

Mental Health Resource Guide

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

Counseling Services offered at Circle of Encouragement Counseling

1514 12th Street S., Brookings, SD 57006

Email: encourage@brookings.net

Phone: 605-691-7630

Hours: 8:00am - 6:00pm (CT), Monday - Friday by appointment

Services Offered: Provides individual therapy and consultation/training services in the following areas anxiety, behavioral concerns, depression, divorce, grief and loss, life transitions, parenting, school issues, play therapy, and workplace management. Primary emphasis is working with children, adolescents, and families. Also provides training and consulting with schools and communities.

Coverage Area: Brookings area and others by appointment

Credentialed Professionals: Debra A. Butman-Perkins, MS, NCC, LPC-MH, QMHP, Registered Play Therapist-Supervisor
Clark G. Perkins, MEd, NCC, LPC, Registered Play Therapist-Supervisor

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

752 22nd Avenue, Brookings, SD 57006

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

Email: info@lsssd.org

Phone: 605-444-7500

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

Services Offered: Offers a variety of counseling services for individuals, families, couples, or groups, including:

- Individual, couples, and family therapy
- Group therapy and education groups
- Mental health assessments and evaluations
- Counseling for victims of crime (including all types of child abuse)
- EAP (employee assistance program) counseling

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Credentialed Professionals: Call for list of licensed/credentialed staff.

Counseling Services offered at New Perspectives Counseling, LLC

1451 6th Street, Brookings, SD 57006

Website: www.clearreflections-counseling.com

Email: new.perspectives@hotmail.com

Phone: 605-864-6946

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

Services Offered: Provides individual and/or family therapy in the areas such as anxiety, depression, stress management, behavioral issues, school issues, divorce, grief and loss, life transitions, parent education, and trauma. Primary emphasis is working with children, adolescents, and families. Also, provides treatment using brainspotting techniques. Telemental health services are available via Zoom. First session preferably in person.

Coverage Area: Brookings area

Credentialed Professionals: Brandi Brintnall, MA, NCC, LPC-MH

Counseling Services offered at Clear Perspectives Counseling Associates

1451 6th Street, Brookings, SD 57006

Phone: 605-651-7416

Hours: 9:00am - 6:00pm (CT), Monday - Thursday Friday by appointment only

Services Offered: Provides mental health counseling services to individuals, couples, groups, and families. Works with a wide range of client populations experiencing issues including, but not limited to; anxiety, depression, mood disorders, life stage changes, adjustment issues, relationship problems, behavior issues, substance abuse and recovery, grief, trauma, parenting and discipline, educational/vocational concerns, and more. Offers EMDR and Brainspotting for trauma treatment and recovery.

Coverage Area: Brookings area

Credentialed Professionals: Robyn Amiotte, MS, LPC-MH Brandi Brintnall, MA, LPC-MH Heidi Evers, MS, LPC-MH Alicia Sterud, MA, LPC-MH

Counseling Services offered at Growth Collective, The

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

Phone: 605-620-1745

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

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

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

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

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

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

Coverage Area: South Dakota

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

Counseling Services offered at Yellow Brick Road Counseling and Therapy

601 4th Street, Brookings, SD 57006

Phone: 605-214-6855

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

Services Offered: Mental health clinic addressing trauma in a safe and healthy way. Services offered include individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), child abuse counseling, child abuse survivor counseling for adults, family counseling, couples counseling, trauma informed therapy, Cognitive Behavioral Therapy (CBT), adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, telemental health, traumatic incident reduction, and Eye Movement Desensitization and Reprocessing (EMDR).

Coverage Area: Eastern South Dakota

Credentialed Professionals: Tracy Chapman Stuart, LPC

Counseling Services offered at Brookings Counseling Solutions, LLC

1304 Main Avenue S., Brookings, SD 57006

Website: brookingscounselingsolutions.com **Email:** office@srb-service.com

Phone: 605-999-6162

Hours: Generally 8:00am - 5:00pm (CT), Monday - Thursday by appointment only

Services Offered: Treatment needs assessments for individuals with addictions and mental health challenges. Individual, couple and family counseling for ages 10 and up; all genders welcome. Services are individualized, trauma informed, holistic and strength based. Services are offered both face to face and via telehealth, which can be accessed with smart phone, tablet or computer. Treatment approaches include Animal Assisted Therapy, Cognitive Behavioral Therapy (CBT), Solution Focused

Brief Therapy (SFBT), Hypnotherapy, Emotional Freedom Technique (EFT), and others. After April 2024, Brainspotting and Accelerated Resolution Therapy (ART) will also be available.

Reiki is available to help resolve emotional and physical distress by allowing healing energy to flow freely throughout the body.

Common issues and disorders addressed include, but are not limited to anxiety, depression, bipolar disorder, schizophrenia, eating disorders, chronic pain, addictions, trauma, body image and life changes.

Coverage Area: Brookings area for face to face services; South Dakota for telehealth services

Credentialed Professionals: Melissa Klemm, NCC, LAC, LPC-MH, QMHP

Counseling Services offered at Sandra Diedrich

306 4th Street, Suite G, Brookings, SD 57006

Phone: 605-690-9062

Hours: 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 12:00noon (CT), Tuesday 8:00am - 5:00pm (CT), Thursday On-site appointments April - October

Services Offered: Christian Counseling - Provides individual, couples (including premarital & divorce recovery), and family therapy in a setting where clients' Christian beliefs will be integrated into the therapeutic process.

Topics covered include addressing depression, anxiety, stress management, trauma and multi-cultural concerns.

Services offered include; individual counseling, family counseling, marriage counseling, divorce counseling, mental health screening, faith based counseling, grief/bereavement counseling, cognitive behavioral therapy, dialectical behavior therapy, sliding fee scale counseling, hoarding counseling, child abuse survivor counseling for adults and telehealth counseling.

Coverage Area: Brookings area

Credentialed Professionals: Sandra Diedrich, MS, LPC-MH, QMHP

Counseling Services offered at Uckert Counseling

619 5th Avenue, Suite 3, Brookings, SD 57006

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

Phone: 605-592-5300

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

Services Offered: Providing mental health counseling to individuals. Areas of specialty include using Accelerated Resolution Therapy for anxiety, trauma, and other issues. Other areas of interest include adjustments and women's issues.

Coverage Area: Brookings area

Credentialed Professionals: Andrea L. Uckert, LPC-MH, QMHP

Counseling Services offered at Brookings Behavioral Health & Wellness

211 4th Street, The Ivy Center, Brookings, SD 57006

Phone: 605-697-2850

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday Crisis Services Available 24 hours a day / 7 days a week

Services Offered: Providing four major areas of service:

- Comprehensive Child/Adolescent/Family Services:
 - outpatient therapy, psycho-educational and support groups, home-based therapy and support
- Comprehensive Adult/Family Services:
 - outpatient therapy
- Adult/Adolescent/Family Substance Abuse (focused) Services:
 - a full array of state-sanctioned outpatient education, intervention and prevention
- Medical Services:
 - outpatient psychiatric
- Walk-in Assessments available during regular business hours.

Emergency Services: 24 hours a day / 7 days a week / 365 days a year mental health crisis support available.

Coverage Area: Brookings County and surrounding communities in South Dakota & Minnesota

Credentialed Professionals: Gary Ambrose, LPC, LAC Madeline Carroll-Schaal, PA-C Robin Erz, LAC Lindsay Hawks, RN Tonya Holter, MS Lisa Jones, MS Abby Keith, MS, ACT Courtney Kriese, MS, LPC Supervisee, ACT, NCC Caitlyn Krogman, BS Rachel McKee, BS, ACT Dr. Michael Moeller, MD, Psychiatrist Merissa Traen, BS, ACT Kandi Tyner, MS, LPC-MH Supervisee, ACT Kaitlyn VanDewater, MS, LAC, LPC-MH Supervisee, NCC Amy Ward, LPC-MH, QMHP, Chief Clinical Officer

Counseling Services offered at Lighthouse Counseling Services

628 Main Avenue, Suite B, Brookings, SD 57006

Email: lighthousecounselingservices@outlook.com

Phone: 605-690-4645

Hours: 7:00am - 7:00pm (CT), Monday - Friday Weekend appointments available

Services Offered: Offers mental health services for adults, couples, children (including adolescents), and families.

Specialties include: anxiety, depression, mood disorders, relationship issues, family therapy, children/adolescents, Autism, PTSD, military service or Veteran issues. Helps clients address and treat behavioral, educational, and relationship issues. Trauma Specialist certified in Prolonged Exposure Therapy, Cognitive Processing Therapy and Certified School Counselor as well. Offering face to face counseling services as well as telehealth services.

Coverage Area: Brookings and surrounding area

Credentialed Professionals: Michelle Ruesink, LPC, LPC-MH, QMHP, CAS (Certified Autism Specialist) Certified K-12 School Counselor, Trauma Informed Therapist

Crisis Hotline and Emergency Shelter offered at Brookings Domestic Abuse Shelter

807 Onaka Trail, Brookings, SD 57006

Website: <https://brookingsdomesticabusessheltersd.weebly.com/>

Email: domestic@brookingssshelter.com

Phone: 605-692-7233

Hours: 24 hours a day / 7 days a week

Services Offered: A 24-hour crisis hotline and emergency shelter providing: assistance and or 'emergency temporary' shelter to victims of dating & domestic violence, sexual assault and stalking.

Services offered include crisis intervention, 24 hour crisis hotline, assistance in obtaining and filing Protection and Stalking orders, assistance with rape response calls, referral services to other helping agencies in the community, Weekly Support Group, and Outreach and Education Prevention

Limited financial assistance available. All services are free and confidential.

Coverage Area: Counties of Brookings and Kingsbury are given priority but will accept victims from all of South Dakota

Life Coaching and Mediation Services offered at Rita Olson Counseling & Mediation

1727 Teton Pass, Brookings, SD 57006

Phone: 605-690-3465

Hours: 9:00am - 5:00pm (CT), Tuesday Other times available on as needed basis

Services Offered: Life Coaching Services provided to adults and children above the age of 8.

Coverage Area: Brookings area
Credentialed Professionals: Rita Olson, MS, CCMHC

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

1424 9th Avenue S.E., Watertown, SD 57201

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

Phone: 605-882-2740

Hours: 8:00am - 9:00pm (CT), Monday, Wednesday 8:00am - 5:00pm (CT), Tuesday, Thursday 8:00am - 12:00noon (CT), Friday

Services Offered: Offers a variety of counseling services for individuals, families, couples, or groups, including:

- Individual, couples, and family therapy
- Group therapy and education groups
- Mental health assessments and evaluations
- Counseling for victims of crime (including all types of child abuse)
- EAP (employee assistance program) counseling

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Credentialed Professionals: Call for list of licensed/credentialed staff. For Watertown office, call intake staff for updated lists of which clinicians are credentialed with which insurances.

Counseling Services offered at Better Me Counseling and Consulting

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

Phone: 605-880-0100

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

Services Offered: Provides mental health counseling for children, adults, families and couples. Including the following services:

- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjoint) counseling
- trauma informed therapy
- cognitive behavioral therapy
- adolescent/youth counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling
- farm crisis counseling
- retirement and aging concerns

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

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Summit Oaks Center offered at Lutheran Social Services - Southeast Region

621 E. Presentation Street, Sioux Falls, SD 57104

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

Phone: 605-221-2346

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

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

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

Coverage Area: South Dakota

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

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

Phone: 605-334-6004

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

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Parts of You Therapy

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

Website: <https://www.partsofyou.org/> **Email:** crosby@partsofyou.org

Phone: 605-550-2655

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

Services Offered: Services include: individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), trauma informed therapy, cognitive behavioral therapy, and telemental health counseling.

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

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

Credentialed Professionals: Crosby Skipper, NCC, MS, LPC-MH, QMHP, RPT

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

100 S. Spring Avenue, Sioux Falls, SD 57104

Phone: 605-271-6979

Hours: By appointment only.

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

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

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

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

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

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

Phone: 605-271-6979

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

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

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

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

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

Counseling Service offered at Dakota Hope Counseling

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

Phone: 605-223-5155

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

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

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

In-person and telehealth counseling appointments available.

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

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

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

No Physical Address, Sioux Falls, SD 57105

Phone: 800-430-7233

Hours: 24 hours a day / 7 days a week

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

Coverage Area: South Dakota

Counseling Services offered at Lutheran Family Service

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

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

Phone: 605-271-1081

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

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

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

Counseling Services offered at Talking Pointe, The

3701 W. 49th Street, Suite 202C, Sioux Falls, SD 57106

Phone: 605-215-1309

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

Services Offered: Counseling services offered are individual counseling, couples counseling, family counseling, youth counseling, marriage counseling, parent counseling, divorce counseling, spouse/intimate partner abuse counseling, child abuse counseling, grief/bereavement counseling, child abuse counseling, child abuse survivor counseling for adults, terminal illness counseling, telemental health, and mental health screening.

Other areas of expertise are trauma informed therapy, cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), custody evaluations, and eye movement desensitization and reprocessing (EMDR).

Coverage Area: Sioux Falls and surrounding areas. Telehealth appointments are available for east river clients.

Credentialed Professionals: Allison Parsons - NCC, LPC, QMHP Ashley Anson - MFT Intern Vanessa Laroiser - LPC Intern

Counseling Services offered at Stronghold Counseling Services, Inc.

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

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

Phone: 605-334-7713

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

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

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

Coverage Area: South Dakota

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

Counseling Services offered at Counseling Cafe, The

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

Website: thecounselingcafesf.com **Email:** info@thecounselingcafesf.com

Phone: 605-271-8008

Hours: 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.

Coverage Area: South Dakota, Northwest Iowa and Minnesota

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

Counseling Services offered at 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>

Email: guidinglightcounselingsf@gmail.com

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 (DBT), child abuse survivor counseling for adults, couples counseling, youth counseling, parent counseling, marriage counseling, grief counseling, trauma informed therapy, cognitive behavioral therapy, and telemental health counseling.

Also trained in:

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

Coverage Area: South Dakota. Telehealth visits are available for people living outside of the Sioux Falls area.
Credentialed Professionals: Sarah Scherr, MSW, CSW, QMHP

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.

Coverage Area: South Dakota

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

Tele-health services are available statewide.

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

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

Counseling Services offered at Evergreen Counseling and Consulting Services, LLC

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

Phone: 605-423-7880

Hours: Varies; call for appointment times.

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

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

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

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

Counseling Services offered at Yellow Brick Road Counseling and Therapy

6901 S. Lyncrest Place, Suite 104, Sioux Falls, SD 57105

Phone: 605-214-6855

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

Services Offered: Mental health clinic addressing trauma in a safe and healthy way. Services offered include individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), child abuse counseling, child abuse survivor counseling for adults, family counseling, couples counseling, trauma informed therapy, Cognitive Behavioral Therapy (CBT), adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, telemental health, traumatic incident reduction, and Eye Movement Desensitization and Reprocessing (EMDR).

Coverage Area: Eastern South Dakota

Credentialed Professionals: Holly Merrick-Liston LPC-MH Brittani Ignato, LCSW, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

317 N. Heritage Parkway, Tea, SD 57064

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Telehealth Counseling Services offered at Therapy Lawgic

No Physical Location, Harrisburg, SD 57032

Phone: 605-900-6345

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

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

Coverage Area: South Dakota

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

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

401 S. Flynn Drive, Milbank, SD 57252

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

Phone: 605-882-2740

Hours: 10:00am - 6:00pm (CT), Monday, Tuesday, 10:00am - 2:00pm (CT), Wednesday, Thursday

Services Offered: Offers a variety of counseling services for individuals, families, couples, or groups, including:

- Individual, couples, and family therapy
- Group therapy and education groups
- Mental health assessments and evaluations
- Counseling for victims of crime (including all types of child abuse)
- EAP (employee assistance program) counseling

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Credentialed Professionals: Call for list of licensed/credentialed staff.

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Credentialed Professionals: Jordan Davis, MS, LPC, QMHP

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Credentialed Professionals: Jordan Davis, MS, LPC, QMHP

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

40354 210th Street, Huron, SD 57350

Phone: 605-352-9098

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

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

904 E. 5th Street, Canton, SD 57013

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for more information

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

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

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

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

103 W. Maple Street, Parkston, SD 57366

Phone: 605-928-7907

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

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

104 W. Main Street, Parkston, SD 57366

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Credentialed Professionals: Madi Griebel, MS, LPC-Supervisee

Counseling Services offered at Rising Hope Counseling, LLC

451 Main Street, Scotland, SD 57059

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Credentialed Professionals: Natasha Auch, MSW, CSW-PIP

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

421 3rd Avenue E., Sisseton, SD 57262

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

Phone: 605-882-2740

Hours: Call for information

Services Offered: Offers a variety of counseling services for individuals, families, couples, or groups, including:

- Individual, couples, and family therapy
- Group therapy and education groups
- Mental health assessments and evaluations
- Counseling for victims of crime (including all types of child abuse)
- EAP (employee assistance program) counseling

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Credentialed Professionals: Call for list of licensed/credentialed staff.

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.

Coverage Area: South Dakota

Credentialed Professionals: Constance Birgen, EdS Richard Slattery, LMFT Supervisor

Counseling Services offered at Rising Hope Counseling, LLC

717 E. Main Street, Vermillion, SD 57069

Website: risinghope605.com

Email: admin@risinghope605.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Credentialed Professionals: Cora Youngberg, MSW, CSW

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

110 6th Avenue S.E., Suite 200, Aberdeen, SD 57401

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

Email: info@lsssd.org

Phone: 605-262-6300

Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday

Services Offered: Offers a variety of counseling services for individuals, families, couples, or groups, including:

- Individual, couples, and family therapy
- Group therapy and education groups
- Mental health assessments and evaluations
- Counseling for victims of crime (including all types of child abuse)
- EAP (employee assistance program) counseling

Coverage Area: Counties of Brookings, Brown, Codington, Grant, and Marshall.

Credentialed Professionals: Call for list of licensed/credentialed staff.

Counseling Services offered at Shelterbelt Counseling, LLC

416 S. Dakota Street, Suite 1, Suite 1, Aberdeen, SD 57401

Phone: 605-824-4288

Hours: 11:00am - 6:00pm (CT), Monday 8:00am - 6:00pm (CT), Tuesday, Wednesday 10:00am - 7:00pm (CT), Thursday

Services Offered: Provides both individual and group counseling for adults using Cognitive Behavioral Therapy (CBT) and Radically Open Dialectical Behavior Therapy (RO DBT) with Level 3 trained practitioners using in-person and telemedicine services.

Coverage Area: Located in Aberdeen, but serving South Dakota through telemental health.

Credentialed Professionals: Debi Dusseault, MS, LPC-MH, NCC, QMHP, LPC-SUPV

Counseling Services offered at Empowerment Counseling, LLC

416 S. Dakota Street, Suite 1, Aberdeen, SD 57401

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

Phone: 605-846-0464

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

Services Offered: Services provided:

- Individual counseling
- Marriage counseling
- Dialectical behavioral therapy
- Family counseling
- Family functional therapy
- Couples (conjoint) counseling
- Trauma informed therapy
- Cognitive behavioral therapy
- Telemental health

Coverage Area: Northeastern South Dakota

Credentialed Professionals: Christie Rall, MS, LPC-MH, NCC, QHMP

Mental Health Services offered at Support Circle, The

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

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

Phone: 605-845-2058

Hours: Call for information.

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

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

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for more information.

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

Coverage Area: South Dakota

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

Counseling Services offered at Inspire Counseling, LLC

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

Phone: 605-262-0513

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

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

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

Coverage Area: South Dakota

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

Counseling Services offered at Northern Plains Psychological Associates, LLC

405 8th Avenue N.W., Suite 333, Aberdeen, SD 57401

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

Phone: 605-225-3622

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

Services Offered: Mental health services and counseling for individuals of all ages, families, and couples. Issues such as depression, anxiety, panic, life transition and adjustment (such as career, mid-life, relationship changes, aging, etc.), coping with chronic illness, grief and loss, trauma, PTSD, job stress, issues relating to confidence, self esteem, and empowerment, ADHD, behavioral issues, anger, and parenting. Sessions can also be offered via telehealth.

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

841 Jackson Street, Suite C, Burke, SD 57523

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

420 S. Henry Street, Pierre, SD 57501

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

Phone: 605-494-1500

Hours: Call for information.

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

Coverage Area: Pierre area

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

Mental Health Services offered at Support Circle, The

1710 E. Grand Crossing, Mobridge, SD 57601

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

Phone: 605-845-2058

Hours: Call for information.

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

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

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

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 are Individual therapy, Treatment planning, Mental health evaluation, Group therapy, Collaboration with parents/guardians/ foster parents, referral agency, schools or other provider, and Educational services provided in program.

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

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

Counseling Services offered at Esthers Rising

Rapid City, SD 57701

Website: <https://esthersrisingministry.com/free23/> **Email:** referrals.esthersrising@protonmail.com

Phone: 605-519-8870

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

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

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

Coverage Area: South Dakota

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

Counseling Services offered at Rising Hope Counseling, LLC

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

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

Mental Health Services offered at Support Circle, The

No Physical Address, Rapid City, SD 57709

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

Phone: 605-845-2058

Hours: Call for information.

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

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

Credentialed Professionals: Christie Green, CSW-PIP

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

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

Phone: 605-343-5422

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

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Lutheran Family Service

825 Main Street, Deadwood, SD 57732

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

Phone: 605-271-1081

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

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

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

Counseling Services offered at Belle Fourche Counseling, LLC

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

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

Phone: 605-722-8090

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

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

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

Strives to provide culturally relevant and sensitive care.

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

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

Counseling Services offered at Rising Hope Counseling, LLC

3105 W. Fairground Loop, Spearfish, SD 57783

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

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

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

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

Services Administration

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

Phone: 800-662-4357

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

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

Coverage Area: United States (other than South Dakota)

Addiction/Substance Use Services

Behavioral Health Clinic Brookings offered at Avera Behavioral Health

1024 6th Street, Suite B, Brookings, SD 57006

Phone: 605-322-5700

Hours: Appointments available as needed, evening hours available.

Services Offered: Services include:

- Outpatient therapy providing individual (prenatal to geriatric), couple/marriage, and family counseling on topics including, but not limited to: life's major transitions, trauma, grief, depression and anxiety, medical adjustments and more.

- School-Based outpatient therapy providing individual, family and parent/teacher consultations within the Brookings Public and Brookings County School Districts.

- Group-based therapy providing psycho-education related to the needs of therapists caseloads to help increase supportive and therapeutic environments and skills.

- Specialized trauma and healing-informed services.

Coverage Area: Brookings and surrounding area.

Credentialed Professionals: Curstie Konold, MPH, CSW Leah Hendrickson, CSW Samantha Heibult, MSW

Counseling Services offered at Psychiatric Services, LLC

306 4th Street, Suite G, Brookings, SD 57006

Email: clientservices@strivingtoimprove.org

Phone: 605-988-8366

Hours: 8:00am - 5:00pm (CT), Monday, Tuesday, and Thursday

Services Offered: Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Coverage Area: Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner.
Credentialed Professionals: Brenda L. Johnson, CNP

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
substanceuse@helplinecenter.org

Email:

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.

Coverage Area: South Dakota

Counseling Services offered at Psychiatric Services, LLC

2116 S. Minnesota Avenue, Suite 5, Sioux Falls, SD 57105

Email: clientservices@strivingtoimprove.org

Phone: 605-697-5352

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

Services Offered: Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Coverage Area: Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner.

Credentialed Professionals: Brenda L. Johnson, CNP

Addiction Recovery Program offered at Avera Behavioral Health

2412 S. Cliff Avenue, Avera Professional Plaza, Sioux Falls, SD 57105

Phone: 605-322-5700

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

Services Offered: - Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties.

- Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment.
- Court-approved provider for chemical dependency assessments, counseling and treatment services.
- Adolescents can be seen for chemical dependency evaluations, individual therapy and aftercare group.
- Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties.
- Dual-credentialed therapists licensed in mental health and addictions.

Telemedicine counseling services including CD assessments and individual therapy. Anyone can participate in this service.

Accredited by the State of South Dakota as well as by the Joint Commission (JCAHO).

Coverage Area: Eastern South Dakota

Credentialed Professionals: Joseph Block, LAC Alyssa Dahl, LCSW, LAC, QMHP Elisa Lewis, MS, LPC, NCC, LAC Melissa Roby, MS, LPC, LAC, QMHP Linda Rush, LPC, LAC, QMHP Lana Smith, MA, LMFT, QMHP, LAC Dylan Strand, CAC Sherri Schroeder, CAC

Counseling Services offered at Balance Point, LLC

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

Phone: 605-524-8910

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

Services Offered: Provides individual, couple, and family therapy services. Collaborative space to challenge life's ups and downs.

Coverage Area: Southeastern South Dakota

Credentialed Professionals: Jordan Jenkins, MSW, LCSW, OSW-C, QMHP

Counseling Services offered at Counseling Resources

4109 S. Carnegie Circle, Sioux Falls, SD 57106

Phone: 605-331-2419

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 2:00pm (CT), Friday

Services Offered: Provides the following services:

- Substance use evaluations
- DUI education
- Individual therapy
- Couples therapy
- Outpatient substance abuse treatment
- Gambling counseling/treatment
- Cognitive behavioral therapy

Coverage Area: Eastern South Dakota

Credentialed Professionals: Sue Harris, MA, LPC-MH, LAC Amanda McKnelly, MS, LAC Maria Piacentino, MA, LPC-MH, QMHP, LAC

Medication Assisted Treatment Program offered at Avera Behavioral Health

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

Phone: 605-322-5700

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

Services Offered: Provides Medication Assisted Treatment for opioid addiction.

Coverage Area: Eastern South Dakota

Credentialed Professionals: Vivek Anand, MD Hannah DeVries, MD

Residential Program offered at Tallgrass Recovery and Sober Living Homes

27048 Tallgrass Avenue, Sioux Falls, SD 57108

Phone: 605-368-5559

Hours: 24 hours a day / 7 days a week

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

- The Big Book of Alcoholics Anonymous and the way of life contained therein.
- Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share the mission of advocacy for and implementation of the 12-step approach to recovery.
- An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.

Scholarships available.

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

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

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.

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

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

Stepping Stones offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net

Email: info@dakotacounseling.net

Phone: 605-995-8180

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

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

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

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

Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net

Email: info@dakotacounseling.net

Phone: 605-995-8180

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

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

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

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

1028 Walnut Street, Yankton, SD 57078

Phone: 605-665-4606

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

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

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

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

Two forms of MAT are offered at LCBHS:

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

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

Coverage Area: South Dakota

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

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

Phone: 605-622-5800

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

Services Offered: Accredited substance abuse services includes:

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

Coverage Area: South Dakota and surrounding states

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

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

12451 Highway 1806, Mobridge, SD 57601

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

Email: lavon.booth@ihs.gov

Phone: 605-845-7181

Hours: 24 hours a day / 7 days a week

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

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

Treatment Program offered at Rosebud Sioux Tribe

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

Phone: 605-747-2342

Hours: 24 hours a day / 7 days a week

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

Coverage Area: Located in Rosebud, but serving South Dakota

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

Recovery Support Services offered at Aneptu Luta Otipi

North Route, Kyle, SD 57752

Phone: 605-455-2331

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

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

Coverage Area: Pine Ridge Reservation

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

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

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

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

Phone: 605-394-6128

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

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

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

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

Residential Addiction Recovery Center offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

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

Phone: 605-718-4870

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

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

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

Credentialed Professionals: Dr. Mark Garry, MD

Full Circle offered at West River Mental Health

350 Elk Street, Rapid City, SD 57701

Phone: 605-343-7262

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

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

Residential Treatment Program offered at New Dawn Center

19271 SD Highway 79, Vale, SD 57788

Phone: 605-309-5105

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

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

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

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

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

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

Children/Adolescent Therapy

Counseling Services offered at Alpine Counseling Services, LLC

510 Main Avenue, Suite 1, Brookings, SD 57006

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

Phone: 605-620-1706

Hours: 8:00am - 4:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday (by appointment only)

Services Offered: Providing evidence based therapy for children, teens, adults, and families. Specializes in teaching parents tools to manage their child's behaviors by use of Parent Child Interaction Therapy and Parent Management Training. Also treats other disorders such as anxiety, depression, Post Traumatic Stress Disorder (PTSD), and Obsessive-Compulsive Disorder (OCD).

Online therapy services are available in appropriate situations.

Coverage Area: Counties of Brookings and Kingsbury.

Credentialed Professionals: Jennifer Prouty, MSW, CSW-PIP

Student Health Clinic and Counseling Services offered at South Dakota State University

1440 N. Campus Drive, Box 2818, Brookings, SD 57007

Website: www.sdstate.edu/university-wellbeing **Email:** sdsu.shc@sdstate.edu

Phone: 605-688-4157

Hours: 9:00am - 5:00pm (CT), Monday 8:00am - 5:00pm (CT), Tuesday - Friday Follows all SDSU scheduled holiday closures and all SDSU emergency closures.

Services Offered: Mission of South Dakota State University Student Health Clinic and Counseling Services is to promote the health and wellness of the university community, to enhance student retention and to support academic and personal success of all students.

- Counseling Services
- Initial Screenings Available 8:30am - 3:30pm, Monday - Friday (During Academic School Year)
- Closed on Holidays
- Counselors are also available after business hours for emergency or crisis intervention by calling University Police Department at 605-688-5117
- Student Health Clinic
- 9:00am - 5:00pm, Monday
- 8:00am - 5:00pm, Tuesday - Friday (During academic school year)
- Closed on Holidays

These services are only offered for currently enrolled SDSU students.

Coverage Area: Campus of South Dakota State University

Credentialed Professionals: Amanda Jansen, MS, LPC - Supervisee Julia Walker, MS, LPC - Supervisee Ashley Day, MS, LPC - Supervisee Jacque Danielson, MS, LPC - Supervisee Gabriel Hertler, MS, NCC, LPC-MH, QMHP Autumn Garr, MS Katelyn Hillerud, MS Stephanie Johnson-Kane, Ed.D Janae Jacobsen, CNP April Schneider, CNP Jami Schultz, CNP

Counseling Services offered at Alexander Therapy & Consulting, PLLC

No Physical Address, Sioux Falls, SD 57103

Phone: 605-206-9301

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

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

Coverage Area: South Dakota via telehealth

Credentialed Professionals: Cherise C. Alexander, LMFT

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

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

Website: <https://many-hearts.com/> **Email:** love@many-hearts.com

Phone: 515-571-9964

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

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

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

Coverage Area: South Dakota

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

Adolescent Partial Hospitalization Program offered at Avera Behavioral Health

4400 W. 69th Street, Suite 1500, Sioux Falls, SD 57108

Phone: 605-322-4056

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

Services Offered: Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adolescent outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

- Partial Hospital Program (PHP)
- Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary.
- 5 days per week, 4 hours per day.

- Intensive Outpatient Program (IOP)

- The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs.

- Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

Coverage Area: Eastern South Dakota

Credentialed Professionals: Megan Gayer, MSW, CSW Danielle Gundermann, LPC Miranda Lang, CSW Lea Long, CSW-PIP Kelsey Sjaarda, CSW-PIP, Program Manager

Adolescent Group Therapy Program offered at Avera Behavioral Health

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

Website: www.averabehavioralhealth.org

Email: adolescentoutpatient@avera.org

Phone: 605-322-4057

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

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

Coverage Area: South Dakota

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

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

40354 210th Street, Huron, SD 57350

Phone: 605-352-9098

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

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

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

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

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

No Physical Address, Pierre, SD 57501

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

Email: doe@state.sd.us

Phone: 605-773-3134

Hours: See website for details.

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

Coverage Area: South Dakota

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

1330 Jolly Lane, Rapid City, SD 57703

Phone: 605-343-2811

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

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

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

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

Coverage Area: South Dakota

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

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

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

Phone: 605-343-2811

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

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

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

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

Coverage Area: South Dakota

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

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

3200 Canyon Lake Drive, Rapid City, SD 57702

Phone: 605-718-5095

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

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

Coverage Area: Located in Rapid City

Suicide and Crisis Prevention Hotlines offered at Trevor Project, The

West Hollywood, CA 90069

Website: www.thetrevorproject.org

Email: info@thetrevorproject.org

Phone: 866-488-7386

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

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

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

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

Coverage Area: United States

LGBT National Youth Talkline offered at LGBT National Help Center

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

Website: www.lgbthotline.org

Email: help@lgbthotline.org

Phone: 888-843-4564

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

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

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

Coverage Area: United States

Faith Based Therapy

Worship Services offered at United Parish of Elkton

710 Cornell Avenue, Elkton, SD 57026

Phone: 605-542-7101

Hours: Call for information

Services Offered: 10:00am, Sunday Worship

Offers the following services - Pastoral care, Spiritual counseling, Christian education, and Worship.

For residents of Elkton facing an unusual circumstances (i.e.. recovering from injury;acute, one time needs), can provide some direct (non-monetary) assistance. This is not intended to be used for ongoing/routine needs.

Coverage Area: Elkton area

Family and Marriage Therapy

Older Adult Issues/Life Transitions

Hospice Services offered at Brookings Health System

300 22nd Avenue, Brookings, SD 57006

Phone: 605-696-8090

Hours: Office Hours: 8:00am - 4:30pm (CT), Monday - Friday Services available 24 hours a day / 7 days a week.

Services Offered: Provides medical care to maximize comfort and quality of life for patients facing terminal illnesses. It can take place anywhere a patient might reside such as in the home, a nursing home, or in a short-term in-patient hospital setting.

Services include medical social services, spiritual care, personal care services, home management services, physical, occupational, and speech therapy services, nutritional services, medication management, medical equipment and supplies, short-term-in-patient care, and bereavement/aftercare services for at least a year.

Coverage Area: Brookings County and surrounding areas within a 30-mile radius.

Hospice offered at Sanford Health

2710 W. 12th Street, Sioux Falls, SD 57104

Website: www.sanfordhealth.org/locations/sanford-hospice-sioux-falls

Phone: 605-312-5500

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

Services Offered: Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

Coverage Area: 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

Hospice offered at Sanford Health

1320 W. 17th Street, Sioux Falls, SD 57104

Website: www.sanfordhealth.org/locations/sanford-hospice-sioux-falls

Phone: 605-404-4800

Hours: 24 hours a day / 7 days a week

Services Offered: Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

Coverage Area: 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

Hospice Services offered at Amedisys, Inc.

6009 W. 41st Street, Suite 4, Kirkwood Plaza, Sioux Falls, SD 57106

Phone: 605-338-2066

Hours: 24 hours a day / 7 days a week

Services Offered: Provides hospice care for those facing a terminal illness. A personalized care plan may include nursing care, pain and symptom management, hospice aids, emotional and spiritual support, and more. Also provides support for loved ones including social work services, respite care and bereavement counseling.

Coverage Area: Counties of Aurora, Bon Homme, Brookings, Brule, Buffalo, Charles Mix, Clay, Davison, Douglas, Hamlin, Hand, Hanson, Hutchinson, Hyde, Jerauld, Kingsbury, Lake, Lyman, McCook, Miner, Minnehaha, Moody, Sanborn, Turner, Union, and Yankton

Avera@Home - Hospice Care offered at Avera

4509 S. Prince of Peace Place, Sioux Falls, SD 57103

Website: <https://www.avera.org/avera-at-home/>

Email: centralintake@avera.org

Phone: 605-322-7705

Hours: 9:00am - 5:00pm (CT), Monday - Friday On-call services are available during after-hours.

Services Offered: Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

Coverage Area: East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

Avera@Home - Hospice Care offered at Avera

1115 E. 5th Avenue, Mitchell, SD 57301

Website: <https://www.avera.org/avera-at-home/>

Email: centralintake@avera.org

Phone: 605-995-2268

Hours: 8:00am - 4:30pm (CT), Monday - Friday Services available 24 hours a day / 7 days a week

Services Offered: Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

Coverage Area: East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

Avera@Home - Hospice Care offered at Avera

1115 W. 9th Street, Yankton, SD 57078

Website: <https://www.avera.org/avera-at-home/>

Email: centralintake@avera.org

Phone: 605-668-8327

Hours: 24 hours a day / 7 days a week

Services Offered: Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

Coverage Area: East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

Hospice offered at Sanford Health

848 E. Cherry Street, Vermillion, SD 57069

Website: www.sanfordhealth.org/locations/sanford-hospice-sioux-falls

Phone: 605-677-3880

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

Services Offered: Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

Coverage Area: 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

Avera@Home - Hospice Care offered at Avera

706 S. Main Street, Aberdeen, SD 57401

Website: <https://www.avera.org/avera-at-home/>

Email: centralintake@avera.org

Phone: 605-622-5200

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

Services Offered: Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

Coverage Area: East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

Hospice offered at Sanford Health

110 W. Beebe Avenue, Suite 1, Chamberlain, SD 57325

Website: www.sanfordhealth.org/locations/sanford-hospice-sioux-falls

Phone: 605-734-0180

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

Services Offered: Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

Coverage Area: 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

Hospice offered at Sanford Health

245 S. Main Street, Winner, SD 57580

Website: www.sanfordhealth.org/locations/sanford-hospice-sioux-falls

Phone: 605-842-7170

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

Services Offered: Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

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Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

Coverage Area: 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

Avera@Home - Hospice Care offered at Avera

801 E. Sioux, Pierre, SD 57501

Website: <https://www.avera.org/avera-at-home/>

Email: centralintake@avera.org

Phone: 605-224-3218

Hours: 8:00am - 5:00pm (CT), Monday - Friday with on-call services available

Services Offered: Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

Coverage Area: East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

Grief Support and Resources offered at First Candle

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

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

Phone: 800-221-7437

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

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

Grief support offered via phone calls and online support groups.

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

Other/General

Brookings Clinic offered at Avera

400 22nd Avenue, Brookings, SD 57006

Phone: 605-697-9500

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

Services Offered: Avera Medical Group Brookings is a multi-specialty medical group providing clinic laboratory, digital mammography, imaging and x-ray, 3D mammography, ear, nose and throat, family practice, general surgery, infusion/chemotherapy, internal medicine, obstetrics & gynecology, orthopedics, outreach specialists, pediatrics, physical therapy, dermatology, podiatry, and urology. A Coordinated Care Team is available to help identify resource support for community and primary healthcare needs; facilitation and connection to long-term counseling services to meet mental health needs, and clinic based counseling for interim or short-term support needs.

Coverage Area: Brookings area

Counseling Services offered at Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD 57106

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

Phone: 605-573-2000

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

Services Offered: Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic for all ages, with telehealth options available. Midwest Wellness Institute also brings psychiatric care and medication management to underserved areas through telehealth and on-site clinics, hospitals, correctional facilities and nursing homes through contracted mental health services.

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

Coverage Area: South Dakota

Credentialed Professionals: Lacey Feltman, MSN, LNHA, PMHNP-BC Robert W Giebink, M.D., Psychiatrist Kristin Gilbertson, MS, LPC, QMHP Adrian Jones, PMHNP-BC Darla Miles, PMHNP-BC Britney Ohrlund - DNP, APRN, PMHNP-BC Clay Pavlis, M.D., Psychiatrist, Board Certified Psuchiatrist through American Academy of Psychiatry and Neurology Kyla Peterson, CSW Shjade Smith, PMHNP-BC Diane Teadtke, PMHNP-BC Brittany Thammavongkeo, LCSW, QMHP, CAC Dr. Mary M. Wegner, Board Certified Adult Psychiatrist through American Academy of Psychiatry and Neurology Kristen Winterringer, PMHNP-BC

Counseling and Support Groups offered at CancerCare

275 7th Avenue, New York, NY 10001

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

Phone: 212-712-8400

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

Services Offered: Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers. Online support groups are available, 24 hours a day, 7 days a week.

Coverage Area: United States, Puerto Rico and U.S. Territories

Psychiatry and Medication Management

Adult Partial Hospital and Intensive Outpatient offered at Avera Behavioral Health

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

Phone: 605-322-4056

Hours: Partial Hospital Program: 8:00am - 4:00pm (CT), Monday - Friday

Services Offered: Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

Partial Hospital Program (PHP)

- Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary.
- 5 days per week, 4 hours per day.

Intensive Outpatient Program (IOP)

- The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs.
- Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

Coverage Area: Eastern South Dakota, Northwest Iowa, and Southwestern Minnesota

Credentialed Professionals: Megan Gayer, MSW, CSW Danielle Gundermann, LPC Miranda Lang, CSW Lea Long, CSW-PIP Kelsey Sjaarda, CSW-PIP, Program Manager

Inpatient Units offered at Avera Behavioral Health

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

Phone: 605-322-4065

Hours: 24 hours a day / 7 days a week

Services Offered: Inpatient treatment with units dedicated for children, adolescents, adults and seniors with acute psychiatry needs.

A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns.

- Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia.
- Group therapies focus on developing coping skills through expressive therapies and behavioral therapy.

Coverage Area: South Dakota, Iowa, and Minnesota

Credentialed Professionals: Inpatient Therapists: Nicola Park, LPC-MH, LAC

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

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)

Coverage Area: South Dakota

Credentialed Professionals: Jennifer Erdman, CNP, PMHNP Amy Newstrom, DNP, PMHNP, LP-C Rachel Waddell CNP, PMHNP

Psychological Testing

Hospital offered at Brookings Health System

300 22nd Avenue, Brookings, SD 57006

Phone: 605-696-9000

Hours: 24 hours a day / 7 days a week

Services Offered: Brookings Hospital is a licensed 49-bed hospital. Services include same day surgery/operating room, emergency room, inpatient care, obstetrics, and ancillary services - radiology, rehab/therapy, and laboratory. Full service hospital that provides both inpatient and outpatient care.

Coverage Area: Counties of Brookings, Deuel, Hamlin, Kingsbury, Lake, and Moody

Flandreau Hospital offered at Avera

214 N. Prairie Street, Flandreau, SD 57028

Phone: 605-997-2433

Hours: 24 hours a day / 7 days a week

Services Offered: Featured health services include diabetes and endocrinology, emergency and trauma, heart and vascular care, infectious disease and public health, laboratory, nutrition, pain management, pharmacy, radiology and imaging, respiratory and pulmonary care, sleep medicine, telemedicine, wellness and preventive care, women's health, and wound care.

Coverage Area: Counties of Brookings, Lake, Minnehaha, and Moody.

Clear Lake Medical Center offered at Sanford Health

701 3rd Avenue S., Clear Lake, SD 57226

Website: www.sanfordhealth.org/locations/sanford-clear-lake-medical-center

Phone: 605-874-2141

Hours: 24 hours a day / 7 days a week

Services Offered: A full service hospital and family medicine clinic located in the community of Clear Lake, SD. The facility provides acute, emergency, and medical care.

Coverage Area: Counties of Brookings, Codington, Deuel, Grant and Hamlin

De Smet Memorial Hospital offered at Avera

306 Prairie Avenue S.W., De Smet, SD 57231

Phone: 605-854-6100

Hours: 24 hours a day / 7 days a week

Services Offered: Featured health services includes emergency and trauma, laboratory, nutrition, therapy and rehabilitation, primary care, radiology and imaging, telemedicine, women's health, and wellness and preventive care.

Coverage Area: Counties of Beadle, Brookings, Clark, Hamlin, Kingsbury, Lake, Miner, and Sanborn.

Halfway House and Detox Center offered at Human Service Agency

119 19th Street N.E., Watertown, SD 57201

Phone: 605-884-0650

Hours: 24 hours a day / 7 days a week

Services Offered: A therapeutic place of residence for persons suffering from substance use disorders and mental illness. Offering dignity and serenity to continue the journey of recovery, healing, and wholeness.

Serenity Hills offers 3 distinct programs:

-Social setting detoxification

-Halfway house combines a strong AA 12-step philosophy with a multi-disciplinary team approach, including professional addiction, psychiatric and mental health care.

-Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis and/or having thoughts of self-harm.

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

Crisis Drop in Center offered at Human Service Agency

119 19th Street N.E., Watertown, SD 57201

Phone: 605-886-0123

Hours: 24 hours a day / 7 days a week

Services Offered: Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis or having thoughts of self-harm.

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

Assessment and Referral offered at Avera Behavioral Health

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

Phone: 605-322-4065

Hours: 24 hours a day / 7 days a week. A message may be left if call is not able to be answered immediately. A staff will respond to messages as soon as possible.

Services Offered: Program provides assessments 24-hours a day for mental health problems to determine an appropriate level of care.

Coverage Area: Eastern South Dakota

Behavioral Health Urgent Care offered at Avera Behavioral Health

4400 W. 69th Street, Suite 1500, Sioux Falls, SD 57108

Phone: 605-322-4065

Hours: Open 24 hours a day / 7 days a week

Services Offered: Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

Coverage Area: Eastern South Dakota

Credentialed Professionals: Ammar Ali, MD Vivek Anand, MD Michael Bergan, MD Vinod Bhatara, MD Samantha Bonn, LCSW QMHP Ann Bowden, MD Heather Chester-Adam, MD Nicole Christenson, MD Candice Cummings, CSW PIP, MSW Charlotte Donn, CNP Kyle A. Duke, PA C Keely Elgethun, MD Sheeba Fazili, LPC MH Sarah Flynn, MD William C. Fuller, MD Bryce Gammeter, MD Derek Granum, LCSW Hillary Hanson, MD Tracee Hofer, CNP Tomas Holtberg, PhD Wallace Jackson, PhD Nancy Johnson, PhD Georgia Keenan, LPC-MH Garneth Kuiper, CNP Xiaofan 'Amy' Li, MD PhD Josette S. Lindahl, MD Ann M. Mack, LPC -MH Wioleta Mazurczak, MD Lynette Melby, CNP Robert F. Nuss, MD Karl Oehlke, PA-C Hannah Otten, CNP Seth Parsons, MD Meredith Powell, MD Veronica Radigan, MD David Schlagel, MD Timothy J. Soundy, MD Matthew Stanley, DO Anthony Vaca, MD Shawn VanGerpen, MD Tamara Vik, MD Jay Weatherill, MD David Whaley, MD Nancy Wilson, MD

Geriatric Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

Website: <https://dss.sd.gov/behavioralhealth/hsc/>

Email: infoHSC@state.sd.us

Phone: 605-668-3100

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday, except Holidays The facility is open 24 hours a day / 7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

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

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

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

Coverage Area: South Dakota

Acute Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

Website: <http://dss.sd.gov/behavioralhealth/hsc/>

Email: infoHSC@state.sd.us

Phone: 605-668-3100

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

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

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

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

Coverage Area: South Dakota

Suicide Prevention Resources

NE Prevention Resource Center offered at Human Service Agency

123 19th Street N.E., Watertown, SD 57201

Website: www.humanserviceagency.org/NEPrevention

Email: neprc@humanserviceagency.org

Phone: 605-884-3516

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

Services Offered: Offers access to resources such as training, videos, curricula, and books on topics surrounding the issues of alcohol, tobacco, other drugs, and violence related issues. Training and resources are offered around mental health first aid and suicide prevention. Provides services to 21 counties in the N.E. region of South Dakota.

Also, has DisposeRX packets available, which is a home disposal solution for prescriptions. A person just adds warm water into the pill bottle and empties the packet in the bottle as well. Shake it up for 30 seconds and dispose. Available to anyone in the 21 counties in the N.E. region of South Dakota (the HSA coverage area).

Coverage Area: Northeastern South Dakota

Credentialed Professionals: LPC, LMTF, CSW-PIPs, QMHPs, PA-C, LPC-MH

Mental Health First Aid offered at SDSU Extension

1910 W. Kemp Avenue, Watertown Regional Center, Watertown, SD 57201

Website: <https://www.mentalhealthfirstaid.org/> **Email:** whitney.reetz@sdstate.edu

Phone: 605-882-5140

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

Services Offered: Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges.

SDSU Extension provides Mental Health First Aid courses to adults, teens, and youth.

Coverage Area: South Dakota

Survivors Joining for Hope offered at Lost&Found

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

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

Phone: 605-215-0676

Hours: Call or email for appointment.

Services Offered: Provides peer support and financial assistance to individuals and families who have lost a loved one to suicide.

Examples consist of financial assistance for grief counseling, burial expenses, clean-up costs, legal fees, and other suicide-related expenses.

The Program Coordinator supports clients with referrals and resources to additional financial assistance programs and/or therapeutic support if needed.

Also provides peer and emotional support and resource referrals for a year. Peer support is provided through telehealth meetings and check-ins.

Coverage Area: Coordinator located in Spearfish, SD, but serves clients statewide via telehealth.

988 Suicide & Crisis Lifeline offered at Helpline Center

No Physical Address, Sioux Falls, SD 57105

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

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

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

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

Coverage Area: South Dakota

Hope Squad offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org/school-resources-hope-squad

Email: hopesquad@helplinecenter.org

Phone: 605-274-8789

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

Services Offered: An evidence-based, peer-to-peer suicide prevention program. Members of Hope Squad are nominated by their classmates as trustworthy and supportive peers with whom others feel comfortable. They are trained by Hope Squad advisors on how to notice, support, and intervene with peers who may be at risk.

The main goals of the Hope Squad program are promoting a school and community culture of safety, connectedness, mental wellness, anti-bullying, and reducing mental health stigma. It reduces the risk of youth suicide through education, training, and peer intervention. They also respond to peer-to-peer disclosure of suicide risk.

Hope Squad is present in schools nationally and internationally.

Coverage Area: South Dakota

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:

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 Safety Training - Means safety is a critical component of suicide prevention that focuses on limiting access to lethal means, thereby reducing the risk of self-harm and suicide. It acknowledges that restricting access to potentially harmful items or methods can play a pivotal role in preventing impulsive and irreversible actions.

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis until appropriate professional, peer or family support can be engaged. This course prepares participants to provide Mental Health First Aid to those in need. Specialized version for law enforcement available.

Safety Planning - Learn how to help someone at risk develop a set of concrete strategies to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. Target audience would be any behavioral health or health staff.

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

Youth Mental Health First Aid is a course emphasizing the importance of early intervention and reviewing the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It is intended for anyone 16 years or older.

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

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

Coverage Area: South Dakota

Suicide Survivor Services offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: <https://loss.helplinecenter.org/>

Email: griefsupport@helplinecenter.org

Phone: 800-273-8255

Hours: SAS Education/Support Classes are 7:00pm - 8:30pm (CT), on Tuesdays for 10 consecutive weeks. SAS In Person Support Group: 7:00pm - 8:30pm (CT), 3rd Thursday of each month SAS Virtual Support Group: 6:00pm - 7:30pm (CT), 2nd Wednesday of each month

Services Offered: - Surviving After Suicide (SAS) Education/Support Class

- Surviving After Suicide (SAS) Education/Support Class Designed to help people who have lost a loved one to suicide express and understand the troubling and powerful grief, stigma, pain, and guilt they experience. It is a nine week education class and support group for survivors of suicide. Each class will focus on a unique aspect of survivor grief and includes a component in which group members share and support each other. The class is offered three times a year in January, April, and September. Registration is required.

- Surviving After Suicide (SAS) Support Group

- A monthly support group for people who have lost someone to suicide. Survivor information packets are also available at no cost. The focus is on survivors connecting and supporting each other. Any survivor age 18 and over is welcome to attend.

Registration is not required for this support group. It is an open/on-going group.

- 1 group will be available:

- In person - 7:00pm - 8:30pm, 3rd Thursday of each month

- Virtual - 6:00pm - 7:30pm, 3rd Wednesday of each month

- Surviving After Suicide Events

- Supportive events are open to anyone over 18 who has been impacted by a suicide loss. Various activities throughout the year including: Suicide Prevention Week; National Survivors of Suicide Loss Day (Saturday before Thanksgiving); etc. Email or call to get on invite list for events.

- If you would like to get in touch with someone, please complete the Suicide Services Request Form .

- Local Outreach to Suicide Survivors (LOSS) Program

- The LOSS program responds to survivors of suicide immediately after the death of the loved one.

- Staff provide immediate assistance to new suicide survivors by making an outreach visit to their home (in the Sioux Falls area) or making a support phone call (anywhere in South Dakota). This visit and/or call provides support, comfort, and education about being a survivor of suicide.

Individuals needing immediate crisis care should call 9-8-8.

Standard message and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to: <http://www.preventionpaystext.com/policies/>

Coverage Area: South Dakota

SAVE Suicide Prevention Training offered at Suicide Awareness Voices of Education

7900 Xerxes Avenue S., Suite 810, Minneapolis, MN 55431

Website: www.save.org

Email: admin@save.org

Phone: 952-946-7998

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

Services Offered: A proprietary 3-tiered suicide prevention training model that can be adapted for any occupation. Tailoring training to the audience ensures that the content is directly relevant to their needs, job roles, and challenges. This relevance increases engagement and the likelihood of participants applying what they've learned.

Coverage Area: United States

Bereavement Support - National Office offered at Compassionate Friends, The

48660 Pontiac Trail, 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.

Coverage Area: United States

Prevention and Advocacy Services offered at American Association of Suicidology

No Physical Address, Washington, DC 20036

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

Phone: 888-977-3868

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

Services Offered: To 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.

Coverage Area: United States

Telemental Health

Healthcare Services offered at Rural Health Care, Inc.

400 22nd Avenue, Suite 1, Brookings, SD 57006

Phone: 605-697-9500

Hours: 8:00am - 7:00pm (CT), Monday - Friday 9:00am - 12:00noon (CT), Saturday - Sunday

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Urgent Care offered at Quick Care

1056 29th Street S.E., Watertown, SD 57201

Phone: 605-753-0960

Hours: 7:00am - 6:30pm (CT), Monday - Friday 9:00am - 4:30pm (CT), Saturday, Sunday Closed on New Year's, Easter, 4th of July, Thanksgiving & Christmas Day.

Services Offered: A for-profit urgent care offering services to the public such as a llergy symptoms, b ug bites, h eadache and migraines, c ommon infections, f oreign object removal, c old and flu symptoms, s exual transmitted infections (STI), l ab testing, and DOT, Drug Screening and Worker's Comp.

Coverage Area: Cities of Brookings, Huron, and Watertown.

Urgent Care offered at Quick Care

8 2nd Street N.E., Suite 201A, Midtown Clinic, Watertown, SD 57201

Phone: 605-753-9020

Hours: 8:00am - 5:30pm (CT), Monday - Friday Closed on New Year's, Easter, 4th of July, Thanksgiving & Christmas Day.

Services Offered: A for-profit urgent care offering services to the public such as a llergy symptoms, b ug bites, h eadache and migraines, c ommon infections, f oreign object removal, c old and flu symptoms, s exual transmitted infections (STI), l ab testing, and DOT, Drug Screening and Worker's Comp.

Coverage Area: Cities of Brookings, Huron, and Watertown.

Cognitive Behavioral Group Therapy offered at Transformation Project, The

500 N. Western Avenue, Sioux Falls, SD 57104

Website: www.transformationprojectsd.org

Email: admin@transformationprojectsd.org

Phone: 605-610-8579

Hours: Hours vary. Please call or email

Services Offered: Provides a supportive and affirming environment to address LGBTQ-related stress, depression, and anxiety. Participants engage in sessions to learn coping strategies, build emotional resilience, and connect with peers. The program is hybrid, offering both in-person and virtual options, and is facilitated by trained professionals.

A screening process ensures participants are a good fit, with an emphasis on readiness and safety. Sessions focus on topics such as mindfulness, cognitive flexibility, and emotional regulation, fostering a pathway to mental wellness.

Coverage Area: South Dakota and a 40-mile radius

Credentialed Professionals: Maisy Anderson, BSW Brianna Heppler, LMFT-S

Post-High School and Therapy Services offered at Teachwell Solutions

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

Website: <http://teachwell.org>

Email: info@teachwell.org

Phone: 605-367-7680

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

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

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

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

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

Coverage Area: South Dakota

Urgent Care offered at Quick Care

2355 Dakota Avenue S., Huron, SD 57350

Phone: 605-554-2273

Hours: 8:00am - 6:30pm (CT), Monday - Friday Closed on New Year's, Easter, 4th of July, Thanksgiving & Christmas Day.

Services Offered: A for-profit urgent care offering services to the public such as a llergy symptoms, b ug bites, h eadache and migraines, c ommon infections, f oreign object removal, c old and flu symptoms, s exual transmitted infections (STI), l ab testing, and DOT, Drug Screening and Worker's Comp.

Coverage Area: Cities of Brookings, Huron, and Watertown.

Healthcare Services offered at Rural Health Care, Inc.

1900 Grassland Drive, Suite 103, Mitchell, SD 57301

Phone: 605-995-7000

Hours: Office Hours: 7:00am - 5:00pm (CT), Monday - Friday Urgent Care Hours: 12:00noon - 6:00pm (CT), Monday - Friday 9:00am - 4:00pm (CT), Saturday and Sunday

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Healthcare Services offered at Rural Health Care, Inc.

200 S. Commercial Street, Highmore, SD 57345

Phone: 605-852-2238

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

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Healthcare Services offered at Rural Health Care, Inc.

101 S. Front Street, Chamberlain, SD 57325

Phone: 605-234-6584

Hours: 8:00am - 5:00pm (CT), Monday, Friday 7:00am - 5:00pm (CT), Tuesday, Thursday 8:00am - 6:00pm (CT), Wednesday

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Healthcare Services offered at Rural Health Care, Inc.

120 S. Main, Kennebec, SD 57544

Phone: 605-869-2872

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

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Healthcare Services offered at Rural Health Care, Inc.

303 S. Main, Onida, SD 57564

Phone: 605-258-2635

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

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Healthcare Services offered at Rural Health Care, Inc.

116 N. Main Street, Presho, SD 57568

Phone: 605-895-2589

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

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Healthcare Services offered at Rural Health Care, Inc.

202 Island Drive, Suite 1, Fort Pierre, SD 57532

Phone: 605-223-2200

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

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.

Healthcare Services offered at Rural Health Care, Inc.

609 Garfield Avenue, Murdo, SD 57559

Phone: 605-669-2121

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

Services Offered: Provides a full range of primary healthcare services including:

- physical exams
- chronic disease management
- acute illness management
- DOT and insurance, employment and sports physicals
- well child exams
- children, adolescent, men's and women's health services
- immunizations
- telemedicine related to medical or mental health needs
- certified laboratory services
- provider for All Women Count services
- assistance with Marketplace insurance enrollment
- translation
- allergy injections

Coverage Area: Cities of Brookings, Chamberlain, Fort Pierre, Highmore, Kennebec, Mitchell, Murdo, Onida, Presho and surrounding areas.