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Sioux Falls Mental Health Guide 2017

Mental Health Providers

Substance Abuse Providers

Dial 2-1-1

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**helpline
center**





IN THE TOP 10% NATIONWIDE FOR **PATIENT SATISFACTION**

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- Specialized ECT suite
- Avera Institute for Human Genetics
- TMS therapy—transcranial magnetic stimulation services

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Addiction Recovery Program:

- Individuals, Couples, Families, Adolescents
- Chemical Dependency Assessments
- Intensive Outpatient Program
- Relapse Prevention Program

Employee Assistance Program:

- Professional training for leaders and staff
- Consultation and mediation services

Avera 
McKenna Hospital
& University Health Center

Behavioral Health Outpatient Services

MKTG-11462-REVFE2312

Avera Professional Plaza • Suite 100 • 2412 S Cliff Avenue • Sioux Falls, SD • Phone: (605) 322-4079

SELECTING A BEHAVIORAL HEALTH PRACTITIONER

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

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

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

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.

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.

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.

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.

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. Under the supervision of a physician, physician's assistants and certified nurse practitioners can also prescribe medications.

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 nonsocial work field or discipline or an associate of arts degree in the human services in a program from a junior college, college, or university and 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 two 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 used throughout this guide, of professional accreditations and certifications.

AA	Associate Degree
AS	Associate of Science
BA	Bachelor of Arts
BS	Bachelor of Science
BSW	Bachelor of Social Work
DMin	Doctor of Ministry
DO	Doctor of Osteopathy
EdD	Doctor of Education
EdS	Education Specialist
MA	Master of Arts
MAT	Master of Arts in Teaching
MD	Doctor of Medicine
MDiv	Masters in Divinity
MEd	Master of Education
MFS	Master of Forensic Sciences
MS	Master of Science
MSEd	Master of Science in Education
MSSA	Master of Science in Social Administration
MSW	Master of Social Work
PhD	Doctor of Philosophy
PsyD	Doctor of Psychology
RD	Registered Dietitian
RN	Registered Nurse

Glossary of Abbreviations - Certifications and Licenses

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

ABN	American Board of Professional Neuropsychology
ACS	Approved Clinical Supervisor
ACSW	Academy of Certified Social Workers
ACT	Addiction Counselor Trainee
BCPCC	Board Certified Professional Christian Counselor
CAC	Certified Addictions Counselor
CBCP	Compassionate Bereavement Care Provider
CCMHC	Certified Clinical Mental Health Counselor
CCSII	Certified Clinical Supervisor
CCTT	Certified Corrective Thought Therapist
CDBT	Certified in Dialectical Behavioral Therapy
CDCT	Chemical Dependency Counselor Trainee
CEAP	Certified Employee Assistance Professional
CFLE	Certified Family Life Educator
CNP	Certified Nurse Practitioner
CNS	Clinical Nurse Specialist
CPC	Certified Professional Coach
CPS	Certified Prevention Specialist
CSW	Certified Social Worker
CSW-PIP	Certified Social Worker - Practitioner in Private Practice
FNP-BC	Family Nurse Practitioner (Certified by ANCC)
ICADC	Internationally Certified Alcohol and Drug Counselor
LAC	Licensed Addiction Counselor
LCSW	Licensed Certified Social Worker
LCSW-PIP	Licensed Certified Social Worker - Practitioner in Private Practice
LICSW	Licensed Independent Clinical Social Worker
LMFT	Licensed Marriage & Family Therapist
LP	Licensed Psychologist
LPA	Licensed Psychological Associate
LPC	Licensed Professional Counselor
LPC-MH	Licensed Professional Counselor-Mental Health
LSW	Licensed Social Worker
MSW-PIP	Master of Social Work - Practitioner in Private Practice
NBCC	National Board Certified Counselor
NCC	National Certified Counselor
NCGC	National Certified Gambling Counselor
NCSC	National Certified School Counselor
NP-C	Certified Nurse Practitioner
PA-C	Physician's Assistant Certified
PMHNP	Psychiatric Mental Health Nurse Practitioner
PST	Prevention Specialist Trainee
QMHP	Qualified Mental Health Practitioner
RN-BC	Registered Nurse - Board Certified
RPT	Registered Play Therapist
RPT-S	Registered Play Therapist - Supervisor
SAP	Substance Abuse Professional
SWA	Licensed Social Worker Associate

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www.helplinecenter.org

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Agapé Counseling Center, LLC

316 E. Holly Boulevard
Brandon, SD 57005

Phone: (605) 582-4722

Website: www.agapecounselingsd.com

Hours: 8:00am - 6:00pm, Monday - Friday / Evenings and weekends by appointment

Fees: To be discussed during appointment

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

Mental Health Professionals:

Erin Sanford MA, LPC-MH, NCC, QMHP
Jennifer Zerfas, MA, NCC, LPC, LAC, QMHP

Mailing Address: PO Box 41
Brandon, SD 57005

Fax: (605) 582-3197

Email: agapecounselingbrandon@gmail.com

Janet Opoien Twedt, LPC-MH, QMHP, LSW

Avera Internal Medicine for Women

116 W. 69th Street
Sioux Falls, SD 57108

Phone: (605) 322-5890

Fax: (605) 322-5891

Website: www.avera.org

Hours: 8:00am - 5:00pm, Monday - Tuesday / 9:00am - 6:00pm, Wednesday - Thursday /
8:00am - 12:00pm, Friday

Fees: Accepts most insurance; call for information

Services Offered: Individualized treatment for adults and adolescents. Specialties in eating disorders, depression, anxiety, women's issues, life changes and adjustments, and medical nutrition therapy.

Mental Health Professionals:

Mary Dressing, LPC-MH, RD, LN

Virginia Lemme, PA-C

Avera McKennan Hospital and University Health Center Behavioral Health Services - Addiction Recovery

2412 S. Cliff Avenue, Suite 100
Sioux Falls, SD 57105

Phone: (605) 322-4079

Fax: (605) 322-4080

Website: www.averabehavioralhealth.org

Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Groups: Monday - Friday, day and evening

Fees: Vary with services; accepts most insurance, Medicare, and Medicaid; payment plan options available

Services Offered: Comprehensive treatment program for individuals, couples, and families affected by substance abuse, compulsive gambling, other addictive behaviors, and corresponding emotional difficulties. Specializing in co-occurring services (the treatment of addictive behaviors as well as mental health issues such as bipolar disorder, clinical depression, and anxiety). Specialized programs include:

- Court approved provider for the assessment and or treatment of substance abuse and or gambling related offenses
- Pain management groups and counseling
- Adolescent program includes evaluations, individual and family counseling, and prevention services
- Employee assistance programs offers specialized recovery services for health care practitioners

Mental Health Professionals:

Alysa Klein, MA, CAC
Elisa Lewis, MS, LPC, NCC, LAC, QMHP
Gary Ambrose, MS, LPC, ACT
James Green, LAC
Jennifer Albrecht, MAT, LPC-MH, LAC

Jill Walerius, LCSW, CDCT
Joseph Block, LAC
Lana Smith, MA, LMFT, QMHP, LAC
Malia Holbeck, MSW, LCSW, LAC
Melissa Roby, MS, LPC, LAC

Avera McKennan Hospital and University Health Center Behavioral Health Services - Adolescent Group Therapy

4400 W. 69th Street
Sioux Falls, SD 57108

Phone: (605) 322-4057 or (605) 322-5142

Hours: Meeting time: 4:00pm - 5:45pm, one afternoon each week for eight weeks

Fees: Accepts most insurance including Medicaid; call for information

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

Mental Health Professional:

Amber Reints, PMHNP

Avera McKennan Hospital and University Health Center Behavioral Health Services - Inpatient Services

4400 W. 69th Street, Suite 100

Sioux Falls, SD 57108

Phone: (605) 322-4065 or (800) 691-4336

Fax: (605) 322-4060

Website: www.averabehavioralhealth.org

Hours: 24 hours a day / 7 days a week

Fees: No-cost initial assessment; accepts most insurance, Medicare, and Medicaid

Services Offered:

Adult Inpatient Program: Short-term acute programs, with length of stay based on your needs. Treatment programs include group and individuals therapy and continued care as needed.

Child and Adolescent Inpatient Program: Structured acute care inpatient program for children and adolescents.

Treatment programs include family meetings, therapy, case management, educational programming, and education on coping skills.

Senior Inpatient Program: Group and individual therapy offered with the support of a collaborative treatment approach under the direction of a psychiatrist with nursing staff, residents, physicians, social workers, dietitians, and any additional support to best meet the patient's needs.

Mental Health Professional:

Thomas Otten, MA, LPC-MH

Avera McKennan Hospital and University Health Center Behavioral Health Services - Partial Hospital and Intensive Outpatient

4400 W. 69th Street, Suite 100

Sioux Falls, SD 57108

Phone: (605) 322-4056 or (800) 691-4336

Fax: (605) 322-4009

Website: www.averabehavioralhealth.org

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

Fees: No-cost initial assessment; accepts most insurance and Medicare; limited financial assistance available

Services Offered: An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Services are also available for those experiencing acute psychiatric symptoms or deteriorating clinical conditions that severely impact the ability to function on a day-to-day basis.

Mental Health Professional:

Kathleen McKenzie, MA, LPC, RN

Avera Medical Group Behavioral Health Outpatient

2412 S. Cliff Avenue, Suite 200

Sioux Falls, SD 57105

Phone: (605) 322-4079

Fax: (605) 322-4080

Website: www.averabehavioralhealth.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Evening groups and additional scheduling options available

Fees: Vary; accepts most insurance including Medicare, Medicaid, and Employee assistance program; payment plan options available

Services Offered: Individual, group, couples, and family counseling for all ages. Program focus includes borderline personality disorder, anorexia, bulimia, healthy weight loss, grief, biofeedback, attention deficit / hyperactivity disorder, chronic pain, family separation, divorce, self-destructive behaviors, self-esteem, and anger management. Offering neuropsychological and psychological testing.

Mental Health Professionals:

Amber Lehman-Meyers, MDiv, LCSW-PIP

Amy Chitwood, MSW-LCSW-PIP

Chris Nordgren, PhD, LP

Chris Pudwill, MSW, LCSW, QMHP

Donald Baum, PhD, LP J.

Erik Anderson, CSW-PIP

Heidi Roberts, MSW, LCSW-PIP

Jeri Nelson, MSW, LCSW-PIP, QMHP

Kelsey Sjaarda, MSW, CSW-PIP

Larry Ling, MSW, CSW-PIP

Lindsay Neth, MSW, CSW-PIP, QMHP

Lindsey Krueger, MSW, LCSW

Mary Ellen Smith, MS, LPC-MH, NCC,

Mary Wolf, MS, LPC-MH, CEAP

Megan Engdahl, MSW, LCSW, QMHP

Michael Falconer, MSW, LCSW, QMHP

Nancy Wise-Vander Lee, PhD, LP

Nikki Eining, MSW, LCSW, QMHP

Thomas Shaffer, PHD, LP

Tim Heerts, LPC, LMFT, CEAP

Avera Medical Group Midwest Psychiatric Medicine

4400 W. 69th Street, Suite 500

Sioux Falls, SD 57108

Phone: (605) 322-7580

Fax: (605) 322-7579

Website: www.avera.org

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:30pm, Friday

Fees: Accepts most insurance

Services Offered: Provides diagnosis and management of psychiatric disorders in children, adolescents, and adults. Treatment areas include depression, anxiety, bipolar disorder, schizophrenia, attention disorders, and dementia.

Mental Health Professionals:

Berne Bahnson, MD

Connie Sweatman, PsyD

Larua Withorne-Maloney, CNP

Lezlee Gregunson-Lund, PhD

Patrick McNeil, MSW

Scott Schneider, MD

Avera Medical Group University Psychiatry Associates

4400 W. 69th Street, Suite 1500

Sioux Falls, SD 57108

Phone: (605) 322-5700

Website: www.avera.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Accepts most insurance, Medicare, and Medicaid

Services Offered: Individual, couples, or family therapy for the treatment of children, adolescents, adults, and seniors focusing on issues including, but are not limited to anxiety, mood, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress, abuse issues, eating disorders, dementia, grief and loss, childhood emotional and behavioral disorders, spirituality, stress management, and executive health. Evaluations available include psychiatric, psychological, neuropsychological, forensic, and custody.

Mental Health Professionals:

Amber M. Reints, PMHNP

Ammar Ali, MD

Ann Bowden, MD

Ann M. Mack, LPC--MH

Anthony Vaca, MD

Benjamin Kohls, LPC-MH

Beverly J. Gunderson, EdD

Brenda Nour, PhD

Bryce Gammeter, MD

Cummings, CSW-PIP

Carol Kuntz, PsyD

Constance L. Spicero, EdD

David Hylland, EdD

David Whaley, MD

Nicole Christenson, MD

Garneth Kuiper, CNP

Grace LaFollette, CNP

Heather Chester-Adam, MD

Hillary Hanson, MD

Jay Weatherill, MD

Josette S. Lindahl, MD

Julia J. Alzoubaidi, PhD

Karl Oehlke, PA-C

Kyle A. Duke, PA-C

Matthew Stanley, DO

Meredith Powell, MD

Michael Bergan, MD

Nancy Johnson, PhD

Nancy Wilson, MD

Robert F. Nuss, MD

Sarah Flynn, MD

Shawn VanGerpen, MD

Susan E. Weaver, CNP

Tamara Vik, MD

Timothy J. Soundy, MD

Tomas Holtberg, PhD

Tracee Hofer, CNP

Vinod Bhatara, MD Candice

Wallace Jackmon, PhD

William C. Fuller, MD

Wioleta Mazurczak, MD

Xiaofan Amy Li, MD, PhD

Devin L. Thorson, LPCC, MS

Barbara RA Christensen, II Inc

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

Phone: (605) 362-5803

Fax: (605) 362-5803

Website: www.barbarachristensencounseling.com

Email: barb.christensen@sio.midco.net

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Sliding fee scale

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, social skills, anger, domestic violence, abuse, obsessive compulsive disorder, relationship, autism, and Asperger's syndrome.

Mental Health Professional:

Barbara RA Christensen, MS, NCC, LPC, LPC-MH, QMHP, LAC

Bartels Counseling Services, Inc.

6330 S. Western Avenue, Suite 140

Sioux Falls, SD 57108

Phone: (605) 310-0032

Additional Location: 101 S. Reid Street

Sioux Falls, SD 57103

Fax: (605) 271-0200

Website: www.bartelscounselingservicesinc.com

2016 Sioux Falls Mental Health Guide

Hours: 8:00am - 9:00pm, Monday - Friday / 8:00am - 4:00pm, Saturday

Fees: Accepts most insurance; sliding fee scale; assistance available for those who qualify

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.

Mental Health Professionals:

Alyssa Boscaljon, MS, NCC, LPC, ACT

Courtney Ballard, BA, ACT

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

Kimberly Rowbotham, BA, ACT

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

Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2

Sioux Falls, SD 57105

Phone: (605) 274-1700

Fax: (605) 274-1704

Website: www.mariaegancounseling.com

Email: mariaegan.bmcs@midconetwork.com

Hours: 8:00am - 7:00pm, Monday - Friday / Saturdays by appointment

Fees: Accepts most insurance and Medicaid (South Dakota and Iowa)

Services Offered: Individual, groups, couples and families therapy for all ages. Specializing in play therapy, behavior modification, cognitive behavioral therapy, and diagnostic assessments for depression, generalized and separation anxiety, school refusal, social phobia, social skills training, obsessive compulsive disorder, anger management, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, post traumatic stress, attention deficit / hyperactivity disorder, Asperger's and autism spectrum, and pediatric bipolar disorder.

Mental Health Professional:

Maria Egan, MS, LPC-MH, QMHP

Bethesda Christian Counseling Midwest, Inc.

400 S. Sycamore Avenue, Suite 105-3

Sioux Falls, SD 57110

Phone: (605) 334-3739 (800) 463-4005

Fax: (605) 334-7552

Website: www.bethesdachristiancounseling.org

Email: info@bethesdachristiancounseling.org

Hours: 8:30am - 5:00pm, Monday - Friday / Evenings by appointment

Fees: Sliding fee scale; accepts most insurance, Medicare, and Medicaid

Services Offered: Faith based outpatient behavioral health services for individuals, couples, and families of all ages. Services also include church health and psychological testing.

Mental Health Professionals:

Barbara Roehrich, LPC

David Nehring, PhD

Denise Pulido, MSW, CSW-PIP

Joseph R. Goraj, MSW, CSW

William C. Fuller, MD

William Huiskens, MSW, CSW-PIP

Brenda Hansen-Mayer

1601 E. 69th Street, Suite 306

Sioux Falls, SD 57108

Phone: (605) 330-9997

Fax: (605) 330-9998

Website: www.bhmtherapy.com

Email: brenda@bhmtherapy.com

Hours: Monday - Friday, by appointment

Fees: Accepts most insurance and Medicaid

Services Offered: Individual, couple, and family counseling services on issues including, but not limited to trauma, addiction and recovery, stress management, depression, anxiety, anger management, grief and loss, and career direction. Specializing in cognitive behavioral therapy, dialectical behavior therapy, eye movement desensitization and reprocessing, and Gottman method couples therapy.

Mental Health Professional:

Brenda Hansen-Mayer, MS, LPC-MH

Carissa Palmberg Counseling

25337 470th Avenue

Crooks, SD 57020

Phone: (605) 951-6267

Website: www.carissapalmbergcounseling.vpweb.com

Email: carissa.palmberg@gmail.com

Hours: Sessions offered 9:00am - 5:00pm, Monday - Friday / Weekends by appointment

Fees: Visit website for details

Services Offered: Equine assisted psychotherapy is an alternative option for those who struggle to feel successful in traditional talk therapy. Offers individual, couples, family, and group sessions for those struggling with symptoms of post traumatic stress, trauma, addiction, grief and loss, depression, anxiety, and mood disorders. Team building and professional development workshops are also available.

Mental Health Professional:

Carissa Palmberg, MS, LPC, LAC

Carroll Institute

310 S. 1st Avenue
Sioux Falls, SD 57104

Phone: (605) 336-2556

Website: www.carrollinstitute.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Morning, afternoon, and evening groups available / Residential services provided 24 hours a day, 7 days a week

Fees: Sliding fee scale; state assistance available

Arch - Residential Treatment for Men and Women

516 W. 12th Street
Sioux Falls, SD 57104

Phone: (605) 332-6730

Intensive Outpatient Services: Services for adolescents and adults who are struggling with addiction including early intervention, treatment needs assessment, treatment planning, individual and group counseling, family therapy, Safe Driver Class for first time DUI offenders, drug education, and case management.

Mental Health Professionals:

Carrie Dau, MA, ACT
Gary Tuschen, BA
Heather Mousel, AA, ACT
Janice Falk, BS, LAC
Justin Nielsen, MA, ACT
Kacee Redden, MA, LAC
Kati Cecil, BS, CAC
Kimberly Questad, MS, NCC, LAC, LPC-MH, QMHP

Kristi Jacobsma, AA, CAC
Michelle Worden, MA, LAC
Mindy Mashek, BA, LAC
Monica Bakker, BS, ACT
Sara Jerke, BS, ACT
Shane Gerlach, BS, ACT
Susan Kern, BS, ACT
Tiffany Butler, MA, LPC, QMHP

Project Awareness Prevention Services: Prevention, individual services, and chemical dependency counseling to schools and communities throughout eastern South Dakota.

Mental Health Professionals:

Amy Feterl, MS, ACT
Barb DeVos, MS, NCC, LPC, LAC

Kaitlyn Umphlett, BS, ACT
Kristi VanDeRostyne, BS, CAC, CPS

Residential Services: Residential services for chemically dependent individuals who have received treatment within the previous year. Goals include relapse prevention, recovery, and developing life skills.

Mental Health Professionals:

Emery Two Hearts, BS, ACT
Joshua Duncan, MDiv, ACT

Rachael Miedema, MS, LPC, LAC
Tiffany Butler, MA, LPC, QMHP

Catholic Family Services

523 N. Duluth Avenue
Sioux Falls, SD 57104

Phone: (605) 988-3775 or (800) 700-7867

Website: www.sfcatholic.org

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

Fees: \$132.00 per 1 hour session; \$99.00 per 45 minute session; sliding fee scale; accepts most insurance, Medicaid, and employee assistance programs

Services Offered: Confidential and Christian based individual, couples, and family therapy to all ages and mental health needs. Support groups are available for those who are divorced, widowed, or separated. Grief and loss programs include group counseling and retreats. Domestic and international adoption services available including pre and post adoption support, home studies, and pregnancy counseling. Outreach offices located in Yankton, Brookings, Pierre, Gettysburg, and Aberdeen.

Mental Health Professionals:

Bonnie Deen, LPC-MH, QMHP, NCC
Brandi Brinthal, LPC-MH, NCC
Christina Vander Woude, MSW, LCSW
Fran Van Bockel, LPC-MH
Kathleen Crowley- LPC, LMFT, NCC

Marcie Moran, RN, EdD
Marge Culhane, RN, BC
Marnie Schieffer, CSW-PIP
Patricia Schwan, LPC-MH, LMFT

Fax: (605) 988-3747

Email: cfs@sfcatholic.org

Center for Family Medicine

1115 E. 20th Street

Sioux Falls, SD 57105

Phone: (605) 339-1783

Website: www.centerforfamilymed.org

Email: info@centerforfamilymed.org

Hours: 8:00am - 5:30pm, Monday - Thursday / 8:00am - 5:00pm, Friday

Fees: Accepts most insurance, Medicare, and Medicaid

Services Offered: Individual, marital, and family therapy. Specializing in brief therapy for psychological problems associated with medical illness.

Mental Health Professionals:

Daniel Felix, PhD, LMFT

Michael Bloom, PhD, Psychologist

Children's Home Society

801 N. Sycamore Avenue

Sioux Falls, SD 57101

Phone: (605) 334-6004

Fax: (605) 335-2776

Website: www.chssd.org

Email:

Hours: Adoption Program: 8:00am - 5:00pm, Monday - Friday (evening appointments available)

Day School: 8:45am - 3:00pm, Monday - Friday (Full year calendar)

Residential Treatment and Therapeutic Foster Care: 24 hours a day, 7 days a week

Fees: Vary for each program; Medicaid and school districts are the primary funding sources for residential treatment; limited scholarships are available; no fees for adoption program services

Services Offered:

Adoption Services: Provides services to families within driving distance of Sioux Falls Children's Home, including psychological, psychiatric, and educational testing, and individual, family, and home-based therapy.

Day Program: Available to students within driving distance of the Sioux Falls or Black Hills campus. Students receive individualized programming including modified educational program and therapeutic interventions to assist with emotional issues and behavioral problems. Students benefit from individual, group, and family therapy.

Residential Assessment and Treatment: Provides a home, school, and therapy to children ages 4 to 13 with emotional and behavioral problems. Treatment includes psychiatric care, adaptive management, individual, group, family therapy, and academic programming.

Therapeutic Foster Care: Serving children who have ongoing therapeutic or special medical needs.

Mental Health Professionals:

Call for information on mental health professionals available to provide services

Children's Inn - Children's Home Society

409 N. Western Avenue

Sioux Falls, SD 57104

Phone: (605) 338-4880 or (888) 378-7398

Website: www.chssd.org/childrensinn

Email: childrensinn@chssd.org

Hours: Individual counseling Monday - Friday, by appointment / Please call for support group times

Fees: None

Services Offered: Women's support groups are available for those affected by domestic violence, stalking, or sexual assault. EMPOWER is a support group for adolescents affected by dating or domestic violence and is offered in area middle and high schools. Individual counseling is available for adults, adolescents, and children to address concerns that arise as a result of or in conjunction with witnessing or experiencing harm.

Mental Health Professionals:

Jody Bockorny, MS

Rebecca Anderson, MS, LCSW

Choices Recovery Services, INC

2701 S. Minnesota Avenue, Suite 6

Sioux Falls, SD 57105

Phone: (605) 334-1822

Fax: (605) 334-1823

Website: www.choicesrecoveryservices.org

Email: karen.johnson@choicesrecoveryservices.org

Hours: 9:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment

Fees: Sliding fee scale

Services Offered: Intensive outpatient treatment for alcohol, drug, and gambling addictions including evaluation, individual counseling, aftercare and relapse prevention, first offender DUI classes, and SCRAM X monitoring.

Mental Health Professionals:

Bent Lambley, LAC

Keely Sponemore, ACT

Karen Johnson, LAC

Molly Pingrey, ACT

Clarity Counseling, LLC

101 S. Reid Street Suite 307

Sioux Falls, SD 57105

Phone: (605) 221-6244

Fax: (605) 221-6201

Website: www.claritycounselingsf.com

Hours: 9:00am - 5:00pm, Monday, Wednesday, Friday / 9:00am - 9:00pm, Tuesday, Thursday by appointment

Fees: Accepts most insurance and private pay

Services Offered: Confidential counseling services, finding clarity in the expected, unexpected, and everything in between. Serving clients 6 years of age and older on the topics of attention deficit / hyperactive disorder, 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, oppositional defiance, parenting, pregnancy, prenatal and postpartum, self-esteem, self-harming, sexual abuse, sexual addiction, insomnia, weight loss, and women's issues. Treatment approaches include cognitive behavioral therapy, family systems therapy, marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling.

Mental Health Professional:

Brandy Bunkers, CSW-PIP

Compass Center, The

1800 W. 12th Street, Suite 100

Sioux Falls, SD 57104

Phone: (605) 339-0116 or (877) 462-4747

Fax: (605) 336-3874

Website: www.thecompasscenter.org

Email: info@thecompasscenter.org

Hours: 8:00am - 5:00pm, Monday - Wednesday, Friday / 8:00am - 7:00pm, Thursday / 24-hour crisis support available

Fees: No cost to victims of sexual assault and domestic violence; low cost offender treatment

Services Offered: Individual counseling, safety planning, medical, legal, and personal advocacy including assistance filing protection orders and victim's compensation applications. Children's play therapy program for those that have witnessed or experienced domestic violence and/or sexual assault. Crisis support available in-person and via telephone for all victims of rape, sexual assault, incest, domestic violence, human trafficking, or stalking. Family violence project offers therapeutic and educational domestic violence offender treatment for adults.

Mental Health Professionals:

Andrew Vos, MDiv

Deb Langreher, RPT, NCC, NCSC, LPC

Jeanne Chamness, MA, NCC

Johna Nielsen, LPC, LAC, CCTP, RTC

Kelsey Mastbergen, MA

Michelle Trent, MS, NCC, LPC

Conrad Counseling & Consulting, LLC

5024 S. Bur Oak Place, Suite 214

Sioux Falls, SD 57108

Phone: (605) 361-8876

Fax: (605) 271-0104

Website: www.conrad15.wix.com/counselandconsult

Email: ccconsulting2016@gmail.com

Hours: Day and evening hours / Monday - Friday, by appointment

Fees: Accepts most insurance and private pay with cash discount

Services Offered: Individual, couples, and family therapy for all ages. Specializing in therapeutic approaches including cognitive-behavioral, solution-focused, eye movement desensitization and reprocessing (EMDR), Integrated EMDR (IEMDR) for chronic pain, and Adlerian play therapy. Assisting clients facing depression, anxiety, abuse, grief, post traumatic stress, life transition, self-esteem, anger management, attention deficit/hyperactive disorder, and women's issues. Counseling supervision and consultation available.

Mental Health Professionals:

Emily Gislason, MS, LPC-MH, RPT, NCC, QMHP

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

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

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

Crawford Counseling Center

1010 W. 5th Street

Canton, SD 57013

Phone: (605) 558-2000

Fax: (605) 558-1999

Website: <http://crawfordcounseling.vpweb.com>

Email: crawford.GC.3@hotmail.com

Hours: 10:00am - 8:00pm, Monday, Thursday / 10:00am - 6:00pm, Tuesday, Wednesday

Fees: Accepts most insurance; reduced self-pay rates; no-cost intern counseling

Services Offered: Individual, family, and group counseling for adolescents through adults. Specializing in treatment for school refusal, divorce, life transitions, coping with medical diagnoses, grief and loss, borderline personality disorder,

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depression, anxiety, panic disorder, hoarding, and bipolar disorder. Therapies include art for obsessive compulsive disorder, anxiety, and grief.

Mental Health Professionals:

GINNY CRAWFORD, MSW, CSW-PIP, CDBT

MARSHA HIBMA, LCSW, CSW-PIP

Credo Counseling, LLC

5024 S. Bur Oak Place, Suite 212

Sioux Falls, SD 57108

Phone: (605) 275-2001

Fax: (605) 275-2019

Website: www.credocounseling.com

Email: credocounseling@gmail.com

Hours: 7:00am - 7:00pm, Tuesday, Wednesday, Thursday or by appointment

Fees: Accepts most insurance; discount for cash pay; visit website for more details

Services Offered: Therapeutic services for individual, couples, and families for ages 12 and up with a focus in chronic pain management, burnout, evaluating dysfunctional work environments, physical health challenges, trauma, anxiety, depression, parenting, transitions, women's issues, grief and loss, regional differences, boundary difficulties, communication distress, attention deficit disorder, accessing community resources, and coordinating with other professionals to assist clients in obtaining well-rounded success.

Mental Health Professional:

CARLEEN BRYANT, MS, NCC, LPC-MH, QMHP

Dakota Oak Counseling

3220 W. 57th Street, Suite 100A

Sioux Falls, SD 57108

Phone: (605) 759-8359

Fax: (605) 275-0625

Website: www.dakotaoakcounseling.com

Hours: Day and evening hours by appointment

Fees: Accepts most insurance, Medicaid, and Medicare

Services Offered: Therapy for children, adolescents, adults, couples, and families. Areas of specialty include depression, anxiety, grief, addictions, acute and chronic medical conditions, abuse, trauma, parenting issues, divorce adjustments, family of origin issues, post traumatic stress, premarital and marital issues, men's issues, women's issues, anger, career adjustments, and spirituality issues. Provides play therapy, eye movement desensitization and reprocessing, and cognitive behavioral therapy.

Mental Health Professionals:

ANN FLYNN-CROWE, CSW-PIP

DEB THOMPSON, MA, LPC-MH, QMHP

KRISTI HAMILTON, MS, LPC-MH, QMHP

Daniel T. Digatono

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 362-1506

Fax: (605) 362-5601

Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 6:00pm, Friday / 9:00am - 2:00pm, Saturday

Fees: Sliding fee scale

Services Offered: Counseling for individuals, couples, and families on a variety of issues. Individual and group licensure supervision for LPC, LPC-MH, and LMFT candidates. Consultation, training, staff development, and conflict management services are available for businesses and churches.

Mental Health Professional:

DANIEL T. DIGATONO, MDiv, PhD, LMFT, LPC, QMHP

Darla Huffman Counseling Services

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

Phone: (605) 370-4442

Fax: (605) 362-5803

Website: www.darlahuffmancounseling.com

Email: darlahuffman@outlook.com

Hours: 8:00am - 7:00pm, Monday - Thursday / 8:00am - 2:00pm, Friday / 9:00am - 12:00pm, Saturday

Fees: Sliding fee scale

Services Offered: Individual, family and couples counseling on issues including grief and bereavement, chronic or terminal illness, end of life issues, abuse, trauma, career, depression, anxiety, as well as many other issues.

Mental Health Professional:

DARLA HUFFMAN, LPC

Dianna Spies Sorenson

4608 S. Briarwood Avenue

Sioux Falls, SD 57103

Phone: (605) 201-4159

Hours: Vary upon request including evenings and weekends

Fees: Vary depending on services

Services Offered: Individual, group, and family therapy for issues including post traumatic childbirth, conflict resolution, problem solving, interpersonal communication, healthy relationships, crisis intervention, self-esteem, self-perception, eating disorders, depression, anxiety, parenting, blended families, health promotion and illness prevention, stress management, biofeedback, life transitions, addictive processes, and end-of-life counseling. Experienced in case management for clients working within and between health care providers and health care systems.

Mental Health Professional:

Dianna Spies Sorenson, PhD, MBA, CNS, CNL, RN

Discover Wellness

2121 W. 63rd Place, Suite 100A

Sioux Falls, SD 57108

Phone: (605) 373-9330, Ext. 227

Website: www.discoverwell.co

Hours: By appointment

Fees: Vary; some insurance accepted

Services Offered: Individual and couples counseling. Specialty areas include anxiety, trauma, depression, life change, relationship challenges, post traumatic stress, feeling stuck, family of origin challenges, 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.

Mental Health Professional:

Robin Rossow, MS, LPC, NCC, QMH

Fax: (605) 373-9218

Email: rnrossow@gmail.com

Ellen Hohm, LLC

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 361-4403

Email: ejnhht4@hotmail.com

Hours: 8:00am - 5:00pm, Tuesday - Friday

Fees: Accepts most insurances, Medicaid; Sliding fee scale available

Services Offered: Counseling for adolescents, adults, couples, and families on topics including depression, anxiety, post traumatic stress, abuse, attention deficit / hyperactivity disorder, grief, men's issues, women's issues, parenting skills, sexuality, addiction, anger management, and premarital counseling. Focus is on mind, body, and spirit.

Mental Health Professional:

Ellen Hohm, MS, LPC-MH, QMHP

Fax: (605) 362-5601

Emerald Psychological Services

5032 S. Bur Oak Place, Suite 120

Sioux Falls, SD 57108

Phone: (605) 362-2617

Website: www.emeraldpsych.com

Hours: 9:00am - 5:00pm, Monday - Friday / Evenings by appointment

Fees: Vary based on services provided

Services Offered: Dedicated to providing comprehensive mental health services, including medication management, cognitive behavioral therapy, psychological assessments and testing, and therapeutic treatment programs.

Mental Health Professionals:

Jeremy Johnson, PhD

Lynette Melby, CNP

Fax: (605) 362-2654

Encompass Mental Health, LLC

100 S. Spring Avenue, Suite 150

Sioux Falls, SD 57104

Phone: (605) 275-0009

Website: www.EncompassMH.com

Hours: 9:00am - 5:00pm, Monday - Friday or by appointment

Fax: (877) 992-0016

Email: emily@encompassmh.com

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Fees: Initial assessment \$175.00; Individual therapy \$115.00; Individual play therapy \$115.00; Couples or family therapy \$120.00

Services Offered: Counseling and play therapy for children, adults, couples and families. Specializing in behavioral concerns, depression, anxiety, stress, attachment disorders, parent-child conflict, abuse, neglect, trauma, grief and bereavement, medical issues, work-life balance, relationship conflicts, and conflict management.

Mental Health Professional:

Emily A. Learing, MA, LMFT, RPT

Erin Stolsmark, Inc

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

Phone: (605) 359-0303

Fax: (605) 362-5803

Website: www.erinstolsmark.com

Email: estolsmark@gmail.com

Hours: 8:00am - 5:00pm, Tuesday, Thursday, Friday / 8:00am - 8:00pm, Wednesday

Fees: Accepts most insurance and Medicaid

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, 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 management, women's issues, eating disorders, post traumatic stress, and crisis prevention.

Mental Health Professional:

Erin (Stolsmark) Meyer, LPC-MH

Evenson Counseling

3701 W. 49th Street, Suite 202A

Sioux Falls, SD 57106

Phone: (605) 777-0075

Fax: (888) 977-2561

Website: <http://www.evensoncounseling.com>

Email: lori@evensoncounseling.com

Hours: Monday - Friday by appointment. Online scheduling is available.

Fees: Visit website for details

Services Offered: Individual and couple's therapy for all adults of all ages. Utilizes cognitive behavioral therapy, dialectical behavior therapy, mindfulness and experiential practices. Specialties include trauma, relationship stress, infidelity, intimacy issues, history of childhood physical, emotional and sexual abuse, depression, anxiety, social phobia, obsessive compulsive disorder, anger management, emotional regulation, grief and loss, post traumatic stress disorder, bipolar disorder, and borderline personality disorder.

Mental Health Professional:

Dr. Lori Evenson, LPC, QMHP, NCC

Family Service, Inc.

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 336-1974 or (800) 589-1974

Fax: (605) 336-9031

Website: www.sdfsi.org

Email: fsisd@msn.com

Hours: 8:00am - 6:00pm, Monday / 8:00am - 7:00pm, Tuesday / 8:00am - 5:00pm, Wednesday and Friday / 8:00am - 8:00pm, Thursday / 12:00pm - 4:00pm, Saturday / By appointment

Fees: Sliding fee scale; accepts most insurance, Medicaid, and Medicare

Services Offered: Outpatient mental health services including individual, marital, and family counseling. Provides employee assistance program services for employers including mental health, alcohol, and drug counseling.

Mental Health Professionals:

Angie Zirpel, MS, LPC-MH, CCDCIII, SAP

Dan Deal, MA, CCDCIII, SAP

Monica Jerke, MS

Paul Ritter, MA, MDiv, LPC

Paula Smykle, MSW, CSW

Todd Herrboldt, MSW, CSW-PIP, QMHP

First Step Counseling Services

4320 S. Louise Avenue, Suite 200

Sioux Falls, SD 57106

Phone: (605) 361-1505

Fax: (605) 361-0481

Website: www.takeyourfirststep.com

Email: frontdesk@takeyourfirststep.com

Hours: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday / Groups available: 6:00pm - 9:00pm, Monday - Wednesday or 8:00am - 4:00pm, Saturday

Fees: Fixed rates; call for information

Services Offered: Full range of services for chemical dependency and treatment including information and referral, education intervention services, intensive intervention, intensive outpatient treatment, and aftercare.

Mental Health Professionals:

Brenda Grimm, LAC
Kristina Boheman, ACT

Lou Ann Tietjen, LAC
Tara Clayton, ACT

Four Directions Counseling, Inc.

315 N. Main Avenue, Suite 201

Sioux Falls, SD 57104

Phone: (605) 359-5709

Email: kb.fourdirections@gmail.com

Hours: Flexible appointments available including evenings and Saturdays

Fees: Sliding fee scale; contracts; accepts most insurance, and Medicaid

Services Offered: Specializes in assessment and therapy for children, youth, and families involved in forensic settings such as the court system and child welfare. Services are provided throughout the community including the office, school, and home setting. Supervision, consultation, and training available for social workers, counselors. Organization training available on developing and providing effective treatment and services within forensic settings.

Mental Health Professionals:

Bobbie Jacobs, MSW
Dr. Kelly Bass, DSW, CSW-PIP, ACS

Brandi Brintall, MS, NCC, LPC-MH
Penny Virchow, MS, NCC, LPC-MH, QMHP

Give an Hour

Mailing Address: PO Box 5918

Bethesda, MD 20824

Website: www.giveanhour.org

Email: info@giveanhour.org

Hours: 9:00am - 5:00pm, Monday - Friday / Website: 24 hours a day / 7 days a week

Fees: None

Services Offered: Give an Hour is a national nonprofit that provides free mental health services to active duty service members, National Guard and Reserve forces, and veterans who have separated or retired from any branch of military service and their family members.

Available providers in Sioux Falls area provide and treat the following:

Anger management, anxiety, bereavement, post traumatic stress, and sexual assault.
Service specialties include faith based and family counseling.

Glory House, The

4000 S. West

Sioux Falls, SD 57105

Phone: (605) 332-3273

Website: www.glory-house.org

Hours: Residential: 24 hours a day, 7 days a week / Counseling: 8:00am - 10:00pm, Monday - Friday

Fees: Vary according to services

Services Offered: Individual, couples, and family counseling. Specializing in corrective thinking, moral recognition therapy, cognitive behavioral interventions for substance abuse, co-occurring aftercare, parenting, treatment readiness, getting it right, intensive outpatient program, aftercare, and transitional services.

Chemical Dependency Services: Assessments and intensive outpatient treatment for alcohol, methamphetamine use, and other drugs including aftercare, and relapse prevention

Mental Health Professionals:

Adam Hardy, MA, LPC, LAC
Amanda Przymus, MA, ACT
Andrea Fromelt, BS, ACT
Dennis Anderson, ACT
Jennifer Heumiller, MA, ACT
Jessica Pauna, MA, ACT

Kari Joldersma, BS, CAC
Kelly Cleveringa, MS, LAC
Sally Holiday, MS, LAC
T.R. Maves, MS, LAC, LPC
Tonya Keith, CAC

Additional Location: 3930 S. West
Sioux Falls, SD 57105

glow - glorious lifestyle · optimal weight

1601 E. 69th Street, Suite 103

Sioux Falls, SD 57108

Phone: (605) 373-9066

Fax: (605) 373-9066

Website: www.glowapproach.com

Email: DrLyn@glowapproach.com

Hours: 8:30am - 5:00pm, Monday - Thursday / 8:30am - 12:00pm, Friday

Fees: Accepts most insurance, Medicaid, and Medicare

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Services Offered: Specializing in food and weight issues for over 30 years, areas of expertise covers 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.

Mental Health Professional:

Lyn Shroyer, EdD, LP, Certified Integrative Nutrition Health Coach

Great Plains Psychological Services

4105 S. Carnegie Place

Sioux Falls, SD 57106

Phone: (605) 323-2345

Website: www.gppssf.com

Email: gppssf@aol.com

Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment

Fees: Vary; accepts most insurance

Services Offered: Individual, group, couples, marriage, and family therapy for all ages. Specializing in adoption home studies, critical incident stress debriefing, and employee assistance program services. Evaluations available include psychological, forensic, competency, pre-surgical, and psychosexual. Covering topics such as attention deficit / hyperactivity disorder, anxiety, depression, anger management, stress management, psychosexual, problems with sexuality, physical abuse, sexual abuse, grief and loss issues, substance abuse, oppositional defiant youth, and chronic pain.

Mental Health Professionals:

Carolyn Roths, MEd, LPC-MH

Clint Sperle, MA, LPC-MH

David Sundem, MS, LPC-MH

Irina Goubanova, MS, LPC, QMHP

Jeff Trammell, MSW, CSW-PIP

Kimberly J. Cournoyer, EdS, LPC-MH

Norma Haan, MSSA, CSW-PIP

Scott Pribyl, EdD, LP

Stephan Langenfeld, EdD, LP

Olson-Larson, MA, LPC-MH

Helpline Center

1000 N. West Avenue, Suite 310

Sioux Falls, SD 57104

Phone: 2-1-1 or (800) 273-8255

Website: www.helplinecenter.org

Hours: 24 hours a day, 7 days a week

Fees: None

Services Offered: Information, referral, and crisis helpline that provides resource information on non-profit, social service, and government programs, along with providing crisis intervention services.

Mental Health Professional:

Barbara Bettelyoun, PhD

Fax: (605) 332-1333

Email: help@helplinecenter.org

Janet Kittams-Lalley, MA, LPC

Heuermann Counseling Clinic

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 336-1974

Fax: (605) 336-9031

Website: www.sdfsi.org

Hours: 8:00am - 6:00pm, Monday - Friday

Fees: None for those who qualify

Services Offered: Short-term mental health care to individuals do not have insurance.

Mental Health Professionals:

Kathleen Christensen, PsyD, LP, LMFT

Monica Jerke, MA

Robin Duncan, PhD

Sarah Shoffner, MSW - Intern

Integrative Wellness

5000 S. Minnesota Avenue, Suite 200

Sioux Falls, SD 57108

Phone: (605) 271-1348

Fax: (605) 610-1477

Website: www.integrativewellnesssd.com

Email: integrativewellness@midconetwork.com

Hours: Day and evening hours vary by therapist

Fees: Accepts most insurance, Medicaid, Medicare, and private pay

Services Offered: Individual, marital, family, and play therapy for all ages. Covering topics such as depression, anxiety, grief and loss, addictions, trauma, abuse, family of origin, geriatrics, parenting, attention deficit / hyperactivity disorder, blended family issues, and divorce. Serving everyday people with everyday problems.

Mental Health Professionals:

Christine Ellis, MSW, LCSW-PIP
Erin Nielsen Ogdahl, JD, CSW-PIP, LAC
Jeanne Bunkers, MSW, LCSW-PIP
Jennifer Gleason-Wilson, LPC

Kristin Gedstad, M.Ed, LPC, LMFT, QMHP
Melissa Steever, MA, LPC-MH
Michelle VanDenHul, MSW, LCSW-PIP
Myra Eben, LPC

Journey Counseling Services

6209 S. Pinnacle Place, Suite 102
Sioux Falls, SD 57108

Phone: (605) 988-8131

Fax: (605) 988-8141

Website: www.journeycounselingservices.com

Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / By appointment

Fees: Vary depending on services; accepts most insurance; payment plan if needed

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. Assessments and treatment for attention deficit / hyperactivity disorder and autism or Asperger's disorder available.

Mental Health Professionals:

Anne Dilenschneider, PhD, LPC-MH, QMHP
Brian Eclov, EdS, LPC-MH, NCC, CCMHC, QMHP
Dianne Beard, MA, LPC
Gary Kashale, MA, LPC

Lori Menke, MA, RN
Michael Wheaton, MA, LMFT, QMHP
Sara Kuehler, MA, LPC
Wanda Jeffcoat, MS, NCC

Journey Therapy and Consulting

1500 S. Sycamore, Suite 200
Sioux Falls, SD 57110

Phone: (605) 351-1545, (605) 838-8545, or (605) 376-3585

Email: tammy@journeysupport.net

Website: www.journeysupport.net

Hours: 8:00am - 5:00pm Monday - Friday / Evenings and weekends by appointment

Fees: Vary depending on services; accepts most insurance; will work out payment plan if needed

Services Offered: Individual, couples, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression, anxiety, traumatic experiences, attachment challenges, parenting support, grief and loss, work and career issues, stress management, addiction and recovery, and conflict resolution. Offering BrainPaint neurofeedback and hypnosis.

Mental Health Professionals:

Amy Roth, MS, NCC, LPC-MH
Tammy Lias, MA, LMFT, QMHP

James Cady, MA, EdS, NCC, LPC

Kannan Clinic

6709 S. Minnesota Avenue, Suite 202
Sioux Falls, SD 57108

Phone: (605) 271-3900

Fax: (605) 271-3902

Hours: 8:30am - 5:00pm, Monday - Thursday

Fees: Accepts most insurance and Medicaid

Services Offered: A non-hospital owned or affiliated clinic specializing in biologically-oriented psychiatric assessment, treatment, and management for adult and geriatric patients. Expertise includes the management of a broad spectrum of mental illnesses including depression, bipolar disorder, Alzheimer's disease, dementias, anxiety and panic attacks, obsessive compulsive disorder, schizophrenia and thought disorders, Parkinson's disease, and other conditions.

Mental Health Professional:

Hari D. Kannan, MD

Katy Bendewald, MSW

1719 W. Main Street, Suite 303
Rapid City, SD 57702

Phone: (605) 310-0356

Fax: (605) 716-4397

Hours: 8:00am - 6:00pm, Monday - Friday

Fees: Accepts most insurance

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Services Offered: Individual and family counseling for adults and children. Emphasis on depression, anxiety, major life changes, stress, and relationship issues.

Mental Health Professional:

Katy Bendewald, MSW, CSW-PIP

KeySolutions Employee Assistance Program (EAP)

3800 S. Kiwanis Avenue

Sioux Falls, SD 57105

Phone: (605) 334-5850 (888) 450-7844

Fax: (605) 335-3282

Website: www.keysolutionseap.com

Email: keysolutionseap@crchealth.com

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 3:00pm, Friday / Phone support: 24 hours a day, 7 days a week

Fees: None to employees with KeySolutions service agreement

Services Offered: Offers guidance in a wide variety of areas including relationship and family concerns, emotional health, workplace issues, drug, alcohol, and gambling abuse, and financial counseling.

Mental Health Professionals:

Beth Hall, MA, MSW, ACT

Lori Williamson, MA, LMFT, LAC, QMHP, CEAP, SAP

Susan Dinsmore, MA

Keystone Treatment Center - Inpatient

1010 E. Second Street

Canton, SD 57013

Phone: (605) 987-2751 or (800) 992-1921

Mailing Address: PO Box 159

Canton, SD 57013

Website: www.keystonetreatment.com

Fax: (605) 987-2365

Hours: 24 hours a day, 7 days a week

Fees: Sliding fee scale available

Services Offered: Inpatient alcohol, drug, and gambling treatment with separate programs for adults and adolescents. Treatment services for detox, dual diagnosis, cognitive disorders (such as fetal alcohol syndrome), gambling, methamphetamine, substance abuse and inhalant abuse. Specialized Native American tract available.

Mental Health Professionals:

Amy Simunek, LAC, LPC

Marcia Nelson, MD, Addictionologist

Carol Reiger, RN, LAC

Micahel Moeller, MD, Psychiatrist

Christy Alten, MS, NCC, LAC, LPC-MH

Robert Bogue, LAC, CCSII

Deb Swenson, LPC, LAC

Robert Perkinson, PhD, LAC, NCGC

E.R. Regier, MD

Tara Winter, MS, LAC, LPC-MH

Luther Hegland, MD, Psychiatrist, Addictionologist

Keystone Treatment Center - Outpatient

3800 S. Kiwanis Avenue

Sioux Falls, SD 57105

Phone: (605) 335-1820 or (800) 992-1921

Fax: (605) 335-3282

Website: www.keystonetreatment.com

Hours: 8:00am - 5:30pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phones answered 24 hours a day, 7 days a week

Fees: Call for information

Services Offered: DUI class and adolescent prevention program; Day and evening intensive outpatient treatment for adults and adolescents for alcohol, drug, and gambling; Individual, couples, family, and group therapy provided.

Mental Health Professionals:

Bob Brown, LAC

Robert Perkinson, PhD, CCDCIII, NCG

E.R. Regier, MD

Kimberly Keiser and Associates, LLC

6320 S. Western Avenue, Suite 150

Sioux Falls, SD 57108

Phone: (605) 274-0095

Fax: (605) 271-0951

Website: www.kimberlykeiser.com

Email: welcome@kimberlykeiser.com

Hours: 8:00am - 6:00pm, Monday - Friday

Fees: Accepts most health insurance policies; call for more information

Services Offered: Committed to providing healing and restoration to individuals, couples, and groups experiencing personal, relational, sexual, and psychological issues. Specializing in sexual dysfunctions, sexual pain disorders, sexual abuse recovery, paraphilia's, sexuality after cancer, sexual addiction, infidelity recovery, reproductive health, infertility counseling, and trauma therapy. Therapeutic and advocacy for lesbian, gay, bisexual, and transgender individuals.

General mental health counseling topics covered include; coping skills, bipolar disorder, dissociative disorders, personality disorders, obsessive compulsive disorder, borderline personality, depression, anxiety, chronic pain, self-esteem, co-dependency, relationship dynamics, divorce, abuse, anger management, trauma, post traumatic stress, grief and loss, life transition, suicidal ideation, dual diagnosis, crisis management, and addictions.

Mental Health Professionals:

Alla Jones, MS, LPC-MH, LAC, QMHP

Kimberly Keiser, MA, LPC-MH, CST

Kristen Ericsson Counseling & Psychotherapy

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 270-1057

Fax: (605) 362-5601

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

Email: kristen@kristenericsson.com

Hours: 8:00am - 7:00pm, Monday - Friday

Fees: Insurance; private pay; reduced cash rate for those experiencing financial hardships and for those who don't have insurance coverage or a high deductible

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, bipolar disorder, and a host of other issues. Therapeutic interventions include cognitive-behavioral therapy, 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.

Mental Health Professional:

Kristien Ericsson, MS, NCC, LPC, QMHP

LaVelle and Associates

5024 S. Bur Oak Place, Suite 212

Sioux Falls, SD 57108

Phone: (605) 275-2001

Fax: (605) 275-2019

Website: www.therapistsiouxfalls.com

Email: lavelleassociates@yahoo.com

Hours: 8:00am - 5:00pm, Monday - Friday / Evening available by appointment

Fees: \$165.00 per session; accepts most insurance, Medicare, and Medicaid; sliding fee scale for uninsured

Services Offered: Counseling to individuals, couples, families, and groups of all ages. Specializing in eye movement desensitization and reprocessing, chemical dependency evaluations, and Gottman marriage counseling. Services focus on three different focus areas trauma and abuse, addiction and recovery, and improving and rekindling marriages.

Mental Health Professional:

Patricia LaVelle, EdS, LPC-MH, LMFT, QMHP

LifeGate Christian Counseling

6820 W. 26th Street

Sioux Falls, SD 57106

Phone: (605) 929-1060

Fax: (605) 370-5330

Website: www.lifegatechristiancounseling.com

Email: lifegate@midco.net

Hours: 9:00am - 8:00pm, Monday - Friday

Fees: Most major insurance plans accepted; sliding fee scale for those without insurance coverage

Services Offered: Individual, couple, and family therapy. Providing emotionally focused individual and couples therapy.

Mental Health Professional:

Larry Porter, PhD, LMFT, QMHP

Lighting A New Way Counseling Services

1500 S. Sycamore Avenue, Suite 102

Sioux Falls, SD 57110

Phone: (605) 361-0114

Fax: (605) 332-1723

Website: www.lightinganewway.com

Email: carol@lightinganewway.com

Hours: Daytime and evening appointments available, Monday - Friday

Fees: Comparable rates; accepts most insurance and Medicaid

Services Offered: Individual, couples, and family therapy provided for adults and adolescents. Specialties include the treatment of depression, anxiety, trauma, grief and loss, abuse, and post-adoption family and attachment coaching.

Mental Health Professionals:

Bobbi Rysdon, MA, LMFT, QMHP

Mary Weber, MS, LPC, LMFT

Lisa Stellinga, MS, LPC-MH, LAC

Nancy Robson, MA, LPC, NCC

Lutheran Social Services - Sioux Falls Area Counseling Services

705 E. 41st Street, Suite 100

Sioux Falls, SD 57105

Phone: (605) 444-7631 (855) 334-2953

Fax: (605) 444-7690

Website: www.lsssd.org

Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday

Fees: Sliding fee scale; accepts most insurance including Medicaid and Medicare

Services Offered: Individual, couples, and family counseling to assist children and adults in dealing with life challenges. Provides employee assistance counseling services, addiction assessments, educational and therapy groups including anger management groups for young men and adults, youth violence offender groups, child custody evaluations, mediation services, and critical incident stress debriefings. Services also include functional family therapy, moral reconnection therapy group, and aggression replacement therapy group for youth. Consumer Credit Counseling services also available at the Sioux Falls location. Additional offices located in Mitchell and Brookings.

Mental Health Professionals:

April Bolton MA, LPC-MH, NCC, QMHP

Ashley Wilcox, MS, LCSW

Chad Nirlsen, MA, LAC

Christina Fousek, MS

Duane Kavanaugh, LPC-MH, QMHP

John Korkow, LAC

Krysta Winter, LPC-MH, NCC, QMHP

Lisbeth Leagjeld, LPC-MH

Megan Grode Wolters, MSW, LCW

Patricia Kane, LICSW, CSW-PIP, QMHP

Ryan Olson, MS

Scott Moeller, MS, LPC-MH, LMFT

Stephanie Lund, MS, LPC, NCC, QMHP

Tally Salisbury, MS, LPC-MH, QMHP

Mary T. Guth

3610 S. Western Avenue, Suite 2

Sioux Falls, SD 57105

Phone: (605) 951-8423

Fax: (605) 274-1704

Hours: 9:00am - 8:30pm, Monday - Saturday / 9:00am - 12:00pm, Sunday

Fees: Accepts most insurance and Medicaid

Services Offered: Individual, marital, and family therapy for children, adolescents, and adults. Specialized in topics of depression, anxiety, panic disorder, grief and loss, sexual abuse, premarital counseling, men's issues, women's issues, post traumatic stress, stress management, coping with cancer diagnosis, chronic medical conditions, divorce adjustments, transitions, and parenting concerns. Supervision for LPC, LPC-MH, and LMFT licensure.

Mental Health Professional:

Mary T. Guth, MS, LPC-MH, LMFT, ACS

NAMI Sioux Falls

121 S. Main Avenue

Sioux Falls, SD 57104

Phone: (605) 610-7226

Website: <http://namisiouxfalls.org>

Hours: Call for information on meeting times and to register for classes

Fees: None

Services Offered: NAMI offers practical support, useful education, and understanding to people who are living and coping with brain based diseases (mental illness). NAMI Family-to-Family Education Program is a course for family caregivers of individuals with severe brain disorders. NAMI Connection is a weekly support group for adults who have a mental illness. In Our Own Voice is a educational presentation for community groups given by persons who have a lived experience with mental illness. Family support group is a confidential support group for loved ones of individuals living with mental illness. NAMI basics is a education program for parents and caregivers of children and adolescents experiencing mental health challenges.

Mental Health Professional:

Phyllis Arends, RN

Mailing Address: PO Box 89213

Sioux Falls, SD 57109

Email: info@namisiouxfalls.org

New Day Counseling Services, LLC

1320 E. Rushmore Drive, Suite 107

Brandon, SD 57005

Phone: (605) 582-7418

Hours: Evenings available by appointment

Fees: Accepts insurance and Medicaid

Services Offered: Client-centered and cognitive behavioral 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

Mailing Address: PO Box 782

Brandon, SD 57005

Email: newday@alliancecom.net

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 as appropriate to release blocked emotions and energy. Flexible scheduling allows for sessions to be held in the office, home, or other community settings.

Mental Health Professional:

Kara L. Baas, MS, LPC-MH, QMHP

Phillips Mental Health Services

6209 E. Silver Maple Circle, Suite 2

Sioux Falls, SD 57110

Phone: (605) 274-1944

Fax: (605) 274-1945

Website: www.phillipsmentalhealth.com

Email: cphillips.pmhs@midconetwork.com

Hours: 8:30am - 6:00pm, Monday - Friday / Evenings and weekends by appointment

Fees: Accepts most insurance, Medicaid, and self-pay

Services Offered: Mental health and addiction recovery services provided to children, adolescents, adults, couples, and families. Treatment services offered for depression, addiction, anxiety, parent-child conflicts, behavior problems, attention deficit / hyperactivity disorder, Asperger's Syndrome, oppositional defiant disorder, adjustment disorders, obsessive compulsive disorder, post traumatic stress, grief, separation and divorce, family issues, social skills training, stress management, and anger management. Services include mental health assessments and screenings, Cognitive Behavior Therapy, behavior modification, play therapy, and reunification therapy. Employee assistance programs services offered. South Dakota court approved alcohol and drug screenings and assessments available including Individual 1st offender DUI education, intensive outpatient services and aftercare. The following groups are now being offered: Social Skills R Us for children and adolescents; and Women's Issues - Finding Balance In Your Life.

Mental Health Professional:

Connie Fritz-Phillips, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC

Prairie View Prevention Services

822 E. 41st Street, Suite 235

Sioux Falls, SD 57105

Phone: (605) 331-5724 or (800) 343-9272

Fax: (605) 331-5725

Website: www.prairieview.net

Hours: Winter hours: 8:00am - 5:00pm, Monday - Friday / Summer hours: 8:00am - 4:00pm, Monday - Friday / Evenings by appointment

Fees: No-cost for adolescents and families in contracted school districts; call for more information

Services Offered: Alcohol, drug, and violent threat screenings, updates, and assessments for adolescents. Group, family, and individual sessions focus on alcohol, tobacco, drugs, violence, depression, and eating disorders. Brief therapy with referrals to mental health service providers.

Mental Health Professionals:

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

Psychological Solutions of South Dakota, LLC

6810 S. Lyncrest Avenue, Suite 201

Sioux Falls, SD 57108

Phone: (605) 274-1119

Fax: (605) 271-9983

Hours: 8:00am - 6:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Evening and Saturday hours by appointment

Fees: Call for more information

Services Offered: Individual, group, child, couples, and family therapy as well as psychiatric services including medication management. Focusing on depression, anxiety and panic, grief and loss, post traumatic stress, body image, stress management, medical and pain management, women's health and pregnancy, and men's issues. Also offered are civil and criminal forensic evaluations, safety sensitive employee evaluations, fitness for duty evaluations, neuropsychological evaluations and violence risk assessments. Assessment, treatment, and parent education services of childhood and adolescent problems and disorders include attention deficit / hyperactivity disorder, oppositional defiant disorder, behavioral issues, anxiety, and depression. Therapeutic specialties include behavioral medicine, dialectical behavioral therapy, and cognitive behavioral therapy.

Mental Health Professionals:

Camma Murphy, MSED, LPC, QMHP
Dr. Ericka Kemper, MA, PSyD, LP
Dr. James Chiu, MD

Stacy White, CSW-PIP
Dr. Thomas L. Price, MA, LP, PhD

Psychotherapy Associates of Sioux Falls

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 332-1700

Fax: (605) 336-9031

Website: www.sdfsi.org

Hours: 8:00am - 7:00pm, Monday - Friday

Fees: \$115.00 - \$140.00 per hour; accepts most insurance

Services Offered: Individual, couples, and family therapy available for children, adolescents, and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and post traumatic stress. Psychodrama and eye movement desensitization and reprocessing treatments are available.

Mental Health Professionals:

Connie Nelson, MA, LPC-MH, LAC

Shelley L. Sandbulte, EdD, LP

Mary Eggleston, MSED, LPC, LMFT, LAC

Rebecca J. Watson-Miller, Ph.D.

2500 W. 49th Street, Suite 209

Sioux Falls, SD 57105

Phone: (605) 335-5888

Email: drwatsonphd2@gmail.com

Website: www.watsonmillerphd.com

Hours: 8:00am - 7:00pm, Monday - Friday / 8:00am - 3:00pm, Saturday

Fees: \$220.00 intake appointment; \$150.00 per session; accepts most insurance

Services Offered: Individual, premarital, couples, and family psychotherapy across the lifespan. Works to help people develop skills that enhance social, educational, or occupational functioning. Psychological testing and assessment are available for assessment of ability for employment, disability, and personality. Professional consultation available for other professionals. Presentations available on a variety of topics.

Mental Health Professional:

Rebecca J. Watson-Miller, PhD

Resolutions Counseling & Mediation

6116 S. Lyncrest Avenue, Suite 103

Sioux Falls, SD 57108

Phone: (605) 679-3186

Email: info@sdresolutions.com

Website: www.sdresolutions.com

Hours: Monday - Saturday, by appointment

Fees: Accepts most insurances and Medicaid

Services Offered: Individual, couples, and family counseling for all ages and for all mental health related concerns. Specializing in trauma therapy that utilizes eye movement desensitization and reprocessing therapy for post traumatic stress, abuse, anger, and addiction. Couple and family counseling utilizing Gottman marriage counseling training and premarital counseling services. Child custody evaluations, parent coordinator services, and mediation services.

Mental Health Professionals:

Diane Johnson-Mitchell, LPC-MH, QMHP

Jari Johnson, LMFT, QMHP

Shanna Moke, MA, CFLE

Stacy Dixon, LMFT, QMHP

Restoration Counseling and Consulting, Inc.

6809 S. Minnesota Avenue, Suite 103

Sioux Falls, SD 57108

Phone: (605) 838-9655 (605) 659-6167

Fax: (605) 271-2548

Website: www.restorationcounseling.biz

Email: luanna@restorationcounseling.biz

Hours: Monday - Friday, by appointment

Fees: Vary by service; most insurance accepted, including Medicaid; sliding fees and payment plans available

Services Offered: Individual and couples therapy for adults dealing with life transitions, healing from trauma and/or abuse, restoring difficult relationships, or looking for balance and support in their lives. Individual therapy for adolescents dealing with trauma or behavior issues. Assessment and therapy for those engaged in addictive behaviors, and also for those who love them. Experienced in serving the Native American community, particularly in the areas of historical trauma and grief.

Mental Health Professionals:

Luanna Olthoff, MA, LPC-MH, LAC, QMHP

Dr. Kathleen Brown-Rice, PhD, LPC, LMHP, CAC, NCC, ACS, QMHP, LCAS

Restoration Treatment Services

225 E. 11th Street, Suite 204

Sioux Falls, SD 57104

Phone: (605) 271-7712

Fax: (605) 274-1557

Website: www.newhavensf.org

Hours: 9:00am - 9:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday

Fees: Call for information; access to recovery provider

Services Offered: Chemical dependency evaluations, early intervention services, outpatient treatment, and aftercare services with individual counseling. Alcohol and drug testing and SCRAM monitoring also available.

Mental Health Professional:

Johnny Ray, MSW, LAC

Ritzman Counseling Services

1601 E. 69th Street, Suite 202

Sioux Falls, SD 57108

Phone: (605) 274-1574

Fax: (605) 271-1395

Email: kmrs@midco.net

Hours: 8:00am - 7:00pm, Monday - Friday / Some Saturday appointments available

Fees: Accepts most insurance and Medicaid; sliding fee available

Services Offered: Individual, family, couples, and play therapy serving children, adolescents, and adults. Specialties include depression, anxiety, trauma, and abuse.

Mental Health Professional:

Kelly Ritzman, MS, NCC, RPT, LPC-MH, QMHP

Ronda Maass

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 212-4019

Fax: (605) 362-5601

Website: www.rondamaass.com

Email: rondam@sio.midco.net

Hours: 9:00am - 7:30pm, Monday - Tuesday / Wednesday by appointment / 9:00am - 5:00pm, Friday

Fees: Accepts most insurance, Medicaid, employee assistance programs, and private pay

Services Offered: Counseling services for individuals, couples, and families. Areas of care include but are not limited to spiritual, parenting, conflict resolution, depression, grief, anxiety, work related issues, communication, identity, life adjustment and transition, anger management, and women through the lifespan.

Mental Health Professional:

Ronda J. Maass, MA, LPC-MH, QMHP

Sanford Health Psychiatry and Psychology Clinic

2400 W. 49th Street

Sioux Falls, SD 57105

Phone: (605) 312-8700

Fax: (605) 312-8701

Website: www.sanfordhealth.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Accepts most insurance, Medicare, and Medicaid

Services Offered: Individualized treatment for all ages including individual, couples, and family therapy; psychiatric and psychological evaluations. Treatment topics include but are not limited to anxiety, mood, personality disorder, somatization, psychosexual, schizophrenia, post traumatic stress, abuse, eating disorders, addictions, dementia, grief and loss, stress management, executive health, and the evaluation and treatment of childhood emotional and behavioral disorders including attention deficit / hyperactive disorder.

Mental Health Professionals:

Barbara Wendell-Schechter, NP-C

David Ermer, MD

Kathleen Lemme, LAC, LPC-MH, LMFT

Kelli Willis, MSW-PIP

Kelly Lauck, PhD, LPC-MH

Linda Kauker, PA-C

Nichole Johnson, NP-C

Rachelle Broveleit, PA-C

Rajesh Singh, MD

Rebecca Palugyay, MSW-PIP

Rhonda Smith, EdD

Sarah Konrady, PhD

Steven Cochran, MD

Susan Wicks, MSW-PIP

Vanessa Ferguson, PhD

Sanford Women's

5019 S. Western Avenue, Suite 200
Sioux Falls, SD 57108

Phone: (605) 328-7700

Website: www.womens.sanfordhealth.org

Hours: 7:00am - 7:00pm, Monday - Thursday / 7:00am - 5:00pm, Friday / Nights and weekends at patient request

Fees: Accepts most insurance; Sanford employee assistance program provider

Services Offered: Provides services to adults and adolescents. Service specialty areas for adults include post-partum emotional response, infant loss, depression, anxiety, insomnia, life changes and adjustments. Service specialty areas for adolescents include parent/child relationships, bullying, peer and relationship issues, and life adjustments.

Mental Health Professional:

Karla Harmon, CSW-PIP, QMHP

Additional Location: 1500 W. 22nd Street, Suite 301
Sioux Falls, SD 57105

Sioux Empire Christian Counseling, Inc.

2000 S. Sycamore Avenue, Suite 101

Sioux Falls, SD 57110

Phone: (605) 271-0261

Website: www.siouxempirechristiancounseling.com

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday

Fees: \$175.00 per hour; accepts most insurance and Medicaid

Services Offered: Individual, marital, and family counseling across the lifespan. Experience in attention deficit / hyperactivity disorder, Asperger's syndrome, depression, anxiety, divorce adjustment, spiritual issues, blended families, affairs, past abuse, and pre-marital counseling.

Mental Health Professionals:

Jason Van Ruler, MA, LPC

Fax: (605) 271-0263

Email: Tonyboer.secc@midconetwork.com

Tony Boer, MSW, CSW-PIP, QMHP

Sioux Falls Psychological Services

2109 S. Norton Avenue

Sioux Falls, SD 57105

Phone: (605) 334-2696

Website: www.offermehope.com

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 12:00pm, Friday

Fees: Fees vary based upon insurance

Services Offered: A full range of psychological services including psychological testing, individual, marital, and family therapy for children and adults.

Mental Health Professionals:

Amy Marschall, PsyD, LP
Caitlin Long, MA
Dee Wacker, RN, MA, LPC
Doug Anderson, PsyD, LP, LMFT
Erik Lohmann, PsyD
Gretchen Hartmann, MA, LMFT
Jennifer Helkenn, PhD, LP
Jessica Kaiser, MDiv
Jo Flesner, MDiv

Fax: (605) 339-9944

Email: sfps@sfseminary.edu

Kerry Koerselman, MA
Kimberly Belben, MA, LMFT
Kristi Miller, LPC-MH, Theraplay (R), QMHP
Megan Miller, MA, LPC, LMFT
Melanie VanderPol-Bailey, MSW, LCSW-PIP
Robyn Shores Foster, MSW, LCSW-PIP
Stephanie Strickland, MDiv MFT, RN, LPC
Tara Knobloch, MSW, LCSW
Zane Peterson, MA, LPC

Sioux Falls Treatment Center

2519 W. 8th Street

Sioux Falls, SD 57104

Phone: (605) 332-3236

Website: www.methadonetreatmentcenter.com

Hours: 5:30am - 2:00pm, Monday - Friday

Fees: \$45.00 intake physical fee; \$13.00 a day or \$91.00 a week for treatment (medication and counseling)

Services Offered: Providing methadone maintenance treatment program, patient care, and counseling for those struggling with opioid substance use.

Mental Health Professionals:

Carrie Schumacher, LAC
Eric Abels, BSW, CAC
Erin Steensma, LAC, CCTT

Fax: (605) 334-5026

Email: siouxfalls@methadonetreatmentcenter.com

Johnny Ray, MSW, LAC
Richard Farnham, MD
Wayne Dougherty, LAC, CPS

Sioux Falls VA Health Care System

2501 W. 22nd Street

Sioux Falls, SD 57117

Phone: (605) 336-3230

Website: www.sioxfalls.va.gov

Hours: 8:00am - 4:30pm, Monday - Friday / 8:00am - 12:00pm, Saturday / Walk-in assistance available / 24-hour emergency services

Fees: Based on eligibility; eligibility must be established before treatment services may be offered

Services Offered: A variety of services to veterans including an addictions treatment program, inpatient services, outpatient mental health, psychiatry, primary care, smoking cessation, and post traumatic stress services.

Mental Health Professionals:

Addiction Therapists

Board Certified Psychiatrists

Case Manager

Psychiatric Nurses

Psychologists

Social Workers

Sioux Falls Wellness Counseling

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

Phone: (605) 610-9228

Website: www.sioxfallswellness.com

Fax: (605) 362-5803

Email: rita@sioxfallswellness.com

Hours: 11:00am - 8:00pm, Monday - Thursday / 10:00am - 7:00pm, Friday / 10:00am - 3:00pm, Saturday

Fees: Accepts some insurance; call for information

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, addiction, anxiety, self-esteem, trauma, self injury, personality disorders, stress, grief, eating disorders, abuse, anger, dual diagnosis and co-occurring disorders, and relationships.

Mental Health Professional:

Rita Hansen, MA, LPC-MH, LAC, QMHP, NCC

South Dakota DBT

2121 W. 63rd Place, Suite 100A

Sioux Falls, SD 57108

Phone: (605) 373-9330, Ext. 228

Website: www.southdakotadbtt.com

Hours: 9:00am - 5:00pm, Monday - Friday

Fees: Accepts most major insurance

Services Offered: Comprehensive dialectical behavioral individual and group therapy for adults, adolescents, and families. Dialectical behavioral therapy (DBT) is effective for individuals with borderline personality disorder, depression, anxiety, post traumatic stress, addictions, bipolar, and self harming behaviors.

Mental Health Professionals:

Amber Chan, LPC-MH, QMHP

Tandra Baker, LPC-MH, LAC

South Dakota Urban Indian Health

711 N. Lake Avenue

Sioux Falls, SD 57104

Phone: (605) 339-0420

Website: www.sduih.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Sliding fee scale

Services Offered: Individual, family, and couples counseling for all ages. Substance abuse assessments and individual counseling are available for adults and youth.

Mental Health Professionals:

Kate Zimmerman, CAC

Stacia Nissen, MA, LPC, NCC, LAC

Southeastern Behavioral HealthCare - Community Support Services

100 W. 5th Street

Sioux Falls, SD 57104

Phone: (605) 336-0503 (605) 336-0510

Website: www.directionsforlife.org

Hours: 8:00am - 5:00pm, Monday - Friday

Fees: Fees for services based on availability of funding and type of service

Services Offered: Provides a full range of treatment and rehabilitation services for adults with severe mental illness. The goal is to prevent hospitalization and to provide support and education; which, in turn, promote optimal levels of

Mailing Address: 2000 S. Summit Avenue
Sioux Falls, SD 57105

independence in living and working in the community. Services include psychiatric and medication management services, CARE (continuous assistance with recovery and empowerment), case management, supportive counseling, assisted living, vocational services, homeless outreach program, and IMPACT (individualized mobile program for assertive community treatment) services.

Mental Health Professionals:

Dana Irvine, MSW, CSW, QMHP
James Chiu, MD
Melissa Tauer, MS, LPC-MH, QMHP

Vinod Bhatara, MD
Xioafan Li, MD

Southeastern Behavioral HealthCare - Counseling and Children's Services

2000 S. Summit Avenue
Sioux Falls, SD 57105

Phone: (605) 336-0510 (866) 258-6954

Website: www.directionsforlife.org

Hours: 8:00am - 8:00pm, Monday / 8:00am - 6:00pm, Tuesday, Thursday / 8:00am - 7:00pm, Wednesday / 8:00am - 12:00pm, Friday

Fees: Fees for services based on availability of funding and type of service; employee assistance programs

Services Offered: Traditional outpatient therapy to individuals, families, children, couples, and groups as well as psychiatric evaluations and medication management. 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. Specializations in depression, anxiety, grief, parenting issues, attention deficit / hyperactivity disorder, oppositional defiant disorder, stress management, and abuse.

Mental Health Professionals:

Andrea Eben, MSW, CSW-PIP, QMHP
Andrew Weckman, MA, LPC, QMHP, NCC, ACT
Brennan Thompson, MSW, CSW, ACT, QMHP
Brian VanDenHul, MSW, CSW
Brittany Tennant, MS, LPC, NCC, QMHP
Colleen Stegenga, MSW, CSW, QMHP
Erika Detweiler, MSW, CSW
Holly Ahlers, MS, RN-BC
Jessica Grueneich, MSW, CSW, QMHP
Karen Chesley, MA, CSW-PIP, QMHP
Kelly Bass, DSW, CSW-PIP
Kris Graham, MS, LPC, QMHP

Kristy Ekhooff-Speck, MA, LPC-MH, QMHP
Megan Wexler, MSW, CSW, QMHP
Nicole Robideau, MSW, LCSW, QMHP
Nicole Roth, MS, LPC, ACT, QMHP
Rebecca Sather-Durr, MSW, CSW-PIP, QMHP
Robert Nuss, MD
Sara Thoms, MS, NCC, LPC, QMHP
Serene Thin Elk, MA, LPC, QMHP, ACT
Shawn VanGerpen, MD
Susan Albert, EdS, LPC
Trisha Callaghan, MSW, CSW, QMHP
Zach Seefeldt, MA, LPC, NCC, ACT, QMHP

Sozo Counseling Care, Inc.

3500 S. Phillips Avenue, Suite 121
Sioux Falls, SD 57105

Phone: (605) 360-2613

Website: www.sozocounselingcare.com

Hours: Days and evenings by appointment

Fees: Accepts most insurance

Services Offered: Individual, couples, and group counseling for adults and seniors. Focus on mind-body-spirit connection, depression, anxiety, stress, blended families, chronic illness, workplace issues, trauma, grief, post abortion stress, spiritual or Christian concerns. Experience in eye movement desensitization and reprocessing and inner healing prayer methods. Educational workshops, professional training and development also offered.

Mental Health Professional:

Dr. Dianne S. Heynen, DMin, LPC-MH, BCPCC, QMHP, CEAP

Email: dianne@sozocounselingcare.com

Stacey Hauck

1601 E. 69th Street, Suite 202
Sioux Falls, SD 57108

Phone: (605) 271-9890

Hours: By appointment

Fees: Accepts most insurance and Medicaid

Services Offered: Confidential and professional individual and family counseling for children, adolescents, and adults. Services offered for depression, anxiety, post traumatic stress, sexual abuse and incest, domestic violence, behavior problems, separation and divorce, and adjustment disorder.

Mental Health Professional:

Stacey Hauck, MS, NCC, LPC-MH, QMHP

Fax: (605) 271-1395

Email: Stacey@staceylpc.com

Stacy Gorman, LLC

6809 S. Minnesota Avenue, Suite 103

Sioux Falls, SD 57108

Phone: (605) 940-6422

Fax: (605) 271-2548

Website: www.stacygormancounseling.com

Hours: Day and evening appointments available, Monday - Friday

Fees: Accepts most insurance and Medicaid

Services Offered: Counseling services for adolescents and adults in the following areas anxiety, adjustment disorders, depression, mood disorders, premarital preparation, relationship problems, family of origin issues, co-dependency, women's issues, abuse, trauma, self esteem, self confidence, personality disorders, self-injury, stress management, life transitions, addiction and substance abuse, and comprehensive chemical dependency evaluations.

Mental Health Professional:

Stacy Gorman, MS, LPC-MH, LAC, QMHP, NCC

Stronghold Counseling Services, Inc.

4300 S. Louise Avenue, Suite 201

Sioux Falls, SD 57106

Phone: (605) 334-7713 or (866) 802-0003

Email: info@strongholdcounseling.com

Website: www.strongholdcounseling.com

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / By appointment, Saturday

Fees: Arranged with individual therapist; insurance claims filed

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

Mental Health Professionals:

Amanda Davis, MSW, CSW-PIP

Earl Witt, MA, LMFT, QMHP

Eleanor Larsen, MA, LMFT, QMHP, LAC

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

Jamie C. Chambers, EdD, LP, LMFT, LPC, LAC

Jan Sanford, MS, LPC-MH, QMHP

Jodi Merritt, MA, LPC, LAC

Judy De Wit, MA, LMFT

Kerry Ford, MSW, CSW-PIP

Kristiana Benson, MA, LMFT, QMHP

Larry Dancier, MS, LPC-MH, QMHP

Marlene Ruff, MA, LPC, LMFT, QMHP

Nick Buus, MA, LMFT, QMHP

Suicide Crisis and Support Services - Helpline Center

1000 N. West Avenue, Suite 310

Sioux Falls, SD 57104

Phone: (800) 273-8255 or 2-1-1

Fax: (605) 332-1333

Website: www.helplinecenter.org

Email: help@helplinecenter.org

Hours: 24 hours a day, 7 days a week

Fees: None

Services Offered: The Helpline Center provides a variety of suicide and crisis support services. These include providing direct crisis intervention services through the National Suicide Prevention Lifeline (1-800-273-TALK) for the entire state of South Dakota. Other services include suicide prevention trainings including: Question, Persuade, Refer (QPR), a one hour training to increase awareness and recognize, intervene and refer persons at-risk of suicide; Applied Suicide Intervention Skills Training (ASIST), a two-day suicide intervention skills training; and Mental Health First Aid, Youth Mental Health First Aid, a training that teaches you how to help people developing a mental illness or in a crisis. The Helpline Center also provides direct services to survivors of suicide (persons who have lost a loved one to suicide), including a nine-week class, a monthly support group, a newsletter, informational packets, and an outreach team. The Helpline Center is accredited by the American Association of Suicidology.

Mental Health Professional:

Barbara Bettelyoun, PhD

Janet Kittams-Lalley, MA, LPC

Tallgrass Recovery & Sober Living Homes

2601 S. Minnesota Avenue, Suite 105-378

Sioux Falls, SD 57105

Phone: (605) 368-5559

Email: jswenson@tallgrassrecovery.org

Website: www.tallgrassrecovery.org

Hours: 24 hours a day, 7 days a week

Fees: Call for information

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Services Offered: Residential campus utilizing the Big Book of Alcoholics Anonymous and the way of life contained therein. Self-governing sober living homes that provide a safe living environment in early recovery with continued emphasis on applying the 12-steps of recovery to daily life over a period of three to 12 months. Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share our mission of advocacy for and implementation of the 12-step approach to recovery. An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.

Mental Health Professionals:

Call for more information regarding licensed/credentialed professionals

Tina Harp Counseling, Inc.

3610 S. Western Avenue, Suite 2
Sioux Falls, SD 57105

Phone: (605) 759-1516

Fax: (605) 370-6698

Website: www.tinaharp.com

Hours: Monday - Friday, daytime and evenings by appointment

Fees: Accepts most insurance and Medicaid

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, sexual abuse, grief, and lesbian, gay, bisexual, and transgender population.

Mental Health Professional:

Tina Harp, MS, QMHP, LPC-MH

Vet Center - Sioux Falls

3200 W. 49th Street
Sioux Falls, SD 57106

Phone: (605) 330-4552 or (877) 927-8387

Fax: (605) 330-4554

Website: www.va.gov

Hours: 8:00am - 8:00pm, Monday - Wednesday / 8:00am - 6:30pm, Thursday / 8:00am - 4:30pm, Friday / 8:00am - 4:30pm, 2nd Saturday of each month / Appointments available outside of scheduled hours

Fees: None

Services Offered: Provides a broad range of counseling, outreach and referral services to veterans and their families in order to help veterans make a satisfying post-war readjustment to civilian life. The specific counseling services include individual, group, marital and family, military sexual trauma and bereavement. Also provides assistance with job search, veterans benefits and basic needs. All services are free, and confidential.

Mental Health Professionals:

Morris Patzlaff, LMFT
Nicholas Rinehart, PhD

Orlando George, BA
Ruth Kaspar, MSW

Volunteers of America, Dakotas - Heisler Chemical Dependency Treatment Program

1310 W. 51st Street
Sioux Falls, SD 57105

Phone: (605) 334-1414 or (800) 365-8336

Website: www.voa-dakotas.org

Email: info@voa-dakotas.org

Hours: 8:00am - 5:00pm, Monday - Friday / Inpatient services: 24 hours a day, 7 days a week

Fees: Fixed and sliding fee scale depending upon service and available funds; accepts most insurance

Services Offered: A full continuum of chemical dependency services for youth ages 12 to 18 (including pregnant teens). Services include evaluation and assessments, day treatment, individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care, and aftercare counseling. Services for adults include evaluations, assessments, intensive outpatient treatment, and aftercare. Training, in-services, and workshops for groups and agencies are also provided.

Mental Health Professionals:

Amy Hartman, MA, NCC, ACT, LPC-MH, QMHP, LAC
Brandy Johnson, RN
Chris Sandvig, BA, CCDCII
Danae VanRoekel, MS, NCC, ACT
Denis Kronaizl, BSW, LAC
Jessica Nieman, LAC

Michelle Mattern, MSED, ACT
Mindy Mashek, BA, LAC
Mona Miller, ACT
Tara Reinesch, MS, NCC, LAC
Teresa Peratt, CAC
Timothy Soundy, MD

Volunteers of America, Dakotas - Lifemarks Counseling & Mediation Services

1310 W. 51st Street

Sioux Falls, SD 57105

Phone: (605) 332-6128 or (605) 334-1414

Website: www.voa-dakotas.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday

Fees: Sliding fee scale; accepts most insurance, Medicare, and Medicaid

Services Offered: Assessments, individual, and group counseling for youth, adults, couples, and families on issues involving depression, grief and loss, challenging behaviors, alcohol and drug addiction, abuse, conflict, and crisis situations. Family crisis intervention services and parent coordination services are also available.

Mental Health Professionals:

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

Bruce S. Fogas, PhD

Dawn Soulek, MSW, CSW-PIP

Gretchen Starnes, MA, LPC, QMHP

Mailing Address:

PO Box 89306

Sioux Falls, SD 57109

Email: info@voa-dakotas.org

Irina Goubanova, MS, QMHP

Michelle McClintic, MSW-PIP

Nicole Burger, LPC, CCDCIII

Shawn VanGerpen, MD

Well Counseling Services, LLC, The

225 E. 11th Street, Suite 206

Sioux Falls, SD 57104

Phone: (605) 274-1556

Hours: 10:00am - 7:00pm, Monday - Friday or by appointment

Fees: Accepts most insurance; sliding fee scale available

Services Offered: Counseling for individuals, couples, families, and play therapy for all ages. Focus is the encouragement of the betterment of mental, emotional, and spiritual health. Experience in Christian counseling on issues including, but not limited to depression, anxiety, marital difficulties, stress, and grief and loss.

Mental Health Professional:

Christie Nacy, MA, LPC, QMHP, NCC

Email: Christienacy@gmail.com

Wellspring Therapy Center

6901 S. Lyncrest Place, Suite 105

Sioux Falls, SD 57108

Phone: (605) 335-1516

Website: www.wellspringtherapysf.com

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / By appointment

Fees: Accepts most insurance and private pay

Services Offered: Individual, couples, and family therapy for the treatment of various family adjustment problems and psychological disorders across the life span. Special areas of expertise include pain management, stress management, complicated grief and loss, spirituality issues, aging challenges, chronic and terminal illness, anxiety, depression, post traumatic stress, parent education, and eye movement desensitization and reprocessing therapy.

Mental Health Professionals:

Connie Kolbrek, MS, EdS, LPC, QMHP

Ramona Wade, MA, LMFT, QMHP

Fax: (605) 731-0896

Email: wellspringtherapyoffice@gmail.com

Krista McKeown, MA, LMFT, QMHP

Notes



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

211 Community Resources

- Information, Referral, and Crisis Helpline • Free • 24-hours a day
- Social Services • Government Information • Community Information
 - Financial Assistance • Donation Information • Food • Shelter
- To receive community reminders every week text: 211SiouxFalls to 898211

Suicide and Crisis Support

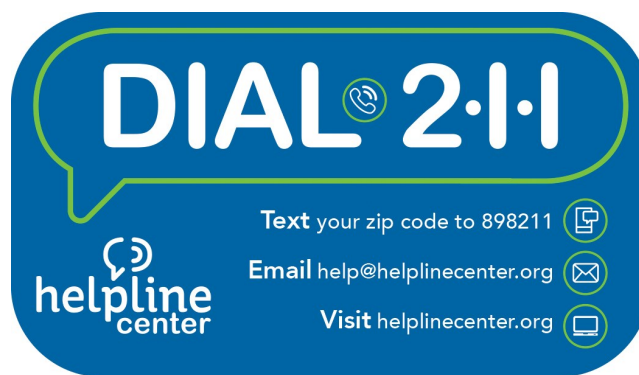
- 1-800-273-TALK (8255) • 24-hour Crisis Intervention
 - Suicide Information • Suicide Prevention Trainings
- Support for family and friends who have lost a loved one to suicide

Helpline Center Directories

- Sioux Falls Mental Health Guide
- Online Database at helplinecenter.org
- Helping Hand Emergency Resource Guide
- Sioux Falls Basic Needs Resource Guide

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