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](http://dss.sd.gov) for alcohol and drug professionals, counselors, psychologists, and social workers or [doh.sd.gov](http://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.

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<tr>
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<td>Bachelor of Arts</td>
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<tr>
<td>BFA</td>
<td>Bachelor of Fine Arts</td>
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<tr>
<td>BS</td>
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<td>BSW</td>
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<td>DMin</td>
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<td>DO</td>
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<td>Registered Nurse, Board Certified</td>
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# Glossary of Abbreviations - Certifications and Licenses

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

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<td>ACS</td>
<td>Approved Clinical Supervisor</td>
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<td>ACT</td>
<td>Addiction Counselor Trainee</td>
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<td>AP/RN-BC</td>
<td>Advanced Practice Registered Nurse, Board Certified</td>
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<td>ASS</td>
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<td>ATR</td>
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<td>BCaBA</td>
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<td>CAS</td>
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<td>CBIS</td>
<td>Certified Brain Injury Specialist</td>
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<td>CCATP</td>
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<td>CCM</td>
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<td>CCMHC</td>
<td>Certified Clinical Mental Health Counselor</td>
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<td>CCSII</td>
<td>Certified Clinical Supervisor</td>
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<tr>
<td>CCTP</td>
<td>Certified Clinical Trauma Professional</td>
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<tr>
<td>CTTT</td>
<td>Certified Corrective Thought Therapist</td>
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<td>CDBT</td>
<td>Certified in Dialectical Behavioral Therapy</td>
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<td>CEAP</td>
<td>Certified Employee Assistance Professional</td>
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<tr>
<td>CFLE</td>
<td>Certified Family Life Educator</td>
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<td>CHPN</td>
<td>Certified Hospice and Palliative Nurse</td>
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<td>CNL</td>
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<td>CNS</td>
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<td>CPS</td>
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<td>CRC</td>
<td>Commission on Rehabilitation Counselor Certification</td>
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<td>CST</td>
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<td>CSW</td>
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<td>DBTC</td>
<td>Dialectical Behavior Therapy Certified</td>
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<tr>
<td>DBT sp.</td>
<td>Adapted Dialectical Behavior</td>
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<td>EAGALA</td>
<td>Equine Assisted Growth and Learning Association</td>
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<td>EAP</td>
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<td>ICADC</td>
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<td>LAC</td>
<td>Licensed Addiction Counselor</td>
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<td>LBA</td>
<td>Licensed Behavior Analyst</td>
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<td>LCPC</td>
<td>Licensed Clinical Professional Counselor</td>
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<td>LCSW</td>
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<td>LCW</td>
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<td>LGSW</td>
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<td>LICSW</td>
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<td>LMFT</td>
<td>Licensed Marriage &amp; Family Therapist</td>
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<td>LMHP</td>
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<td>LN</td>
<td>Licensed Nutritionist</td>
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<td>LP</td>
<td>Licensed Psychologist</td>
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<td>LPC</td>
<td>Licensed Professional Counselor</td>
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<td>LPCC</td>
<td>Licensed Professional Clinical Counselor</td>
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<td>LPC-MH</td>
<td>Licensed Professional Counselor - Mental Health</td>
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<td>LPN</td>
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<td>LSW</td>
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<td>MAC</td>
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<td>MFT</td>
<td>Marriage and Family Therapy</td>
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<tr>
<td>MT-BC</td>
<td>Music Therapist - Board Certified</td>
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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

211 Helpline Features

- Informational documents on a variety of subjects
- www.helplinecenter.org/helpsheets
- Customizable lists of resources
- www.helplinecenter.org/helplist

This Guide is available to search online under the 211 Helpline tab, Resource Guides at: www.helplinecenter.org/telemental
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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 reorientation 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 Zerfas, MA, NCC, LPC, LAC, QMHP
Erin Sanford MA, LPC-MH, QMHP
Helpline Suicide & Crisis Support

Aris 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:
Joan 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

1-800-273-8255
Helpline Suicide & Crisis Support 2
www.helplinecenter.org/telemental
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.averabehavioralhealth.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
Nataasha 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, ll 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
Help At Your Fingertips...

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
- Tammy Arens Beacumamp, CSW-PIP, QMHP
- Aimee Janvrin, LPC, QMHP
- Jessica Koupal, RN, CNP, QMHP
- Peggy O'Connor, RN
- Jim Ruhe, CSW-PIP, QMHP
- June Anderson, LPC, QMHP
- Teri Corrigan, CSW-PIP, QMHP
- Lisa Kautzman, RN, CNP, QMHP
- Nancy Middleton, CSW, QMHP
- Amber Roduner, LPC-MH
- 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](http://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
- Kim McNemar, LPC-MH, QMHP
- Shauna Smith, LPC, QMHP
- Lisa Kautzman, RN, CNP, QMHP

Behavior Management Systems Rapid City - Mainstream Office
111 North Street, Rapid City, SD
Phone: (605) 343-0650
Website: [www.BMSCares.org](http://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
- Peggy O'Connor, RN
- Lisa Kautzman, RN, CNP, QMHP

Behavior Management Systems Spearfish Office
623 Dahl Road, Spearfish, SD
Phone: (605) 642-2777
Website: [www.BMSCares.org](http://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
- Shannon Howard, LPC-MH, QMHP
- Sarah Hewitt, MS, LPC, QMHP
- Kenda Huseby, RN, CNP, QMHP
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
- Kayla Grams, LPC-MH
- Karen Griffith, LPC
- Linnea Grosz, LPC-MH
- Sarah Hewitt, LPC

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
- Michele Clodfelder, LPC-MH, EAP
- Emilia Flint, PhD, LP
- Tara Ginter, LPC-MH
- Cherise Lerew, PhD, LP
- Shannon Maxwell, PsyD, LP
- Adam Opbroek, MD
- Jacob Seidel, LPC-MH
- Terry Trucano, CSW-PIP
- Rita Van Norman, 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

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

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

Bridgeway Counseling Center
600 4th Street N.E., Suite 203, Watertown, SD
Phone: (605) 886-5262

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

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

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.
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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  Charlie Hartpence, MS
James T. Kinyon, MS, LPC-MH, QMHP, LMFT  John Olenyik, MDiv, LPC, QMHP
Norma Runner, MA, 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  Sandi Ohlen, MS, LPC
June Reilly, MS, LPC-MH

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

helpline center  8  www.helplinecenter.org/telemental
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
Michele Johnson, RN, MA, LPC, CCTP
Briana Halse, MA, RPT, LPC
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 reorientation 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 recanation therapy (MRT) class, DUJ 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 Burtzlaff, 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 Rosswow, 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, QMHP

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

www.helplinecenter.org/telemental
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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 Mccasin Drive, Aberdeen, SD
Phone: (605) 725-2155  Website: www.footsteps counselingaberdeensd.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, LAC, 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 reconation therapy (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](http://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](http://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](http://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
Help At Your Fingertips...  

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Greg Swenson, PhD  
929 Kansas City Street, Suite 201, Rapid City, SD  
**Phone:** (605) 341-5436  
**Website:** [http://gregswensonphd.net/](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

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**Grief Recovery Method, Coaching, and Training**  
24651 Whitetail Ridge Road, Hemosa, 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 grievers, the GRM program helps reduce grief by teaching grievers new skills on how to cope and process grief; how to confront old myths or unhelpful patterns of grieving; how to examine the ways in which grief has impacted their life through detailed assignments and exercises; and how to let go of pain from loss through the timely identification of apologies, forgiveness, and significant emotional statements, all within a helpful, supportive environment. There are four programs; 8-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)

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Haven Counseling LLC  
3213 W. Main Street, Suite 437, Rapid City, SD  
**Phone:** (605) 863-2498  
**Website:** [www.havencounselingllc.com](http://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

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Healing For The Soul Hypnosis LLC  
100 S. Maple Street, Suite 105, Watertown, SD  
**Phone:** (320) 460-0272  
**Website:** [https://healingforthesoulhypnosis.com](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; opioid 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

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Heartspace Counseling, LLC  
24349 Abe Place, Keystone, SD  
**Phone:** (605) 484-6030  
**Website:** [http://sdheartspace.com](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

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[www.helplinecenter.org/telemental](http://www.helplinecenter.org/telemental)
Heynen Health & Wellness Services
809 South Street, Rapid City, SD
Phone: (605) 390-8332  Website: https://www.heatherheynen.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 reconviction 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, LMTF, 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-PI

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
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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

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2021 Telemental Health Guide

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.

helplinecenter.org/telemental
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 (Telehealth).

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 reconation 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, CSW/P
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
Midwest Counseling & Evaluation Services, LLC
6209 E. Silver Maple Circle, Suite 2, Sioux Falls, SD
Phone: (605) 274-1944
Website: [www.midwestcounselingandevaluations.com](http://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 reclamation 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](http://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.
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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
Kassandra Frey, CSW, QMHP
Simone D. Webster, 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 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 reimprinting) 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](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](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](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

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**Moore Counseling Services - Cont’d**
Help At Your Fingertips...

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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:
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; Telespsychiatry 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:**
Brittny Vollmer, NP
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
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Dial 2•1•1

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 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
- Trisha Miller, PhD, Psychologist
- Lynette Quast, PhD, Psychologist
- Jennifer Kozel, PhD, Psychologist
- Mark Perrenoud, 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 & 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

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 Caynon 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, LAC, 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 Telemental healthcare.

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 Cordle, MSW, CSW-PIP
Garet Ford, PA-C
Nichole Johnson, NP-C
Sarah Konradi, PhD
MacKenzie Mertz, DO
Georgiana Nuss, MD
Rebecca Palugay, 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 Hag, LCSW-PIP
Shannon Maxwell, PsyD., Licensed Psychologist
Scott V. Sternhagen, PhD., Licensed Psychologist
Jan Sanford, LPC-MH, QMHP
Jan 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 Trenneholt, LPC, QMHP
Tamara Ulmer, LCSW, LPC-MH, QMHP
Kari A. Scovel, Ph. D., LP, LPC-MH, QMHP, Licensed Psychologist

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 Personality Inventory (MPI).
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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

Sioux Falls Psychological Services - Cont’d

evaluations; clarity of psychological diagnosis; determination of treatment plans; home studies and consultations; and competency to stand trial evaluations.

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:
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

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 Telehealth services; not all issues are appropriate to address through distance counseling. Videoconferencing available.
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 reaconition 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,LPD,NCC,CMHP
Kris Graham, MS, LPC, QMHP
Robert Nuss, MD
Nicole Robideau, MSW, CSW-PIP, QMHP
Melanie 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](http://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](http://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](http://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 Dancier, 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

[www.helplinecenter.org/telemental](http://www.helplinecenter.org/telemental)
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
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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 densitization 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 reconation therapy (MRT), cognitive behavioral intervention substance abuse (CBISA), and Telehealth services.

Behavioral Health Professionals:
Melanie Browne, BS, ACT
Michelle Flanigan, MSEd , 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

www.helplinecenter.org/telemental
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

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 tehealth 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
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