hours a day / 7 days a week

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

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

Credentialed Professionals: Sue Andrews, MA, LSW Matthew Boyce, LAC 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

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. To schedule an appointment call (605) 394-2416.

Health and Safety:

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

Residential Life:

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

Testing, Tutoring, and Academic Support:

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

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

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

Phone: (605) 721-8985

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

Services Offered: Most routine medical services and several specialized fields including:

- Physicals
- Immunizations
- Preventative medicine
- Chronic disease management
- Counseling
- Same day appointments available for acute/urgent illnesses or injuries

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

Also has Community Health Workers that will provide case management services:

- Amber Eggert (amber.eggert@wellfully.org)
- Hayley Friese (haley.friese@wellfully.org)

Community Clinic offered at Complete Health

350 Pine Street, Rapid City, SD 57701

Phone: (605) 721-8939

Hours: Medical Clinic Hours: 8:00am - 6:00pm (MT), Monday - Friday Dental Clinic: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 3:00pm (MT) Friday

Services Offered: Services include:

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

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

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

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

General Beadle School Based Clinic: 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.

Sexual and Reproductive Health Clinic: 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.

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

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

Credentialed Professionals: Mark Garry, MD Psychiatrist Sheryl J. Jackson, CNP Mandi Reamer, LPC-MH Sheila Szymonski, CNP

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

725 N. LaCrosse Street, Rapid City, SD 57701

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

Phone: (605) 721-6935

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

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

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

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

1330 Jolly Lane, Rapid City, SD 57703

Phone: (605) 343-2811

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

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

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 issues

Utilizes 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

Post-Secondary Education offered at Black Hills State University

1200 University Street, Spearfish, SD 57799

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

Phone: (605) 642-6131

Hours: 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

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.

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

40354 210th Street, Huron, SD 57350

Phone: (605) 352-9098

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

Services Offered: 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.

Therapy offered at Lifescape

7220 W. 41st Street, Sioux Falls, 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.

Avera McKennan Behavioral Health Center - Adolescent Group Therapy Program offered at Avera - Sioux Falls

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

Website: www.averabehavioralhealth.org

Email: adolescentoutpatient@avera.org

Phone: (605) 322-4057

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

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

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

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 Lourdes Center, The

523 N. Duluth Avenue, Sioux Falls, SD 57104

Website: www.thelourdescenter.com

Email: tlc@sfcatholic.org

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, CHPN Teresa Henrickson, LPC-MH Elena McDonald, MA Patricia Schwan, LPC-MH, LMFT Sara Vetch, MS Ed Mary Weber, LPC-LMFT

Counseling Services offered at Alexander Therapy & Consulting, PLLC

No Physical Address, Sioux Falls, SD 57103

Phone: (605) 206-9301

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

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

Credentialed Professionals: Cherise C. Alexander, LMFT

Trevor Project, The

West Hollywood, CA 90069

Website: www.thetrevorproject.org

Email: info@thetrevorproject.org

Phone: (866) 488-7386

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

Services Offered: Trevor Lifeline - The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24), available at 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 Youth Talkline offered at LGBT National Help Center

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

Website: www.lgbthotline.org

Email: help@lgbthotline.org

Phone: (888) 843-4564

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

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

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

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.

Credentialed Professionals: Greg Swenson, PhD, Licensed Psychologist

Emergency Services offered at Salvation Army of the Black Hills

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

Phone: (605) 342-0982

Hours: Emergency Food 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 for clothing. Assistance may only be given 1 time for every 3 months with photo ID. Verification for any additional individuals needing clothing is required (medical cards, birth certificates, etc.)

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

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

Pathway of Hope:

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

New Trails Ministry offered at New Trails Ministry, Inc.

12480 Highway 16 A, Custer, SD 57730

Website: <https://newtrailsministries.org>

Email: info@newtrailsministry.org

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

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

Home+ Home Health and Hospice Bereavement Support Groups offered at Monument Health - Rapid City

224 Elk Street, Rapid City, SD 57701

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

Phone: (605) 755-7729

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

Services Offered: Grief Counseling Services

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

Support Groups

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

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

Rapid City Open Group

Open to anyone experiencing the loss of a loved one.

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

Rapid City Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

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

Call for registration (605) 755-7729

Hot Springs

Open to anyone experiencing the loss of a loved one.

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

Custer

Open to anyone experiencing the loss of a loved one.

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

Spearfish and Belle Fourche: (605) 939-8909

Spearfish Open Group

Open to anyone experiencing the loss of a loved one.

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

Spearfish Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

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

Registration Required (605) 939-8909

Belle Fourche Open Group

Open to anyone experiencing the loss of a loved one.

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

Coaching for Dementia Care offered at Elder Guidance Service, LLC

No Physical address, Rapid City, SD 57701

Phone: (612) 723-8136

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

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

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

Home+ Home Health and Hospice Bereavement Support Groups offered at Monument Health - Rapid City

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

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

Phone: (605) 755-7729

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

Services Offered: Grief Counseling Services

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

Support Groups

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

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

Rapid City Open Group

Open to anyone experiencing the loss of a loved one.

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

Rapid City Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

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

Call for registration (605) 755-7729

Hot Springs

Open to anyone experiencing the loss of a loved one.

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

Custer

Open to anyone experiencing the loss of a loved one.

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

Spearfish and Belle Fourche: (605) 939-8909

Spearfish Open Group

Open to anyone experiencing the loss of a loved one.

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

Spearfish Closed Group - 12-week educational support group

Open to anyone experiencing the loss of a loved one.

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

Registration Required (605) 939-8909

Belle Fourche Open Group

Open to anyone experiencing the loss of a loved one.

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

Home+ Home Health and Hospice Bereavement Support Groups offered at Monument Health - Rapid City

2005 Library Drive, Hot Springs Public Library, Hot Springs, SD 57747

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

Phone: (605) 755-7729

Hours: 12:00noon - 1:15pm (MT), 2nd Friday of the month Seating is limited and registration is required.

Services Offered: Grief Counseling Services

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

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First Candle

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

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

Phone: (800) 221-7437

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

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

Grief support offered via phone calls and online support groups.

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

Other/General

Adoption Specialist offered at Thomas L. Collins

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

Psychiatric Services offered at Manlove Brain + Body Health

636 Saint Anne Street, Rapid City, SD 57701

Website: www.manlovehealth.com **Email:** office@manlovegroup.com

Phone: (605) 348-8000

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

Services Offered: General psychiatric services including evaluations and medication management. Treating psychiatric illnesses including depression, anxiety, attention deficit hyperactivity disorder (ADHD), developmental disorders and psychotic illnesses including schizophrenia and schizoaffective disorder. Offers Transcranial Magnetic Stimulation (TMS) and Ketamine/Spravato for treatment of resistant depression.

Credentialed Professionals: Kim Benjamin, CNP Megan Burgard, CNP Kay Foland, CNP Lindsey Hansen, CNP Thomas Jewitt, MD Stephen P. Manlove, MD Leslie Moss, CNP Richard Rainer, CSW-PIP Amanda VanConant, CNP Tamber White, CNP

Psychotherapy and Counseling Services offered at Clinical Psychology Services, LLC

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

Phone: (605) 961-4106

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

Services Offered: Provides evaluation, prevention, diagnosis, and treatment of mental, emotional and behavioral health issues. Outpatient psychotherapy services for individuals, couples and families for a wide variety of concerns ranging from mental health struggles to life transitions. Promotes whole health and improved quality of life.

Credentialed Professionals: Mindy Hedlund, Ph.D. Psychologist

Homeless Outreach Clinic offered at Complete Health

30 Main Street, Rapid City, SD 57701

Phone: (605) 721-8939

Hours: Vary, call for information.

Services Offered: Provides primary health services free of charge for the homeless. This includes those living in shelters, transitional housing, on the streets, or doubled up with friends, neighbors, or relatives.

Counseling services available.

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, QMHP Lisa Kautzman, RN, CNP, QMHP Peggy O'Connor, RN

Iris (LGBTQ+) Clinic offered at Complete Health

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.

Medical Clinic 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

Counseling Services offered at Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD 57106

Website: www.mwihealth.org/ **Email:** office@mwihealth.org

Phone: (605) 573-2000

Hours: 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.

Services Offered: 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, as well as Spravato for treatment-resistant 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, correctional facilities and nursing homes through contracted mental health services. The mental health team works with QTC, Optum Serve (LHI), VES to provide Veteran Comp & Pension Evaluations. Dr. Pavlis provides Forensic Psychiatry services across the state of South Dakota as well.

Services include:

TMS Therapy
Spravato
Botox Injections
Individual Psychotherapy Counseling
Correctional Rehabilitation
Mental Health Screening
Psychological Assessments
Pediatric Psychiatry
Adolescent Psychiatry
Adult Psychiatry
Geriatric Psychiatry
Medication Management
Medication-Assisted Treatment for Opioid Addiction
Independent Psychiatric Evaluations
Forensic Psychiatry

Credentialed Professionals: Karron Cohoon, CNP Lacey Feltman, MSN, LNHA, PMHNP-BC Robert W Giebink, M.D., Psychiatrist Kristin Gilbertson, MS, LPC, QMHP Adrian Jones, PMHNP-BC Darla Miles, PMHNP-BC Susana Njuakom, PMHNP-BC, FNP-BC Clay Pavlis, M.D., Psychiatrist Jennifer Pipitone, DNP, APRN, PMHNP-BC Shjade Smith, PMHNP-BC Diane Teadtke, PMHNP-BC Brittany Thammavongkeo, LCSW, QMHP, CAC Kristen Winterringer, PMHNP-BC

Counseling and Support Groups offered at CancerCare

275 7th Avenue, New York, NY 10001

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

Phone: (212) 712-8400

Hours: 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday

Services Offered: Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers.

Online support groups are available, 24 hours a day, 7 days a week.

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: Psychiatric services including medication evaluation and management.

Credentialed Professionals: R. P. Renka, MD, Psychiatrist

Psychological Testing

Monument Health 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 City Street, Pivot Point, Rapid City, SD 57701

Phone: (605) 391-4863

Hours: 8:00am - 4:00pm (MT), Monday - Sunday Counselors available 7:00am - 7:00pm (MT), Monday - Sunday

Services Offered: Crisis stabilization for adults, 18 years and older, who are experiencing a mental health or substance abuse crisis. Program features include:

- 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 up

Goals of the Crisis Care Center:

- Provide the community with crisis options other than inpatient psychiatric care, incarceration, and involuntary admission to detox services to match the level of need with the level of care.
- Improve access to after crisis follow-up and mental health and substance abuse treatment.
- Improve service integration and coordination amount agencies and providers to help individuals better navigate complex systems.
- Improve awareness about and access to services to assist people in entering the health care system for mental health and substance abuse services prior to entering a crisis state.

Credentialed Professionals: Randy Allen, CSW-PIP, QMHP Heather Armstrong, LPC, QMHP Russ Conti, CSW-PIP, QMHP

Custer Hospital offered at Monument Health - South Dakota

1220 Montgomery Street, Custer, SD 57730

Website: 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

Hospital offered at Monument Health - Sturgis

2140 Junction Avenue, Sturgis, SD 57785

Website: www.monument.health **Email:** info@monument.health

Phone: (605) 720-2600

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.

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 week Office 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.

Lead-Deadwood Hospital offered at Monument Health - South Dakota

61 Charles Street, Deadwood, SD 57732

Website: 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 **Email:** info@monument.health

Phone: (605) 644-4000

Hours: 24 hours a day / 7 days a week

Services Offered: Monument Health Spearfish Hospital 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

VA Black Hills Health Care System 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

Serenity Hills offered at Human Service Agency

1526 Highway 20 N.W., Watertown, SD 57201

Phone: (605) 884-0650

Hours: 24 hours a day / 7 days a week

Services Offered: A therapeutic place of residence for persons suffering from mental illness and chemical dependency. Offering dignity and serenity for chemically dependent and or mentally ill persons to continue the journey of recovery, healing, and wholeness.

Serenity Hills offers 3 distinct programs:

- social setting detoxification
- halfway house
- safe rooms (Individuals having thoughts of suicide can stay for up to 5 days until they can be evaluated)

Combines a strong AA 12-step philosophy with a multi-disciplinary team approach, including professional psychiatric and psychological care.

Acute Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

Website: <http://dss.sd.gov/behavioralhealth/hsc/> **Email:** infoHSC@state.sd.us

Phone: (605) 668-3100

Hours: The facility is open 24 hours a day/7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

Services Offered: Provides for initial assessment and stabilization of adult psychiatric patients. During the 12-15 day average length of stay, the program initiates and develops treatment and discharge plans.

The program promotes and facilitates the patients independent functioning in daily activities. Emphasis is on providing care, treatment and rehabilitation services that will enable the patients to return to and function in the community at the earliest possible time.

The Acute Program is Medicare approved by the Health Care Financing Administration. The Intensive Treatment Unit is available for adults and adolescents who require short term intensive monitoring.

Geriatric Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

Website: <https://dss.sd.gov/behavioralhealth/hsc/> **Email:** infoHSC@state.sd.us

Phone: (605) 668-31000

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday, except Holidays

Services Offered: Provides diagnostic and therapeutic services of medical and psychiatric natures to persons with physical conditions requiring nursing home care and psychiatric conditions requiring in-patient hospitalization.

Services are delivered in such a way as to allow the patients maximum opportunity to function as independently as possible in activities of daily living. The goal is for the patients to reside in the least restrictive environment, including return to an appropriate community setting.

This program operates with 3 units located in Spruce Terrace and Willow Terrace I buildings.

Suicide Prevention Resources

Black Hills Survivors of Suicide offered at Journey On

No Physical Address, Rapid City, SD 57709

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 Journey On

No Physical Address, Rapid City, SD 57709

Website: www.frontporchcoalition.org **Email:** office@frontporchcoalition.org

Phone: (605) 348-6692

Hours: 8:30am - 10:30pm (MT), Monday - Friday 12:00noon - 9:00pm (MT), Saturday

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 107, Rapid City, SD 57701

Phone: (605) 381-9114

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

Services Offered: Works to reduce suicides and suicide attempts through community action and educational development.

Current programs are:

- Positive Self-Discovery course
- Question, Persuade, Refer (QPR)
- Applied Suicide Intervention Skills Training (ASIST).

These programs provide strategies for addressing health, wellness, and identification of persons at risk for suicide.

Credentialed Professionals: Tamara Keefner PhD, RN, CNE Mary Kurniawan CSW-PIP

Mental Health Initiative offered at United Way of the Black Hills

621 6th Street, Suite 100, Rapid City, SD 57701

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

Phone: (605) 343-5872

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

Services Offered: Addressing the mental health needs of communities in the Black Hills. Provides guidance and tools to address mental health needs and crisis intervention using the Every Day Strong program, and Lost and Found organization.

Black Hills Mental Health Initiative is a part of the United Way of the Black Hills.

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 Training

Trainings are available to registered volunteer organizations or individuals and are provided in person or via Zoom.

Survivors Joining for Hope offered at Lost&Found

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

Website: <https://resilienttoday.org/programs/survivors-joining-for-hope/>

Email: contact@resilienttoday.org

Phone: (605) 202-8988

Hours: Call or email for appointment.

Services Offered: Provides Survivor Services to families who have lost a loved one to suicide. Survivors Services consists of financial assistance for any complication a family may run into after a loved one has recently passed.

-Examples consist of financial assistance for grief counseling, burial expenses, clean up costs, legal fees, job training, utility expenses, etc. Survivors Joining for Hope is open to covering any expense that a family encounters but board approval would be needed.

Also provides emotional support and referrals for a year.

988 Suicide & Crisis Lifeline offered at Helpline Center

No Physical Address, Sioux Falls, SD 57105

Phone: 9-8-8

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday 24 hours a day / 7 days a week / 365 days a year

Services Offered: Suicide prevention and crisis intervention service available to anyone in suicidal crisis or emotional distress. Callers to the 988 Suicide & Crisis Lifeline are routed to the nearest accredited crisis center in the caller's area. The Lifeline's Crisis and Text/Chat Service routes visitors to a network of crisis centers accredited in providing online emotional support.

The Helpline Center's Suicide and Crisis Support is an accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need. Services include:

- call, text, chat 988 to connect with a 988 Crisis Counselor
- grief support for individuals who have lost a loved one to suicide
- professional suicide awareness and prevention training

Prevention Trainings offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/help@helplinecenter.org

Email:

help@helplinecenter.org

Phone: (605) 339-4357

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

Services Offered: ASIST is an Applied Suicide Intervention Skills Training designed to provide a practical face-to-face intervention model for caregivers to use when encountering a person at-risk of suicide. CEUs and undergraduate and graduate credit are available for this training.

Means 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. 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 course prepares participants to provide Mental Health First Aid to those in need. Specialized version for law enforcement available.

QPR (Question, Persuade and Refer) are three steps anyone can learn to help prevent suicide. QPR is an emergency response to someone in crisis and can save lives. Participants learn about the nature of suicidal communications, what forms these communications take and how they may be used as a stimulus for a QPR intervention.

Question, Persuade, Refer, Treat (QPRT) is an 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 - Learn how to help someone at risk develop a set of concrete strategies to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. Target audience would be any behavioral health or health staff.

Shield of Care - Shield of Care is an 8-hour, evidence-informed curriculum that teaches juvenile justice staff strategies to prevent suicide in their correctional facility environment. There is also a refresher course for those who have taken the training in the past.

Suicide Prevention for Primary Care - A presentation for primary care practitioners and staff on how to recognize the warning signs and risk factors of suicide and how to intervene. 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.

Critical Incidence Training for Police Agencies - CIT is a training provided to law enforcement personnel on appropriate emergency response to someone in crisis that can help save lives. Additionally, participants learn directly from a suicide attempt survivor about what responses may and may not be perceived as helpful, and hear from a suicide loss survivor about the collateral impact of suicide.

Customized presentations on suicide information, crisis and prevention are available upon request.

Suicide Survivor Services offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org/loss

Email: help@helplinecenter.org

Phone: (605) 339-4357

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

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

-Virtual - 12:00noon, 3rd Wednesday 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 898211, go to: <http://www.preventionpaystext.com/policies/>

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.

National Office offered at Compassionate Friends, The

48660 Pontiac Trail, Number 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 Suicidology

Washington, DC 20036

Website: www.suicidology.org

Email: info@suicidology.org

Phone: (888) 977-3868

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 Suicidology as a science;encouraging, developing, and disseminating scholarly work in suicidology.

-Encourage the development and application of strategies that reduce the incidence and prevalence of suicidal behaviors.

-Compile, develop, evaluate and disseminate accurate information about suicidal behaviors to the public.

-Foster the highest possible quality of suicide prevention, intervention and postvention to the public.

-Publicize official AAS positions on issues of public policy relating to suicide.

-Promote research and training in suicidology.

Founded in 1968 by Edwin S. Shneidman, PhD, AAS promotes research, public awareness programs, public education and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

AAS, a not-for-profit organization, encourages and welcomes both individual and organizational members.

Telemental Health

Medication-Assisted Treatment offered at Project Recovery

625 Flormann Street, Rapid City, SD 57701

Website: www.project-recovery.org

Email: info@project-recovery.org

Phone: (605) 340-1234

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

Services Offered: Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions) physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine.

Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD). It is an evidence-based practice and the Gold standard for SUD treatment and overdose prevention.

Medical Staff

-MAT services, HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals

Recovery Coaches

-Peer one-on-one visits

Social Work

-Medication assistance programs
-Patient advocacy & resource connection

FAQ's

-Do I need to be clean? NO
-Do I need insurance? NO
-Do I need a referral? NO
-Can I just walk in? YES
-Is there help to pay for meds? YES
-Is perfection expected? NO

Credentialed Professionals: Devon Graham, PA Kendra Joswiak, DNP Troy Thompson, PA

Center for Financial Resources offered at Lutheran Social Services - Statewide

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

Website: <https://lsssd.org/what-we-do/center-for-financial-resources/>

Email: info@lsssd.org

Phone: (605) 330-2700

Hours: 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturday - Call for information

Services Offered: Mission is to assist clients in budgeting money and repaying debt by helping them reduce payments on bills. Center for Financial Resources offers services statewide. Services include:

-Comprehensive budget and credit counseling
-Student loan consultations
-Debt management programs
-Pre-purchase counseling for prospective homeowners
-HUD housing counseling
-Educational seminars
-Delinquent mortgage counseling and foreclosure prevention

Offering services via telehealth.

Teachwell Solutions

715 E. 14th Street, Sioux Falls, SD 57104

Website: <http://teachwell.org>

Email: info@teachwellsolutions.org

Phone: (605) 367-7680

Hours: 7:30am - 4:00pm (CT), Monday - Friday

Services Offered: A non-profit education co-op created by South Dakota public schools. Specializes in alternative education, special education programming, education-related therapy and supported transition services

Teachwell Transitions - Helps individuals with disabilities navigate life changes with confidence. It prepares students for life after high school and help young adults in their search for meaningful employment. The team of special education professionals, counselors and success coaches work with community partners to create a supportive environment that helps each person succeed.

Teachwell Therapy Services - Experienced team of professional therapy providers, providing schools and families with a powerful resource to address a wide range of individual learning needs. Provides the following:

- Speech-Language Therapy
- Occupational Therapy
- Physical Therapy
- School Psychology
- Applied Behavior Analysis Therapy
- Assistive Technology Consultation and Services