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Telemental Health Guide South Dakota 2021

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ABOUT THE TELEMENTAL HEALTH GUIDE

Welcome to the 2021 South Dakota Telemental Health Guide.

This guide contains licensed or credentialed behavioral health service providers that are able to provide services via phone, computer or tablet. It contains both for profit and nonprofit entities.

It is our hope that this guide can help make mental health and substance use treatment more accessible to rural areas of South Dakota.

To find a specific resource, search:

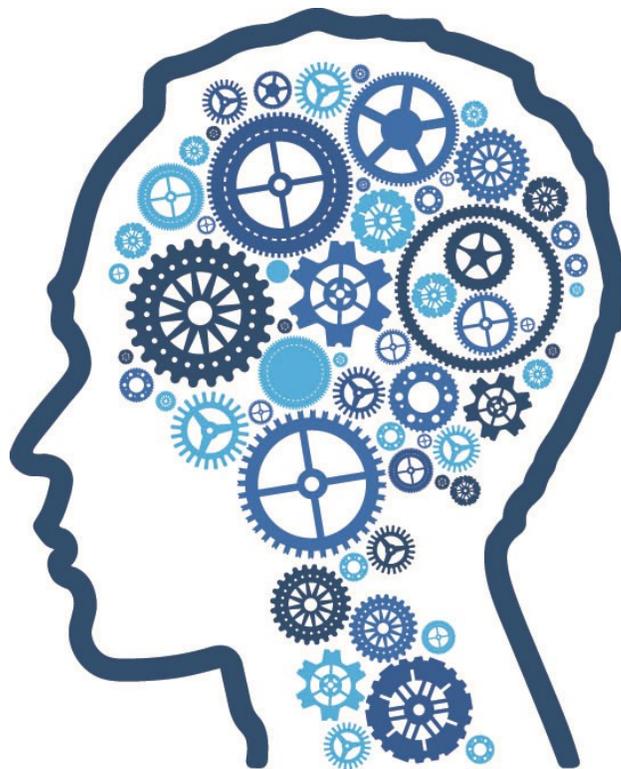
By **Organizational Index** on page 5

Or

Online at www.helplinecenter.org/telemental

Inclusion in this Guide should in no way be construed to constitute an endorsement of a practitioner, an agency, organization, or its service, nor should exclusion be construed to constitute disapproval. The information and certifications which appear in this publication were self-reported by the organizations and practitioners.

Please contact the Helpline Center to inquire about getting a new organization added or making changes to a current one.



Selecting a Behavioral Health Practitioner

The following list provides a brief description for the various kinds of behavioral health professionals. Learn more about South Dakota licensing requirements by visiting the Licensing Boards page at dss.sd.gov for alcohol and drug professionals, counselors, psychologists, and social workers or doh.sd.gov for physicians and nurses.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CSW-PIP – A Clinical Social Worker - Practitioner in Private Practice has met the requirements of a CSW (for a minimum of two years), have had 2 additional years of specialized supervision, and passed a Board examination.

Selecting a Behavioral Health Practitioner

Choosing among the many options available in behavioral health care can be a confusing task. As with any type of service there are basic questions that can assist you in becoming an informed consumer. Ask yourself these questions:

- * What are the critical issues for which you would like to obtain help and what are the desired results you hope to see?
- * Do you have a preference regarding type of setting (i.e. inpatient, outpatient, group therapy, etc.) or type of therapeutic approach?
- * Is there a particular time of the day or week that would be best for you to arrange an appointment?
- * Is there coverage offered by your insurance, health care plan, or employer that can offset some or all of the cost of treatment?

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

- * What therapeutic approaches and techniques does she or he most frequently use?
- * How will therapeutic goals be established?
- * How will you know when therapy is complete?

After talking with a potential practitioner, ask yourself:

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

Glossary of Abbreviations - Degrees

This is a key to abbreviations of professional accreditations and certifications used throughout this guide.

AA	Associate of Arts
BA	Bachelor of Arts
BFA	Bachelor of Fine Arts
BS	Bachelor of Science
BSW	Bachelor of Social Work
DMin	Doctor of Ministry
DO	Doctor of Osteopathy
DSW	Doctorate in Social Work
EdD	Doctor of Education
EdS	Education Specialist
JD	Juris Doctorate
MA	Master of Arts
MAT	Master of Arts in Teaching
MBA	Master of Business Administration
MD	Doctor of Medicine
MDiv	Masters in Divinity
MEd	Master of Education
MOL	Masters in Organizational Leadership
MS	Master of Science
MSEd	Master of Science in Education
MSSA	Master of Science in Social Administration
MSW	Master of Social Work
PhD	Doctor of Philosophy
PsyD	Doctor of Psychology
RD	Registered Dietitian
RN	Registered Nurse
RN-BC	Registered Nurse, Board Certified

Glossary of Abbreviations - Certifications and Licenses

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

ABN	American Board of Professional Neuropsychology
ACA	American Counseling Association
ACS	Approved Clinical Supervisor
ACT	Addiction Counselor Trainee
AP/RN-BC	Advanced Practice Registered Nurse, Board Certified
ASS	Approved Supervisor Status
ATR	Registered Art Therapist
BCaBA	Board Certified Assistant Behavior Analyst
BCBA	Board Certified Behavioral Analyst
BCPCC	Board Certified Professional Christian Counselor
CAC	Certified Addictions Counselor
CAS	Certified Autism Specialist
CBIS	Certified Brain Injury Specialist
CCATP	Certified Clinical Anxiety Treatment Professional
CCDCI	Certified Chemical Dependency Counselor, Level 1
CCDCII	Certified Chemical Dependency Counselor, Level 2
CCDCIII	Certified Chemical Dependency Counselor, Level 3
CCM	Certified Case Manager
CCMHC	Certified Clinical Mental Health Counselor
CCSII	Certified Clinical Supervisor
CCTP	Certified Clinical Trauma Professional
CCTT	Certified Corrective Thought Therapist
CDBT	Certified in Dialectical Behavioral Therapy
CEAP	Certified Employee Assistance Professional
CFLE	Certified Family Life Educator
CHPN	Certified Hospice and Palliative Nurse
CNL	Clinical Nurse Leader
CNP	Certified Nurse Practitioner
CNS	Clinical Nurse Specialist
CPS	Certified Prevention Specialist
CRC	Commission on Rehabilitation Counselor Certification
CST	Certified Sex Therapist
CSW	Certified Social Worker
CSW-PIP	Certified Social Worker - Practitioner in Private Practice
DBTC	Dialectical Behavior Therapy Certified
DBT sp.	Adapted Dialectical Behavior
EAGALA	Equine Assisted Growth and Learning Association
EAP	Equine Assisted Psychotherapy
ICADC	Internationally Certified Alcohol and Drug Counselor
LAC	Licensed Addiction Counselor
LBA	Licensed Behavior Analyst
LCPC	Licensed Clinical Professional Counselor
LCSW	Licensed Certified Social Worker
LCSW-PIP	Licensed Certified Social Worker - Practitioner in Private Practice
LCW	Licensed Clinical Social Worker
LGSW	Licensed Graduate Social Worker
LICSW	Licensed Independent Clinical Social Worker
LMFT	Licensed Marriage & Family Therapist
LMHP	Licensed Mental Health Professional
LN	Licensed Nutritionist
LP	Licensed Psychologist
LPC	Licensed Professional Counselor
LPCC	Licensed Professional Clinical Counselor
LPC-MH	Licensed Professional Counselor - Mental Health
LPN	Licensed Practical Nurse
LSW	Licensed Social Worker
MAC	Master Addiction Counselor
MFT	Marriage and Family Therapy
MSW-PIP	Master of Social Work - Practitioner in Private Practice
MT-BC	Music Therapist - Board Certified

Glossary of Abbreviations - Certifications and Licenses

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

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

This Guide is available to search online under the 211 Helpline tab, Resource Guides at:
www.helplinecenter.org/telemental

211 Helpline Features



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



of subjects

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

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A Center For Training And Restoration

4831 Mountain Springs Court, Rapid City, SD

Phone: (605) 484-0576

Website: www.ACenterForTrainingAndRestoration.com

Services Offered: Provides addiction and mental health counseling and education for culturally diverse groups of people. Offers a series of video workshops on addiction and grief as well as a workshop on post-traumatic stress disorder (PTSD). Counseling services include: individual; substance use; faith based; eye movement desensitization and reprocessing (EMDR); family systems therapy; grief; terminal illness; spouse/intimate partner abuse, and child abuse survivor counseling for adults. Offers a sliding fee scale as well as Telehealth.

Behavioral Health Professional: Evelyn Leite, MHR, LPC

Abide Counseling Services, LLC

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

Phone: (605) 988-8125

Website: www.abidecounselingservice.com

Services Offered: Marital and premarital counseling; anxiety; depression; life transitions; grief; women's issues; post-partum concerns; mood disorders; and couples counseling. Offers Telehealth services.

Behavioral Health Professional: Anna Beard, MA, LPC

Abourezk Counseling

2020 W. Omaha Street, Rapid City, SD

Phone: (605) 863-2881

Website: www.abourezkcounseling.com

Services Offered: Individual therapy for ages 12 and up. Topics discussed include: anxiety; depression; trauma; post-traumatic stress (PTSD); chronic pain; stress management; employment issues; abuse; grief and loss; LGBTQ+ counseling, and women's issues. Telehealth sessions available.

Behavioral Health Professional: Lena Abourezk, MS, LPC-MH, NCC

Addiction Recovery Centers of the Black Hills - Rapid City

1520 Haines Avenue, Suite 6, Rapid City, SD

Phone: (605) 716-7841

Website: <http://www.arcbh.org/>

Services Offered: Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include needs assessments (regarding mental health, substance abuse, and gambling); intensive outpatient treatment; after care; moral reconnection therapy (MRT); cognitive behavioral intervention substance abuse (CBISA); individual and group counseling; and 12-hour DUI classes. Along with individual and group counseling, provides medication assisted treatment (MAT) using FDA approved medication to reduce cravings. Telehealth services available.

Behavioral Health Professionals:

Barb Almich, ACT

Mac Baker, ACT

Julie Birner, MSW, MA, CSW, LAC, QMHP

Jade Doering, ACT

Priscilla Engen, ACT

Madison Harrington, BS, ACT

Heidi Nagle, BA, ACT

Shelley Pierce, MPS, ACT

Colleen Zimmerman, BA, ACT

Lanna Baken, ACT

Diana Boyle, MS, LPC, NCC

Stacey Curns, BS, ACT

Lynette Eiseman, BS, ACT

Uriah Glynn, ACT

Steve Mauch, BA, LAC

Tyler O'Sullivan, BS, ACT

Fe Rorie, MA, ACT

Agapé Counseling Center, LLC

700 S. 8th Avenue, Brandon, SD

Phone: (605) 582-4722

Website: www.agapecounselingsd.com

Services Offered: Counseling and therapy services include marriage, couples, and family. Focus areas include depression; anxiety; grief; chemical dependency; abuse; body image; spirituality, and life transitions. Offering services via Telehealth.

Behavioral Health Professionals:

Brea Grueneich MA, LPC

Jennifer Zervas, MA, NCC, LPC, LAC, QMHP

Erin Sanford MA, LPC-MH, QMHP

Arise Counseling

1524 S. Summit Avenue, Sioux Falls, SD

Phone: (605) 202-2882

Website: arisecounselingsiouxfalls.com

Services Offered: Individual and couple counseling. Treatment of depression; anxiety; bipolar disorder; mood disorders; stress management; life transitions; health problems; aging; boundaries; self-esteem; coping skills and grief. Telehealth is available for existing clients. A brief phone interview would be necessary to determine if new patients would be eligible for Telehealth services.

Behavioral Health Professional: Jennifer Anderson, CSW-PIP, QMHP

Aspen Counseling Services, PLLC

1019 6th Avenue S.E., Watertown, SD

Phone: (605) 878-0606

Website: www.aspencounselingservices.net

Services Offered: Provides mental health and mindfulness therapy for teens and adults struggling with OCD; grief; anxiety; depression; eating disorders and stress. Telehealth sessions available after first session in person.

Behavioral Health Professionals:

Angela Arnold, MS, LPC-MH

Jillian Viessman MSW, CSW-PIP

Avera Behavioral Health Triage Services

2412 S. Cliff Avenue, Sioux Falls, SD

Phone: (605) 322-4086

Website: <https://www.avera.org/services/behavioral-health/>

Services Offered: Offers crisis/sooner access mental health therapy sessions for patients experiencing increased mental health needs. Sessions often can be scheduled same-day or within 3 business days. Patient meets with mental health therapist for a 30-45-minute brief crisis session: processing stressors, support systems, coping mechanisms, providing brief therapeutic interventions. Goal is to meet patients in their time of need and assist with re-regulation of emotional state and assisting with ensuring ongoing follow-up care (if needed). Tele-therapy services are available only in the following select rural communities/cities/towns in South Dakota (thanks to a HRSA grant): Bowdle; Britton; Brookings; Chamberlain; Ft. Pierre; Geddes; Gregory; Highmore; Kennebec; Lake Andes; Miller; Murdo; Onida; Platte; Presho; Redfield; Scotland; Tyndall; Wagner; White Lake; Winner; Yankton.

Behavioral Health Professionals:

Joann Adney, MSW, CSW-PIP
 Mary Beth Donrheim, MSW, CSW-PIP
 Lindsey Krueger, MSW, CSW-PIP
 Lawrence Ling, MSW, CSW-PIP
 Marcus Otten, LCSW, QMHP
 Dr. Thomas Shaffer, PhD, LP
 Amanda Taylor, LCSW, QMHP
 Dr. Nancy Wise-VanderLee, PhD, LP

Dr. Donald Baum, PhD, LP
 Mallory Frantsen, LCSW, QMHP
 Amber Lehman-Meyers, MSW, CSW-PIP
 Amy McFarland, MSW, CSW-PIP
 Josh Reinfeld, LCSW, QMHP
 Mary Ellen Smith, LPC-MH
 Sara Van't Hul, LCSW, QMHP

Avera Cancer Institute - Integrative Medicine Clinic

1000 E. 23rd Street, Suite 140, Sioux Falls, SD

Phone: (605) 322-3241

Website: <https://www.avera.org/services/cancer-care/cancer-support-services/>

Services Offered: Oncology Outpatient Therapists - offer counseling for people with cancer at any stage of treatment or recovery. Addressing issues of adjustment to illness; fear of reoccurrence; cancer induced distress; anxiety; depression; life legacy; advance care planning; grief and bereavement. Also available to see any family or support members of the individual for counseling. Support groups:

- Renewing Life Groups: 8-week group which is offered 3 times per year. No charge for the class; only cost is the manual. Waiting list maintained.
- A Time To Heal for Breast Cancer: 12-week psychosocial rehabilitation group offered 2 times / year. No charge for class or materials-donation only.

Telehealth available for any individual with cancer or their support person. May be in active treatment or out of treatment.

Behavioral Health Professionals:

Lynne Hunter, MSW, CSW-PIP, OSW-C

Brenda Ling, MSW, CSW-PIP, OSW-C, PFA

Avera McKennan Behavioral Health Center - Adult Grief Services

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

Phone: (605) 322-4074

Website: www.averabehavioralhealth.org

Services Offered: A professionally directed program designed to help adults navigate through any type of grief process in a small group and/or individual setting. Additionally, offers a grief group specifically for those who have experienced an infant loss. Offers Telehealth services.

Behavioral Health Professional: Dr. Mark Vande Braak, PhD, FT (Fellow in Thanatology)

Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program

2412 S. Cliff Avenue, Suite 100, Avera Professional Plaza, Sioux Falls, SD

Phone: (605) 322-4079

Website: www.avera.org

Services Offered: Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties. Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment. Court-approved provider for chemical dependency assessments, counseling and treatment services. Adolescents can be seen for chemical dependency evaluations and individual therapy. Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties. Telemedicine counseling services including CD assessments and individual therapy. Anyone can participate in this service but must be present at one of the following Avera clinics to participate: Flandreau, Chamberlain, Kennebec, or Scotland. Uses Avera polycom system. Accredited by the State of South Dakota as well as by the Joint Commission (JCAHO).

Behavioral Health Professionals:

Joseph Block, LAC

Alyssa Domel, MA, LPC, NCC, LAC

Elisa Lewis, MS, LPC, NCC, LAC, QMHP

Linda Rush, LPC, LAC

Natausha Deurmier, LCSW, CAC

Malia Holbeck, MSW, LCSW-PIP, LAC

Melissa Roby, MS, LPC, LAC

Lana Smith, MA, LMFT, QMHP, LAC

Back to Basics Counseling

48575 267th Street, Valley Springs, SD

Phone: (605) 757-7025

Website: back-to-basics-counseling.business.site

Services Offered: Trained in dialectical behavior therapy (DBT), trauma focused, and working with individuals with addictions; anxiety; depression; bi-polar; borderline personality and other diagnoses. Offers counseling services for tweens - senior adults. Can meet people at their home, in the community or by Telehealth.

Behavioral Health Professional: Debra McClintock, LCSW-PIP, QMHP

Barbara RA Christensen, II Inc

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

Phone: (605) 362-5803

Website: www.barbarachristensencounseling.com

Services Offered: Christian counseling for children, adolescents, and adults specializing in depression; anxiety; family issues; divorce; grief; self-injury; adjustment; drug and alcohol; attention deficit / hyperactivity disorder (ADD/ADHD); social skills; anger; domestic violence; abuse; obsessive compulsive disorder (OCD); relationship; autism and Asperger's syndrome. Offering Telehealth services.

Behavioral Health Professional: Barbara RA Christensen, MS, NCC, LPC, LPC-MH, QMHP, LAC

Barse Counseling, LLC

811 E. St. Andrew Street, Suite 6, Rapid City, SD

Phone: (605) 388-2258

Website: barsecounseling.com

Services Offered: Helps provide navigation for children, teens, and adults through difficult life circumstances; emotional and behavioral problems; communication and relational conflicts, and social and self-esteem/self-confidence issues. Specializes in helping decrease/eliminate problems with depression; anxiety; women's issues; anger management; acting out behaviors and life transitions, including separation and divorce, and grief and loss through: individual counseling; family counseling; sand tray therapy; play therapy; cognitive behavioral therapy (CBT); psycho-educational therapy and Bibliotherapy. Telehealth services available and are provided through Simple Practice system. Your own secure, private link to this

Barse Counseling, LLC –Cont’d

service will be emailed to you after scheduling an appointment. New clients are welcomed.

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

Bartels Counseling Services, Inc.

6330 S. Western Avenue, Suite 140, Sioux Falls, SD

Phone: (605) 310-0032

Website: bartelscounselingservicesinc.com

Services Offered: Individual, couples, groups, and family assessment, therapy, and treatment for concerns including: addiction; anxiety; depression; mood disorders; adjustment; abuse; spiritual development; emotional and stress management; family issues; grief; trauma; personality disorders and relational issues. Provides addiction assessments; early intervention; intensive outpatient treatment and aftercare services for adults and adolescents. Also offering Telemental health, utilizing the Zoom program/app. Clients are encouraged to check with their insurance providers regarding coverage; if allowed, services can be provided via phone. No restrictions if self-pay.

Behavioral Health Professionals:

Sherry L. Bartels, MA, QMHP, LPC-MH, LAC, ACS, ASS, NCC

Jennie Mayer, MS, QMHP, LPC-MH, LAC, NCC

Behavior Care Specialists, Inc.

1105 W. Russell Street, Sioux Falls, SD

Phone: (605) 271-2690

Website: <https://www.behaviorcarespecialists.com>

Services Offered: Behavioral treatment utilizing the principles of applied behavior analysis (ABA); consultation; parent training; in-services/trainings; functional behavioral assessment; and out of district placement for school districts. Offers Telehealth services.

Behavioral Health Professionals:

Charles Joey Clarke, M.A., RBT

Natasia Eastman, BS, BCaBA

Nicole Hoefert, BS, RBT

Lonna Quiram, MS, BCBA

Miranda Smith, BS, RBT

May Dang, BS, RBT

Jennifer Erickson, MA, BCBA, LBA

Debra Kindelspire, BFA, BCaBA

Christie Reit, MS, BCBA, LBA

Riley Wolles, BS, RBT

Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2, Sioux Falls, SD

Phone: (605) 274-1700

Website: www.mariaegancounseling.com

Services Offered: Offering individual, couples, group, and family therapy for all ages. Specializing in work with children and adolescents. Utilizes play therapy; parent/ child interactive therapy; behavior modification; cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT). Experience working with those suffering from depression; generalized and separation anxiety; school refusal; social phobia and obsessive compulsive disorder (OCD). Other areas include social skills training; behavior problems; emotional regulation; selective mutism; trichotillomania (hair pulling); grief and loss; post-traumatic stress (PTSD); attention deficit / hyperactivity disorder (ADD/ADHD); Asperger's and autism spectrum; pediatric bipolar disorder; mood disorders and disruptive mood dysregulation. Virtual and in-office visits available. Offering groups for children: OCD and Worry Free, a psychotherapy group for kids ages 8-13 with obsessive compulsive disorder; Kids, Boundaries, and Manners, an 8-week learning group designed to help children understand body boundaries and personal space.

Behavioral Health Professional: Maria Egan, MS, LPC-MH, QMHP

Behavior Management Systems Rapid City (Main Office)

350 Elk Street, Rapid City, SD

Phone: (605) 343-7262

Website: www.BMSCares.org

Services Offered: Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse; anxiety; attention deficit hyperactivity disorder (ADD/ADHD); depression; emotion and behavior regulation for children; grief and loss; life transition and adjustment issues; marriage and family issues; post-traumatic stress (PTSD); relational violence/abuse; self-esteem; stress management; suicide intervention/crisis stabilization; teen problems; wellness counseling, and women's issues. Family Pathways (Family Outreach Services) counselors provide intensive counseling and support

Behavior Management Systems Rapid City (Main Office) - Cont'd

services for children in community locations such as home or school. Psychiatric Services provides assessments and medication management. Offers Telehealth services.

Behavioral Health Professionals:

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

Behavior Management Systems - Hot Springs (Satellite Office)

3 Canyon View Circle, Hot Springs, SD

Phone: (605) 745-6222

Website: www.BMSCares.org

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

Behavioral Health Professionals:

Matt Gordon, LPC, QMHP	Lisa Kautzman, RN, CNP, QMHP
Kim McNemar, LPC-MH, QMHP	Shauna Smith, LPC, QMHP

Behavior Management Systems Rapid City - Mainstream Office

111 North Street, Rapid City, SD

Phone: (605) 343-0650

Website: www.BMSCares.org

Services Offered: Services provided to adults with severe mental illness (SMI) including: CARE - Continuous Assistance, Rehabilitation, and Education; IMPACT - Individualized and Mobile Program of Assertive Community Treatment; Psychiatric Services - assessments and medication management; Transitional - residential program for people who have been released from a mental health institution or low intensity correctional institution. Offers Telehealth services.

Behavioral Health Professionals:

Aimee Janvrin, LPC-MH, QMHP	Lisa Kautzman, RN, CNP, QMHP
Peggy O'Connor, RN	

Behavior Management Systems Spearfish Office

623 Dahl Road, Spearfish, SD

Phone: (605) 642-2777

Website: www.BMSCares.org

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

Behavioral Health Professionals:

Carmen Heaphy, LPC, QMHP	Sarah Hewitt, MS, LPC, QMHP
Shannon Howard, LPC-MH, QMHP	Kenda Huseby, RN, CNP, QMHP

Behavior Management Systems Spearfish Office—Cont'd

Lisa Kautzman, RN, CNP, QMHP
 Rachel Pettersen, LPC-MH, QMHP

Peggy O'Connor, RN

Belle Fourche Counseling, LLC

515 National Street, Suite 103, Belle Fourche, SD

Phone: (605) 722-8090

Services Offered: Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting. Offers Telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through an IPAD format or a secure video connection for those without Apple products.

Behavioral Health Professionals:

Allison Bensen, MS, LPC-MH
 Karen Griffith, LPC
 Sarah Hewitt, LPC

Kayla Grams, LPC-MH
 Linnea Grosz, LPC-MH

Black Hills Center for Healing and the Advancement of Psychotherapy

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

Phone: (605) 440-2287

Website: bhchap.com

Services Offered: Individual therapy for adults and couples, specializing in trauma, including dissociative functioning and complex trauma. Integrative trauma treatment approaches, featuring EMDR, somatic psychotherapies, along with a mindfulness and self-compassion practice focus, for core healing. Specialty programs and retreats available. Telehealth services/counseling available. Initial assessment required. Not all insurances reimburse for Telehealth, so out of pocket payment may be required.

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

Black Hills Psychology

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

Phone: (605) 645-0100

Website: www.blackhillspsychology.com

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

Behavioral Health Professionals:

Mark Britzman, EdD, LP
 Tara Ginter, LPC-MH
 Adam Opbroek, MD
 Rita Van Norman, CSW-PIP

Michele Clodfelder, LPC-MH, EAP
 Cherise Lerew, PhD, LP
 Jacob Seidel, LPC-MH

Emilia Flint, PhD, LP
 Shannon Maxwell, PsyD, LP
 Terry Trucano, CSW-PIP

Bosworth Therapy & Consultation Services, Inc.

420 Quincy Street, Rapid City, SD

Phone: (605) 343-7755

Services Offered: Individuals, couples, and family therapy. Play therapy, mediation, and custody evaluations. Also offering Telehealth services.

Behavioral Health Professional: Thomas M. Bosworth, MSW, CSW-PIP, RPT

Breakthrough Psychological Services

404 S. Lincoln Street, Suite L1, Aberdeen, SD

Phone: (605) 725-5505

Website: www.breakthroughpsychservices.com

Services Offered: Individual, couples, children and family counseling using the approach of positive psychology along with specialized training and certification in cognitive behavioral therapy (CBT) for the treatment of depression; anxiety (GAD, Panic, Phobias, Social-Anxiety, etc.); bipolar disorder; obsessive compulsive related (OCD, hoarding, etc.); trauma related (post-traumatic stress (PTSD), P/S/E abuse, traumatic death, etc.); anger and impulse control, and personality disorders (borderline, narcissistic, antisocial, etc.). Also offering Telehealth services.

Behavioral Health Professional: Cindy Goehring, M.S.Ed, LPC-MH, LSWA, NCC

Bridges to Hope Counseling Services LLC

1101 Broadway Avenue, Suite 108-02, Morgan Square, Yankton, SD

Phone: (605) 665-4488

Website: yanktontherapist.com

Services Offered: Individual and family counseling for issues involving depression, anxiety, grief and loss, ADHD, and post-traumatic stress (PTSD). Eye movement desensitization and reprocessing (EMDR) available. Also offering services via Telehealth.

Behavioral Health Professional: Jerry L. Webber, LCSW-PIP

Bridgeway Counseling Center

600 4th Street N.E., Suite 203, Watertown, SD

Phone: (605) 886-5262

Website: bridgewaycounselingcenter.com

Services Offered: Assists adults, teens and children struggling with depression; anxiety; relationship issues; family conflict; behavioral challenges; trauma; pain; loss or any area of difficulty. Telehealth services available. In addition to counseling services, experienced psychologists offer expertise in mental health testing and assessment services. These tests and assessments include memory testing, disability testing, bariatric testing, ADHD/ADD testing and a wide range of competency assessments. Offering Telehealth services.

Behavioral Health Professionals:

Dr. Robert Buri, PhD

Dr. Sara Erickson, PhD

Sarah Dykstra, CSW-PIP

Kim Ammann, LPC-MH

Dr. Lee Hendricks, PsyD

Melissa Meester, CSW-PIP

Rachael Stangeland, CSW-PIP

Sara Struckman, CSW

Burroughs Counseling and Consultation, LLC

5032 S. Bur Oak Place, Suite 205, Sioux Falls, SD

Phone: (605) 206-7474

Website: www.burroughscounseling.com

Services Offered: Provides individual, family, group, marital/couple, and play therapy services using eye movement desensitization and reprocessing (EMDR) and dialectical behavioral therapy (DBT). Bilingual (Spanish) therapy is available. Has a commitment to seeing a client within 24-hours of receiving a referral. Also providing Telehealth services to patients across South Dakota.

Behavioral Health Professionals:

Andrew Burroughs, LPC-MH

Megan Engdahl, CSW-PIP

Brooke Greenig, LCSW

Christopher Pudwill, CSW-PIP

Robyn Shores Foster, CSW-PIP

Chuck Voegeli, LPC-MH

Karen Dreier, LCSW

Mike Falconer, CSW-PIP

Lindsay Neth, CSW-PIP

Tally Salisbury, LPC-MH

Ashley Termansen, CSW-PIP

Catholic Social Services Rapid City - Counseling Services

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

Phone: (605) 348-6086

Website: www.cssrapidcity.com

Services Offered: Individual, couple and family counseling for issues related to trauma; abuse; substance abuse prevention; relationships; unplanned pregnancy; adoption and parenting. Offers Telehealth counseling services for rural South Dakotans to have access to an outpatient therapist via smart phone, tablet or computer. Call to schedule a session via confidential/secure HIPAA compliant video technology.

Employee assistance program (EAP) can provide trainings, classes/groups or counseling for employees.

Catholic Social Services Rapid City - Counseling Services - Cont'd

Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide. Variety of educational workshops available. Other programs include: Lakota Circles of Hope, Disaster Relief and Uplifting Parents. CSS is offering free counseling services to ranchers and producers facing stress, family conflict; persistent worry; depression; irritability; or relying on substances to manage.

Behavioral Health Professionals:

Angie Banley, MA, LPC, QMHP

James T. Kinyon, MS, LPC-MH, QMHP, LMFT

Norma Runner, MA, LPC, QMHP

Charlie Hartpence, MS

John Olenyik, MDiv, LPC, QMHP

Chamness Counseling

326 E. 8th Street, Suite 106E, Sioux Falls, SD

Phone: (605) 254-3889

Website: www.chamnesscounseling.com

Services Offered: Offering counseling to individuals managing issues from major depression to juggling daily stressors in a supportive, nonjudgmental environment. Offers Telehealth services.

Behavioral Health Professional: Jeanne Chamness, MA, NCC, LPC

Childrens Inn - Therapy

409 N. Western Avenue, Sioux Falls, SD

Phone: (605) 338-4880

Website: www.chssd.org/childrensinn

Services Offered: Individual, child and family therapy is available to victims of domestic violence, stalking, sexual assault or child abuse. Therapy offered includes crisis counseling for women and children in shelter and ongoing therapy for individuals from the community who have been or are currently a victim of abuse. Therapy services are offered free of charge. Offers Telehealth services.

Behavioral Health Professionals:

Jody Bockorny, MS, LPC, NCC

Alicen Hauck, MS, NCC

Christian Counseling & Ministries of the Black Hills

624 6th Street, Suite 207, Rapid City, SD

Phone: (605) 342-9333

Website: www.ccmbh.com

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

Behavioral Health Professionals:

Dadra Avery, MS, LPC

June Reilly, MS, LPC-MH

Sandi Ohlen, MS, LPC

Clarity Counseling, LLC

108 E. 38th Street, Suite 700, Sioux Falls, SD

Phone: (605) 231-9308

Website: www.claritycounselingsf.com

Services Offered: Serving clients 12 years of age and older on the topics of abuse; attention deficit / hyperactive disorder (ADD/ADHD); adoption; alcohol abuse; Asperger's syndrome; autism; behavioral issues; bipolar disorder; borderline personality; chronic impulsivity; codependency; coping skills; divorce; domestic abuse; domestic violence; dual diagnosis; eating disorders; family conflict; grief; infertility; infidelity; obsessive compulsive disorder (OCD); oppositional defiance (ODD); parenting; pregnancy, prenatal and postpartum; self-esteem; self-harming; sexual addiction; insomnia; weight loss, and women's issues. Treatment approaches include cognitive behavioral therapy (CBT), family systems therapy, marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling. Telehealth services available.

Behavioral Health Professional: Brandy Bunkers, CSW-PIP

Clear Minded Counseling

3701 W. 49th Street, Suite 204A, Sioux Falls, SD

Phone: (605) 681-3345

Website: www.clearmindedcounseling.com

Clear Minded Counseling - Cont'd

Services Offered: Individual counseling; parent-child interaction therapy (PCIT)

Parent-Child Interaction Therapy (PCIT) is an evidenced based therapy for parents and their children age 2 to 7 who have emotional and behavioral issues. It focuses on building the parent child relationship while also coaching parents on how to manage their child's behavior. Both traditional therapy and parent-child interaction therapy can be conducted through Telehealth.

Behavioral Health Professional: Elly Keller, MA, LPC-MH, NCC

Community Counseling Services - Huron (Main Office)

357 Kansas Avenue S.E., Huron, SD

Phone: (605) 352-8596

Website: www.ccs-sd.org

Services Offered: Mental Health services include: Individual, couples and family counseling; psychological testing/assessments; 24-hour QMHP services; psychiatric evaluations and medication management; psychiatric care; school consultations; and employee assistance programs (EAP). Alcohol and drug program services include: treatment approach based on the 12-step program of Alcoholics Anonymous and reality therapy. Services offered include individual counseling; chemical assessments; DUI education program; outpatient treatment; prevention education program, and a relapse prevention group. Outpatient Case Management and IMPACT programs, helping clients with severe and persistent mental illness; case management and continued care; medication management with psychiatrist; crisis intervention assistance; psychiatric rehabilitation (providing program services that assist clients in developing skills and manage resources needed to allow them to be successful in the community. The program consists of services designed to restore the disabled person to a level of functioning which permits a useful, meaningful life). Bradfield-Leary Center Apartments: provides supportive housing to consumers who participate in the Case Management or IMPACT Programs. Telehealth services in:

DeSmet (605) 854-3455; Flandreau/Moody County (605) 997-3771; Howard (605) 256-9656; Huron (605) 352-8596; Madison (605) 256-9656; Miller (605) 853-2421; Wessington Springs (605) 539-1778.

Behavioral Health Professionals: Call for information on Behavioral Health Professionals.

Compass Center, The - Counseling and Play Therapy Services

1704 S. Cleveland Avenue, Suite 3, Sioux Falls, SD

Phone: (605) 339-0116

Website: <http://thecompasscenter.org/>

Services Offered: Assisting survivors of violence through the healing process, by serving both male and female victims of violence, beginning at age 3. Services include: ongoing one-on-one, or group therapy with a LPC level counselor or graduate counseling intern under supervision of a licensed counselor (includes counseling for post-traumatic stress (PTSD)); advocacy at the hospital, courthouse or police station; assistance with safety planning; help filing protection orders or victims' compensation applications; community connections (information, support or assistance in obtaining necessary resources); free counseling for adult caregivers of children affected by sexual and/or domestic violence. Free child therapy for children ages 3-12 who are survivors of sexual and/or domestic violence. Through play, children: process traumatic experiences in a safe environment; express themselves and feel understood; facilitate their own decision-making process; relieve feelings of stress and anxiety; and learn new social skills. Sessions vary in length based on the child's age level and individual needs. Offers Telehealth services.

Behavioral Health Professionals:

Maranda Ehrenfried, MA, LPC

Briana Halse, MA, RPT, LPC

Michele Johnson, RN, MA, LPC, CCTP

Kelsey Kruse, MA, LPC, CCTP

Compass Point, The - Spearfish

710 E. Colorado Boulevard, Suite A, Spearfish, SD

Phone: (605) 642-7093

Website: www.thecompasspoint.org

Services Offered: Offers screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include moral reconnection therapy (MRT) class, continued care, and adolescent diversion classes. Also offers cognitive behavioral interventions for substance abuse (CBISA) and MRT treatment. Offers Telehealth services.

Behavioral Health Professionals:

Jeanie Montgomery, MS, LAC

AshLee Pray, BS, CAC

Ashley Siebrasse, BS, ACT

Bonnie Sorzano, BS, ACT

Compass Point, The - Sturgis (Outpatient)

1807 Williams Street, Sturgis, SD

Phone: (605) 347-3003

Website: www.TheCompassPoint.org

Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Moral reconnection therapy (MRT) class, DUI classes, continuing care and adolescent diversion classes. A family program is available to family members and friends affected by the substance use of another. Compass Point also offers cognitive behavioral interventions for substance abuse (CBISA) and MRT treatment. Offers Telehealth services.

Behavioral Health Professionals:

Gloria Burtzloff, MS, ACT

Jean Earl, BS, ACT

Michelle Teeslink, MS, LAC

Concordia Mind Health

5000 S. Minnesota Avenue, Suite 300, Sioux Falls, SD

Phone: (605) 400-9975

Website: www.concordiamindhealth.com

Services Offered: Provides medication management and psychotherapy for adults and adolescents by appointment, to meet the scheduling needs of the patient. Telemental health, Spravato treatment options, and medication assisted treatment (MAT) options available.

Behavioral Health Professionals:

James Chiu, MD

Cassandra Heuer, PMHNP-BC

Conrad Counseling & Consulting, LLC

5024 S. Bur Oak Place, Suite 214, Sioux Falls, SD

Phone: (605) 361-8876

Website: www.conrad15.wix.com/counselandconsult

Services Offered: Offers individual, couples, and family therapy for all ages. Specializing in therapeutic approaches including cognitive behavioral therapy (CBT); acceptance and commitment therapy (ACT); solution-focused; intensive family services (IFS); eye movement desensitization and reprocessing (EMDR), and integrated eye movement desensitization and reprocessing (IEMDR) for chronic pain. Assisting clients facing depression; anxiety; abuse; grief; post-traumatic stress (PTSD); life transition; self-esteem; anger management; attention deficit/hyperactive disorder (ADD/ADHD), and women's issues. Counseling supervision and consultation available. Offers Telehealth services.

Behavioral Health Professionals:

Roy Conrad, PhD, LPC-MH, NCC, QMHP

Heidi Jans, MS, LPC-MH, NCC, QMHP

Matt Wolthuizen, MA, LPC-MH, NCC, QMHP

Crossroads Counseling Services

809 South Street, Suite 306, Rapid City, SD

Phone: (605) 430-9521

Services Offered: Individual counseling for ages 8 through 62. Therapeutic approaches include client centered, existential, and cognitive-behavioral. Christian counseling is also offered. Therapy techniques include EMDR, sand tray therapy, play therapy, art therapy, behavior modification, and short-term solution-focused therapy. Telehealth available. All sessions via Doxy.me and must have an iPhone or Android phone. Some phone only sessions are available also.

Behavioral Health Professional: Beverly D. Dafler, LPC-MH, EdS, NCC

Dakota Counseling Institute - Mitchell Office (Main Office)

910 W. Havens, Mitchell, SD

Phone: (605) 996-9686

Website: www.dakotacounseling.com

Services Offered: Outpatient services are available to anyone who may currently be experiencing problems of an emotional, behavioral, substance abuse, or interpersonal nature. Therapy services include: Individual therapy; Group therapy; Couples therapy; Family therapy; Home-based therapy; Medication management; Substance use - individual and group treatment programs; and Crisis intervention. Diagnostic services include: Psychiatric evaluation; Mental status examination; Education assessment; Emergency mental health evaluation; and Treatment needs assessment for substance abuse problems.

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

Dakota Counseling Institute - Chamberlain (Satellite Office)

200 Paul Gust Road, Suite 102, Chamberlain, SD

Phone: (605) 734-6535

Services Offered: Outpatient mental health and substance abuse services, medication management via telemedicine, home-based children's services to the community of Chamberlain and the surrounding communities.

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

Darla Huffman Counseling Services

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

Phone: (605) 370-4442

Website: www.darlahuffmancounseling.com

Services Offered: Counseling for individuals, families and couples, working with, but not limited to issues such as depression, anxiety, illness, bereavement, trauma, and abuse. Can provide counseling via Telehealth services (face to face via videoconferencing). Intake information is required prior to first therapy session, so typically, clients come in person for initial appointment, but can be done via phone. Typically, a 55-minute session, much like those who come in for an in person session.

Behavioral Health Professional: Darla Huffman, LPC-MH

Destinations Counseling, LLC

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

Phone: (605) 262-0513

Website: destinationstherapy.com

Services Offered: Mental health services/ therapy in a private practice setting. Specializing in work with children, adults, foster children, adoption issues, domestic violence issues, abuse and neglect issues, and trauma issues. Also, providing Telemental health.

Behavioral Health Professional: Ellen Washenberger, MS, LPC-MH, QMHP

Discover Wellness

5708 S. Remington Place, Suite 400, Sioux Falls, SD

Phone: (605) 250-1226

Website: www.discoverwell.co

Services Offered: Individual counseling for adults and young adults. Specialty areas include anxiety; trauma; depression; life change; relationship challenges; post-traumatic stress (PTSD); feeling stuck; family of origin challenges; abuse issues; confidence and self-esteem challenges; fertility challenges; parenting, postpartum anxiety or depression. Therapies available include, but are not limited to eye movement desensitization and reprocessing (EMDR), cognitive behavior therapy (CBT), mindfulness based cognitive therapy (MBCT), and solution focused brief therapy. Telehealth services available.

Behavioral Health Professional: Robin Rossow, MS, LPC-MH, NCC, QMHP

Empowerment Counseling, LLC

12 2nd Avenue S.W., Suite 202A, Aberdeen, SD

Phone: (605) 846-0464

Website: empowermentcounselingsd.com

Services Offered: Individual counseling; marriage counseling; dialectical behavioral therapy; family counseling; family functional therapy; couples (conjoint) counseling; trauma informed therapy; cognitive behavioral therapy (CBT); and Telemental health.

Behavioral Health Professional: Christie Rall, MS, LPC-MH, NCC, QHMP

Encompass Mental Health, LLC

5000 S. Minnesota Avenue, Suite 400, Sioux Falls, SD

Phone: (605) 275-0009

Website: www.SiouxFallsCounseling.com

Services Offered: Provides play therapy for children with behavior challenges, counseling for women looking for balance and happiness in life and consultation for child care programs to improve the quality of their programs and promote positive behaviors of the children in their care. Telehealth available. First session takes place in person. Following sessions would be moved to Telehealth.

Behavioral Health Professionals:

Caitlin Borges, CSW-PIP

Holly Kelly, LPC, RPT

Angie Hoheisel, NCC, LPC-MH, QMHP

Sara Kuehler, LPC

Emily A. Learing, MA, LMFT, RPT

Rachel Thyberg, CSW-PIP, RPT

Enso Mental Health, LLC

717 5th Street, Spearfish, SD

Phone: (605) 519-5850

Website: www.ensomh.com

Services Offered: Specializes in working with adults and teens on a variety of concerns including couples therapy; grief and loss; trauma; anxiety; depression; general wellness and health, and parenting. Provides individual therapy and marriage/couples therapy. Also, provides faith based counseling; bereavement counseling; cognitive behavioral therapy (CBT); terminal illness counseling; LGBTQ Counseling; gender identity counseling; hoarding counseling and domestic violence counseling. Able to offer sessions via Telehealth. Prefer first session in person.

Behavioral Health Professionals:

Shannon Howard, MA, LPC-MH, QMHP, NCC

JoAnna Prewitt, MS, LPC-MH, QMHP, NCC

Family Service, Inc. - Counseling Services

2210 S. Brown Place, Sioux Falls, SD

Phone: (605) 336-1974

Website: www.sdfsi.org

Services Offered: Counseling services include helping individuals and families learn to recognize problems, communicate needs, and change behaviors. Specialized programs include treatment for depression; anxiety; bi-polar; post-traumatic stress (PTSD); grief trauma; life stress and adjustment disorders. Can provide counseling via Telehealth for individuals. Preference is to have an in-person intake session, but recognizes that this is not always an option. If the in-person session is not an option for clients, then will work with the individual to complete the intake via Telehealth.

Behavioral Health Professionals:

Todd Herrboldt, MSW, LCSW-PIP

Wendy Kajer, LPC

Benson Langat, CSW

Connie Nelson, MA, LPC-MH, LAC

Erika Peterson, CSW-PIP

Paul Ritter, LPC-MH

Shelley Sandbulte, Licensed Psychologist

Sarah Shoffner, CSW-PIP, QMHP

Paula Lain Smykle, LCSW-PIP

Jodi Williams LPC-MH, QMHP

Angie Zirpel, MS, LPC-MH, LAC

Jeanne Carol Carlsen, DNP, LMFT, CNP, PMHNP-BC

Footsteps Counseling, LLC - Aberdeen

419 Moccasin Drive, Aberdeen, SD

Phone: (605) 725-2155

Website: www.footstepscounselingaberdeensd.com

Services Offered: Assessments and therapy offered for individual, family, group counseling and children ages 9 and up with specialties of: mental health screening; divorce; grief; cognitive behavioral therapy (CBT); dialectical behavior therapy (DBT); adolescent/youth; terminal illness; LGBTQ; identity; parenting; hoarding; spouse/intimate partner abuse, and adult survivors of child abuse. Also offering services via Telehealth.

Behavioral Health Professionals:

Jerry Feist, MS, LPC-MH, QMHP

Heidie Holmstrom, MA, LPC-MH, LPC, NCC, QMHP

Funk Counseling

526 Main Street, Lower Level, Spearfish, SD

Phone: (605) 722-0795

Website: www.funkcounseling.com

Services Offered: Provides individual counseling to children, adolescents and adults. Specialized training in cognitive behavioral therapy (CBT), experiential, and directive play therapy. Also offers trauma based training for children. Telehealth sessions available. Prefer first session in person.

Behavioral Health Professional: Rebecka Funk, MA, LPC-MH

Glory House of Sioux Falls - Outpatient Services

4000 S. West Avenue, Sioux Falls, SD

Phone: (605) 332-3273

Website: www.glory-house.org

Services Offered: Individual and group counseling for substance use disorders as well as co-occurring issues. Offers the following evidenced-based practices: intensive methamphetamine treatment (IMT); Matrix

treatment and aftercare (this is specifically used for methamphetamine treatment); moral reconnection therapy
Glory House of Sioux Falls - Outpatient Services - Cont'd
(MRT); cognitive behavior interventions for substance abuse (CBISA); Co-occurring aftercare, and seeking strength. Offering Telehealth services. Clients will have an initial meeting to consent to paperwork and be mailed releases to sign and return to Glory House with a stamped envelope. Upon return of some vital releases, services will be set up to attend through Zoom. Walk-in assessment for substance use available during office hours.

Behavioral Health Professionals:

Kelly Cleveringa, MS, LAC
Kristen Ganske, MS, ACTT
Brianna Merrigan, BS, ACT
Melissa Pinion, BS, ACT
Diana Yedwabnick, BS, ACT

Kari Joldersma, MA, LAC
R. Maves, MS, LAC, LPC
Elycia Osland, BS, ACT
Mark Wilder, MA, ACT

glow - glorious lifestyle. optimal weight

1601 E. 69th Street, Suite 103, Sioux Falls, SD

Phone: (605) 373-9066

Website: www.glowapproach.com

Services Offered: Specializing in food and weight issues. Areas of expertise cover the full spectrum of disordered eating including anorexia; bulimia; binge-eating disorder; compulsive / emotional eating; orthorexia; pre- and post-bariatric surgery psychological consultation and counseling; body-image issues, and weight loss coaching. Services provided include individual coaching / counseling, groups and personalized small groups, classes and workshops. Offering telehealth services. Prefer first session in person.

Behavioral Health Professional:

Lyn Shroyer, EdD, Licensed Psychologist, Certified Integrative Nutrition Health Coach

Gossamer Threads Counseling

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

Phone: (605) 209-5513

Website: gossamerthreadscounseling.com

Services Offered: Providing narrative therapy for adults and families, a relational therapy that seeks to collaboratively resolve problems and create new possibilities. Areas of special emphasis include: identity concerns and identity development (including LGBTQ+ identities); family dynamic questions; trouble in relationships; recovery from abuse or trauma (including religious trauma); marginalization or discrimination; complications in grieving; difficulties with mood, stress, and spiritual development. Also offering services via Telehealth.

Behavioral Health Professional: Jessica Hubner, MS, LPC

Great Plains Psychological Services

4105 S. Carnegie Place, Sioux Falls, SD

Phone: (605) 323-2345

Website: www.gppssf.com

Services Offered: Individual, group, couples, marriage, and family therapy for all ages. Specializing in adoption home studies, critical incident stress debriefing, mediation services and employee assistance program services. Evaluations available include psychological, forensic, competency, pre-surgical, and psychosexual. Covering topics such as attention deficit / hyperactivity disorder (ADD/ADHD); anxiety; depression; anger management; stress management; psychosexual; problems with sexuality; physical abuse; sexual abuse, grief and loss issues; substance abuse; oppositional defiant youth (ODD), and chronic pain. While most insurance is covering Telehealth during the COVID-19 pandemic, patients should check with insurance to make sure; some insurance companies will waive co-pays. Visit website and download the intake and tele-health forms and then call the office to make a ZOOM appointment.

Behavioral Health Professionals:

Kimberly J. Cournoyer, EdS, LPC-MH
Norma Haan, MSSA, CSW-PIP
Tara Olson-Larson, MA, LPC-MH
Carolyn Roths, MEd, LPC-MH
David Sundem, MS, LPC-MH

Irina Goubanova, MS, LPC, QMHP
Stephan Langenfeld, EdD, LP
Scott Pribyl, EdD, LP
Clint Sperle, MA, LPC-MH
Jeff Trammell, MSW, CSW-PIP

Greg Swenson, PhD

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

Phone: (605) 341-5436

Website: <http://gregswensonphd.net/>

Services Offered: Providing individual and marriage counseling from a Christian perspective, and psychological evaluations. Internet counseling available depending on insurance/third party payment or private pay.

Behavioral Health Professional: Greg Swenson, PhD, Licensed Psychologist

Grief Recovery Method, Coaching, and Training

24651 Whitetail Ridge Road, Hermosa, SD

Phone: (303) 590-4403

Services Offered: The Grief Recovery Method is an evidence-based and practice informed program that has been shown to effectively influence components of grief and grief recovery. Based on over 40 years of practice dealing with grief and working one on one with griever, the GRM program helps reduce grief by teaching griever new skills on how to cope and process grief; how to confront old myths or unhelpful patterns of grieving; how to examine the ways in which grief has impacted their life through detailed assignments and exercises; and how to let go of pain from loss through the timely identification of apologies, forgiveness, and significant emotional statements, all within a helpful, supportive environment. There are four programs; 8-week support group, 7-week one on one, 4-week Helping Children Deal with Loss, and 6-week for Pet Loss. Services can be offered by Skype and Zoom. Contact by phone or email to discuss process and procedure.

Behavioral Health Professional: Margie Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Method Specialist (R). Certified by the Grief Recovery Institute(R)

Haven Counseling LLC

3213 W. Main Street, Suite 437, Rapid City, SD

Phone: (605) 863-2498

Website: www.havencounselingllc.com

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

Behavioral Health Professional: Koral Olson, MS, LPC, NCC, CBIS

Healing For The Soul Hypnosis LLC

100 S. Maple Street, Suite 105, Watertown, SD

Phone: (320) 460-0272

Website: <https://healingforthesoulhypnosis.com>

Services Offered: Uses hypno-therapy and hypno-diagnostic tools. Also provides general self-improvement; dream therapy; heart math; biofeedback; weight loss; post-traumatic stress (PTSD); anxiety and fears; therapeutic imagery master; therapeutic imagery facilitator; therapeutic advanced imagery, healing & intuitive development level 1, and emotional freedom technique (tapping). Specific services include: individual counseling; family counseling; substance abuse counseling; faith based counseling; fertility issues; gambling counseling/treatment; outpatient substance abuse treatment; cognitive behavioral therapy (CBT); adolescent/youth counseling; parent counseling; pain management; hoarding counseling; and internet counseling (Telehealth).

Behavioral Health Professional:

Robin Stoltman, Certified Hypnotherapist (C.Ht) Therapeutic Imagery Master, Therapeutic Imagery Facilitator, Therapeutic Advanced Imagery, Healing & Intuitive Development level 1, Advanced Specialist in Handwriting Analysis

Heartspace Counseling, LLC

24349 Abe Place, Keystone, SD

Phone: (605) 484-6030

Website: <http://sdheartspace.com>

Services Offered: Specializing in eating disorders; trauma; depression; anxiety; couples; life changes; spirituality, and aging. Group therapy for youth and adults with disordered eating. Conducts Telemental health when necessary using VSee. First appointment preferred as face to face, but not required.

Behavioral Health Professional: Susan Kay Lorenzen, MA, MS, LPC-MH, NCC, ACS

Heynen Health & Wellness Services

809 South Street, Rapid City, SD

Phone: (605) 390-8332

Website: <https://www.heatherheyne.com/>

Services Offered: In-office mental health counseling and therapy to help navigate through mental and emotional stresses, alleviate anxiety and depression, and reach daily and life goals. Assessment and goal-setting. On-line or in-office life coaching, counseling, consulting. Helps facilitate processes for individuals to reach goals in life through practical direct direction, emotion management, habit change, and skill building.

Behavioral Health Professional: Heather Heynen, LPC-MH, QMHP, NCC

Highmore Clinic

200 Commercial Avenue S.E., Highmore, SD

Phone: (605) 852-2238

Website: www.ruralhc.net/highmore

Provides primary healthcare services including physical exams, chronic disease management, acute illness management, employment and sports physicals, well child exams, children and women's health services, immunizations. Telemedicine services related to medical or mental health needs are available.

HOPE Counseling Center

1245 Sherman Street, Hot Springs, SD

Phone: (605) 745-5334

Services Offered: Offering a supportive, collaborative relationship to develop and meet meaningful goals through: individual counseling; family counseling; marriage counseling; play therapy; mental health screening; grief/bereavement counseling; adolescent and youth counseling; parent counseling; spouse/intimate partner abuse counseling; lifespan integration therapy; and Telehealth services.

Behavioral Health Professional: Alison Ritterbush, LPC-MH, QMHP

Human Service Agency - Outpatient Mental Health

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

Phone: (605) 886-0123

Website: www.humanserviceagency.org

Services Offered: Community mental health center offering the following: moral reconnection therapy (MRT) group for adolescents and adults; dialectical behavioral therapy (DBT); individual counseling; marriage and family counseling; functional family therapy; psychotropic medication management; domestic violence evaluations and follow up services; psychiatric evaluations and medication management; and telemedicine services.

Behavioral Health Professionals: Staff have the following licenses / credentials; LPC, LMFT, CSW-PIPs, QMHPs, PA-C, LPC-MH

Human Service Agency - Addiction Services

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

Phone: (605) 886-0123

Website: www.humanserviceagency.org

Services Offered: Addiction services consist of chemical dependency evaluations; intensive adult outpatient chemical dependency treatment; adult chemical dependent aftercare support groups; DUI classes; gambling treatment; prevention programs; cognitive behavioral interventions for substance abuse (CBISA); and telemedicine services.

Behavioral Health Professionals: Staff have the following licenses / credentials; ACA, LAC, QMHP, LPCs, LPC-MH, CSW-PIP

Integrated Care and Consultation, LLC

5117 S. Crossing Place, Suite 3, Sioux Falls, SD

Phone: (605) 306-3240

Website: yourintegratedcare.com

Services Offered: Mental health services with a holistic approach. Experience in working with children, adults, marital counseling, family sessions, group sessions, Native Americans, and veterans. Experience in depression, anxiety, post-traumatic stress (PTSD), life coaching, etc. Offers services via Telehealth.

Behavioral Health Professional: Krystal Lohff, CSW-PIP, QMHP

Jane Webster, LLC

2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD

Phone: (605) 261-0819

Website: jwebstercounseling.com

Services Offered: Provides individual, couples and family counseling. Treatment specialization includes: therapy for depression and anxiety; couples counseling; family counseling; parenting support; counseling with adolescents; grief counseling; work and career issues; stress management; conflict resolution; spiritual concerns; eye movement desensitization and reprocessing (EMDR). Offering Telehealth services.

Behavioral Health Professional: Jane Webster, MA, LPC-MH, LAC, QMHP

Jetson Counseling

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

Phone: (605) 718-5500

Website: www.jetsoncounseling.com

Services Offered: Individual, couples, marriage, family, group counseling, and workshops focusing on areas such as co-dependency; trauma; sexuality; depression; anxiety; sexual abuse trauma; mild traumatic brain injury; relationship issues; boundaries, and financial therapy/coaching. Corporate and business consulting for team building, time management, strategic planning, and more. Face-to-face and internet options available. Internet counseling/tele-therapy is offered via Zoom and other modalities the client wishes to use.

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

Journey Counseling Services, LLC - Rapid City

811 Columbus Street, Rapid City, SD

Phone: (605) 988-8131

Website: www.journeycounselingservices.com

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

Behavioral Health Professional: Michael Wheaton, MA, LMFT, QMHP

Journey Therapy & Neurofeedback Clinic

1500 S. Sycamore, Suite 200, Sioux Falls, SD

Phone: (605) 351-1545

Website: www.journeysupport.net

Services Offered: Individual, couples, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression; anxiety; traumatic experiences/abuse; post-traumatic stress (PTSD); attachment challenges; parenting support; grief and loss; work and career issues; stress management; addiction and recovery, and conflict resolution. Offers BrainPaint Neurofeedback; hypnosis; eye movement desensitization and reprocessing (EMDR); parenting group; nurturing parenting program; adoption; parent/child relationship, and foster parent support. Working with clients to determine what is best for their situation regarding Telehealth.

Behavioral Health Professionals:

James Cady, MA, EdS, NCC, LPC-MH

Amy Roth, MS, NCC, LPC-MH

Tammy Lias, MA, LMFT, QMHP

Jodi VandenBosch, MSW, LCSW

Joy of Healing, LLC

515 W. Havens Avenue, Mitchell, SD

Phone: (605) 291-5669

Website: www.joyofhealingllc.com

Services Offered: Provides a space to express and process pain, move through the process of grief, and transition toward healing and growth. Assists with a variety of life challenges such as depression, anxiety, trauma and personal growth and transformation. Joy S. Anderson, MA, LPC-MH, ACHT is an advanced clinical hypnotherapist as well as a holistic practitioner also offering Telehealth services.

Behavioral Health Professional: Joy S. Anderson, MA, LPC-MH, ACHT

Kelly Marker

623 Quincy Street, Suite 102, Rapid City, SD

Phone: (605) 381-4608

Services Offered: Provides outpatient counseling services for individuals ages 14 through adulthood. Specialties include: anxiety; trauma; stress; grief; adolescent issues; compassion fatigue and burnout among professionals. Telehealth services available for new and existing clients only through the COVID-19 public health emergency.

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

Kennebec Clinic

120 S. Main, Kennebec, SD

Phone: (605) 869-2872

Website: www.ruralhc.net/kennebec

Services Offered: The Kennebec Clinic provides a full range of primary healthcare and telemedicine related to medical or mental health needs.

Known Counseling Services

5024 S. Bur Oak Place, Suite 206, Sioux Falls, SD

Phone: (605) 368-1558

Website: www.knowncounselingservices.com

Services Offered: Individual counseling; marriage counseling; divorce counseling; faith based counseling; grief/bereavement counseling; cognitive behavioral therapy (CBT); adolescent/youth counseling; terminal illness counseling; parent counseling; domestic violence/spouse/intimate partner abuse counseling; child abuse survivor counseling for adults; internet counseling (Telemental health); and group counseling.

Behavioral Health Professional: Maggie Blaylock, LPC, CSAT

Kristen Ericsson Counseling & Psychotherapy

600 N. Main Avenue, Suite 150, Sioux Falls, SD

Phone: (605) 270-1057

Website: <https://www.kristenericsson.com>

Services Offered: Works with clients toward personal growth and healing. Areas of specialty include: anxiety; depression; trauma; abuse history; relationship dysfunction; grief; co-dependence; life adjustment; phobias; post-traumatic stress disorder (PTSD); bipolar disorder, and a host of other issues. Therapeutic interventions include cognitive-behavioral therapy (CBT); eye movement desensitization and reprocessing (EMDR); family therapy; solution focused brief therapy; Adlerian therapy; Gestalt techniques; Gottman method couples therapy; guided imagery; pain management; anger management, and more. Offering Telehealth services; prefer first session in person.

Behavioral Health Professional: Kristien Ericsson, MS, NCC, LPC-MH, QMHP

Leah Weins, MS, LMFT - Marriage & Family Therapy

4410 S. Tennis Lane, Sioux Falls, SD

Phone: (605) 321-1223

Website: www.leahweins.com

Services Offered: Counseling for individuals, couples and families; premarital, marital and blended family support with needs such as, depression, anxiety disorders, sexual abuse, addiction, vocation & identity exploration, life transitions and adjustment, grief and trauma. Offering Telehealth sessions.

Behavioral Health Professional: Leah Weins, MS, LMFT

The Life Counseling and Coaching

526 Main Street (lower level), Spearfish, SD

Phone: (605) 639-5641

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

Behavioral Health Professional: Tracy Hunt, LPC-MH

LifeGate Christian Counseling

6820 W. 26th Street, Sioux Falls, SD

Phone: (605) 929-1060

Website: www.lifegatechristiancounseling.com

Services Offered: Providing emotionally focused individual, couples and family therapy. Also able to provide counseling via Telehealth. Services only available to clients in South Dakota and Texas. This service is not covered by/available to patients on Medicare/Medicaid.

Behavioral Health Professional: Larry Porter, PhD, LMFT

LifeScape - Therapy

7110 Jordan Drive, Rapid City, SD

Phone: (605) 444-9700

Website: <http://www.lifescapesd.org/services/therapy/>

Services Offered: Specialized therapy (including occupational, speech and physical therapies) and psychology services for individuals of all ages. Utilizes applied behavior analysis. Free screenings for autism (for children 4 and under), and visual challenges (for children of all ages). Therapists provide specialized treatments in assistive technology; seating and positioning; feeding and swallowing; augmentative communication; sensory integration; pediatric bowel and bladder incontinence; visual motor/perception; torticollis treatment; serial casting; behavior management; and diagnosis and treatment of autism. Lifescape offers Telehealth services.

- Rapid City Clinic 7110 Jordan Drive Rapid City, SD 57702
- LifeScape Rehabilitation Center 1020 W. 18th Street Sioux Falls, SD 57104
- Autism & Child Development Center 7220 W. 41st Street Sioux Falls, SD 57106

Behavioral Health Professional: Call for information on behavioral health professionals

LifeStages Counseling, LLC

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

Phone: (605) 388-2163

Website: www.lifestageshelp.com

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

Behavioral Health Professional: Janet K. Kuske, MA, LPC-MH, QMHP

Lifeways, Inc.

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

Phone: (605) 716-6555

Website: www.lifeways.us

Services Offered: In-school prevention and intervention services for all students in the Rapid City and Custer Area middle and high schools; research-based classroom curriculum; individual and group support/education sessions; peer to peer mentoring; individual screening and referral. For all students (public, private and home-schooled), and for students who are experiencing problems with substance abuse; intervention programs, outpatient intensive treatment, in-school recovery support and continued care. Out of school services/afterschool include: individual counseling, alcohol/drug assessments, intensive outpatient treatment and family support/education, continued care groups, and evidenced based trauma counseling for youth impacted by trauma. All services are available virtually.

Behavioral Health Professionals:

Michelle Ames, BS, CAC

Michele Brink-Gluhosky, CAC

Kathleen Kovarik, ACT, PHD

Danielle Meyer, BS, CAC

Belinda Wickham, BS, ACT

Kristina Benter, LAC

Kelsey Hansen, MA, LAC

Paula Long Fox, MS

Rebecca Stucke, BS, ACT

Paula Wilkinson Smith, LAC, CPS

Lighthouse Counseling Services

628 Main Avenue, Suite B, Brookings, SD

Phone: (605) 690-4645

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; post-traumatic stress (PTSD), military service or Veteran issues. Helps clients address and treat behavioral, educational, and relationship issues. Trauma specialist certified in prolonged exposure therapy and cognitive processing therapy. Offering Telehealth services.

Behavioral Health Professional:

Michelle Ruesink, LPC, LPC-MH, QMHP, CAS (Certified Autism Specialist)

Lighting A New Way Counseling Services

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

Phone: (605) 361-0114

Website: www.lightinganewway.com

Services Offered: Individual, couples, and family therapy provided for adults and adolescents. Specialties include the treatment of depression, anxiety, trauma, grief and loss, abuse, ADD/ADHD and post-adoption family and attachment coaching. Also, does workshops on various topics. Discuss with individual therapists, options for Telemental health services.

Behavioral Health Professionals:

Lisa Stellinga, MS, LAC, LPC-MH, QHMP and other independent practitioners located at this address.

Linda L. Logan Counseling Services

115 E. Havens Street, Suite 107, Mitchell, SD

Phone: (605) 999-6162

Services Offered: Provides support, direction, and healing through cognitive behavioral therapy (CBT) for individuals, couples and families. The process is client centered and client driven, collaborating on therapeutic goals and desired outcomes. Also, provides services including: anxiety and depression management; anger management; young adult transition issues; personal development; adolescent/youth counseling; parent counseling; spouse/intimate partner abuse counseling; child abuse survivor counseling for adults; and internet counseling (Telemental health).

Behavioral Health Professionals:

Marilee Johnson Geary, LPC-MH

Linda Cimpl, LPC-MH

Lisa Porisch Counseling

3421 W. Main Street, Rapid City, SD

Phone: (605) 468-1865

Website: lisaporischcounseling.com

Services Offered: Helps clients transform personal challenges and create a more balanced life through individual counseling; divorce counseling; grief/bereavement counseling; terminal illness counseling; child abuse survivor counseling for adults; family counseling; play therapy; cognitive behavioral therapy (CBT); parent counseling; and internet (Telehealth) counseling.

Behavioral Health Professional: Lisa Porisch, LPC-MH, RPT-S

LSS (Lutheran Social Services) - Behavioral Health Services

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

Central Intake For Mental Health Services: (855) 334-2953

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

Services Offered: 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); employee assistance program (EAP) counseling; functional family therapy; cognitive behavioral intervention for substance abuse (CBISA), moral reconnection therapy (MRT); drug court services; and culturally relevant services. Offering Telehealth services.

Behavioral health Professionals:

April Bolton, LPCMH

Carolina Garcia, MS

Rachael Moe, LPCMH

Chad Nielson, LAC

Janet Opoien-Twedt, LPCMH

Caitlyn Slack, MSW

Tricia Warner, CSWPIP

Zee Zere, CSW

Jackie Foster, MA

Jill Jonnes- Kucca, MS

Scott Moeller, LPCMH, LMFFT

Michelle Novak, LPCMH

Nicole Roth, LPCMH, LAC

Jen Walker, LAC

Nathan Weber, LAC

LSS Aberdeen - Behavioral Health Services

110 6th Avenue S.E., Suite 200

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

LSS Brookings - Behavioral Health Services

752 22nd Avenue, Brookings, SD
Behavioral Health Professionals:
Vicki Albers, LAC
Becky Currier, LAC

Robyn Amiotte, MS, LPC-MH, QMHP

LSS Milbank - Behavioral Health Services

401 S. Flynn Drive, Milbank, SD 57252

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

LSS Mitchell - Behavioral Health Services

403 N. Lawler Street, Suite 206, Second Floor of Wells Fargo Bank, Mitchell, SD

Behavioral Health Professional: Call for list of licensed/credentialed staff.

LSS Rapid City - Behavioral Health Services

2920 Sheridan Lake Road, Rapid City, SD

Phone: (855) 334-2953

Behavioral Health Professionals:

Deborah French, LPC-MH

Stacy Hayford, LPC

Lyndsey Lytle, MS

Rachel Shepherd, CSW-PIP

Susan Wheeler, LPC-MH, LAC

Mellissa Good, LAC, LPC

Sarah Lux, CSW

Diana Mueller, LPC

James Spratt, MS

LSS Sisseton - Behavioral Health Services

421 3rd Avenue E., Sisseton, SD 57262

Behavioral Health Professional: Call for list of licensed/credentialed staff.

LSS Watertown - Behavioral Health Services

421 3rd Avenue E., Sisseton, SD 57262

Behavioral Health Professional: Call for list of licensed/credentialed staff.

Midwest Counseling & Evaluation Services, LLC

6209 E. Silver Maple Circle, Suite 2, Sioux Falls, SD

Phone: (605) 274-1944

Website: www.midwestcounselingandevaluations.com

Services Offered: Providing mental health and addiction recovery services (including dual diagnosis) to children, adolescents, adults, couples, and families. Services include mental health/addiction assessments and screenings, and treatment services for adjustment disorders; anger management; anxiety; attention deficit hyperactivity disorder (ADHD); Asperger's Syndrome; behavior problems; depression; grief; oppositional defiant disorder, obsessive compulsive disorder (OCD); parent-child conflicts; post-traumatic stress (PTSD); separation and divorce; family issues; social skills training and stress management. South Dakota court approved treatment provider to offer alcohol and drug assessments/evaluations and screenings that are available including individual 1st offender DUI education, intensive outpatient services and aftercare for the First and Second courts. Also offers an employee assistance program (EAP); cognitive behavior therapy (CBT); behavior modification; clinical supervision; reunification therapy; psychological evaluation/screenings; custody evaluations, parent coordination, moral reconnection therapy (MRT), substance use prevention, assessments for substance use disorders, psychological assessments and individual sessions. Offering services via Telehealth.

Behavioral Health Professional:

Connie Fritz, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC, ACS, NCCE, NCCPC

Midwest Health Management

4109 S. Carnegie Circle, Sioux Falls, SD

Phone: (605) 275-4711

Website: www.mwhms.com

Services Offered: Provides support, direction and oversight for professionals who are experiencing potentially impairing mental health and substance use related illnesses. Gives assurance, hope, and inspires clients to engage and be successful in the recovery process. Offering services via Telehealth.

Midwest Health Management Cont'd

Behavioral Health Professionals:

Amanda McKnelly, MS, LAC
 Maria Pacientino, MA, LAC, LPC-MH, QMHP

Sue Harris, MA, LAC, LPC-MH, QMHP
 Sherry Grismer, MA, LAC, LPC

Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD

Phone: (605) 573-2000

Website: <https://www.mwihealth.org/>

Services Offered: Finds innovative ways to improve lives with a team of mental health providers. Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic, with Telehealth options available. The Buprenorphine-Certified providers offer customized treatment plans with Suboxone for opioid addiction. NeuroStar TMS for a FDA-cleared, non-drug, and safe treatment for depression. Also brings psychiatric care and medication management to underserved areas through Telehealth and on-site clinics, hospitals and correctional facilities with contracted care throughout South Dakota and Minnesota. The mental health team works with QTC, LHI, and VES to provide Veteran Comp & Pension Evaluations, and Dr. Pavlis is a leading regional psychiatrist for forensic psychiatry evaluations. Services include: individual psychotherapy counseling; correctional rehabilitation; mental health screening; psychological assessments; adolescent psychiatry; adult psychiatry; geriatric psychiatry; medication management; medication assisted treatment (MAT) for opioid addiction; independent psychiatric evaluations; and forensic psychiatry.

Behavioral Health Professionals:

Kristin Gilbertson, MS, LPC, QMHP
 Darla Miles, PMHNP-BC
 Clay Pavlis, M.D., Psychiatrist
 Diane Teadtke, PMHNP-BC

Brittany Kennedy, PMHNP-BC
 Susana Njuakom, PMHNP-BC, FNP-BC
 Dione Rowe, DNP, PMHNP-BC
 Paula Tofte, PMHNP-BC

Mindful DBT, LLC

6810 S. Lyncrest Avenue, Suite 201, Sioux Falls, SD

Phone: (605) 496-7272

Website: www.sdmindfuldbt.com

Services Offered: Provides DBT programs for adults and adolescents ages 13 - 17 that struggle with depression, post-traumatic stress (PTSD), self harming behaviors and borderline personality disorder. Also, provides Telehealth for DBT group and individual sessions.

Behavioral Health Professionals:

Amber Chan, LPC- MH, QMHP, Certified DBT Therapist
 Simone D. Webster, CSW, QMHP
 Cassandra Frey, CSW, QMHP

Mindfulness Matters Behavioral Health, LLC

3421 W. Main Street, Suite 101, Rapid City, SD

Phone: (605) 718-0488

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

Services Offered: Provides individual and family therapy to children, adolescents, and adults with experience in anxiety; mood; ADHD; depression; trauma; grief; sexual abuse; domestic violence; low self-esteem; self-harm behaviors; anger management; assisting children affected by divorce; behavior management; attachment issues; personality disorders, and autism spectrum disorders. Specialties include trauma work utilizing trauma focused cognitive behavioral therapies, play therapy, and dialectical behavioral therapy (DBT). Offering services via Telehealth.

Behavioral Health Professional: Kambra Deitz, MSW, LCSW-PIP, RPT-S

Moore Counseling Services

5421 W. 41st Street, Suite 207, Sioux Falls, SD

Phone: (855) 888-8627

Website: www.moorecounselinggroup.com

Services Offered: Working with children, adolescents, adults, couples, and families wanting to overcome trauma; anxiety; depression; mood disorders; other mental illnesses; relationship issues; marriage counseling; grief; family issues/dynamics; women's issues; domestic violence concerns; eye movement desensitization and reprocessing (EMDR), and other life challenges. Multiple support groups are available. Offering faith-based therapy and online counseling services when requested. Life coaching and advocacy

services are also available. Specializes in providing counseling for clergy and families working in ministry, as **Moore Counseling Services - Cont'd** well as helping professionals in the human services and medical field. Offers Telehealth counseling through software called VSee to individuals in South Dakota. Preference is to do in-person intake, but can do intake online if in-person is not an option.

Behavioral Health Professional: Stephanie Moore, MS, NCC, LPC-MH, QMHP

New Day Counseling Services, LLC

1320 E. Rushmore Drive, Suite 107, Brandon, SD

Phone: (605) 582-7418

Services Offered: Client-centered, cognitive behavioral and energy based counseling for children, teens, adults, and families. For children, play therapy addresses many issues including physical and sexual abuse; grief and loss; anxiety; depression; recovery from traumatic events; divorce, and foster or adoptive situations. Individual and family counseling for children and teens addresses behavior disorders; family and relationship issues; parenting concerns; substance abuse; eating disorders; self-harming behaviors; chronic mental illness; anxiety; depression, and self-esteem. Utilizing energy balancing and clearing techniques (emotional freedom technique, emotional code and matrix reprogramming) as appropriate to release blocked emotions and energy. Flexible scheduling allows for sessions to be held in the office, home, or other community settings. Telehealth sessions available.

Behavioral Health Professional: Kara L. Baas, MS, LPC-MH, QMHP

New Idea Counseling, LLC

2500 W. 49th Street, Suite 202, Sioux Falls, SD

Phone: (605) 271-2676

Website: <https://newideacounseling.com>

Services Offered: Sessions available for: pre-teens through elders. Collaborates in transgender care with primary care, endocrinology, and surgical teams across the U.S., including the Mayo Clinic in Rochester, MN and the University of Minnesota. Other areas of advanced specialty training are hfASD/Asperger's Syndrome, ADHD, anxiety, depression, LGBTQI issues, and spirituality. Provides education in T/GD (transgender/gender diverse) care for South Dakota's Sanford School of Medicine, regional healthcare systems, businesses, and professional organizations. Mentor for mental health providers working toward the specialty credential in T/GD healthcare. Telehealth counseling is currently offered for residents within South Dakota, Minnesota, and Iowa. Licensed in SD, MN, and IA. A release for telehealth is part of the intake paperwork. Clients can easily access the HIPAA-compliant session portal via any phone, tablet, or computer. No special software is required.

Behavioral Health Professional: Anne Dilenschneider, PhD, LPC-MH, QMHP, WPATH Certified Transgender Specialist, WPATH Certified Mentor

New Perspectives Counseling, LLC

1451 6th Street, Brookings, SD

Phone: (605) 864-6946

Website: <https://www.clearreflections-counseling.com>

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.

Behavioral Health Professional: Brandi Brintnall, MA, NCC, LPC-MH

New Trails Ministry

11455 Elliot Road, Alternate: 14 West Mount Rushmore Road, Custer, SD

Website: <https://newtrailsministries.org>

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

Behavioral Health Professional: Rodney Veldhuizen, LMFT-QMHP

Northeastern Mental Health Center - Aberdeen (Main Office)

14 S. Main Street, Suite 1E, Aberdeen, SD

Phone: (605) 225-1010

Website: www.nemhc.org

Services Offered: Counseling: Individual, couples, family and group therapy; staff members work with families/individuals/couples to provide services in the home, community, or office (at the discretion of the client); Substance use disorders: evaluation and treatment; walk-in assessments for substance use available during regular business hours; Autism spectrum services: assessment, treatment, education and outreach; Employee assistance program (EAP); Medical office psychiatric services: assessments; medication management, serving adults 18 and over. Telehealth services available.

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

Northeastern Mental Health Center - Mobridge (Satellite Office)

Mobridge, SD

Phone: (605) 225-1010

Northeastern Mental Health Center - Redfield (Satellite Office)

1005 1st Street, Redfield, SD

Phone: (605) 472-3282

Northeastern Mental Health Center - Webster (Satellite Office)

101 West 11th Avenue, Webster, SD

Phone: (605) 345-3146

Northern Plains Psychological

5000 S. Minnesota Avenue, Suite 300, Sioux Falls, SD

Phone: (605) 225-3622

Website: www.northernplainspsych.com

Services Offered: Mental health therapy for adults dealing with depression; anxiety; panic; life transition and adjustment (such as career, mid-life, relationship changes, aging, etc.); coping with chronic, critical, and life threatening illness; grief and loss; trauma; job stress; issues relating to confidence, self-esteem, and empowerment. Mind/body health including mindfulness, meditation, and guided imagery. Sessions can also be offered via Telehealth.

Aberdeen Office located at: 405 8th Avenue N.W. Aberdeen, SD

Behavioral Health Professionals:

Diane Herseth, LPC, QMHP Aberdeen, SD

Laurie Lippert MSW, LCSW, PIP Sioux Falls, SD

Holly Reich, PhD Aberdeen, SD

Stephanie Sorenson, PhD Aberdeen, SD

Becky Kuch, LPC, QMHP Aberdeen, SD

Kristie Monson, LPC, QMHP Aberdeen, SD

Francine Sippel, EdD Aberdeen, SD

Oglala Sioux Tribe - Anpetu Luta Otipi

North Route, Kyle, SD

Phone: (605) 455-2331

Website: <http://anpetuluta.org/>

Services Offered: A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Reservation involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values. Alcohol and Substance Abuse Services include: Prevention; Early Intervention; Youth Diversion (for infractions and/or misdemeanors related to alcohol and substance abuse); Alcohol and Drug Evaluation/Assessments; Outpatient Treatment; Outpatient Treatment Groups; Youth Group; Day Treatment; Primary Residential Treatment; Recovery Support Meetings; Family Support Meetings; Medication Assisted Treatment (MAT) and DUI/DWI Classes (Online). Telehealth appointments available Monday - Friday by appointment.

Behavioral Health Professionals:

Michael Brooks, MS
Peggy Janis, CAC
Kristi Shultz, MS, LAC

Michael Christensen, CAC
Favian Kennedy, MSW

Sharon Green, MS, LAC, LPC
Raulin Martin, MS, LAC

Oyate Health Center - Behavioral Health Program

3200 Canyon Lake Drive, Rapid City

Phone: (605) 355-2500

Website: www.gptchb.org

Services Offered: Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services: Comprehensive assessment; Outpatient child/adult counseling and psychiatric services; Medication management; Group and family counseling; Community support and education; Telepsychiatry consultation; Dual diagnosis treatment and Sweat Lodges/Inipis - Open to community members, schedule through Jacquie in the Community Health Education office (605) 355-2257.

Behavioral Health Professionals:

Brittney Vollmer, NP-C

Rebecca Leslie, MS

Pathways Counseling

1601 E. 69th Street, Suite 206, Sioux Falls, SD

Phone: (605) 215-4364

Website: www.pathwayscounselingsd.com

Services Offered: Focuses on mental health and providing best care to help patients through difficulties they are experiencing. Offers a safe space to share, process, and learn how to effectively cope with life stressors while having therapeutic support. Services available include: individual counseling; marriage counseling; substance abuse counseling; outpatient substance abuse treatment; grief/bereavement counseling; dialectical behavioral therapy (DBT); terminal illness counseling; LGBTQ counseling; child abuse survivor counseling for adults; family counseling; couples counseling; trauma informed therapy; gambling counseling/treatment; cognitive behavioral therapy (CBT); adolescent/youth counseling; gender identity counseling; parent counseling; Telemental health; ADHD evaluations; mood disorders; personality disorders; adoption/attachment; and self-esteem.

Behavioral Health Professionals:

Aimee Peterson, CSW-PIP, QMHP

Zane Peterson, LPC-MH, QMHP

Practical Christian Counseling, Inc.

1351 Jolly Lane, Rapid City, SD

Phone: (605) 484-7089

Website: www.practicalcc.com

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

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

Prairie View Prevention Services, Inc. - Student Assistance and Family Education

822 E. 41st Street, Suite 235, Sioux Falls, SD

Phone: (605) 331-5724

Website: www.prairieview.net

Services Offered: School-based alcohol and drug prevention and intervention counseling services for students and families. Counselors are available at each participating middle and high school to provide easier access to services including: individual and group sessions; family counseling; drug and alcohol screening; tobacco screening; drug and alcohol assessments; referrals; aftercare (post treatment); and prescription drug lock boxes. Offering Telemental health services. Must have access to computer with camera and microphone.

Behavioral Health Professionals:

Contact Darcy Jensen, Director, for list of mental health professionals available to provide services

Professional Counseling Associates

740 E. Sioux Avenue, Suite 110, Pierre, SD

Phone: (605) 224-7247

Website: www.pcacounseling.com

Services Offered: Providing individual, couples and family counseling. Treatment specialization

includes: depression and anxiety; panic attacks and phobia; Gottman method couples counseling; social anxiety; sexual problems; relationships issues; medical and health concerns; grief and loss; work and career issues; stress management; addiction & recovery; parenting and family issues; conflict resolution; child and

Professional Counseling Associates - Cont'd

adolescent therapy; anger management evaluation and treatment; attention deficit hyperactivity disorder (ADHD); sexual assault and domestic violence; eye movement desensitization and reprocessing (EMDR)/trauma focused cognitive behavior therapy (TFCBT); brainspotting; discernment counseling; and offers Telehealth.

Behavioral Health Professionals:

Melissa Jockheck, MS, LPC-MH, CDVC III, QMHP Mary Pat Mueller, MS, LPC-MH, CGT, QMHP
Roseanna Ogan, CSW-PIP, MSW, QMHP

Project Recovery

625 Flormann Street, Rapid City, SD

Phone: (605) 340-1234

Website: www.project-recovery.org

Services Offered: Medication assisted treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions. Physically located in Rapid City, SD, but providing services anywhere in South Dakota via telemedicine. Medication assisted treatment (MAT) is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD). Medical Services also include: MAT services; HIV/HCV screenings; lab work; pregnancy tests; specialty and primary care referrals; Recovery Coaches; Peer one-on-one visits; Social Work; Medication assistance programs and Patient advocacy and resource connection.

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

Psychological Associates of the Black Hills, LLC

1818 W. Fulton Street, Suite 201, Rapid City, SD

Phone: (605) 348-6500

Website: www.pabh.org

Services Offered: Counseling for individuals, couples, groups, and families for all ages. Other services include play therapy, psychological assessments, psychotherapy, relationship counseling and limited neuropsychological assessments. Provides Telehealth to anyone in the state of South Dakota. There is paperwork that must be completed and signed prior to the first appointment.

Behavioral Health Professionals:

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

Psychological Associates of Yankton, LLC

2703 Fox Run Parkway, Suite 200, Yankton, SD

Phone: (605) 665-0258

Services Offered: Provides many different services to help the community such as: individual counseling; family counseling; couples counseling; play therapy; substance use disorder counseling; mental health screening; psychological assessments; gambling counseling/treatment; grief/bereavement counseling; cognitive behavioral therapy (CBT); dialectical behavior therapy (DBT); adolescent/youth counseling; terminal illness counseling; LGBTQ counseling; gender identity counseling; custody evaluations; parent counseling; hoarding counseling; child abuse counseling; domestic violence counseling; child abuse survivor counseling for adults; and Telemental health.

Behavioral Health Professionals:

Taryn Van Gilder-Pierce, Ph.D. Alexandra Pagel, Psy.D. Galen Van Kley, Ph.D.

Rapid City Counselors

528 Kansas City Street, Rapid City, SD

Phone: (605) 299-9100

Website: rapidcitycounselors.com

Services Offered: Seeking to inspire and renew individual adults, children, adolescents, and couples to identify concerns and issues within themselves and their relationships that impede healthy life areas of functioning and connective relationships. Specialties include: trauma; anxiety; depression; self-esteem issues;

conflict management; mediation; personality disorders; bipolar; and sexual identity concerns. Modalities of treatment encompass: cognitive behavior therapy (CBT); eye movement desensitization and reprogramming (EMDR); emotional freedom techniques (EFT, Tapping); virtual reality therapy (VR); brain tap; acceptance &

Rapid City Counselors - Cont'd

commitment therapy (ACT); Gottman couples techniques; Christian counseling; play therapy; parent-child interactive therapy (PCIT); and sand tray therapy. Other techniques specific to the individual, adolescent, children, family, and couple's needs.

Behavioral Health Professionals:

Kris Jeakins, MS, LPC-MH, NCC, QMHP
Stacy L Keyser, MS, LPC-MH, NCC, QMHP

Shelsta Kaufmann, MA
Silver See, MA

Rebecca Sather Durr Mental Health Therapist

102 N. Krohn Place, Sioux Falls, SD

Phone: (605) 988-8737

Services Offered: Addresses a broad range of concerns including depression; anxiety; behavioral problems; relationship and identity issues; life transitions; anger; hoarding; medical diagnosis and trauma. Works with each client to identify strengths as well as tailor the therapy to their identified learning style. Frequently uses hands on activities, visual demonstrations, writings, drawings, art and games to help illustrate or represent the topic being discussed. Telehealth services available.

Behavioral Health Professionals: Rebecca Sather Durr, LCSW, PIP

Red Horse Healing

11424 Chimney Canyon Road, Piedmont, SD

Phone: (605) 441-2038

Website: redhorsehealing.net

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

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

Renew Counseling Services LLC

5201 S. Western Avenue

Phone: (605) 777-0588

Hours: Hours vary with client needs.

Fees: Sliding scale; most insurances accepted including Medicaid, Sanford, AVERA, Wellmark (BCBS), and many others.

Services Offered: Committed to offering safe and confidential services. Provides individual, couples, and family services for those experiencing personal, relational and psychological issues. Telehealth services available.

Behavioral Health Professionals: Kim Questad, MS, NCC, LPC-MH, LAC, QMHP, CFRC

Restored To New Life Services

225 E. 11th Street, Suite 206, Sioux Falls, SD

Phone: (605) 271-7712

Website: www.newhavensf.org

Services Offered: Assessments and individual counseling covering topics including: alcohol abuse; drug abuse; compulsive behaviors; chemical dependency; pornography addiction; sexual addiction, and gambling related issues. Early Intervention Services; Intensive Outpatient Treatment; Alcohol and Drug Testing; and Group sessions. Additional Services: Marriage Counseling and Mental Health Counseling for both adult and youth. Telehealth services available.

Behavioral Health Professional: Johnny Ray, LAC, LCSW-PIP, QMHP

Revival Counseling Services, Inc

4948 E. 57th Street, Sioux Falls, SD

Phone: (605) 359-0303

Website: Revivalcounselingservices.org

Services Offered: Individual and couples mental health and chemical dependency counseling to children, adolescents, and adults with a variety of issues including, but not limited to: depression; anxiety; obsessive compulsive disorder (OCD); physical and or sexual abuse; trauma; chemical dependency and

other addictions; co-occurring disorders; family issues; behavioral issues; relationship issues; sexual identity; adjustment disorders; career issues; adoption issues; attachment issues; personality disorders; stress

Revival Counseling Services, Inc - Cont'd

management; women's issues; eating disorders; post-traumatic stress (PTSD), and crisis prevention. Offers eye movement desensitization and reprocessing (EMDR). Telehealth sessions available.

Behavioral Health Professional:

Erin Meyer (Stolsmark), LPC-MH, NCC, LAC, QMHP, ACA, SDCA

RISE Counseling and Consulting, LLC

1801 E. Wells Avenue, Suite 1, Pierre, SD

Phone: (605) 494-0301

Website: www.riseccsd.com

Services Offered: Mental health and substance use counseling including but not limited to: alcohol abuse; anger management; anxiety; behavioral issues; borderline personality; career counseling; child or adolescent; chronic impulsivity; chronic relapse; codependency; coping skills; depression; drug abuse; dual diagnosis; family conflict; gambling; grief; internet addiction; life transitions; parenting; peer relationships; self-esteem; stress; substance abuse; trauma and post-traumatic stress (PTSD); video game addiction; mental health; impulse control disorders, and personality disorders. Telehealth available. Prefer first session in person then transition to Telehealth services.

Behavioral Health Professional: Jill Viedt, MS, LPC-MH, LAC

Rising Hope Counseling, LLC - Pierre (Main Office)

420 S. Henry Street, Pierre, SD

Phone: (605) 494-1500

Website: risinghope605.com

Services Offered: Assessments and therapy for individuals of all ages and families. Services address depression; anxiety; season affective disorder; post-traumatic stress disorder (PTSD); suicidal ideation; transgender; men and women's issues; marriage and relationship problems; family problems; divorce; adolescent and child adjustment; physical abuse; emotional abuse; sexual abuse; parent-child conflicts; stress; grief; self-esteem; anger management; conflict resolution; social skills; bully and school issues, and major life change. Offering energy psychology; sand tray; art therapy; eye movement desensitization and reprocessing (EMDR); and intensive sand tray therapy. Provides Telehealth services across South Dakota.

Behavioral Health Professionals - Pierre

Jill Janecke, MS, LPC-MH

Holly Garrett, MS, LPC-SUPV, EMDR Clinician

Jae L. Csongradi, MSW, CSW, EMDR Clinician, EMDR Sandtray Specialist Therapist

Rising Hope Counseling, LLC - Burke

841 Jackson Street, Suite C, Burke, SD

Behavioral Health Professionals:

Lesley Holmes, MSW, CSW

Jennifer Johnson, MSW, CSW

Blair Sedlacek, MSW-PIP

Rising Hope Counseling, LLC - Tea

317 N. Heritage Parkway, Murfield Plaza, Tea, SD

Behavioral Health Professionals:

Madison Kyle, MSW

Naomi Colberg, MS, LPC

Ellen Nelson, MA, LPC-MH-SUPV

Rising Hope Counseling, LLC - Yankton

1701 Broadway Avenue, Suite 5, Yankton, SD

Behavioral Health Professional: Jolene Ford, MA, LPC-SUPV Rhonda Schieffer, MSW, CSW-PIP

Sandra Diedrich, MS, LPC-MH

306 4th Street, Suite C, Brookings, SD

Phone: (605) 690-9062

Services Offered: Christian counseling; 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: 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; dia-

lectical behavior therapy; sliding fee scale counseling; hoarding counseling; child abuse survivor counseling for adults and Telehealth counseling.

Sandra Diedrich, MS, LPC-MH - Cont'd

Behavioral Health Professional: Sandra Diedrich, MS, NCC, LPC, LPC-MH, QMHP

Sanford Psychiatry and Psychology Clinic

2400 W. 49th Street, Sioux Falls, SD

Phone: (605) 312-8700

Website: www.sanfordhealth.org

Services Offered: Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to: anxiety disorders; mood disorders; personality disorders; somatization disorders; psychosexual disorders; schizophrenia; post-traumatic stress disorders (PTSD); abuse issues; eating disorders; addictions; dementia; grief and loss; stress management; executive health; evaluation and treatment of childhood emotional and behavioral disorders including attention-deficit/hyperactive disorders (ADD/ADHD); group therapy; and psychological and neuropsychological testing. Services are available via

Sanford Psychiatry and Psychology Clinic - Cont'd

Telemental health.

Behavioral Health Professionals:

Kate Andal, Ph.D.

Megan Cooper, LCSW

David Ermer, MD

Jaime Hudson, Ph.D.

Linda Kauker, PA-C

Kelly Lauck, PhD, LPC-MH

Kayla Nalan-Sheffield, Ph.D.

Tanya Ochsner, Ph.D.

Andria Petersen, NP-C

Megan Phillips, LCSW

Patricia Ramse, MSW, CSW-PIP

Rhonda Smith, EdD

Kelli Willis, MSW, CSW-PIP

Rachelle Broveleit, PA-C

Karen Cordie, MSW, CSW-PIP

Garet Ford, PA-C

Nichole Johnson, NP-C

Sarah Konrady, PhD

MacKenzie Mertz, DO

Georgiana Nuss, MD

Rebecca Palugyay, MSW, CSW-PIP

Sandra Peynado, MD

Jennifer Prouty, MSW, CSW-PIP

Rajesh Singh, MD

Barbara Wendell-Schechter, NP-C

Scovel Psychological and Counseling Services, LTD

2902 W. Main Street, Rapid City, SD

Phone: (605) 721-8822

Website: www.scovelpsychological.com

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

Behavioral Health Professionals:

Kay Ermish, LCSW /PIP

Adria Hagg, LCSW-PIP

Shannon Maxwell, PsyD., Licensed Psychologist

Scott V. Sternhagen, PhD., Licensed Psychologist

Jan Sanford, LPC-MH, QMHP

Kari A. Scovel, Ph. D., LP, LPC-MH, QMHP, Licensed Psychologist

Michael E. Forgy, LCSW /PIP

Peggy Heuston, LPC-MH QMHP

Caitlin Nissen, LPC-MH QMHP

Beth Trennepohl, LPC, QMHP

Tamara Ulmer, LCSW, LPC-MH, QMHP

Sioux Falls Psychological Services

2109 S. Norton Avenue, Sioux Falls, SD

Phone: (605) 334-2696

Website: www.offermehope.com

Services Offered: Services include therapy and assessments for children, adolescents, couples, and families. Areas of service include: life changes and transitions; anxiety and depression; trauma, abuse, and betrayal; anger and conflict; grief and loss; marital affairs; self-image and self-worth; loneliness and isolation; impact of addiction; issues related to substance abuse; behavioral therapy; relationship challenges; chronic pain and illness; separation, divorce, or remarriage; identity, gender, or sexual concerns; rape and sexual abuse; medical or spiritual issues; medical conditions; career counseling; and post-traumatic stress disorder (PTSD). Assessments offered include: Minnesota Multiphasic Personality Inventory (MMPI-2) and the Millon

Clinical and Multiaxial Inventory (MCMI-III). These inventories are used in a variety of settings and for a variety of reasons: pre-employment and legal processes; child custody and adoption evaluations; psychological evaluations; clarity of psychological diagnosis; determination of treatment plans; home studies and consultations; and competency to stand trial evaluations.

Sioux Falls Psychological Services - Cont'd
Provides Telemental health services to individuals in South Dakota. Visit <https://sfpsychological.org/what-we-do/Telemental-health-services/> to learn more about the services offered, how the process works, and what is needed.

Behavioral Health Professionals:

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| Doug Anderson, PsyD, Lic. Psychologist, LMFT | Erik Anderson, MSW, LCSW-PIP |
| Grace Collins, MA | Bethany DeLange, MS |
| Bethany Eggers, MA, LPC | Jennifer Helkenn, PhD, Lic. Psychologist |
| Tara Knobloch, MSW, LCSW-PIP | Kerry Koerselman, MA, LPC |
| Amy Marschall, PsyD, Lic. Psychologist | Caitlin Talbert, MA, LPC |
| Audrey Thien, MA | Christy Thomson, MA |
| Melanie VanderPol-Bailey, MSW, LCSW-PIP | Nicole Van Zuidam, MA |
| Dee Wacker, RN, MA, LPC | |
| Kimberly Belben, MA, LMFT, Certified Perinatal Mental Health Therapist | |
| Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP | |

Sioux Falls Psychological Services - River Counseling Services

610 E. 7th Street, Suite 200, Platte, SD

Phone: (605) 337-3444

Website: <http://rivercounselingservices.org>

Services Offered: Therapists/counselors provide individual, couples, and family therapy services, as well as a grief support group in Platte, SD. Areas of service include: changes and transitions; life stressors; communication and conflict; reconciliation; emotionally-focused couples therapy; grief, loss, and trauma; anxiety and stress; chronic illness; medical conditions; relationships; co-parenting education; depression; anger issues; pre-marital counseling; adolescents and issues; parental coordination; and home studies. Provides Telemental health services to individuals in South Dakota.

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

Sioux Falls VA Health Care System - Mental Health Service Line

2501 W. 22nd Street, Sioux Falls, SD

Phone: (605) 333-6890

Website: www.siouxfalls.va.gov

Services Offered: Outpatient mental health; psychiatry services; integrated mental health with primary care; local recovery coordinator; suicide prevention program (offers gun locks for veterans); military sexual trauma program; addiction treatment program; suboxone clinic (treating addiction to opiates/pain killers); compensated work therapy; care coordination and home tele-health; post-traumatic stress (PTSD) services; 6 bed secure inpatient unit; geropsychiatric services; peer support services; smoking cessation; and a homeless veterans program. Also provides caregiver support resources: www.caregiver.va.gov/. Caregiver Support Hotline: (855) 260-3274

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|---|----------------------|
| Behavioral Health Professionals: | Addiction Therapists |
| Board Certified Psychiatrists | Physician Assistants |
| Psychiatry | Psychiatric Nurses |
| Psychologists | Social Workers |

Sioux Falls Wellness Counseling

5201 S. Western Avenue, Suite 104, Sioux Falls, SD

Phone: (605) 610-9228

Website: www.siouxfallswellness.com

Services Offered: Substance abuse and mental health counseling for individuals, couples, and families. Issues to be addressed include, but are not limited to: depression; bipolar; substance abuse and addiction; anxiety; adjustment disorders; self-esteem; trauma; self-injury; personality disorders; stress management; phase of life issues; grief; eating disorders; abuse; anger; co-occurring disorders, and relationships. Eye movement desensitization and reprocessing (EMDR) technique available. Offers Tele-health services; not all issues are appropriate to address through distance counseling. Videoconferencing available.

Behavioral Health Professional: Rita Hansen, MA, LPC-MH, LAC, QMHP, NCC

Southeastern Behavioral HealthCare - Counseling and Children's Services

2000 S. Summit Avenue, Sioux Falls, SD

Phone: (605) 336-0510

Website: <http://southeasternbh.org/>

Services Offered: Traditional outpatient therapy to individuals, families, children, couples, and groups. Psychiatric evaluation and services (including medication management) and psychological services. Services include children's case management and home-based program which provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Early childhood mental health services: play therapy for children ages 0 - 5. Specializations in depression; anxiety; grief; parenting issues; attention deficit / hyperactivity disorder (ADD/ADHD); oppositional defiant disorder (ODD); stress management, and abuse. Chemical dependency services are offered to existing clients of SEBH (Southeastern serves MH clients who have a co-occurring SU disorder). Provides functional family therapy (FFT) as well as group sessions for adolescents in moral reconnection therapy (MRT); aggression replacement therapy (ART); dialectical behavior therapy (DBT); and eye movement desensitization and reprocessing (EMDR). Offers services via Telemental health.

Behavioral Health Professionals:

Holly Ahlers, MS, CNP

Kelly Bass, DSW, CSW-PIP

Heather Berdahl, BS,ACT

Jordan Brockhoff, MSW, CSW, ACT

Kristine DeJaeghere-Tillett, MS,LPC,NCC,QMHP

Kris Graham, MS, LPC, QMHP

Robert Nuss, MD

Nicole Robideau, MSW, CSW-PIP, QMHP

Melonie Steffen, RN

Katie Thompson, MS, LCSW-PIP, QMHP

Adam Wolthuizen, MS, LPC-MH, NCC, CRC, QMHP

Shawn Van Gerpen, MD

Mickenna Andersen, BS, CAC

Caroline Beebe, MA, LPC-MH, QMHP, NCC

Marquette Bratsch, MS, LPC, ACT

Trisha Callaghan, MSW, CSW-PIP, QMHP

Nick Fischer, BS, CAC

Christine Lueth, MSW, CSW-PIP, QMHP

Amanda Parsons, BS,ACT

Crosby Skipper, MS,LPC,NCC

Allison Steinwand, MS, LPC, QMHP

Sarah Thoms, MS, LPC, QMHP

Southern Plains Behavioral Health Services - Winner (Main Office)

500 E. 9th Street, Winner, SD

Phone: (605) 842-1465

Website: www.spbhs.net

Services Offered: Community outpatient mental health facility. Provides mental health services to children, adolescents and adults. Services include: psychiatric care; psychiatric evaluations; children's services; case management services; group counseling; individual counseling; family counseling; play therapy; aggression management; common sense parenting; community education and awareness; 24-hour emergency services; systems of care; and Telemedicine.

Behavioral Health Professionals: Call for list of license/credentialed staff

Southern Plains Behavioral Health Services - Gregory (Satellite Office)

405 Whittecar Street, Gregory, SD

Phone: (605) 835-8505

Southern Plains Behavioral Health Services - Mission (Satellite Office)

153 S. Main Street, Mission, SD

Phone: (605) 856-4631

Sozo Counseling Care, LLC

3500 S. Phillips Avenue, Suite 121, Sioux Falls, SD

Phone: (605) 360-2613

Website: www.sozocounselingcare.com

Services Offered: Focus on grief, post-traumatic stress (PTSD); stress; adverse childhood experiences; anxiety spectrum disorders; depression; relationship issues, and post-abortion distress. Specialized in eye movement desensitization and reprocessing (EMDR). Christian counseling available upon request. Telemental health optional.

Behavioral Health Professional: Dr. Dianne S. Heynen, DMin, MS, LPC-MH, BCPCC, QMHP

Spirals Counseling, LLC

623 Quincy Street, Suite 102, Rapid City, SD

Phone: (605) 381-5277

Website: www.spiralscounseling.com

Services Offered: Counseling and psychotherapy for individuals, couples, families and adolescents 14 years and older. Areas of focus include premarital and marriage counseling; perinatal and postpartum; grief and loss; anxiety; depression, trauma and post-traumatic stress (PTSD); mind-body connection; mindfulness, stress management, and assertiveness skills. Therapeutic techniques offered include eye movement desensitization and reprocessing (EMDR); systemic family therapy; progressive counting (PC) exposure therapy. Telemental Health/Video appointments are available for individuals and couples living in South Dakota (as long as the client has access to high-speed Internet and connect without interruption). A confidential environment is critical for individuals seeking Telemental health services.

Behavioral Health Professional: Lynell Rice Brinkworth, MA, LMFT

Stacy Gorman, LLC

6809 S. Minnesota Avenue, Suite 103, Sioux Falls, SD

Phone: (605) 940-6422

Website: www.stacygormancounseling.com

Services Offered: Counseling services for adolescents and adults in the following areas: anxiety; adjustment disorders; depression and mood disorders; premarital preparation; relationship problems; women's issues; abuse issues; family of origin issues; self-esteem and self-confidence issues; trauma; stress management; life transitions; addiction and substance abuse. Offering Telehealth sessions.

Behavioral Health Professional: Stacy Gorman, MS, LPC-MH, LAC, QMHP, NCC

Stronghold Counseling Services, Inc.

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

Phone: (605) 334-7713

Website: www.strongholdcounseling.com

Services Offered: Assessments and therapy for individuals, groups, families, of all ages. Addressing 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. Wecounsel is the website used for Telehealth services.

Behavioral Health Professionals:

Kristiana Benson, MA, LMFT, QMHP

Elizabeth Crabtree, MSW, CSW-PIP

Kerry Ford, MSW, CSW-PIP

Eleanor Larsen, MA, LMFT, QMHP, LAC

Jodi Merritt, MA, LPC, LAC

Zachary Seefeldt, MA, LPC-MH, LAC, NBCC, QMHP

Nick Buus, MA, LMFT, QMHP

Larry Dancler, MS, LPC-MH, QMHP

Gary Hofman, EdD, LPC-MH, NCC, LAC, QMHP

Lacey Leichtnam MA, LPC-MH LAC QMHP

Brennan Thompson MSW, CSW-PIP LAC

Earl Witt, MA, LMFT, QMHP

Stronghold Counseling Services, Inc. - Yankton

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

Phone: (605) 334-7713

Behavioral Health Professionals:

Constance Birgen, EdS

Teresa Henrickson, MA

Sunshine Spirit

515 W. Havens, Mitchell, SD

Phone: (605) 305-4266

Services Offered: Provides mental health counseling services with an emphasis on healing from trauma, including chronic pain issues. Provides individual counseling, pain management, child abuse survivor counseling for adults, mental health screenings, trauma informed therapy, cognitive behavioral therapy, adolescent/youth counseling, parent counseling, mass shooting counseling, internet (telehealth) counseling.

Behavioral Health Professionals:

Donna Aldridge, MA, LPC, LPC-MH Supervisee, QMHP, CCTP-II

Suzette Wasvick Counseling Services

280 Main Street, Suite 9, Hill City, SD

Phone: (605) 390-8791

Website: wasvickcounseling.com

Services Offered: Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression; anxiety; self-harm; post-traumatic stress (PTSD); trauma; suicidal thoughts; grief and loss; internal family systems (IFS), and other issues. Provides play therapy, cognitive behavior therapy (CBT), and dialectical behavior therapy (DBT). Works closely with the LGBTQI population. Also offering services via Telehealth.

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

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

Three Rivers Mental Health & Chemical Dependency Center - Lemmon (Main Office)

11 E. Fourth Street, Lemmon, SD

Phone: (605) 374-3862

Website: www.threeriverscounseling.com

Services Offered: A private, non-profit, community-based human services agency service. Therapists, counselors, and case managers provide: individual and family counseling (e.g., marriage counseling, parenting skills, trauma informed services, depression, anxiety, post-traumatic stress (PTSD), anger management, coping skill development, etc.); addiction and dependency services; evaluations and assessments; social learning programs; and systems of care. Prevention services, providing presentations to student and adult groups on a large number of topics and consists of a library that contains over 1,000 items available for check out. All calls and scheduling of appointments will need to be done through the Lemmon office (605) 374-3862. Offering services via Telehealth.

Behavioral Health Professionals: Call for list of licensed/credentialed staff.

Three Rivers Mental Health & Chemical Dependency Center - Bison (Satellite Office)

105 E. Main Street, Bison, SD

Three Rivers Mental Health & Chemical Dependency Center - Eagle Butte (Satellite Office)

404 S. Spiel Court, Eagle Butte, SD

Three Rivers Mental Health & Chemical Dependency Center - Faith (Satellite Office)

112 N. 2nd Avenue W., Faith, SD

Three Rivers Mental Health & Chemical Dependency Center - McIntosh (Satellite Office)

135 Main Street, McIntosh High School, McIntosh, SD

Three Rivers Mental Health & Chemical Dependency Center - McLaughlin (Satellite Office)

305 2nd Avenue W., McLaughlin, SD

Thrive Counseling and Evaluation

3701 W. 49th Street, Suite 206, Sioux Falls, SD

Phone: (605) 271-6582

Website: www.thrivecounselingandevaluation.com

Services Offered: Individual, family and couples assessment and counseling for mental health and chemical dependency. Issues treated include: anxiety; depression; mood disorders; adjustment disorders; substance abuse disorders; domestic abuse/violence; grief and loss; trauma; relational issues; and significant life changes. Offering sessions via Telehealth.

Behavioral Health Professional: Elizabeth Clayborne-Moeller, MS, LPC-MH, QMHP

Tina Harp Counseling, Inc.

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

Phone: (605) 759-1516

Website: www.tinaharp.com

Services Offered: Individual, couples and family therapy for all ages with a specialization in eye movement desensitization and reprocessing (EMDR). Areas of focus include: depression; anxiety; life transitions; post-traumatic stress (PTSD); sexual abuse; grief; and lesbian, gay, bisexual, and transgender

population. Telehealth services available.

Behavioral Health Professional: Tina Harp, MS, QMHP, LPC-MH

True Reflections Counseling & Play Therapy

2297 Kansas Avenue, Suite 5, Huron, SD

Phone: (605) 550-0632

Website: truereflectionscounseling.com

Services Offered: Provides individuals of all ages with feelings of value, courage, and connection to overcome challenges and move towards healing. Strives to bring an authentic relationship in a comfortable, safe and supportive setting for all to be both seen and heard. Specializes in working with children ages 4-11 utilizing play therapy to meet and communicate with children in their world and in their primary language - play. Services offered: individual counseling; child abuse counseling; play therapy; trauma informed therapy; faith-based counseling; cognitive behavioral therapy; adolescent/youth counseling; and internet (Telehealth) counseling.

Behavioral Health Professional: Kelsi Stricherz, MS, NCC, LPC, RPT

Truth & Grace Counseling

125 W. 1st Street, Tea, SD

Phone: (605) 777-1898

Website: www.truthgracecounseling.com

Services Offered: Using multiple therapeutic approaches along with empathy and compassion to help people sort out negative images of themselves. Services offered include: individual counseling; family counseling; play therapy; faith based counseling; cognitive behavioral therapy (CBT); adolescent/youth counseling; parent counseling; child abuse counseling; child abuse survivor counseling for adults; adoption support; attachment disorder; attention deficit hyperactivity disorder (ADHD); trauma; depression; anxiety; eye movement desensitization therapy (EMDR), and sand tray therapy. Telehealth sessions available.

Behavioral Health Professional: Bonnie Haack, MS, NCC, LPC-MH

Uckert Counseling

619 5th Avenue, Suite 3, Brookings, SD

Phone: (605) 592-5300

Website: <https://www.uckertcounseling.com/>

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. Also offering sessions via Telehealth. First session is in person.

Behavioral Health Professional: Andrea L. Uckert, LPC-MH, QMHP

Visionary Mental Health Services, LLC

412 W. Missouri Avenue, Suite 8, Pierre, SD

Phone: (605) 280-9778

Website: www.visionarymentalhealth.com

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

Behavioral Health Professional: Lindsay Bruckner, MSW, LCSW-PIP, QMHP

VOA (Volunteers of America) Behavioral Health

1310 W. 51st Street, Sioux Falls, SD

Phone: (605) 334-1414

Website: <https://portal.voa-dakotas.org/client/intake>

Services Offered: A full continuum of mental health and treatment for substance use disorders. Services include: assessments; individual and family counseling; intensive outpatient substance use disorder treatment; residential treatment for pregnant and parenting women who face substance use disorders; transitional care; and aftercare counseling for adults and adolescents. Also offers moral reconnection therapy (MRT), cognitive behavioral intervention substance abuse (CBISA), and Telehealth services.

Behavioral Health Professionals:

Melanie Browne, BS, ACT
Michelle Flanigan, MEd , LPC, ACT
Denis Kronaizl, BSW, LAC
Tara Reinesch, MS, NCC, LAC, LPC

Angela Callahan, CAC
Bruce Fogas, PhD, Psychologist
Wendy Lohan, ACT
Chris Sandvig, BA, CCDCII

Shaina Solem, MA, ACT

Shawn Van Gerpen, MD, Psychiatrist

Amy Hartman, MA, NCC, ACT, LPC-MH, QMHP, LAC

The Wellness Collective

2333 W. 57th Street, Suite 103, Sioux Falls, SD

Phone: (605) 271-5640

Website: <https://www.wellnesscollectivesd.com/>

Services Offered: Wellness's approach is designed to bring healing to the mind, body, and spirit. This process includes getting to know and understand the individual's experiences, and then work to identify the underlying cause of symptoms. The understanding of the inherent connection between thoughts, emotions, and the body are used to provide treatment for each part through mental health counseling, yoga, functional medicine, chiropractic care, acupuncture, health coaching, and massage. A holistic (whole-person) approach for the most complete healing to thrive and be well. Services provided: individual counseling; marriage counseling; couples (conjoint) counseling; divorce counseling; substance abuse counseling; mental health screening; faith based counseling; outpatient substance abuse treatment; grief/bereavement counseling; cognitive behavioral therapy (CBT); dialectical behavioral therapy (DBT); adolescent/youth counseling; LGBTQ counseling; gender identity counseling; parent counseling; pain management; spouse/intimate partner abuse counseling; child abuse survivor counseling for adults; and Telehealth counseling.

Behavioral Health Professionals:

Amanda Briggs Davis, CSW-PIP, QMHP, CCTP

Alyssa Howe, LPC-MH, LAC, QMHP

Jenna Kvaale, LPC-MH-SUPV, RYT

Wellspring Therapy Center

4301 W. 57th Street, Suite 100, Sioux Falls, SD

Phone: (605) 335-1516

Website: www.wellspringtherapysf.com

Services Offered: Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management; stress management; complicated grief and loss; spirituality issues; parenting adult children; chronic illness; anxiety; depression; post-traumatic stress disorder (PTSD); parent education; abuse; eating disorders; marital infidelity issues; immigration adjustment concerns, and culturally relevant services. Therapeutic methods used include: play therapy; eye movement desensitization and reprocessing therapy (EMDR); cognitive behavioral therapy (CBT); dialectical behavioral therapy (DBT); emotionally focused couples therapy (EFT); and psychodynamic therapy. Telehealth available for all sessions. May request sessions via Telehealth, in-person or a combination. Will teach new clients how to use Telehealth services.

Behavioral Health Professionals:

Wanda Jeffcoat, MS, LPC-MH

Gary Kashale, MA, LPC

Connie Kolbrek, MS, EdS, LPC, QMHP

Krista McKeown, MA, LMFT, QMHP

Ramona Wade, MA, LMFT, QMHP

Yellow Brick Road Counseling and Therapy

407 S. 2nd Avenue, Suite 1, Sioux Falls, SD

Phone: (605) 214-6855

Website: yellowbrickroadcounselingtherapy.com

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; and traumatic incident reduction.

Behavioral Health Professional: Holly Merrick-Liston LPC-MH

Youth & Family Services Counseling Center

202 E. Adams Street, Rapid City, SD

Phone: (605) 342-4789

Website: www.youthandfamilyservices.org

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

Youth & Family Services Counseling Center - Cont'd

prevention; level 1 alcohol and drug evaluation and treatment; suicide crisis intervention; treatment for youth with problematic sexual behaviors. Additional Services: parenting classes; mind-body workshops; and domestic violence program. Seeking Safety Women's Group: for women, 18 years or older, wanting to recover from the negative effects of substance use and/or traumatic stress/post-traumatic stress (PTSD). Individuals do not have to have a substance use disorder nor suffer from post-traumatic stress disorder (PTSD) to find healing in this group. Also offers state-accredited, 12-hour DUI classes; mental health consultations and trainings; equine-assisted therapy group; mental health evaluations; child abuse survivor program; and telehealth sessions. Prefer first session in person.

Behavioral Health Professionals:

Stephanie Beard, MSW, CSW

Jennifer Freyensee, MA, LPC

Valerie Lick, MS

Jennifer Peters, M.A., LPC-MH, QMHP

Bridget Williams, MS, LPC-MH, QMHP

Jodi Burke, MSW, CSW-PIP, QMHP, LAC

Cathy Larsen, MS, LPC-MH, QMHP, CAC

Maureen Murray, MA, LPC-MH, LAC

Sierra Toms, MA

helpline center



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

211 Helpline

- Information, Referral, and Crisis Helpline • Free • 24-hours a day
- Social Services • Government Information • Community Information
 - Financial Assistance • Donation Information • Food • Shelter
 - Online searchable database with over 4,500 programs

Suicide and Crisis Support

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

Volunteer Connections

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

For more information or to support the Helpline Center please contact us at:

Helpline Center • 1000 N. West Avenue, Suite 310 • Sioux Falls, SD 57104
• Visit www.helplinecenter.org • Dial 211 • Text your zip code to 898211