Sioux Falls Mental Health Guide 2020

Resources Include:
Licensed/Credentialed Mental Health and Substance Use Providers

For more info, dial 211 or visit www.helplinecenter.org
Outpatient Services:
- Individuals, couples, families, children
- Play therapy
- Pain management
- Bariatric assessments
- STEPPS™ Group Programs

Partial Hospital Day Program:
- Alternative to hospitalization
- Individualized group sessions, family sessions and physician oversight
- Monday–Friday, 8 a.m.–noon or noon–4 p.m. available

Addiction Recovery Program:
- Individuals, couples, families, adolescents
- Chemical dependency assessments
- Intensive Outpatient Program
- World-class inpatient facility

Employee Assistance Program:
- Professional training for leaders and staff
- Consultation and mediation services

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

Avera is leading the way in behavioral health services. While any one of these factors alone reflects excellence, together they make the Avera Behavioral Health Center exceptional.

- 122-bed Avera Behavioral Health Center, the region’s leader in behavioral health services
- The largest and most comprehensive team of behavioral health specialists in the region
- Partial hospitalization program, outpatient mental health and addiction recovery program
- World-class addiction care facility
- Specialized ECT suite

Free 24-hour, confidential behavioral health assessment line: 1-800-691-4336

AveraBehavioralHealth.org
4400 W. 69th St., Sioux Falls, SD 57108
ABOUT THE SIOUX FALLS MENTAL HEALTH GUIDE

Welcome to the 2020 Sioux Falls Mental Health Guide. This Guide is produced in partnership with Avera Health. It was established to help the consumer more readily identify and select licensed and credentialed practitioners and agencies that provide a variety of behavioral health services in the Sioux Falls area.

There are three ways to find a specific resource:

- By **Service Category** beginning on Page VI
- By **Organizational Index** beginning on Page X
- Online at [www.helplincenter.org/sfmhg](http://www.helplincenter.org/sfmhg)

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

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

### 211 Helpline Features

- Informational documents on a variety of subjects
  - [www.helplinecenter.org/helpsheets](http://www.helplinecenter.org/helpsheets)

- Customizable lists of resources
  - [www.helplinecenter.org/helplist](http://www.helplinecenter.org/helplist)

### Community Calendar

- Information on basic needs events
- Continuing ed and professional training opportunities
  - [www.helplinecenter.org/community-events](http://www.helplinecenter.org/community-events)
Selecting a Behavioral Health Practioner

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

After talking with a potential practitioner, ask yourself:

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

Glossary of Abbreviations - Degrees

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

AA - Associate Degree
BA - Bachelor of Arts
BFA - Bachelor of Fine Arts
BS - Bachelor of Science
BSW - Bachelor of Social Work
DMin - Doctor of Ministry
DO - Doctor of Osteopathy
DSW - Doctorate in Social Work
EdD - Doctor of Education
EdS - Education Specialist
JD - Juris Doctorate
MA - Master of Arts
MAT - Master of Arts in Teaching
MBA - Master of Business Administration
MD - Doctor of Medicine
MDiv - Masters in Divinity
MEd - Master of Education
MOL - Masters in Organizational Leadership
MS - Master of Science
MSEd - Master of Science in Education
MSSA - Master of Science in Social Administration
MSW - Master of Social Work
PhD - Doctor of Philosophy
PsyD - Doctor of Psychology
RD - Registered Dietitian
RN - Registered Nurse
RN-BC - Registered Nurse, Board Certified
<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>ABN</td>
<td>American Board of Professional Neuropsychology</td>
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<tr>
<td>ACA</td>
<td>American Counseling Association</td>
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<tr>
<td>ACS</td>
<td>Approved Clinical Supervisor</td>
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<tr>
<td>ACT</td>
<td>Addiction Counselor Trainee</td>
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<tr>
<td>AP/RN-BC</td>
<td>Advanced Practice Registered Nurse, Board Certified</td>
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<td>ASS</td>
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<tr>
<td>ATR</td>
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<td>BCaBA</td>
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<td>BCBA</td>
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<td>BCPCC</td>
<td>Board Certified Professional Christian Counselor</td>
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<td>CAC</td>
<td>Certified Addictions Counselor</td>
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<tr>
<td>CBIS</td>
<td>Certified Brain Injury Specialist</td>
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<td>CCATP</td>
<td>Certified Clinical Anxiety Treatment Professional</td>
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<td>CCSII</td>
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<td>CSW</td>
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<td>CSW-PIP</td>
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<td>MAC</td>
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<td>MFT</td>
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<td>MT-BC</td>
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<tr>
<td>NCGC</td>
<td>National Gambling Counselor Certification</td>
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<td>NCPC</td>
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<td>SAP</td>
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<td>SEP</td>
<td>Somatic Experiencing Practitioner</td>
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<td>SWA</td>
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<td>WPATH</td>
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</table>
## Service Category

### ABUSE ISSUES (for children and/or adult victims and survivors)

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agape Counseling Center, LLC</td>
<td>1</td>
</tr>
<tr>
<td>Avera Medical Group Behavioral Health Clinic</td>
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<td>Avera Medical Group University Psychiatry Associates</td>
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<td>Barbara Christensen, II Inc</td>
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<td>Bartels Counseling Services, Inc</td>
<td>4, 5</td>
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<td>Children's Inn</td>
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<td>13, 14</td>
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<tr>
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<td>16, 17</td>
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<td>Kimberly Keiser and Associates, LLC</td>
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<td>Kristen Ericsson Counseling &amp; Psychotherapy</td>
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<tr>
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<td>Leah Weins, MS—Marriage &amp; Family Therapy</td>
<td>19, 20</td>
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<td>Lighting A New Way Counseling Services</td>
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<tr>
<td>LSS (Lutheran Social Services) Behavioral Health Services</td>
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<tr>
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<td>23</td>
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<td>25, 26</td>
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<td>26</td>
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<tr>
<td>Sioux Falls Psychological Services</td>
<td>26, 27</td>
</tr>
<tr>
<td>Sioux Falls VA Health Care System - Mental Health Service Line</td>
<td>27</td>
</tr>
<tr>
<td>Sioux Falls Wellness Counseling</td>
<td>27</td>
</tr>
<tr>
<td>Southeastern Behavioral HealthCare</td>
<td>28, 29</td>
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<td>Vet Center - Sioux Falls</td>
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</tr>
</tbody>
</table>

### ADDICTION SERVICES / SUBSTANCE ABUSE SERVICES

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Page</th>
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<tbody>
<tr>
<td>Agapé Counseling Center, LLC</td>
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<tr>
<td>Avera Addiction Care Center</td>
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<td>Barbara Christensen, II Inc</td>
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</table>
ADDICTION SERVICES / SUBSTANCE ABUSE SERVICES—Cont’d
Carissa Palmberg Counseling ................................................................. Page 6
Carroll Institute ........................................................................ Page 6, 7
Choices Recovery Services, Inc. .................................................. Page 9
Clarity Counseling, LLC ............................................................... Page 9
Ellen Hohm, LLC ........................................................................ Page 12
Emerald Psychological Services .................................................. Page 12
First Step Counseling Service ...................................................... Page 14
Glory House of Sioux Falls ........................................................... Page 14, 15
Great Plains Psychological Services ............................................ Page 15
Journey Therapy & Neurofeedback Clinic ..................................... Page 17
Keysolutions Employee Assistance Program (EAP) ....................... Page 18
Keystone Treatment Center - Inpatient Treatment ....................... Page 18
Keystone Treatment Center - Outpatient Treatment ..................... Page 18
Kimberly Keiser and Associates, LLC .......................................... Page 18, 19
LaVelle and Associates ................................................................. Page 19
LSS (Lutheran Social Services) Behavioral Health Services .......... Page 20, 21
Midwest Counseling & Evaluation Services, LLC ....................... Page 21
Prairie View Prevention Services, Inc. - Student Assistance and Family Education Page 23
Psychotherapy Associates of Sioux Falls ......................................... Page 23
Renew Counseling Services ........................................................ Page 24
Resolutions Counseling & Mediation ............................................. Page 24
Restoration Counseling and Consulting, Inc................................ Page 24
Restored to New Life Services ....................................................... Page 24
Revival Counseling Services, Inc .................................................. Page 25
Sanford Psychiatry and Psychology Clinic ..................................... Page 25, 26
Sioux Falls Treatment Center ....................................................... Page 27
Sioux Falls VA Health Care System - Mental Health Service Line Page 27
Sioux Falls Wellness Counseling .................................................. Page 27
South Dakota Urban Indian Health Sioux Falls .............................. Page 27
Southeastern Behavioral HealthCare ............................................ Page 28, 29
Stacy Gorman, LLC ....................................................................... Page 29
Stronghold Counseling Services, Inc .......................................... Page 29, 30
Tallgrass Recovery and Sober Living Homes ................................. Page 30
VOA (Volunteers of America) Behavioral Health ....................... Page 30, 31
Well Balance Counseling Services .............................................. Page 30, 31

CHILDREN / ADOLESCENT THERAPY
Avera McKennan Behavioral Health Center - Adolescent Group Therapy Program .... Page 1
Avera McKennan Behavioral Health Center - Inpatient Units .......... Page 2
Avera Medical Group Behavioral Health Clinic ............................... Page 2, 3
Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program .... Page 3
Avera Medical Group Midwest Psychiatric Medicine ...................... Page 3, 4
Avera Medical Group University Psychiatry Associates .................. Page 4
Back to Basics Counseling .......................................................... Page 4
Barbara Christensen, II Inc .......................................................... Page 4
Behavior Care Specialists, Inc ..................................................... Page 5
Behavior Management Counseling Services .................................. Page 5
Catholic Family Services ............................................................ Page 7, 8
Children's Home Society ............................................................ Page 8
Children's Inn ............................................................................ Page 8
Clarity Counseling, LLC ............................................................. Page 9
Clear Minded Counseling .......................................................... Page 10
Compass Center, The ................................................................. Page 10
Conrad Counseling & Consultation ............................................. Page 10, 11
Crawford Counseling Center ..................................................... Page 11
Ellen Hohm, LLC ........................................................................ Page 12
Emily Giselson, LLC (New name: Sprout Play Therapy and Counseling Services) .... Page 12, 13
Encompass Mental Health, LLC ............................................... Page 13
Family Service, Inc. ................................................................. Page 13
Service Category - Cont’d

**CHILDREN / ADOLESCENT THERAPY—Cont’d**

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four Directions Counseling, Inc.</td>
<td>Page 14</td>
</tr>
<tr>
<td>Great Plains Psychological Services</td>
<td>Page 15</td>
</tr>
<tr>
<td>Integrated Care and Consultation</td>
<td>Page 16</td>
</tr>
<tr>
<td>Integrative Wellness</td>
<td>Page 16, 17</td>
</tr>
<tr>
<td>Janel M. Schmidt, Inc.</td>
<td>Page 17</td>
</tr>
<tr>
<td>Jane Webster, LLC</td>
<td>Page 17</td>
</tr>
<tr>
<td>Kristi Hamilton Counseling</td>
<td>Page 19</td>
</tr>
<tr>
<td>LaVelle and Associates</td>
<td>Page 19</td>
</tr>
<tr>
<td>LifeScape - Therapy</td>
<td>Page 20</td>
</tr>
<tr>
<td>Lighting A New Way Counseling Services</td>
<td>Page 20</td>
</tr>
<tr>
<td>LSS (Lutheran Social Services) Behavioral Health Services</td>
<td>Page 20, 21</td>
</tr>
<tr>
<td>LSS PATH Program</td>
<td>Page 21</td>
</tr>
<tr>
<td>Mary T. Guth</td>
<td>Page 21</td>
</tr>
<tr>
<td>Midwest Counseling &amp; Evaluation Services, LLC</td>
<td>Page 21</td>
</tr>
<tr>
<td>Moore Counseling Services</td>
<td>Page 22</td>
</tr>
<tr>
<td>New Day Counseling Services, LLC</td>
<td>Page 22</td>
</tr>
<tr>
<td>New Idea Counseling, LLC</td>
<td>Page 22</td>
</tr>
<tr>
<td>Psychotherapy Associates of Sioux Falls</td>
<td>Page 23</td>
</tr>
<tr>
<td>Resolutions Counseling &amp; Mediation</td>
<td>Page 24</td>
</tr>
<tr>
<td>Restoration Counseling and Consulting, Inc</td>
<td>Page 24</td>
</tr>
<tr>
<td>Revival Counseling Services, Inc</td>
<td>Page 25</td>
</tr>
<tr>
<td>Ritzman Counseling Services</td>
<td>Page 25</td>
</tr>
<tr>
<td>Sanford Psychiatry and Psychology Clinic</td>
<td>Page 25, 26</td>
</tr>
<tr>
<td>Sanford Women’s - Mental Health Services</td>
<td>Page 26</td>
</tr>
<tr>
<td>Sioux Falls Psychological Services</td>
<td>Page 26, 27</td>
</tr>
<tr>
<td>South Dakota Urban Indian Health Sioux Falls</td>
<td>Page 27</td>
</tr>
<tr>
<td>Southeast Behavioral HealthCare - Counseling and Children’s Services</td>
<td>Page 28, 29</td>
</tr>
<tr>
<td>Stacey Hauck</td>
<td>Page 29</td>
</tr>
<tr>
<td>Stacy Gorman, LLC</td>
<td>Page 29</td>
</tr>
<tr>
<td>Stronghold Counseling Services, Inc</td>
<td>Page 29, 30</td>
</tr>
<tr>
<td>Tina Harp Counseling, Inc</td>
<td>Page 30</td>
</tr>
<tr>
<td>VOA (Volunteers of America) Behavioral Health</td>
<td>Page 30, 31</td>
</tr>
<tr>
<td>Wellspring Therapy Center</td>
<td>Page 31</td>
</tr>
</tbody>
</table>

**FAITH BASED THERAPY**

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbara Christensen, II Inc</td>
<td>Page 4</td>
</tr>
<tr>
<td>Beck Counseling Services</td>
<td>Page 5</td>
</tr>
<tr>
<td>Bethesda Christian Counseling Midwest, Inc</td>
<td>Page 5, 6</td>
</tr>
<tr>
<td>Catholic Family Services</td>
<td>Page 7, 8</td>
</tr>
<tr>
<td>Family Ties Christian Counseling</td>
<td>Page 14</td>
</tr>
<tr>
<td>LifeGate Christian Counseling</td>
<td>Page 20</td>
</tr>
<tr>
<td>Moore Counseling Services</td>
<td>Page 22</td>
</tr>
<tr>
<td>Sioux Empire Christian Counseling, Inc</td>
<td>Page 26</td>
</tr>
<tr>
<td>Sozo Counseling Care, Inc</td>
<td>Page 29</td>
</tr>
</tbody>
</table>

**OLDER ADULT ISSUES**

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arise Counseling</td>
<td>Page 1</td>
</tr>
<tr>
<td>Back to Basics Counseling</td>
<td>Page 4</td>
</tr>
<tr>
<td>Center for Family Medicine</td>
<td>Page 8</td>
</tr>
<tr>
<td>Dianna Spies Sorenson</td>
<td>Page 12</td>
</tr>
<tr>
<td>Integrative Wellness</td>
<td>Page 16, 17</td>
</tr>
<tr>
<td>Kannan Clinic</td>
<td>Page 17, 18</td>
</tr>
<tr>
<td>Northern Plains Psych</td>
<td>Page 22, 23</td>
</tr>
<tr>
<td>Sanford Psychiatry and Psychology Clinic</td>
<td>Page 25, 26</td>
</tr>
<tr>
<td>Sioux Falls VA Health Care System - Mental Health Service Line</td>
<td>Page 27</td>
</tr>
</tbody>
</table>

**OTHER/GENERAL**

[www.helplinecenter.org/sfmhg](http://www.helplinecenter.org/sfmhg)
Service Category - Cont’d

Abide Counseling Services, LLC ................................................. Page 1
Avera McKennan Behavioral Health Center ................................ Page 1
Avera Medical Group Internal Medicine Women’s ..................... Page 3
Burroughs Counseling and Consultation, LLC ................................ Page 6
Chamness Counseling .................................................................. Page 8
Community Counseling Clinic .................................................... Page 10
Dakota Psychological Services .................................................... Page 11
Deb Thompson Counseling ......................................................... Page 11, 12
Falls Community Health ............................................................. Page 13
glow - glorious lifestyle • optimal weight .................................. Page 15
Helpline Center ........................................................................ Page 15, 16
Heuermann Counseling Clinic ..................................................... Page 16
Independent Counseling and Psychotherapy ............................. Page 16
Integrated Care and Consultation, LLC ........................................ Page 16
Janel M. Schmidt, Inc. ................................................................ Page 17
Jane Webster, LLC ...................................................................... Page 17
KeySolutions Employee Assistance Program (EAP) ........................ Page 18
Mindful DBT, LLC ...................................................................... Page 18
Rebecca J. Watson-Miller, Ph.D. ................................................ Page 21, 22
Rebecca Sather Durr Mental Health Therapist ............................ Page 23, 24
Ronda Maass ........................................................................... Page 25
Sanford Women’s – Mental Health Services .............................. Page 26

PSYCHIATRY AND MEDICATION MANAGEMENT
Avera Medical Group Health Care Clinic – Coyote Clinic ............. Page 3
Avera Medical Group Midwest Psychiatric Medicine .................. Page 3, 4
Avera Medical Group University Psychiatry Associates ............... Page 4
Emerald Psychological Services .................................................. Page 12
Falls Community Health ............................................................ Page 13
Kannan Clinic ......................................................................... Page 17, 18
Psychiatric Services, LLC .......................................................... Page 23
Sanford Psychiatry and Psychology Clinic ................................ Page 25, 26
Sioux Falls VA Health Care System - Mental Health Service Line Page 27
Southeastern Behavioral HealthCare ............................................ Page 28, 29

PSYCHOLOGICAL TESTING
Avera McKennan Behavioral Health Center – Assessment and Referral Page 2
Dakota Psychological Services .................................................... Page 11
Emerald Psychological Services .................................................. Page 12
Great Plains Psychological Services ............................................ Page 15
LSS (Lutheran Social Services) Behavioral Health Services ........ Page 20, 21
Midwest Counseling & Evaluation Services, LLC ....................... Page 21
Rebecca J. Watson-Miller, Ph.D. ................................................ Page 23
Sanford Psychiatry and Psychology Clinic ................................ Page 25, 26
Sioux Falls Psychological Services .............................................. Page 26, 27
Southeastern Behavioral HealthCare ............................................ Page 28, 29
The Mental Health Guide, and many more are available to search online:  
www.helplinecenter.org/guides

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abide Counseling Services, LLC</td>
<td>1</td>
</tr>
<tr>
<td>Agapé Counseling Center, LLC</td>
<td>1</td>
</tr>
<tr>
<td>Arise Counseling</td>
<td>1</td>
</tr>
<tr>
<td>Avera Addiction Care Center</td>
<td>1</td>
</tr>
<tr>
<td>Avera McKennan Behavioral Health Center - Adolescent Group Therapy Program</td>
<td>1</td>
</tr>
<tr>
<td>Avera McKennan Behavioral Health Center - Adult Grief Program</td>
<td>1</td>
</tr>
<tr>
<td>Avera McKennan Behavioral Health Center - Adult Partial Hospital and Intensive Outpatient</td>
<td>2</td>
</tr>
<tr>
<td>Avera McKennan Behavioral Health Center - Assessment and Referral</td>
<td>2</td>
</tr>
<tr>
<td>Avera McKennan Behavioral Health Center - Inpatient Units</td>
<td>2</td>
</tr>
<tr>
<td>Avera Medical Group Behavioral Health Clinic</td>
<td>2, 3</td>
</tr>
<tr>
<td>Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program</td>
<td>3</td>
</tr>
<tr>
<td>Avera Medical Group Health Care Clinic - Coyote Clinic</td>
<td>3</td>
</tr>
<tr>
<td>Avera Medical Group Internal Medicine Women's</td>
<td>3</td>
</tr>
<tr>
<td>Avera Medical Group Midwest Psychiatric Medicine</td>
<td>3, 4</td>
</tr>
<tr>
<td>Avera Medical Group University Psychiatry Associates</td>
<td>4</td>
</tr>
<tr>
<td>Back to Basics Counseling</td>
<td>4</td>
</tr>
<tr>
<td>Barbara RA Christensen, II Inc.</td>
<td>4</td>
</tr>
<tr>
<td>Bartels Counseling Services, Inc</td>
<td>4, 5</td>
</tr>
<tr>
<td>Beck Counseling Services</td>
<td>5</td>
</tr>
<tr>
<td>Behavior Care Specialists, Inc.</td>
<td>5</td>
</tr>
<tr>
<td>Behavior Management Counseling Services</td>
<td>5</td>
</tr>
<tr>
<td>Bethesda Christian Counseling Midwest, Inc.</td>
<td>5</td>
</tr>
<tr>
<td>Brenda Hansen-Mayer</td>
<td>6</td>
</tr>
<tr>
<td>Burroughs Counseling and Consultation, LLC</td>
<td>6</td>
</tr>
<tr>
<td>Carissa Palmberg Counseling</td>
<td>6</td>
</tr>
<tr>
<td>Carroll Institute - Substance Abuse Treatment</td>
<td>6, 7</td>
</tr>
<tr>
<td>Carroll Institute - Prevention Programming</td>
<td>7</td>
</tr>
<tr>
<td>Carroll Institute Residential Services - Arch</td>
<td>7</td>
</tr>
<tr>
<td>Catholic Family Services Sioux Falls - Counseling Program</td>
<td>7, 8</td>
</tr>
<tr>
<td>Center For Family Medicine</td>
<td>8</td>
</tr>
<tr>
<td>Channon Counseling</td>
<td>8</td>
</tr>
<tr>
<td>Children's Home Society - Residential Treatment</td>
<td>8</td>
</tr>
<tr>
<td>Children's Inn - Therapy and Support Groups</td>
<td>8</td>
</tr>
<tr>
<td>Children's Inn - LGBTQ Support Group</td>
<td>9</td>
</tr>
<tr>
<td>Children's Inn - Men's Support Group</td>
<td>9</td>
</tr>
<tr>
<td>Children's Inn - Women's Support Group</td>
<td>9</td>
</tr>
<tr>
<td>Choices Recovery Services, INC</td>
<td>9</td>
</tr>
<tr>
<td>Clarity Counseling, LLC</td>
<td>9</td>
</tr>
<tr>
<td>Clear Minded Counseling</td>
<td>10</td>
</tr>
<tr>
<td>Community Counseling Clinic</td>
<td>10</td>
</tr>
<tr>
<td>Compass Center, The - Counseling and Play Therapy Services</td>
<td>10</td>
</tr>
<tr>
<td>Conrad Counseling &amp; Consulting, LLC</td>
<td>10, 11</td>
</tr>
<tr>
<td>Crawford Counseling Center</td>
<td>11</td>
</tr>
<tr>
<td>Dakota Psychological Services</td>
<td>11</td>
</tr>
<tr>
<td>Daniel T. Digatono</td>
<td>11</td>
</tr>
<tr>
<td>Darla Huffman Counseling Services</td>
<td>11</td>
</tr>
<tr>
<td>Deb Thompson Counseling</td>
<td>11, 12</td>
</tr>
<tr>
<td>Dianna Spies Sorenson</td>
<td>12</td>
</tr>
<tr>
<td>Discover Wellness</td>
<td>12</td>
</tr>
<tr>
<td>Ellen Hohm, LLC</td>
<td>12</td>
</tr>
<tr>
<td>Emerald Psychological Services</td>
<td>12</td>
</tr>
<tr>
<td>Emily Giselson, LLC (New name: Sprout Play Therapy and Counseling Services)</td>
<td>12, 13</td>
</tr>
<tr>
<td>Encompass Mental Health, LLC</td>
<td>13</td>
</tr>
<tr>
<td>Evenson Counseling</td>
<td>13</td>
</tr>
<tr>
<td>Falls Community Health</td>
<td>13</td>
</tr>
<tr>
<td>Family Service, Inc. - Counseling Services</td>
<td>13</td>
</tr>
<tr>
<td>Family Service, Inc. - Employee Assistance Program</td>
<td>14</td>
</tr>
<tr>
<td>Service</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Family Ties Christian Counseling</td>
<td>14</td>
</tr>
<tr>
<td>First Step Counseling Services</td>
<td>14</td>
</tr>
<tr>
<td>Four Directions Counseling, Inc.</td>
<td>14</td>
</tr>
<tr>
<td>Glory House of Sioux Falls - Outpatient Services</td>
<td>14</td>
</tr>
<tr>
<td>Glory House of Sioux Falls - Residential Program</td>
<td>15</td>
</tr>
<tr>
<td>glow - glorious lifestyle - optimal weight</td>
<td>15</td>
</tr>
<tr>
<td>Great Plains Psychological Services</td>
<td>15</td>
</tr>
<tr>
<td>Helpline Center - 211 Resources</td>
<td>15</td>
</tr>
<tr>
<td>Helpline Center - Suicide and Crisis Support</td>
<td>16</td>
</tr>
<tr>
<td>Heuermann Counseling Clinic</td>
<td>16</td>
</tr>
<tr>
<td>Independent Counseling and Psychotherapy</td>
<td>16</td>
</tr>
<tr>
<td>Integrated Care and Consultation, LLC</td>
<td>16</td>
</tr>
<tr>
<td>Integrative Wellness</td>
<td>16, 17</td>
</tr>
<tr>
<td>Janel M. Schmidt, Inc.</td>
<td>17</td>
</tr>
<tr>
<td>Jane Webster, LLC</td>
<td>17</td>
</tr>
<tr>
<td>Journey Therapy &amp; Neurofeedback Clinic</td>
<td>17</td>
</tr>
<tr>
<td>Kannan Clinic</td>
<td>17, 18</td>
</tr>
<tr>
<td>KeySolutions Employee Assistance Program (EAP)</td>
<td>18</td>
</tr>
<tr>
<td>Keystone Treatment Center - Inpatient Treatment</td>
<td>18</td>
</tr>
<tr>
<td>Keystone Treatment Center - Outpatient Treatment</td>
<td>18</td>
</tr>
<tr>
<td>Kimberly Keiser and Associates, LLC</td>
<td>18, 19</td>
</tr>
<tr>
<td>Kristen Ericsson Counseling &amp; Psychotherapy</td>
<td>19</td>
</tr>
<tr>
<td>Kristi Hamilton Counseling</td>
<td>19</td>
</tr>
<tr>
<td>LaVelle and Associates</td>
<td>19</td>
</tr>
<tr>
<td>Leah Weins, MS - Marriage &amp; Family Therapy</td>
<td>19, 20</td>
</tr>
<tr>
<td>LifeGate Christian Counseling</td>
<td>20</td>
</tr>
<tr>
<td>LifeScape - Therapy</td>
<td>20</td>
</tr>
<tr>
<td>Lighting A New Way Counseling Services</td>
<td>20</td>
</tr>
<tr>
<td>LSS (Lutheran Social Services) Behavioral Health Services</td>
<td>20, 21</td>
</tr>
<tr>
<td>Mary T. Guth</td>
<td>21</td>
</tr>
<tr>
<td>Midwest Counseling &amp; Evaluation Services, LLC</td>
<td>21</td>
</tr>
<tr>
<td>Mindful DBT, LLC</td>
<td>21, 22</td>
</tr>
<tr>
<td>Moore Counseling Services</td>
<td>22</td>
</tr>
<tr>
<td>New Day Counseling Services, LLC</td>
<td>22</td>
</tr>
<tr>
<td>New Idea Counseling, LLC</td>
<td>22</td>
</tr>
<tr>
<td>Northern Plains Psych</td>
<td>22, 23</td>
</tr>
<tr>
<td>Prairie View Prevention Services, Inc. - Student Assistance and Family Education</td>
<td>23</td>
</tr>
<tr>
<td>Psychiatric Services, LLC</td>
<td>23</td>
</tr>
<tr>
<td>Psychotherapy Associates of Sioux Falls</td>
<td>23</td>
</tr>
<tr>
<td>Rebecca J. Watson-Miller, Ph.D.</td>
<td>23</td>
</tr>
<tr>
<td>Rebecca Sather Durr Mental Health Therapist</td>
<td>23, 24</td>
</tr>
<tr>
<td>Renew Counseling Services</td>
<td>24</td>
</tr>
<tr>
<td>Resolutions Counseling &amp; Mediation</td>
<td>24</td>
</tr>
<tr>
<td>Restoration Counseling and Consulting, Inc.</td>
<td>24</td>
</tr>
<tr>
<td>Restored to New Life Services</td>
<td>24</td>
</tr>
<tr>
<td>Revival Counseling Services, Inc</td>
<td>25</td>
</tr>
<tr>
<td>Ritzman Counseling Services</td>
<td>25</td>
</tr>
<tr>
<td>Ronda Maass</td>
<td>25</td>
</tr>
<tr>
<td>Sanford Health Psychiatry and Psychology Clinic</td>
<td>25, 26</td>
</tr>
<tr>
<td>Sanford Women's - Mental Health Services</td>
<td>26</td>
</tr>
<tr>
<td>Sioux Empire Christian Counseling, Inc.</td>
<td>26</td>
</tr>
<tr>
<td>Sioux Falls Psychological Services</td>
<td>26, 27</td>
</tr>
<tr>
<td>Sioux Falls Treatment Center</td>
<td>27</td>
</tr>
<tr>
<td>Sioux Falls VA Health Care System - Mental Health Service Line</td>
<td>27</td>
</tr>
<tr>
<td>Sioux Falls Wellness Counseling</td>
<td>27</td>
</tr>
<tr>
<td>South Dakota Urban Indian Health Sioux Falls - Behavioral Health and Substance Abuse Services</td>
<td>27</td>
</tr>
<tr>
<td>Southeastern Behavioral HealthCare - Counseling and Children's Services</td>
<td>28</td>
</tr>
<tr>
<td>Southeastern Behavioral HealthCare - 5th Street Location</td>
<td>28, 29</td>
</tr>
<tr>
<td>Sozo Counseling Care, Inc</td>
<td>29</td>
</tr>
<tr>
<td>Stacey Hauck</td>
<td>29</td>
</tr>
</tbody>
</table>
Organizational Index - Cont’d

Stacy Gorman, LLC..................................................................................................................................................Page 29
Stronghold Counseling Services, Inc..................................................................................................................Page 29, 30
Tallgrass Recovery and Sober Living Homes........................................................................................................Page 30
Tina Harp Counseling, Inc......................................................................................................................................Page 30
Vet Center - Sioux Falls ........................................................................................................................................Page 30
VOA (Volunteers of America) Behavioral Health ..............................................................................................Page 30, 31
Well Balance Counseling Services ....................................................................................................................Page 31
Wellspring Therapy Center .....................................................................................................................................Page 31
Abide Counseling Services, LLC
6809 S. Minnesota Avenue, Suite 102
Phone: (605) 988-8125  Website: www.abidecounselingservice.com
Fax: (605) 362-5803
Hours: 9:00am - 5:00pm, Monday / 12:00noon - 8:00pm, Tuesday, Thursday
Fees: Sliding scale; Medicaid and most insurances accepted
Services Offered: Addresses the following: marital and premarital counseling; anxiety; depression; life transitions; grief; women's issues; post-partum concerns; mood disorders.
Behavioral Health Professional: Anna Beard, MA, LPC

Agapé Counseling Center, LLC
700 S. 8th Avenue
Phone: (605) 582-4722  Website: www.agapecounselingsd.com
Fax: (605) 582-3197  E-mail: agapecounselingbrandon@gmail.com
Hours: 7:30am - 9:00pm, Monday - Friday / Evenings and weekends by appointment only
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, abuse, body image, spirituality, and life transitions.
Behavioral Health Professionals:
Erin Sanford, MA, LPC-MH, QMHP
Brea Grueneich, MA, LPC
Jennifer Zerfas, MA, NCC, LPC, LAC, QMHP

Arise Counseling
1524 S. Summit Avenue
Phone: (605) 202-2882  Website: www.arisecounselingsiouxfalls.com
Hours: By appointment only
Fees: Private pay and insurance accepted.
Services Offered: Individual and couples counseling. Treatment of depression, anxiety, bipolar disorder, mood disorders, stress management, life transitions, health problems, aging, boundaries, self-esteem, coping skills and grief.
Behavioral Health Professional: Jennifer Anderson, CSW-PIP, QMHP

Avera Addiction Care Center
6140 S. Curae Lane
Phone: (605) 504-2222  Website: www.avera.org/addiction
Hours: 24 hours a day / 7 days a week
Fees: Call for information
Services Offered: A voluntary 28-day residential treatment center that uses a variety of evidence-based, individualized approaches to treat alcohol and drug addiction, such as cognitive behavioral therapy and motivational interviewing. The center offers medical stabilization and Medication Assisted Treatment (MAT). All therapists are co-certified in addiction and mental health, and psychiatrists will regularly round at the center. Programming also includes a robust family component.
Behavioral Health Professionals: Call for list of practitioners.

Avera McKennan Behavioral Health Center - Adolescent Group Therapy Program
4400 W. 69th Street, Suite 100
Phone: (605) 322-4057  Website: www.averabehavioralhealth.org
Hours: 8:00am - 5:00pm, Monday - Friday / Meeting time 4:00pm - 5:45pm, one afternoon each week for 8 weeks
Fees: 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 (CBT), Dialectical Behavioral Therapy (DBT), and coping skills to help adolescents develop strategies to manage daily stress and emotional and behavioral difficulties.
Behavioral Health Professional: Amber Reints, PMHNP

Avera McKennan Behavioral Health Center - Adult Grief Program
4400 W. 69th Street, Suite 100
Phone: (605) 322-4074  Website: www.averabehavioralhealth.org
Fax: (605) 322-4060
Hours: 8:00am - 5:00, Monday - Friday / Groups 9:00am - 12:00noon, Saturdays / call for group start dates
Fees: None for groups; individual sessions are $80.00
Avera McKennan Behavioral Health Center - Adult Grief Program – Cont’d

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

**Behavioral Health Professional:** Dr. Mark Vande Braak

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Avera McKennan Behavioral Health Center - Adult Partial Hospital and Intensive Outpatient

4400 W. 69th Street, Suite 100

**Phone:** (605) 322-4056  
**Fax:** (605) 322-4009  
**Hours:** 8:00am - 4:30pm, Monday - Friday  
**Fees:** None for assessment; accepts most insurance including Medicare and Medicaid.

**Services Offered:**
- Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues.
- An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. *Partial Hospital Program (PHP)* serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 5 days per week, 4 hours per day.
- *Intensive Outpatient Program (IOP),* the goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally, 7-11 hours of structured programming per week consisting of counseling and education groups.

**Behavioral Health Professional:** Kathleen McKenzie, MA, LPC, RN

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Avera McKennan Behavioral Health Center - Assessment and Referral

4400 W. 69th Street, Suite 100

**Phone:** (605) 322-4065  
**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)

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

**Fees:** None

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

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Avera McKennan Behavioral Health Center - Inpatient Units

4400 W. 69th Street, Suite 100

**Phone:** (605) 322-4065  
**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org)

**Hours:** 24 hours a day / 7 days a week  
**Fees:** Assessment determines the right level of care, and the costs associated with each level of care will be explained. Insurance accepted including Medicare and Medicaid.

**Services Offered:** Inpatient treatment with units dedicated for children, adolescents, adults and seniors with acute psychiatry needs. A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns. Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia. Group therapies focus on developing coping skills through expressive therapies and behavioral therapy.

**Behavioral Health Professionals:**
- Ann Flynn-Crowe, MSW, CSW-PIP
- Jennifer Wiese, MA, NCC, LPC-MH, LAC
- Chelsea Oppold, MSW, CSW

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Avera Medical Group Behavioral Health Clinic

2412 S. Cliff Avenue, Suite 200 (Avera Professional Plaza)

**Phone:** (605) 322-4079  
**Website:** [www.averamedicalgroup.org](http://www.averamedicalgroup.org)

**Hours:** 8:00am - 8:00pm, Monday – Thursday / 8:00am - 5:00pm, Friday / Evening hours available  
**Fees:** Accepts most insurance including Medicare and Medicaid

**Services Offered:**
- Individual, group, couples, and family counseling for all ages. Issues covered include depression, anxiety, borderline personality disorder, bipolar disorder, anorexia, bulimia, healthy weight loss, grief, Attention Deficit / Hyperactivity Disorder (ADD/ADHD), chronic pain, family separation, divorce, self-destructive behaviors, self-esteem, abuse issues, anger management, and/or any other mental health disorder including PTSD. Offering neuropsychological and psychological testing, biofeedback, Eye Movement Desensitization (EMDR), and EAP (employee assistance program) services and training. Group therapy including borderline personality disorder treatment groups including STEPPS, STAIRWAYS, and STRIDES; Dialectical Behavioral Therapy (DBT) group; Best Me Group (social skills group).
Avera Medical Group Behavioral Health Clinic – Cont’d
for kids 6-10); and pain management group.

Behavioral Health Professionals:

- Amber Lehman-Meyers, MSW, MDiv, LCSW-PIP
- Chris Nordgren, PhD, LP
- Erik Anderson, CSW-PIP
- Larry Ling, MSW-PIP
- Mary Ellen Smith, MS, LPC-MH, NCC, QMHP
- Nancy Wise-Vander Lee, PhD, LP
- Thomas Shaffer, PhD, LP
- Amy McFarland, MSW-PIP
- Donald Baum, PhD, LP
- Hiedi Roberts, MSW-PIP
- Lindsey Krueger, MSW-PIP
- Michael Falconer, MSW-PIP
- Nikki Eining, MSW-PIP

Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program
2412 S. Cliff Avenue, Suite 100 (Avera Professional Plaza)
Phone: (605) 322-4079 Website: www.avera.org
Fax: (605) 322-4080
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Evening hours available

Services Offered: Individuals, couples, or families can receive specialized treatment for co-occuring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties. Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment. Court-approved provider for chemical dependency assessments, counseling and treatment services. Adolescents can be seen for chemical dependency evaluations and individual therapy. Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties. Dual-credentialed therapists licensed in mental health and addictions. Accredited by the State of South Dakota as well as by the Joint Commission (JCAHO).

Behavioral Health Professionals:

- Elisa Lewis, MS, LPC, NCC, LAC, QMHP
- Lana Smith, MA, LMFT, QMHP, LAC
- Melissa Roby, MS, LPC, LAC
- Joseph Block, LAC
- Malia Holbeck, MSW, LCSW, LAC
- Helena Dufault, MSW, LCSW, ACT

Avera Medical Group Health Care Clinic - Coyote Clinic
300 N. Dakota, Suite 117
Phone: (605) 322-6800 Website: www.avera.org
Hours: 5:30pm - 7:00pm, 2nd and 4th Tuesday of each month

Services Offered: Open to adults over the age of 18 (specifically uninsured patients). Psychiatry services available during two appointment times (5:30pm and 6:30pm). The first clinic of each month will be for seeing new patients at these appointments while the second clinic will be for follow-up and seeing established patients.

Behavioral Health Professionals: Call for list of practitioners.

Avera Medical Group Internal Medicine Women's
116 W. 69th Street
Phone: (605) 322-5890 Website: www.avera.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Call for information

Services Offered: Primary care and preventive care for adult women. Counseling focused on individualized mental health treatment for adults and adolescents. Specialties in eating disorders, depression, anxiety, women's issues, life changes and adjustments, and medical nutrition therapy.

Behavioral Health Professional: Mary Dressing, LPC-MH, RD, LN

Avera Medical Group Midwest Psychiatric Medicine
4400 W. 69th Street, Suite 500
Phone: (605) 322-7580 Website: www.avera.org
Fax: (605) 322-7579
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 (ADD/ADHD), and dementia.

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support
www.helplinecenter.org/sfmhg
### Avera Medical Group Midwest Psychiatric Medicine – Cont’d

#### Behavioral Health Professionals:
- Berne Bahnson, MD
- Lezlee Gregunson-Lund, PhD
- Tony Sorensen, PsyD
- Connie Graber, PsyD
- Patrick McNeil, MSW
- Laura Withorne-Maloney, CNP
- Scott Schneider, MD

#### Avera Medical Group University Psychiatry Associates
4400 W. 69th Street, Suite 1500

**Phone:** (605) 322-5700  
**Website:** [www.aver.org](http://www.aver.org)

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

**Fees:** Accepts most insurance including Medicare and Medicaid

**Services Offered:** Individual, couples, or family therapy for the treatment of children, adolescents, adults, and seniors focusing on issues including, but not limited to anxiety, mood, personality disorders, somatization disorders, psychosocial issues, schizophrenia, Post-Traumatic Stress (PTSD), 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.

#### Behavioral Health Professionals:
- Amber M. Reints, PMHNP
- Ann M. Mack, LPC – MH
- Beverly J. Gunderson, EdD
- Candice Cummings, CSW-PIP, MSW
- David Whaley, MD
- Georgia Keenan, LPC-MH
- Hillary Hanson, MD
- Josette S. Lindahl, MD
- Matthew Stanley, DO
- Nancy Johnson, PhD
- Robert F. Nuss, MD
- Sherry (Dianne) DeKeyser, MD
- Timothy J. Soundy, MD
- Vinod Bhatare, MD
- Wioleta Mazurczak, MD
- Ammar Ali, MD
- Anthony Vaca, MD
- Brenda Nour, PhD
- David Hyland, EdD
- David Mark, MD
- Grace LaFollette, CNP
- Jay Weatherill, MD
- Karl Oehler, PA-C
- Meredith Powell, MD
- Nancy Wilson, MD
- Sarah Flynn, MD
- Susan E. Weaver, CNP
- Tomas Holtberg, PhD
- Wallace-Jackmon, PhD
- Sheeba Fazili, MA, LPC, CCTP, DBT sp.
- Ann Bowden, MD
- Benjamin Kohls, LPC-MH
- Bryce Gammeter, MD
- David Schlagel, MD
- Garneth Kuiper, CNP
- Jordan Nordquist, MD
- Kyle A. Duke, PA-C
- Michael Bergan, MD
- Nicole Christenson, MD
- Shawn VanGerpen, MD
- Tamara Vik, MD
- Tracee Hofer, CNP
- William C. Fuller, MD

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### Back to Basics Counseling
48575 267th Street

**Phone:** (605) 757-7025  
**Website:** [https://back-to-basics-counseling.business.site/](https://back-to-basics-counseling.business.site/)

**E-mail:** scarecrow@alliancecom.net

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

**Fees:** Works with insurance and has cash options

**Services Offered:** Trained in Dialectical Behavior Therapy (DBT), trauma focused, and working with individuals with addictions, anxiety, depression, bi-polar, borderline personality and other diagnoses. Offers counseling services for tweens - senior adults. Can meet people at their home or in the community if needed.

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

### Barbara RA Christensen, Il Inc
6809 S. Minnesota Avenue, Suite 102

**Phone:** (605) 362-5803  
**Website:** [www.barbarachristensencounseling.com](http://www.barbarachristensencounseling.com)

**Fax:** (605) 212-0835

**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 (ADD/ADHD), social skills, anger, domestic violence, abuse, Obsessive Compulsive Disorder (OCD), relationship, autism, and Asperger’s syndrome.

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

### Bartels Counseling Services, Inc.
6330 S. Western Avenue, Suite 140

**Phone:** (605) 310-0032  
**Website:** [www.bartelscounselingservicesinc.com](http://www.bartelscounselingservicesinc.com)

**Fax:** (605) 271-0200

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

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1-800-273-TALK(8255)  
**Helpline Suicide & Crisis Support**  
[www.helplinecenter.org/sfmhg](http://www.helplinecenter.org/sfmhg)
Help At Your Fingertips... Dial 2•1•1

Bartels Counseling Services, Inc. – Cont’d

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.

Behavioral Health Professionals:

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

Beck Counseling Services

2121 W. 63rd Place, Suite 400
Phone: (605) 838-8910
Fax: (888) 432-1575
E-mail: pam@beckcs.com

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

Fees: Initial intake: $225.00; regular session: $155.00; extended session: $185.00; accepts all major insurance

Services Offered: Helping individuals and couples walk through various complexities and challenges they face in life. Whether it’s learning communication and problem solving skills, addressing infidelity, dealing with grief and loss or managing anxiety and depression – there is hope. Provides the following services: individual counseling; marriage counseling; couples counseling; divorce counseling; faith based counseling; grief counseling; parent counseling; and child abuse survivor counseling for adults; family of origin work.

Behavioral Health Professional: Pamela Beck, LMFT, QMHP

Behavior Care Specialists, Inc.

1105 W. Russell Street
Phone: (605) 271-2690
Fax: (605) 271-3956
Website: https://www.behaviorcarespecialists.com
E-mail: BCSSiouxFalls@behaviorcarespecialists.com

Hours: 8:00am - 6:00pm, Monday, Tuesday, Thursday, Friday / 8:00am - 4:00pm, Wednesday / Saturday by appointment only

Fees: $80.00 - $153.00/hour

Services Offered: Behavioral treatment utilizing the principles of Applied Behavior Analysis (ABA); consultation; parent training; in-services/trainings; Functional Behavioral Assessment; and out of district placement for school districts.

Behavioral Health Professionals:

- Jennifer Abel, BA
- Jennifer Bye, BS, RBT
- Natasia Eastman, BS, BCaBA
- Kayla Hoogendoorn, BA, RBT
- Christie Reit, MS, BCBA
- Debra Kindelispire, BFA, BCaBA
- Chantal Beam, BS, RBT
- Christine Clausen, AA, RBT
- Casey Fodness, MS, RBT
- Ryan Johnson, BS, RBT
- Lisa Snyder, MA, BCBA
- Jacqui Bonrud, BA, RBT
- Alyssa DeBoer, BS, RBT
- Nicole Hoefert, BS, RBT
- Elisabeth Larson, RBT
- Brittney Thedens, AA, RBT

Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2
Phone: (605) 274-1700
Fax: (605) 274-1704
Website: www.mariaegancounseling.com

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

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

Services Offered: Individual, group, couples and family therapy for all ages. Specializing in play therapy, behavior modification, Cognitive Behavioral Therapy (CBT), and diagnostic assessments for depression, generalized and separation anxiety, school refusal, social phobia, social skills training, Obsessive Compulsive Disorder (OCD), anger management, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, Post-Traumatic Stress (PTSD), Attention Deficit / Hyperactivity Disorder (ADD/ADHD), Asperger's and autism spectrum, and pediatric bipolar disorder. Offering groups for children; “OCD and Worry Free”, a psychotherapy group for kids ages 8-13 with obsessive compulsive disorder; “Kids, Boundaries, and Manners”, an 8-week learning group designed to help children understand body boundaries and personal space.

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

Bethesda Christian Counseling Midwest, Inc.

400 S. Sycamore Avenue, Suite 105-3
Phone: (605) 334-3739
Fax: (605) 334-7552
Website: www.bethesdachristiancounseling.org
E-mail: info@bethesdachristiancounseling.org

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support

www.helplinecenter.org/sfmhg
Bethesda Christian Counseling Midwest, Inc. – Cont’d

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

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

Services Offered: A Christian counseling agency staffed by professionally trained and licensed clinicians. Provides individual, marriage, and family outpatient therapy for all regardless of gender, race, or creed. Services also include church health and psychological testing. Provides various prevention education programs to churches and civic organizations on an as-requested basis. Psychological testing and psychiatric services available.

Behavioral Health Professionals:
- James Chiu, MD
- Cassandra Heuer, PMHNP
- Joseph R. Goraj, MSW, CSW
- William Huisk, MSW, CSW-PIP
- David Nehring, PhD
- Barbara Roehrich, LPC

Brenda Hansen-Mayer
1601 E. 69th Street, Suite 202
Phone: (605) 330-9997
Fax: (605) 330-9998

Hours: 8:00am - 5:00pm, Monday – Thursday / 9:00am - 3:00pm, Friday

Fees: Accept BCBS South Dakota, Avera, Sanford, Dakotacare Insurance

Services Offered: Counseling Issues: trauma and stressor related problems; recovery support & relapse prevention; relationship problems; Eye Movement Desensitization & Reprocessing (EMDR) therapy available as well as the following assessments: treatment needs assessment; court mandated assessment; mental health assessment; substance use assessment.

Behavioral Health Professional: Brenda Hansen-Mayer, MS, LPC-MH, LAC, and Certified EMDR Therapist

Burroughs Counseling and Consultation, LLC
5032 S. Bur Oak Place, Suite 205
Phone: (605) 206-7474
Fax: (605) 271-1671

Hours: 8:00am - 5:00pm, Monday - Saturday or by appointment

Fees: $120.00 - $180.00 / session; sliding scale fee available and accepts all major insurances. Can work with individuals of all financial backgrounds.

Services Offered: Provides individual, family, group, marital/couple, and play therapy services using EMDR (Eye Movement Desensitization and Reprocessing) and DBT (Dialectical Behavioral Therapy). Also, providing telehealth services to patients across South Dakota. Has a commitment to seeing a client within 24 hours of receiving a referral.

Behavioral Health Professionals:
- Andrew Burroughs, LPC-MH
- Ashley Termansen, LCSW-PIP
- Christopher Pudwill, MSW, CSW-PIP
- Lindsay Neth, MSW, CSW-PIP
- Megan Engdahl, MSW, CSW-PIP
- Brooke Greenig, LCSW
- Chuck Voegeli, LPC-MH
- Megan Engdahl, MSW, CSW-PIP

Carissa Palmberg Counseling
363 40th Avenue
Phone: (605) 951-6267

Hours: Sessions are by appointment only

Fees: Visit website for details

Services Offered: Equine assisted psychotherapy is an experiential mode of counseling. Sessions are conducted in an arena with a team including a mental health professional, an equine professional, and one or more horses. It is appropriate for individuals, couples, families, or groups. It is effective for those struggling with symptoms of Post-Traumatic Stress (PTSD), moral injury, trauma, addiction, grief and loss, abuse, depression, anxiety, and mood disorders. Team building and professional development workshops also available. Carissa Palmberg Counseling partners with Rock Ranch.

Behavioral Health Professional: Carissa Palmberg, MS, LPC, LAC, Eagala Certified

Carroll Institute - Substance Abuse Treatment
310 S. 1st Avenue
Phone: (605) 336-2556
Fax: (605) 339-3345

Hours: 8:00am - 8:00pm, Monday – Wednesday / 8:00am - 7:00pm, Thursday / 8:00am - 5:00pm, Friday

Fees: Sliding fee scale

Services Offered: Co-occurring services throughout all programming are available to address not only substance use but also mental health symptoms. Treatment Needs Assessment for Substance Abuse - Offers alcohol and drug assessments to determine level of care needed. Jail Treatment Program - Alcohol and other drug abuse treatment services with an emphasis on criminal / addictive thinking and interactive journaling. The interactive journaling process

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support
Carroll Institute - Substance Abuse Treatment – Cont’d

encourages people to personalize the information they acquire and to take responsibility for their own recovery. Treatment is provided in the Minnehaha County Jail. Adult Outpatient Treatment Program - Consists of group therapy, alcohol and other drug information, skill development and relapse prevention. IMT (Intensive Methamphetamine Treatment) - consists of group therapy, individual therapy, case management, residential support and aftercare services. Intensity of services changes with the length of time spent in the program. Weekly participation ranges from 2-19 hours of service a week, depending on client needs.

Behavioral Health Professionals:

Earv Archembeau, BS, ACT
Joshua Duncan, M.Div, ACT
Shane Gerlach, BS, CAC
Sara Jerke, BS, CAC
Rachael Miedema, MS, LPC, LAC
Kacee Redden, MA, LAC
Alicia Levesque, MS, ACT
Jessica Nieman, LAC
Tiffany Butler, MA, LPC

Sara Cady, MSW, ACT
Kassandra Dunn, MA, LAC
Andrea Haubert, MS, NCC, ACT
Rachael Majeres, MS, CAC
Justin Nielsen, MA, LPC, ACT
Tanya Steinhoff, BS
Caroline Vernon, MA, ACT
Kim Questad, MS, LAC, LPC-MH

Carrie Dau, MA, LPC, ACT
Janice Falk, BS, LAC
Kristi Jacobsma, AA, CAC
Mindy Mashek, BA, LAC
Jessica Nieman, LAC
Michelle Worden, MA, LAC
Desiree Murray, AA, CAC

Carroll Institute - Prevention Programming
310 S. 1st Avenue

Phone: (605) 336-2556
Fax: (605) 339-3345
Hours: 8:00am - 5:00pm, Monday - Friday / Available evenings

Services Offered: Project Awareness - Prevention programming for all ages. Presentations of a variety of issues dealing with alcohol and other drugs. Individual and family counseling. Counselors spend time weekly in area schools (K-12) and working with students individually and in groups. Able to do alcohol and other drug assessments and referrals. Speakers available for all types of groups and organizations. Staff are trained in Life Skills Training. Diversion Program - Alcohol and other drug abuse prevention and treatment for young adults 18-20 years of age. Intensive Prevention Program - The Intensive Prevention Program is a 16-hour program that meets four evenings a week. The goals of the group are education about the physical and social consequences of alcohol and other drug use, problem solving skills, and identification of individual and family problems associated with the chemical use. The program is run in a group format, and each individual treatment plan is developed by the counseling staff. Individual counseling and family therapy are available for those in need of these services.

Behavioral Health Professionals:

Barb DeVos, MS, NCC, LPC, LAC
Kate Telkamp, MS, ACT
Kristi VanDeRostyne, BS, CAC, CPS
Tiffany Butler, MA, LPC

Carroll Institute Residential Services - Arch
516 W. 12th Street

Phone: (605) 332-6730
Fax: (605) 339-3345
Hours: 24 hours a day / 7 days a week

Services Offered: Provides residential programming to adult males and females who meet criteria and are struggling with substance use. Program goals include: recovery oriented programming, client centered treatment planning, relapse prevention, employment, transition planning, life skills, and drug testing.

Behavioral Health Professionals:

Michelle Worden, MA, LAC
Joshua Duncan, MDiv, ACT
Tiffany Butler, MA, LPC

Kassandra Dunn, MA, LAC
Rachael Miedema, MS, LPC, LAC

Catholic Family Services - Counseling Program
523 N. Duluth Avenue

Phone: (605) 988-3775

Hours: 8:30am - 5:00pm, Monday – Friday / Tuesday evening by appointment

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

Help At Your Fingertips...

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support

www.helplinecenter.org/sfmhg
Catholic Family Services – Counseling Program – Cont’d

Services Offered: Counselors strive to empower adults, children, couples, and families to find solutions to difficult situations or issues in a confidential, professional, caring, and Christian atmosphere. Counselors are trained to deal with any issue in a variety of ways. Also, offers adoption services, and grief support programs for adults and children.

Behavioral Health Professionals:

<table>
<thead>
<tr>
<th>Name</th>
<th>Designation</th>
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<tbody>
<tr>
<td>Brandi Brintnall</td>
<td>LPC-MH, NCC</td>
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<tr>
<td>Bonnie Deen</td>
<td>LPC-MH, QMH, NCC</td>
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<tr>
<td>Barbara Rysdon</td>
<td>MA, LMFT, QMHP</td>
</tr>
<tr>
<td>Patricia Schwan</td>
<td>LPC-MH, LMFT</td>
</tr>
<tr>
<td>Christina Vander Woude</td>
<td>MSW, LCSW</td>
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</tbody>
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Center for Family Medicine
1115 E. 20th Street
Phone: (605) 339-1783
Fax: (605) 367-7157
Website: www.centerforfamilymed.org
E-mail: info@c4fm.org
Hours: 8:00am - 5:30pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: For mental health services - accepts most insurance, and Medicaid and, if needed patients can apply for financial assistance.

Services Offered: Specializes in meeting the healthcare needs of the entire family, from maternity care to senior care. Also has mental health services including individual, marital, and family therapy. Specializing in brief therapy for psychological problems associated with medical illness.

Behavioral Health Professionals:

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Daniel Felix</td>
<td>PhD, LMFT</td>
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<tr>
<td>Mary Jones</td>
<td>LMFT</td>
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Chamness Counseling
326 E. 8th Street, Suite 106E
Phone: (605) 254-3889
Website: www.chamnesscounseling.com
E-mail: chamnesscounseling@gmail.com
Hours: Flexible / some evening and Saturday morning times may be available
Fees: $150.00 per hour; some insurance accepted.

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

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

Children's Home Society - Residential Treatment
801 N. Sycamore Avenue
Phone: (605) 334-6004
Fax: (605) 343-5422
Website: www.chssd.org
Hours: 8:00am - 5:00pm, Monday – Friday / Residential: 24 hours a day / 7 days a week
Fees: Residential tuition and school tuition

Services Offered: A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-13. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services. Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-13 with emotional and behavioral problems. Madsen House Intensive Unit is an 8-bed unit for children ages 7-13 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming.

Behavioral Health Professionals: Call for information on mental health professionals available.

Children's Inn - Therapy
409 N. Western Avenue
Phone: (605) 338-0116
Website: www.chssd.org/childrensinn
E-mail: childrensinn@chssd.org
Hours: Individual counseling is available by appointment.
Fees: None

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

Behavioral Health Professionals:

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<th>Designation</th>
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<tbody>
<tr>
<td>Jody Bockorny</td>
<td>MS, LPC, NCC</td>
</tr>
<tr>
<td>Rebecca Anderson</td>
<td>MS, LCSW, CCTP</td>
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Help At Your Fingertips...
Dial 2•1•1
www.helplinecenter.org/sfmhg
Children's Inn - LGBTQ Support Group
Hours: Group is held weekly, for 8 weeks at a time.
Fees: None
Services Offered: Support for LGBTQ individuals who have endured abuse in their relationships. An 8-sessions support group for victims and survivors of domestic violence, with meetings held weekly. All adults with diverse gender identities and sexual orientations are welcome. Educational information is provided, as well as open discussion about personal experiences. This is a closed group, so registration is required by contacting the group facilitator.
Behavioral Health Professional: Rebecca Anderson, MS, LCSW, CCTP

Children's Inn - Men's Support Group
Hours: Group is held weekly, for 8 weeks at a time.
Fees: None
Services Offered: Men’s Support Group is a group to provide support for men who have endured abuse within their relationships. It is an 8-week group that provides support for male victims and survivors of domestic violence. The group includes educational information, as well as open discussion about personal experiences.
Behavioral Health Professional: Rebecca Anderson, MS, LCSW, CCTP

Children's Inn - Women's Support Group
Hours: 6:30pm - 8:00pm, Monday / 6:30pm - 8:00pm, Thursday / 12:00noon - 1:30pm, Friday
Fees: None
Services Offered: Support group for women who have witnessed or experienced violence are offered several times a week at Children's Inn. These groups seek to provide support and feedback to women who been emotionally, sexually, or physically abused in their relationships. Topics of discussion include: the dynamics of domestic violence, crisis issues caused by domestic violence, the impact of traumatic experiences on daily living, staying safe, self-esteem, and healthy relationships. The women's support groups at Children's Inn are open and may be joined by anyone at any time. No pre-registration is required to attend and groups are offered free of charge.
Behavioral Health Professionals:
Rebecca Anderson, MS, LCSW, CCTP
Jody Bockorny, MS, LPC, NCC

Choices Recovery Services, Inc.
2701 S. Minnesota Avenue, Suite 6
Phone: (605) 334-1822
Fax: (605) 334-1823
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.
Behavioral Health Professional: Heather Mousel, BS, CAC

Clarity Counseling, LLC
108 E. 38th Street, Suite 700
Phone: (605) 231-9308
Fax: (605) 569-7946
E-mail: brandy@clarity605.com
Hours: 9:00am - 5:00pm, Monday, Wednesday, Friday / 9:00am - 9:00pm, Tuesday, Thursday
Fees: Accepts most insurance, Medicaid, and private pay
Services Offered: Confidential counseling services, finding clarity in the expected, unexpected, and everything in between. Serving clients 12 years of age and older on the topics of abuse, Attention Deficit / Hyperactive Disorder (ADD/ADHD), adoption, alcohol abuse, Asperger's syndrome, autism, behavioral issues, bipolar disorder, borderline personality, chronic impulsivity, codependency, coping skills, divorce, domestic abuse, domestic violence, dual diagnosis, eating disorders, family conflict, grief, infertility, infidelity, Obsessive Compulsive Disorder (OCD), Oppositional Defiance (ODD), parenting, pregnancy, prenatal and postpartum, self-esteem, self-harming, sexual addiction, insomnia, weight loss, and women's issues. Treatment approaches include Cognitive Behavioral Therapy (CBT), family systems therapy, marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling.
Behavioral Health Professional: Brandy Bunkers, CSW-PIP
Help At Your Fingertips...  Dial 2•1•1

Clear Minded Counseling
3701 W. 49th Street, Suite 204A
Phone: (605) 681-3345  Website: www.clearmindedcounseling.com
Fax: (605) 679-6435
Hours: 9:00am - 5:00pm, Monday - Friday
Fees: Cost varies by type of session and duration; accepts variety of insurance (including South Dakota Medi-aid) and self-pay; insurance copays and self-pay are due at time of service.
Services Offered: Provides individual counseling; family counseling; mental health screening; adolescent/youth counseling; parent counseling; child abuse counseling; spouse/intimate partner abuse counseling; child abuse survivor counseling for adults. Also, Parent-Child Interaction Therapy (PCIT), which is an evidenced based therapy for parents and their children age 2 - 7 who have emotional and behavioral issues. It focuses on building the parent child relationship while also coaching parents on how to manage their child's behavior.
Behavioral Health Professional: Elly Keller, MA, LPC-MH, NCC

Community Counseling Clinic
2109 S. Norton Avenue
Phone: (605) 334-2696  Website: www.offermehope.com
Fax: (605) 339-9944  E-mail: sfps@sfseminary.edu
Hours: 8:30am - 8:00pm, Monday - Thursday / 8:30am - 12:00noon, Friday
Fees: Range from $20.00 down (based on ability to pay)
Services Offered: Located in the offices of Sioux Falls Psychological Services, the Community Counseling Clinic has served the community for nearly 20 years by providing therapy to families, couples, and individuals with limited or no funds. Under the supervision of highly credentialed doctoral level faculty, master's degree students from Sioux Falls Seminary provide quality therapy to families, couples and individuals in a safe and confidential environment. No one is turned away due to a lack of ability to pay. Help for those experiencing a variety of problems, including: loneliness and isolation; anxiety and depression; trauma, abuse and betrayal; anger and conflict; grief and loss; communication issues; family or lifestyle transitions; parenting difficulties; behavioral changes; relationship challenges; medical, spiritual, identity issues; separation, divorce or remarriage; marital affairs.
Behavioral Health Professionals: Master's degree students, under the supervision of doctoral level faculty.

Compass Center, The - Counseling and Play Therapy Services
1704 S. Cleveland Avenue, Suite 3
Phone: (605) 339-0116  Website: www.hecompasscenter.org/
Fax: (605) 336-3874  E-mail: info@hecompasscenter.org
Hours: 9:00am – 8:00pm, Monday, Tuesday, Thursday / 9:00am – 5:00pm, Wednesday / 9:00am – 12noon, Friday
Fees: None
Services Offered: Assisting survivors of violence through the healing process, by serving both male and female victims of violence, beginning at age 3. Services include: ongoing one-on-one, or group therapy with a LPC level counselor (includes counseling for PTSD); advocacy at the hospital, courthouse or police station; assistance with safety planning; help filing protection orders or victims’ compensation applications; community connections (information, support or assistance in obtaining necessary resources); free counseling for adult caregivers of children affected by sexual and/or domestic violence. Free child therapy for children ages 3-12 who are survivors of sexual and/or domestic violence. Also, offers Family Violence Project which is an educational, 25-week, domestic violence offender treatment for adults, based on the Duluth Model of treatment for individuals who have used violence against a partner or family member. Rape Crisis Team provides immediate crisis support and advocacy to rape and sexual assault victims 24 hours a day, 7 days a week.
Behavioral Health Professionals:
Maranda Ehrenfried, MA  
Kelsey Kruse, MA, LPC, CCTP  
Michelle Trent, MS, NCC, LPC-MH  
Briana Halse, MA, LPC  
Michele Johnson, RN, MA, LPC, CCTP

Conrad Counseling & Consulting, LLC
5024 S. Bur Oak Place, Suite 214
Phone: (605) 361-8876  Website: www.conrad15.wix.com/consultandconsult
Fax: (605) 271-0104  E-mail: cccconsulting2016@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 (CBT), solution-focused, Eye Movement Desensitization and Reprocessing (EMDR), and Integrated EMDR (IEMDR) for chronic pain. Assisting clients facing depression, anxiety, abuse, grief, post-traumatic stress (PTSD), life transition, self-esteem, anger management, Attention Deficit/Hyperactive Disorder

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support 10  www.helplinecenter.org/sfmhg
Conrad Counseling & Consulting, LLC – Cont’d
(ADD/ADHD), and women’s issues. Counseling supervision and consultation available.

Behavioral Health Professionals:
- Roy Conrad, PhD, LPC-MH, NCC, QMHP
- Heidi Jans, MS, LPC-MH, NCC, QMHP
- Matt Wolthuizen, MA, LPC-MH, NCC, QMHP

Crawford Counseling Center
1010 W. 5th Street
Phone: (605) 558-2000
Fax: (605) 558-1999
Website: http://crawfordcounseling.vpweb.com
E-mail: crawford.GC.3@hotmail.com

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, abuse issues, borderline personality disorder, depression, anxiety, panic disorder, hoarding, and bipolar disorder. Therapies include art for Obsessive Compulsive Disorder (OCD), anxiety, and grief.

Behavioral Health Professional: Ginny Crawford, MSW, CSW - PIP, CDBT

Dakota Psychological Services
309 W. 43rd Street, Suite 101
Phone: (605) 334-4549
Fax: (605) 334-4549
Hours: 9:00am - 5:30pm, Monday - Friday
Fees: Varies, accepts some insurance

Services Offered: Individual counseling, youth and adolescent counseling, Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT). Evaluations available include: Violence Risk Assessment, psychological, forensic, and psychosexual evaluations. Specialized services offered: sexual problems and treatment (group and individual), sexual addiction, pornography addictions, sexual paraphilia, and sexting addiction treatment.

Behavioral Health Professionals:
- David W. Kauffman, Ph.D
- Wade McIntyre, LPC-MH
- Joseph Welch, LPC-MH

Daniel T. Digatono
4410 S. Tennis Lane
Phone: (605) 360-3024
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 (including abuse). 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.

Behavioral Health Professional: Daniel T. Digatono, MDIV, PhD, LMFT, LPC, QMHP

Darla Huffman Counseling Services
6809 S. Minnesota Avenue, Suite 102
Phone: (605) 370-4442
Fax: (605) 362-5803
Website: www.darlahuffmancounseling.com
E-mail: darlahuffman@outlook.com
Hours: Sioux Falls Office: 8:00am - 7:00pm, Monday, Thursday / 8:00am - 4:00pm, Friday
Flandreau Office: 3:00pm - 7:00pm, Tuesday / 8:00am - 7:00pm, Wednesday
Fees: Sliding fee scale

Services Offered: Counseling for individuals, families and couples, working with, but not limited to issues such as depression, anxiety, illness, bereavement, trauma, and abuse. Can provide counseling via telehealth services (face to face via videoconferencing). Intake information is required prior to first therapy session, so typically, clients come in person for initial appointment, but can be done via phone. The session is typically a 55-minute session, much like those who come in for an in person session. Additional location: 809 W. Pipestone Avenue, Suite 9 Flandreau, 57028

Behavioral Health Professional: Darla Huffman, LPC-MH

Deb Thompson Counseling
3220 W. 57th Street, Suite 100A
Phone: (605) 331-6359
Website: www.debthompsoncounseling.com
Hours: 9:00am - 6:00pm, Monday - Friday
Fees: Most insurance accepted
Deb Thompson Counseling – Cont’d

Services Offered: Individual, couples and family therapy.

Behavioral Health Professional: Deb Thompson, LPC-MH, QMHP

Dianna Spies Sorenson
4608 S. Briarwood Avenue
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, life transitions, addictive processes, and end-of-life counseling. Experienced in biofeedback and case management for clients working within and between health care providers and health care systems.

Behavioral Health Professional: Dianna Spies Sorenson, PhD, MBA, CNS, CNL, RN

Discover Wellness
5708 S. Remington Place, Suite 400
Website: www.discoverwell.co
Phone: (605) 250-1226
Hours: 9:00am - 5:00pm, Monday - Thursday, by appointment
Fees: Fees vary, some insurance accepted

Services Offered: Individual counseling for adults and young adults. Specialty areas include anxiety, trauma, depression, life change, relationship challenges, Post-Traumatic Stress (PTSD), feeling stuck, family of origin challenges, abuse issues, confidence and self-esteem challenges, fertility challenges, parenting, postpartum anxiety or depression. Therapies available include, but are not limited to Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavior Therapy (CBT), Mindfulness Based Cognitive Therapy (MBCT), and solution focused brief therapy.

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

Ellen Hohm, LLC
4410 S. Tennis Lane
Phone: (605) 361-4403
Fax: (605) 362-5601
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 (PTSD), abuse, Attention Deficit / Hyperactivity Disorder (ADD/ADHD), grief, men's issues, women's issues, parenting skills, sexuality, addiction, anger management, and premarital counseling. Focus is on mind, body, and spirit.

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

Emerald Psychological Services
5032 S. Bur Oak Place, Suite 120
Website: www.emeraldpsych.com
Phone: (605) 362-2617
Fax: (605) 362-2654
Hours: 10:00am - 6:00pm, Monday - Friday
Fees: Vary based on services provided; accepts Medicaid and has a sliding scale for those with no insurance

Services Offered: Dedicated to providing comprehensive mental health services including medication management, substance abuse counseling, Cognitive Behavioral Therapy (CBT), psychological assessments and testing, and therapeutic treatment programs.

Behavioral Health Professionals: Jeremy Johnson, PhD
Lynette Melby, CNP

Emily Gislason, LLC (New name: Sprout Play Therapy and Counseling Services)
6209 E. Silver Maple Cir. Suite 102
Website: www.EmilyGislasonLLC.com
Phone: (605) 799-6182
Fax: (844) 602-4652
E-mail: gislasonplaytherapy@gmail.com
Hours: 10:00am - 4:00pm, Monday - Thursday / 9:00am - 12:00noon, Friday by appointment
Fees: Accepts most insurances, including Medicaid.

Services Offered: Play therapy offered to children ages 3-12 along with family counseling and parenting support. Areas of specialty include trauma, depression, anxiety, adjustment challenges, foster care placement, developmental
Emily Gislason, LLC (New name: Sprout Play Therapy and Counseling Services) – Cont’d
delays and behavioral challenges. Emphasis placed on supporting the child and their caregiver(s) collaboratively in order
to find success and improved functioning.
Behavioral Health Professional: Emily Gislason, MS, LPC-MH, RPT-S, QMHP, NCC

Encompass Mental Health, LLC
5000 S. Minnesota Avenue, Suite 400
Phone: (605) 275-0009  
Website: www.SiouxFallsCounseling.com
Fax: (877) 992-0016  
E-mail: emily@siouxfallscounseling.com
Hours: 9:00am - 5:00pm, Monday – Thursday / 9:00am - 12noon, Friday
Fees: Initial assessment $190.00; Individual therapy $145.00; Individual play therapy $145.00
Services Offered: Provides play therapy for children with behavior challenges, counseling for women looking for balance and happiness in life and consultation for child care programs to improve the quality of their programs and promote positive behaviors of the children in their care.
Behavioral Health Professionals:
Emily Gislason, MS, LPC-MH, RPT-S, QMHP, NCC

Evenson Counseling
3101 W. 41st Street, Suite 208
Phone: (605) 777-0075  
Website: http://www.evensoncounseling.com
Fax: (888) 977-2561
Hours: By appointment between the hours of 12:00noon - 5:00pm, Monday / 9:00am - 5:00pm, Tuesday - Thursday / 9:00am -12:00noon, Friday / Online scheduling is available.
Fees: Accepts most insurance
Services Offered: Individual and couples therapy for adults of all ages. Utilizes Cognitive Behavioral Therapy (CBT), trauma-informed 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 (OCD), anger management, emotional regulation, grief and loss, gender identity, sexual identity, and Post-Traumatic Stress Disorder (PTSD). Special interest in working with women, relationships and LGBT clients.
Behavioral Health Professional: Dr. Lori Evenson, LPC, QMHP, NCC

Falls Community Health
521 N. Main Avenue
Phone: (605) 367-8793  
Website: www.siouxfalls.org/fch
Fax: (605) 367-9022
Hours: 8:00am - 9:00pm, Monday / 8:00am - 5:00pm, Tuesday – Friday / Same day appointments available at one of four sites (on most days)
Fees: Sliding fee scale based on income and household size; accepts most insurance including Medicare and Medicaid
Services Offered: Family practice medical clinic with emphasis on health promotion and disease prevention. Offers mental health counseling, psychiatry services, and pharmacy assistance to clinic patients/clients.
Behavioral Health Professionals: Call for list of practitioners.

Family Service, Inc. - Counseling Services
2210 W. Brown Place
Phone: (605) 336-1974  
Website: www.sdfsi.org
Fax: (605) 336-9031  
E-mail: fsisd@msn.com
Hours: 8:00am - 6:00pm, Monday and Wednesday / 8:00am - 7:00pm, Tuesday / 8:00am - 8:00pm, Thursday / 8:00am - 5:00pm, Friday
Fees: Sliding fee scale
Services Offered: Counseling services include helping individuals (as young as 5) and families learn to recognize problems, communicate feelings and needs, and change behaviors. Specialized programs include treatment for survivors of physical, emotional and sexual abuse, suicide survivors, senior citizens, marriage issues and parent/child concerns. Can provide counseling via telehealth for individuals living in South Dakota. Preference is to have an in-person intake session, but Family Service recognizes that this is not always an option. If the in-person session is not an option for clients, then will work with the individual to complete the intake via telehealth.
Behavioral Health Professionals:
Dan Deal, MA, CCDCIII, SAP  
Todd Herrboldt, MSW, CSW-PIP, QMHP

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support 13  
www.helplinecenter.org/sfmhg
Family Service, Inc. – Counseling Services – Cont’d
Monica Jerke, MS             Connie Nelson, MA, LPC-MH, LAC
Paul Ritter, MA, MDiv, LPC    Sarah Shoffner, MSW
Angie Zirpel, MS, LPC-MH, CCDCIII, SAP

Family Service, Inc. - Employee Assistance Program
2210 W. Brown Place
Phone: (605) 336-1974          Website: www.sdfsi.org
Fax: (605) 336-9031            E-mail: fsisd@msn.com
Hours: 8:00am - 6:00pm, Monday / 8:00am - 7:00pm, Tuesday / 8:00am - 6:00pm, Wednesday / 8:00am - 8:00pm, Thursday / 8:00am - 5:00pm, Friday
Fees: By contract
Services Offered: The Employee Assistance Program (EAP) is a benefit offered by employers and Family Services to provide confidential help to employees and their families. EAP offers services outside the workplace to assist with personal problems before job performance is affected. The EAP program also specializes in substance abuse professional evaluations for D.O.T. regulated employers. These services are available to contracted companies.
Behavioral Health Professionals: All staff at Family Service, Inc. are Licensed and Credentialed.

Family Ties Christian Counseling
3500 S. Phillips Avenue, Suite 121
Phone: (605) 359-0034          Website: www.familytieschristiancounseling.com
E-mail: educator.84@hotmail.com
Hours: 2:00pm - 6:00pm, Monday, Tuesday and Thursday / 9:00am - 12:00noon, Friday by appointment only
Services Offered: Individual, couples/marriage, and family counseling. Topics covered include depression, anxiety, Obsessive Compulsive Disorder (OCD), Attention Deficit / Hyperactivity Disorder (ADHD), adjustment disorders, bipolar, Post-Traumatic Stress (PTSD), child sexual abuse, domestic violence, marriage issues, spiritual issues, women's issues, church leadership abuse issues, Asperger's, social skills, self-esteem, bullying, and individuals whose spouses have addiction issues (porn, alcohol, etc.).
Behavioral Health Professional: Judy De Wit, MA, LMFT, MOL

First Step Counseling Services
4320 S. Louise Avenue, Suite 200
Phone: (605) 361-1505          Website: www.takeyourfirststep.com
Fax: (605) 361-0481            E-mail: frontdesk@takeyourfirststep.com
Hours: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday
Groups available: 6:00pm - 9:00pm, Monday - Wednesday / 8:00am - 4:00pm, Saturday
Fees: Fixed rates; call for information
Services Offered: Comprehensive diagnostic evaluations and a variation of programs to fit individual needs, from education, individual counseling, outpatient treatment, intensive outpatient and aftercare.
Behavioral Health Professionals:
Tara Clayton, CAC
Arthur Wallace, ACT
Misty Lemburg, ACT
Lou Ann Tietjen, LAC

Four Directions Counseling, Inc.
101 S. Reid Street, Suite 307
Phone: (605) 359-5709          Website: http://www.fourdirectionscounselinginc.com/
E-mail: kb.fourdirections@gmail.com
Hours: Flexible appointments available including evenings and Saturdays
Fees: Sliding fee scale; contracts
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.
Behavioral Health Professional: Dr. Kelly Bass, DSW, CSW-PIP, ACS

Glory House – Outpatient Services
4000 S. West Avenue
Phone: (605) 332-3273          Website: www.glory-house.org
Fax: (605) 332-6410
Hours: Walk-in assessments: 1:00pm - 3:00pm, Tuesdays / 9:00am - 11:00am, Thursdays / Program times vary
Glory House – Outpatient Services – Cont’d
Fees: Vary according to services; if qualifies for state funding, services are $10.00 per session; accepts insurance including Sanford and Medicaid
Services Offered: Individual and group counseling for substance use disorders as well as co-occurring issues. Glory House offers the following evidenced based practices: Matrix Treatment and Aftercare (this is specifically used for methamphetamine treatment), Moral Reconciliation Therapy (MRT), Cognitive Behavior Interventions for Substance Abuse (CBISA), Co-occurring Aftercare, and Seeking Strength.
Behavioral Health Professionals:
Amanda Kardas, MA, ACT, LPC
T.R. Maves, MS, LAC, LPC
Diana Yedwabnick, BS, ACT
Kari Joldersma, MA, LAC
Alexis Meyer, MA, LAC, LPC
Kelly Cleveringa, MS, LAC
Mark Wilder, MA, ACT

Glory House of Sioux Falls - Residential Program
Phone: (605) 332-3273
Fax: (605) 988-9127
Website: www.glory-house.org
E-mail: kjoldersma@glory-house.org
Hours: 24 hours a day / 7 days a week
Fees: Varies on funding source
Services Offered: Residential housing for individuals recovering from a substance use disorder and offers treatment services which include group and individual counseling along with case management services.
Behavioral Health Professionals:
Amanda Kardas, MA, LPC, ACT
Kimberly J. Cournoyer, EdS, LPC
T.R. Maves, MS, LPC, LAC
Kari Joldersma, MA, LAC
Alexis Meyer, MA, LPC, LAC
Kelly Cleveringa, MS, LAC
Mark Wilder, MA, ACT
Diana Yedwabnick, BS, ACT

Glow - Glorious Lifestyle • Optimal Weight
1601 E. 69th Street, Suite 103
Phone: (605) 373-9066
Website: www.glowapproach.com
E-mail: DrLyn@glowapproach.com
Hours: 9:00am - 5:00pm, Monday - Thursday
Fees: Accepts most insurance, Medicaid, and Medicare
Services Offered: Specializing in food and weight issues; areas of expertise cover the full spectrum of disordered eating including anorexia, bulimia, binge-eating disorder, compulsive / emotional eating, orthorexia, pre- and post-bariatric surgery psychological consultation and counseling, body-image issues, and weight loss coaching. Services provided include individual coaching / counseling, groups and personalized small groups, classes and workshops.
Behavioral Health Professional:
Lyn Shroyer, EdD, Licensed Psychologist, Certified Integrative Nutrition Health Coach

Great Plains Psychological Services
4105 S. Carnegie Place
Phone: (605) 323-2345
Website: www.gppssf.com
E-mail: gppssf@aol.com
Hours: 8:00am - 5:00pm, Monday - Friday / Evenings and weekends by appointment
Fees: Varies; accepts most insurance; Medicaid
Services Offered: Individual, group, couples, marriage, and family therapy for all ages. Specializing in adoption home studies, critical incident stress debriefing, mediation services and employee assistance program services. Evaluations available include psychological, forensic, competency, pre-surgical, and psychosexual. Covering topics such as Attention Deficit / Hyperactivity Disorder (ADD/ADHD), anxiety, depression, anger management, stress management, psychosexual, problems with sexuality, physical abuse, sexual abuse, grief and loss issues, substance abuse, Oppositional Defiant youth (ODD), and chronic pain.
Behavioral Health Professionals:
Kimberly J. Cournoyer, EdS, LPC-MH
Tara Olson-Larson, MA, LPC-MH
Brenda Sundem, MS, LPC-MH
Kimberly J. Cournoyer, EdS, LPC
Tara Olson-Larson, MA, LPC-MH
Brenda Sundem, MS, LPC-MH
Norma Haan, MSSA, CSW-PIP
Irina Goubanova, MS, LPC, QMHP
Carolyn Rotha, MEd, LPC-MH
Jeff Trammell, MSW, CSW-PIP
Stephan Langenfeld, EdD, LP
Clint Sperle, MA, LPC-MH
Scott Pribyl, EdD, LP

Help At Your Fingertips... Dial 2•1•1
www.helplinecenter.org/sfmhg

Helpline Center - 211 Resources
Phone: 211
Fax: (605) 332-1333
Website: www.helplinecenter.org
E-mail: help@helplinecenter.org
Hours: 24 hours a day / 7 days a week / 365 days a year
Fees: None

Helpline Center - 211 Resources – Cont’d
Helpline Center - 211 Resources – Cont’d

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. When you dial 2-1-1, you talk to real people trained to help and connect you to the right resources, organizations, or people. We answer calls 24 hours a day / 7 days a week. If for some reason we don't have an answer for you, we'll connect you to someone who does. Our database of information grows every day and contains only the most reliable information. Information on over 4,500 programs are available to you via our online Resource Database, with other support material including HelpLists (customized with resources you want) HelpSheets (short informational documents) and Resource Guides.

Helpline Center - Suicide and Crisis Support
Phone: (800) 273-8255 Website: www.helplinecenter.org
Fax: (605) 332-1333 E-mail: help@helplinecenter.org
Hours: 24 hours a day / 7 days a week / 365 days a year
Fees: None
Services Offered: The Helpline Center is the leading organization in South Dakota for suicide prevention and response. If you or someone you know is having suicidal thoughts, please call (800) 273-8255 anytime, day or night, to find the caring support you need. Suicide and Crisis Support is an accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need. Services include: a crisis texting program for every high school student in South Dakota; grief support for individuals who have lost a loved one to suicide; professional suicide awareness and prevention training; support groups for suicide attempt survivors.
Behavioral Health Professionals:
Janet L. Kittams, MA, LPC Sheri Nelson, MA, LAC

Heuermann Counseling Clinic
2210 W. Brown Place
Phone: (605) 336-1974 Website: www.sdfs.org
Fax: (605) 336-9031 E-mail: fsisd@msn.com
Hours: 9:00am - 6:00pm, Monday - Friday
Fees: None
Services Offered: A free counseling service that is staffed by volunteer, credentialed, licensed and experienced therapists who provide short-term counseling for uninsured people who are having temporary difficulties.
Behavioral Health Professionals:
Kathleen Christensen, PsyD, LP, LMFT Monica Jerke, MA Robin Duncan, PhD

Independent Counseling and Psychotherapy
2101 W. 69th Street, Suite 103
Phone: (605) 214-6855 Website: https://www.independentcp.com/
E-mail: hmerrick1211@gmail.com
Hours: Vary; call for information
Fees: Accepts Avera, Sanford, Dakota Care, and Blue Cross Blue Shield Health Plans
Services Offered: Mental health therapy focusing on trauma. Also addresses depression, anxiety and relationship issues.
Behavioral Health Professional: Holly Liston, LPC-MH, QMHP, LMHC

Integrated Care and Consultation, LLC
4948 E. 57th Street
Phone: (605) 306-3240 Website: www.yourintegratedcare.com
Fax: (605) 306-3052 E-mail: krystal@yourintegratedcare.com
Hours: Negotiable hours; night and weekend appointments are available.
Fees: $150.00 - $250.00 / session
Services Offered: Mental health services with holistic approach. Experience working with children, adults, marital counseling, family sessions, group sessions, Native Americans, and veterans as well as depression, anxiety, PTSD, life coaching, etc.
Behavioral Health Professional: Krystal Lohff, CSW-PIP, QMHP

Integrative Wellness
5000 S. Minnesota Avenue Suite 200
Phone: (605) 271-1348 Website: www.integrativewells-ssd.com
Fax: (605) 610-1477 E-mail: integrativewellness@midconetwork.com
Hours: Day and evening hours vary by therapist

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support
Integrative Wellness – Cont’d

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

Services Offered: Professional therapy for adults regarding issues such as: depression; addiction; anxiety; Borderline personality disorder; grief and loss; trauma and abuse; family of origin; geriatrics; play therapy; parenting; Attention Deficit / Hyperactivity Disorder (ADD/ADHD); blended family issues; divorce; custody; sexual abuse support / counseling group for women. Offering professional therapy for child and adolescent issues including: depression, anxiety, anger management, grief and loss, trauma and abuse, behavioral issues, play therapy, Attention Deficit Hyperactivity Disorder (ADD/ADHD), blended family issues, divorce, and custody.

Behavioral Health Professionals:
- Christine Ellis, MSW, LCSW-PIP
- Jeanne Bunkers, MSW, LCSW-PIP
- Kristin Gedstad, M.Ed, LPC, LMFT, QMHP
- Michelle VanDenHul, MSW, LCSW-PIP
- Erin Nielsen Ogdahl, JD, CSW-PIP, LAC
- Jennifer Gleason-Wilson, LPC
- Melissa Steevers, MA, LPC-MH
- Myra Eben, LPC

Janel M. Schmidt, Inc.
5000 S. Broadband Lane, Suite 107
Phone: (605) 275-2277
Fax: (605) 275-2279
Website: www.Janelschmidt.com
E-mail: jm.schmidt@hotmail.com

Jane Webster, LLC
2000 S. Sycamore Avenue, Suite 101
Phone: (605) 261-0819
Fax: (605) 272-0263
Website: www.jwebstercounseling.com

Journey Therapy & Neurofeedback Clinic
1500 S. Sycamore, Suite 200
Phone: (605) 351-1545
Website: www.journeysupport.net

Kannan Clinic
6709 S. Minnesota Avenue, Suite 202
Phone: (605) 271-3900
Fax: (605) 271-3902

Help At Your Fingertips...
Dial 2•1•1
www.helplinecenter.org/sfmhg
Kannan Clinic – Cont’d
During a new patient evaluation, the doctor might discover underlying issues (i.e. insomnia) and if needed, will make appropriate referrals.

Behavioral Health Professional: Hari D. Kannan, MD

KeySolutions Employee Assistance Program (EAP)
3800 S. Kiwanis Avenue
Phone: (605) 334-5850
Fax: (605) 335-3282
Website: www.keysolutionseap.com
E-mail: info@keysolutionseap.com
Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 3:00pm, Friday / Phone support: 24 / 7
Fees: None to employees with KeySolutions service agreement
Services Offered: Guidance in a wide variety of areas including relationship and family concerns, emotional health, workplace issues, drug and/or alcohol abuse, gambling and financial counseling.

Behavioral Health Professionals:
Beth Hall, MA, MSW
Tami Haug-Davis, MS, LPC

Keystone Treatment Center - Inpatient Treatment
1010 E. 2nd Street Canton, SD 57013
Phone: (800) 992-1921
Fax: (605) 987-2365
Website: www.keystonetreatment.com
Hours: Facility operates 24 hours a day / 7 days a week
Fees: Insurance; private pay; Minnesota Rule 25; IHS funding; if a resident of South Dakota needs treatment and does not have insurance or has limited financial means, the person may qualify for state funding.

Services Offered: An inpatient alcohol, drug, and gambling treatment with separate programs for adults and adolescents. Based on 12-step recovery model with: full medical detoxification treatment option; dual-diagnosis track with adult and adolescent psychiatrist; inpatient and outpatient gambling program with certified gambling counselors; substance abuse, inhalant abuse and Methamphetamine treatment track; health care professionals track; Native American cultural program; Christian track and Chronic Pain Program. Care provided by: 24 hour nursing staff, a full-time psychologist, 24 hour on-call doctor, certified chemical dependency counselors, a school teacher for both gender specific adolescent programs, and ASAM certified Addictionologists.

Behavioral Health Professionals:
Christy Alten, MS, NCC, LAC, LPC-MH
Micahel Moeller, MD, Psychiatrist
Robert Perkinson, PhD, LAC, NCGC
Carol Reiger, RN, LAC
Deb Swenson, LPC, LAC
Robert Bogue, LAC, CCSII
Marcia Nelson, MD, Addictionologist
E.R. Regier, MD
Amy Simunek, LAC, LPC
Tara Winter, MS, LAC, LPC-MH

Keystone Treatment Center - Outpatient Treatment
3800 S. Kiwanis Avenue Sioux Falls, SD 57105
Phone: (605) 335-1820
Fax: (605) 335-3282
Website: www.keystonetreatment.com
Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Treatment group hours: 6:00pm - 9:00pm, Monday - Thursday / 9:00am - 12:00noon, Monday - Thursday
Fees: None for assessments for adolescents who meet requirements, Accepts insurance, private pay, Title 19, State and Minnesota Rule 25. State Funding: If a resident of South Dakota needs treatment and does not have insurance or has limited financial means, the person may qualify for state funding.

Services Offered: An intensive, outpatient, 12 step recovery based for alcohol, drugs, or gambling. Services are provided by certified chemical dependency counselors and psychologists are available by appointment. Specific services include: Assessments; day and evening treatment programs; separate adolescent program; 12 hour DUI class; Intensive Methamphetamine Treatment (IMT).

Behavioral Health Professionals:
Robert Perkinson, PhD, CCDCIII, NCG
Bob Brown, LAC
E.R. Regier, MD

Kimberly Keiser and Associates, LLC
6320 S. Western Avenue, Suite 150
Phone: (605) 274-0095
Fax: (605) 271-0951
Website: www.kimberlykeiser.com
E-mail: welcome@kimberlykeiser.com
Hours: 8:00am - 6:00pm, Monday - Friday
Fees: Accepts most health insurance policies; will make certain fee exceptions with cash pay; call for more information.
Kimberly Keiser and Associates, LLC – Cont’d

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 (OCD), borderline personality, depression, anxiety, chronic pain, self-esteem, co-dependency, relationship dynamics, divorce, abuse, anger management, trauma, Post-Traumatic Stress (PTSD), grief and loss, life transition, suicidal ideation, dual diagnosis, crisis management, and addictions.

Behavioral Health Professionals:
- Nicholas Breuer, MA, NCC, LPC, QMHP
- Alla Jones, MS, LPC-MH, LAC, QMHP
- Kimberly Keiser, MA, LPC-MH, CST
- Jill Walerius, MSW, CSW, PIP, LAC
- Andrew Weckman, MA, LPC-MH, CAC, NCC, QMHP
- Kelsey Thorpe, MSW, CSW, QMHP

Kristen Ericsson Counseling & Psychotherapy
600 N. Main Avenue, Suite 150
Phone: (605) 270-1057  Website: https://www.kristenericsson.com
Fax: (605) 231-5559

Services Offered: Works with clients toward personal growth and healing. Areas of specialty include: anxiety, depression, trauma, abuse history, relationship dysfunction, grief, co-dependence, life adjustment, phobias, Post-Traumatic Stress Disorder (PTSD), bipolar disorder, and a host of other issues. Therapeutic interventions include Cognitive-Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), family therapy, solution-focused brief therapy, Adlerian therapy, Gestalt techniques, Gottman Method, couple’s therapy, guided imagery, pain management, anger management, and more.

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

Kristi Hamilton Counseling
3220 W. 57th Street, Suite 100A
Phone: (605) 310-4596  Website: www.kristihamiltoncounseling.com
Fax: (605) 653-3166

Services Offered: Provides individual and family counseling for children, adolescents and adults. Areas of specialty include depression, anxiety, mood disorders, PTSD, trauma, grief and loss, acute and chronic medical conditions, marital issues, divorce adjustments, life transitions, postpartum depression, parent / adolescent conflict management, stress management and relaxation training, acute and chronic medical conditions and life adjustments due to medical conditions, especially in area of Type 1 Diabetes.

Behavioral Health Professional: Kristi Hamilton, MS, LPC-MH, QMHP

LaVelle and Associates
5024 S. Bur Oak Place, Suite 212
Phone: (605) 275-2001  Website: www.lavellecounseling.com
Fax: (605) 275-2019  E-mail: lavelleassociates@yahoo.com
Hours: 9:00am - 5:00pm, Monday – Thursday / 9:00am – 1:00pm, Friday / Some evenings by appointment

Services Offered: Counseling for individuals, couples, families and groups, working with trauma, addictions and recovery. Individual, family, and couple’s issues are addressed. Specialties include Level II in both EMDR (a trauma technique) and Gottman marriage counseling.

Behavioral Health Professional: Patricia LaVelle, EdS, LPC-MH, LMFT, QMHP

Leah Weins, MS - Marriage & Family Therapy
4410 S. Tennis Lane
Phone: (605) 321-1223  Website: www.leahweins.com
Fax: (605) 362-5601

Services Offered: Sliding scale and insurance

Leah Weins, MS - Marriage & Family Therapy

Help At Your Fingertips...  Dial 2•1•1
1-800-273-TALK(8255)
Helpline Suicide & Crisis Support

www.helplinecenter.org/sfmhg
Leah Weins, MS - Marriage & Family Therapy

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

Behavioral Health Professional: Leah Weins, MS, LMFT

LifeGate Christian Counseling

6820 W. 26th Street
Phone: (605) 929-1060  Website: www.lifegatechristiancounseling.com
Fax: (605) 370-5330  E-mail: lifegate@midco.net
Hours: 9:00am - 7:00pm, Monday - Friday
Fees: Most major insurance plans accepted; sliding fee scale for those without insurance coverage

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

Behavioral Health Professional: Larry Porter, PhD, LMFT

LifeScape - Therapy

LifeScape Rehabilitation Center: 1020 W. 18th Street
Autism & Child Development Center 7220 W. 41st Street
Phone: (605) 444-9700  Website: www.lifescapesd.org/services/therapy/
Hours: Call for information
Fees: Based on service; call for information

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

Behavioral Health Professionals: Call for information on behavioral health professionals.

Lighting A New Way Counseling Services

1500 S. Sycamore Avenue, Suite 102
Phone: (605) 361-0114  Website: www.lightinganewway.com
Fax: (605) 332-1723  E-mail: carol@lightinganewway.com
Hours: Daytime and evening available, Monday - Friday; by appointment only.
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, ADD/ADHD and post-adoption family and attachment coaching. Also, does workshops on various topics.

Behavioral Health Professionals:
- Andrea Bloch, MS, LMFT
- Nancy Robson, MA, LPC, NCC
- Colleen Stegenga, MSW, LCSW-PIP
- Kristy Eckhoff-Speck, MA, LPC-MH, QMHP
- Lisa Stellinga, MS, LPC-MH, LAC, QMHP
- Mary Weber, MS, LPC, LMFT

LSS (Lutheran Social Services) - Behavioral Health Services

705 E. 41st Street, Suite 100
Phone: (855) 334-2953 Central Intake for Mental Health and to schedule, reschedule or cancel an appointment
Website: www.lsssd.org
E-mail: info@lsssd.org
Hours: 8:00am - 8:00pm, Monday, Tuesday, Thursday / 8:00am - 5:00pm, Wednesday, Friday
Fees: Sliding fee scale $28.00 - $155.00, based on family income; accepts most insurance, Medicaid, and Medicare.

Services Offered: Offers a variety of counseling services including: Individual, couples, and family therapy; Group therapy and education groups; Mental health assessments and evaluations; Mediation; Counseling for victims of crime (including all types of child abuse); Substance abuse assessment and counseling; Functional Family Therapy; Moral Reconation Therapy (MRT); Moral Reconation Therapy-Domestic Violence (MRT-DV); Cognitive Behavioral Interventions for Substance Abuse (CBISA); Cannabis Youth Treatment (CYT); Aggression Replacement Therapy (ART); Parent Coordination; EAP (Employee Assistance Program) counseling.

Behavioral Health Professionals:
- April Bolton, MA, LPC-MH, NCC, QMHP
- Krysta Winter, LPC-MH, NCC, QMHP
- Chad Nielsen, MA, LAC
- Rachel Moe, LPC
- John Korkow, PhD, LAC
- Jay Memmott, PhD, CSW-PIP
- Mary Weber, MS, LPC, LMFT

Help At Your Fingertips...  Dial 2•1•1

1-800-273-TALK(8255)  www.helplinecenter.org/sfmhg
**LSS PATH Program**

**Hours:** Counseling offered during school hours

**Fees:** Sliding fee available. Call for information.

**Services Offered:** The PATH (Providing Access to Healing) Program provides school-based mental health counseling services in a partnership between LSS, local school districts, and the Sioux Empire United Way. PATH provides confidential, individual counseling sessions at the school for kindergarten through 12th grade students. Counseling sessions are held in a private room on-site at the school during regular school hours. Every effort is made to have as minimal impact as possible on the student's daily routine. Counselors use accepted therapy practices that are appropriate for the student's age and challenges. A counseling session could include talking, art, games, movement, toys, or music as therapy tools. PATH is funded through a combination of sources including Sioux Empire United Way, insurance, and a sliding fee scale for service. More than 40 schools in Brandon Valley, Canton, Dell Rapids, Sioux Falls, and Tea Area School Districts and Sioux Falls Catholic Schools are involved. Individual school participation varies.

**Behavioral Health Professionals:** Call for list of practitioners.

### Mary T. Guth

1601 E. 69th Street, Suite 202  
**Phone:** (605) 951-8423  
**Hours:** 12noon - 9:00pm, Monday - Friday / 9:00am - 12:00noon, Saturday  
**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, abuse/sexual abuse, premarital counseling, men's issues, women's issues, Post-Traumatic Stress (PTSD), stress management, coping with cancer diagnosis, chronic medical conditions, divorce adjustments, transitions, and parenting concerns. Supervision for LPC, LPC-MH, and LMFT licensure.

**Behavioral Health Professional:** Mary T. Guth, MS, LPC-MH, LMFT, ACS

### Midwest Counseling & Evaluation Services, LLC

6209 E. Silver Maple Circle, Suite 2  
**Phone:** (605) 274-1944  
**Website:** [www.midwestcounselingandevaluations.com](http://www.midwestcounselingandevaluations.com)  
**Fax:** (605) 274-1945  
**Hours:** 9:30am - 5:30pm, Monday, Wednesday / 9:30am - 6:30pm, Tuesday, Thursday / 9:30am - 2:30pm, Friday  
**Fees:** Accepts most insurance, Medicaid, EAP and self-pay  

**Services Offered:** Providing mental health and addiction recovery services (including dual diagnosis) to children, adolescents, adults, couples, and families. Services include mental health/addiction assessments and screenings, and treatment services for adjustment disorders, anger management, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), Asperger's Syndrome, behavior problems, depression, grief, oppositional defiant disorder, Obsessive Compulsive Disorder, parent-child conflicts, post-traumatic stress, separation and divorce, family issues, social skills training and stress management. South Dakota court approved treatment provider to offer alcohol and drug assessments/evaluations and screenings that are available including Individual 1st Offender DUI Education, Intensive Outpatient Services and Aftercare for the First and Second Courts. Also offers an Employee Assistance Program (EAP); Cognitive Behavior Therapy; Behavior Modification; Clinical Supervision; Reunification Therapy; Psychological Evaluation/Screenings; Custody Evaluations and Parent Coordination and Moral Reconciliation Therapy offered, Individual Session.

**Behavioral Health Professional:**  
Connie Fritz, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC, ACS, NCCE, NCPC

### Mindful DBT, LLC

5708 S. Remington Place, Suite 400  
**Phone:** (605) 321-9906  
**Website:** [www.sdmindfuldbt.com](http://www.sdmindfuldbt.com)  
**Hours:** Vary; call for information  
**Fees:** Accepts most major insurances; cannot accept Medicaid or Medicare.

**Services Offered:** Mindful DBT provides comprehensive DBT programs for adults that struggle with depression, PTSD, self-harming behaviors and borderline personality disorder.
Mindful DBT, LLC – Cont’d

Behavioral Health Professional:  Amber Chan, LPC- MH, QMHP, Certified DBT Therapist

Moore Counseling Services
4801 W. 41st Street
Phone: (855) 888-8627  Website: www.moorecounselinggroup.com
Fax: (605) 306-3214  E-mail: info@moorecounselinggroup.com
Hours: 8:00am - 5:00pm, Tuesday - Friday / Saturday - Monday accepting crisis/emergency appointments only
Fees: $75.00/50min counseling session; $37.50/30min counseling session; $105.00 for initial 80min counseling intake assessment (first appointment). $40.00/50min life coach/advocacy session; $20/30min life coach/advocacy session. Low-income based rates and free sessions are also available for those that qualify for these services through nonprofit Moore Thriving Communities. Insurance Plans Accepted: Aetna, Avera, Beacon, Blue Cross Blue Shield, Cigna, DakotaCare, Medica, Midlands Choice, MultiPlan, Regional Health, Sanford, Tricare, United Healthcare, Wellmark, Western Providers, and Health Flex Account debit/credit cards accepted
Services Offered: Working with children, adolescents, adults, couples, and families wanting to overcome trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges. Multiple support groups are always available. Offering faith-based therapy and online counseling services when requested. Life coaching and advocacy services are also available. Specializes in providing counseling for clergy and families working in ministry, as well as helping professionals in the human services and medical field. Offers telehealth counseling through software called VSee to individuals in South Dakota. Preference is to do in-person intake, but can do intake online if in-person is not an option.

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

New Day Counseling Services, LLC
1320 E. Rushmore Drive, Suite 107
Phone: (605) 582-7418  E-mail: newday@alliancecom.net
Hours: Evenings available by appointment
Fees: Accepts insurance and Medicaid (SD & IA)
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 and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Utilizing energy balancing and clearing techniques (Emotional Freedom Technique and Matrix Reimprinting) as appropriate to release blocked emotions and energy. Flexible scheduling allows for sessions to be held in the office, home, or other community settings.

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

New Idea Counseling, LLC
2500 W. 49th Street, Suite 202
Phone: (605) 271-2676  Website: https://newideacounseling.com
Fax: (605) 653-2371  E-mail: info@NewIdeaCounseling.com
Hours: By appointment, 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: $60.00 - $200.00; most insurance plans accepted
Services Offered: Sessions are available for: pre-teens, adolescents, adults, and elders. Anne is a WPATH Certified Transgender Specialist, collaborating with primary care, endocrinology, and surgical teams across the U.S., including the Mayo Clinic in Rochester, MN and University of Minnesota. Other areas of advanced specialty training are ADHD and hFArDS/Asperger's Syndrome, anxiety, depression, divorce, LGBTQI issues, spirituality, and trauma. Also provides education in TGGD (transgender / gender diverse) care for South Dakota's Sanford School of Medicine, regional healthcare systems, businesses, and professional organizations. Telehealth counseling is offered for residents within South Dakota. In-person intake required, also periodic in-person sessions. A release for telehealth (including emergency procedures and acknowledgment of the limitations of telehealth) is signed at the intake. Clients can easily access the HIPAA-compliant session portal via any phone, tablet, or computer. No special software required.

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

Northern Plains Psych
5000 S. Minnesota Avenue, Suite 300
Phone: (605) 225-3622  Website: www.northernplainspsych.com
Fax: (605) 229-2719
Hours: 9:00am - 5:00pm, Monday - Thursday

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support

www.helplinecenter.org/sfmhg
Fees: Accept all forms of third party insurance coverage, including employee assistance programs, & Medicare

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

Behavioral Health Professional in Sioux Falls office: Laurie Lippert MSW, LCSW, PIP

Prairie View Prevention Services, Inc. - Student Assistance and Family Education
822 E. 41st Street, Suite 235
Phone: (605) 331-5724 Website: www.prairieview.net
Fax: (605) 331-5725 E-mail: pvps@iw.net
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: No cost for adolescents and families in contracted school districts; call for more information.

Services Offered: School-based alcohol and drug prevention and intervention counseling services for students and families. Counselors are available at each participating middle and high school to provide easier access to services, including: individual and group sessions; family counseling; drug and alcohol screening; tobacco screening; drug and alcohol assessments; referrals; aftercare (post treatment).

Behavioral Health Professionals: Contact Darcy Jensen, Director, for list of mental health professionals

Psychiatric Services, LLC
2116 S. Minnesota Avenue, Suite 2A
Phone: (605) 697-5352 Website: www.strivingtoimprove.com
Fax: (605) 610-1561
Hours: 8:00am - 5:00pm, Wednesday
Fees: Call for information

Services Offered: Diagnosing and treating mental illnesses such as depression, anxiety, Attention Deficit Hyperactivity Disorder (ADD/ADHD), Obsessive Compulsive Disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Behavioral Health Professional: Brenda L. Johnson, CNP

Psychotherapy Associates of Sioux Falls
2210 W. Brown Place
Phone: (605) 332-1700 Website: www.sdfsio.org
Fax: (605) 336-9031 E-mail: fsisd@msn.com
Hours: 8:00am - 7:00pm, Monday - Friday
Fees: $175.00 per hour; accepts most insurance; Medicaid

Services Offered: Individual, couples, and family therapy for children, adolescents, and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of abuse/sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and post-traumatic stress (PTSD). Psychodrama and Eye Movement Desensitization and Reprocessing (EMDR) treatments are available.

Behavioral Health Professionals:
- Shelley L. Sandbulte, EdD, LP
- Connie Nelson, MA, LPC-MH, LAC
- Mary Eggleston, MSEd, LPC, LMFT, LAC
- Rebecca Watson-Miller, PhD

Rebecca J. Watson-Miller, Ph.D.
3130 W. 57th Street, Suite 108
Phone: (605) 335-5888 Website: www.watsonmillerphd.com
Fees: Call for information E-mail: drwatsonphd2@gmail.com
Hours: 11:00am - 7:00pm, Monday – Thursday / 11:00am - 5:00pm, Friday

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 available for assessment of ability for employment, disability, and personality. Professional consultation available for other professionals. Presentations available on a variety of topics.

Behavioral Health Professional: Rebecca J. Watson-Miller, PhD

Rebecca Sather Durr Mental Health Therapist
102 N. Krohn Place
E-mail: Rebeccadurrifcsw@gmail.com
Hours: 9:00am - 6:00pm, Monday - Friday, evenings and weekends by appointment
Fees: $70.00 - $150.00 per session; most insurance plans accepted as well as Health Savings Accounts
Help At Your Fingertips...

Rebecca Sather Durr Mental Health Therapist – Cont’d

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

Behavioral Health Professional: Rebecca Sather Durr, LCSW, PIP

Renew Counseling Services
408 W. Lotta Street, Suite 4
Phone: (605) 777-0588 Website: https://www.renewcounselingserviceskg.org/
Hours: Monday - Friday / Hours vary with client needs.
Fees: Sliding scale; most insurances accepted including Medicaid, Sanford, AVERA, Wellmark (BCBS), and more
Services Offered: A team of dual credentialed and experienced mental health professionals, committed to offering safe and confidential services to engage in a therapeutic journey. Renew provides individual, couple and family services for those experiencing personal, relational and psychological issues.

Behavioral Health Professionals:
Carrie Dau, MA, LPC
Kim Questad, MS, NCC, LPC-MH, LAC, QMHP

Resolutions Counseling & Mediation
6116 S. Lyncrest Avenue, Suite 103
Phone: (605) 679-3186
Fax: (866) 729-1532
Website: www.sdresolutions.com
E-mail: info@sdresolutions.com
Hours: 8:00am - 5:00pm, Monday – Friday / Evening and Saturday appointments available
Fees: Accepts most insurances including Medicaid; mediation and custody related fees are private pay
Services Offered: Various counseling services for children, adolescent and adults, voluntary mediation and family court services to include mediation, home studies, parenting coordination, supervised visitation and drug testing.

Behavioral Health Professionals:
Stacy Dixon, MA, LMFT
Shanna Moke, MA, CFLE, Mediator/Evaluator
Diane Johnson-Mitchell, MS, LPC-MH, EMDR Certified and Approved Consultant

Restoration Counseling and Consulting, Inc.
6809 S. Minnesota Avenue, Suite 103
Phone: (605) 838-9655
Fax: (605) 271-2548
Website: www.restorationcounseling.biz
E-mail: 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.

Behavioral Health Professionals:
Dr. Seth Olson, PhD, LPC, NCC
Luanna Olthoff, MA, LPC-MH, LAC, QMHP

Restored to New Life Services
225 E. 11th Street, Suite 206
Phone: (605) 271-7712
Fax: (605) 274-1557
Website: www.newhavensf.org
Hours: 9:00am - 8:00pm, Monday - Thursday
Fees: Call for information
Services Offered: Assessments: An interview process to determine what type of services and care is needed for the client's situation. Individual Counseling: Covers topics including alcohol abuse, drug abuse, compulsive behaviors, chemical dependency, pornography addiction, sexual addiction, and gambling related issues. Early Intervention Services: An 8 hour driving under the influence class for those who have experienced a 1st time DUI. Alcohol Awareness and Drug Education classes are also available for those who are for the first time experiencing chemical dependency issues. This could include college students and those with underage consumption charges. Intensive Outpatient Treatment: An outpatient treatment program offered to those struggling with alcohol, drug, and gambling issues. Uses evidence based practices to provide support, education, and counseling services to help each person develop the individu
Restored to New Life Services – Cont’d
alyzed tools and skills they need to obtain a foundation of recovery. Treatment is conducted in a structure format that involves group sessions. Alcohol and Drug Testing: Random and Scheduled Breath Analysis options include daily reporting for breath test for the detection of alcohol. Referral can come from a person's attorney, judge, probation/parole officer, or Department of Social Services worker. All clients' receiving counseling services will be required to take random alcohol and drug testing. Aftercare Services: Support and counseling after intensive outpatient treatment, generally recommended for 6 - 12 months and provide continued support through professional and peer support, education, and group involvement. Group sessions discuss topics that those in early in recovery experience and support one another in their recovery. Additional Services: Marriage Counseling and Mental Health Counseling for both adult and youth.

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

Revival Counseling Services, Inc
4948 E. 57th Street
Phone: (605) 359-0303
Website: www.Revivalcounselingservices.org
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 (OCD), physical and or sexual abuse, trauma, chemical dependency and other addictions, co-occurring disorders, family issues, behavioral issues, relationship issues, sexual identity, adjustment disorders, career issues, adoption issues, attachment issues, personality disorders, stress management, women's issues, eating disorders, Post-Traumatic Stress (PTSD), and crisis prevention. Offers EMDR (Eye Movement Desensitization and Reprocessing).

Behavioral Health Professional: Kelly Meyer (Stolsmark), LPC-MH, NCC, LAC, QMHP, ACA, SDCA

Ritzman Counseling Services
3101 W. 41st Street, Suite 201A
Phone: (605) 376-0369
Website: www.ritzmancounseling.net
Fees: Sliding scale

Services Offered: Individual, family, couples, and play therapy serving children, adolescents, and adults. Specialties include depression, anxiety, trauma, and abuse. Call for information regarding help available for transition of clients who are moving out of state for college or other reasons until they can find a local therapist. In an emergency, helps existing clients via phone or secure email, or anyone in need of immediate help.

Behavioral Health Professional: Ronda J. Maass, MA, MS, NCC, RPT, LPC-MH, QMHP

Sanford Psychiatry and Psychology Clinic
2400 W. 49th Street
Phone: (605) 312-8700
Fax: (605) 312-8701
Hours: 8:00am - 5:00pm, Monday - Friday

Services Offered: Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to: anxiety disorders; mood disorders; personality disorders; somatization disorders; psychosexual disorders; Schizophrenia; Post-Traumatic Stress Disorders (PTSD); abuse issues; eating disorders; addictions; dementia; grief and loss; stress management; executive health; evaluation and treatment of childhood emotional and behavioral disorders including Attention-Deficit/Hyperactive Disorders (ADD/ADHD); and group therapy.

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support
www.helplinecenter.org/sfmhg
Sanford Psychiatry and Psychology Clinic – Cont’d

Behavioral Health Professionals:

Kate Andal, Ph.D.  Rachelle Broveleit, PA-C  David Ermer, MD
Karen Cordie, MSW, CSW-PIP  Garet Ford, PA-C  Kelli Hinsch, DNP
Nichole Johnson, NP-C  Linda Kauker, PA-C  Sarah Konrady, PhD
Kelly Lauck, PhD, LPC-MH  MacKenzie Mertz, DO  Georgiana Nuss, MD
Andria Petersen, NP-C  Sandra Peynado, MD  Rajesh Singh, MD
Patricia Ramse, MSW, CSW-PIP  Rhonda Smith, EdD  Brittany Tennant, LPC-MH
Barbara Wendell-Schechter, NP-C  Susan Wicks, MSW, CSW-PIP  Kelli Willis, MSW, CSW-PIP
Jennifer Prouty, MSW, CSW-PIP  Rebecca Palugay, MSW, CSW-PIP
Serene Thin Elk, LPC-MH, LAC  Kathleen Lemme, LAC, LPC-MH, LMFT

Sanford Women's - Mental Health Services
5019 S. Western Avenue, Suite 200

Additional Location: Medical Building 3 - 1500 W. 22nd Street, Suite 301
Phone: (605) 328-7700  Website: www.womens.sanfordhealth.org
Hours: 7:00am - 7:00pm, Monday - Thursday / 7:00am - 5:00pm, Friday / nights and weekends available upon request
Fees: Accepts most insurance including 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.

Behavioral Health Professional: Karla Harmon, CSW-PIP, QMHP

Sioux Empire Christian Counseling, Inc.
2000 S. Sycamore Avenue, Suite 101

Phone: (605) 271-0261  Website: www.siouxempirechristiancounseling.com
Fax: (605) 271-0263  E-mail: Tonyboer.secc@midconetwork.com
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday
Fees: $175.00 per hour; accepts most insurance; Medicaid; Medicare

Services Offered: Individual, marital, and family counseling across the lifespan. Experience in Attention Deficit / Hyperactivity Disorder (ADD/ADHD), Asperger's syndrome, depression, anxiety, divorce adjustment, spiritual issues, blended families, affairs, abuse, past abuse, and pre-marital counseling.

Behavioral Health Professionals:

Tony Boer, MSW, CSW-PIP, QMHP  Andrew McDade, MSW, CSW-PIP, QMHP
Anne Marie Goraj-McDade, MA, LPC-MH, LAC

Sioux Falls Psychological Services
2109 S. Norton Avenue

Phone: (605) 334-2696  Website: www.offermehope.com
Fax: (605) 339-9944  E-mail: sfps@sfseminary.edu
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 12:00noon, Friday
Fees: Accepts most insurance, Medicare, and Medicaid; fees vary based upon insurance

Services Offered: Offers a full range of psychological services including therapy and assessments for children, adolescents, couples, and families. Topics covered include: life changes and transitions; anxiety and depression; trauma, abuse, and betrayal; anger and conflict; grief and loss; marital affairs; self-image and self-worth; loneliness and isolation; impact of addiction; issues related to substance abuse; behavioral therapy; relationship challenges; chronic pain and illness; separation, divorce, or remarriage; identity, gender, or sexual concerns; rape and sexual abuse; medical or spiritual issues; medical conditions; career counseling; and Post Traumatic Stress Disorder (PTSD). Provides telemental health services to individuals in South Dakota. Staff psychologists are able to provide psychological assessments and evaluations. Psychological tests such as the Minnesota Multiphasic Personality Inventory (MMPI-2) and the Millon Clinical Multiaxial Inventory (MCMI-III) can help establish a person's current level of psychological function form an objective perspective. These inventories are used in a variety of settings and for a variety of reasons: pre-employment and legal processes; child custody and adoption evaluations; psychological evaluations; clarity of psychological diagnosis; determination of treatment plans; home studies and consultations; and competency to stand trial evaluations.

Behavioral Health Professionals:

Caitlin Borges, MSW, LCSW-PIP  Faith Carlson, MA
Bethany DeLange, MS  Bethany Eggers, MA, LPC
Rev. Robyn Shores Foster, MSW, LCSW-PIP  Gretchen Hartmann, MA, DMIn, LMFT
Jennifer Helkenn, PhD, Lic. Psychologist  Tara Knobloch, MSW, LCSW-PIP

Helpline Suicide & Crisis Support

1-800-273-TALK(8255)  www.helplinecenter.org/sfmhg
Help At Your Fingertips... Dial 2•1•1

Sioux Falls Psychological Services – Cont’d

Kerry Koerselman, MA, LPC
Aimee Peterson, MSW, LCSW
Caitlin Talbert, MA, LPC
Christy Thomson, MA
Dee Wacker, RN, MA, LPC
Kimberly Belben, MA, LMFT, Certified Perinatal Mental Health Therapist
Maggie Blaylock, MA, LPC, Certified Sexual Addictions Therapist
Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP
Jessica Kaiser, MDiv, LMFT, LPC, Certified Psychoanalyst

Sioux Falls Treatment Center
2519 W. 8th Street

Phone: (605) 332-3236
Fax: (605) 334-5026

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 Medication Assisted Treatment (MAT) and methadone maintenance treatment programs, patient care, and counseling for those struggling with opioid substance use.

Behavioral Health Professionals:
Eric Abels, BSW, CAC
Richard Farnham, MD
Erin Steensma, LAC, CCTT

Sioux Falls VA Health Care System - Mental Health Service Line
2501 W. 22nd Street

Phone: (605) 336-3230
Fax: (605) 496-3230

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

Services Offered: Outpatient mental health; psychiatry services; integrated mental health with primary care; local recovery coordinator; suicide prevention program (offers gun locks for veterans); military sexual trauma program; addiction treatment program; Suboxone clinic (treating addiction to opiates/pain killers); homeless veterans program; compensated work therapy; care coordination and home tele-health; Post Traumatic Stress (PTSD) services; 6 bed secure inpatient unit; geropsychiatric services; peer support services; smoking cessation.

Behavioral Health Professionals: Addiction Therapists; Board Certified Psychiatrists; Physician Assistant Psychiatry; Psychiatric Nurses; Psychologists; Social Workers

Sioux Falls Wellness Counseling
5201 S. Western Avenue, Suite 104

Phone: (605) 610-9228
Fax: (605) 496-9989

Hours: 11:00am - 8:00pm, Monday – Thursday / 10:00am - 7:00pm, Friday / 10:00am - 3:00pm, Saturday
Fees: Accepts most 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, substance abuse and addiction, anxiety, adjustment disorders, self-esteem, trauma, self-injury, personality disorders, stress management, phase of life issues, grief, eating disorders, abuse, anger, co-occurring disorders, and relationships. Eye Movement Desensitization and Reprocessing (EMDR) technique available. Offers telehealth services; not all issues are appropriate to address through distance counseling. An in-person first session is preferred. Videoconferencing available. Client must be in the state of South Dakota at time of session.

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

South Dakota Urban Indian Health Sioux Falls - Behavioral Health and Substance Abuse Services
1200 N. West Avenue

Phone: (605) 339-0420
Fax: (605) 339-0038

Hours: 9:00am - 5:00pm, Monday - Friday; Some cultural activities are held during evening hours and on weekends.

Services Offered: Individual, couples, and family behavioral health counseling for all ages. Chemical dependency/substance abuse assessments and individual substance abuse counseling (Level 1.0) available for adults and youth. Transportation is available for current patients if needed. Cultural Educator - hosts traditional crafting classes, Wellbriety's Mothers of Tradition group, Wellbriety's Medicine wheel and the 12 Steps group, drum group, Lakota language classes and other seasonal events. This office hosts a sweat lodge in the area. Cultural education is available to

1-800-273-TALK(8255)

Helpline Suicide & Crisis Support

27

www.helplinecenter.org/sfmhg
South Dakota Urban Indian Health Sioux Falls - Behavioral Health and Substance Abuse Services – Cont’d

Behavioral Health Professionals:
Kate Zimmerman, MSW, LCSW, CAC
Stacia Nissen, MA, LPC, NCC, LAC

Southeastern Behavioral HealthCare - Counseling and Children's Services
2000 S. Summit Avenue
Phone: (605) 336-0510
Fax: (605) 336-3779
Hours: 8:00am - 8:00pm, Monday / 8:00am - 6:00pm, Tuesday, Thursday / 8:00am - 7:00pm, Wednesday / 8:00am - 12:00noon, Friday / Evenings by appointment
Fees: Sliding fee scale based on family income and program. Most insurance accepted including Medicaid and Medicare.

Services Offered: Traditional outpatient therapy to individuals, families, children, couples, and groups. Psychiatric evaluation and services (including medication management) and psychological services. Services include children's case management and home-based program which provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Early childhood mental health services. Play therapy for children ages 0 - 5; contact Tam Kerl for an appointment. Specializations in depression, anxiety, grief, parenting issues, Attention Deficit / Hyperactivity Disorder (ADD/ADHD), Oppositional Defiant Disorder (ODD), stress management, and abuse. Chemical dependency services are offered to existing clients of SEBH. SEBH also has staff that provide FFT services (Functional Family Therapy) as well as group sessions for adolescents in MRT (Moral Reconciliation Therapy), ART (Aggression Replacement Therapy), and DBT (Dialectical Behavior Therapy). Satellite office in Parker, serves individuals from Parker, Centerville, Irene, Viborg, Hurley, Marion, and Chancellor.

Behavioral Health Professionals:

Holly Ahlers, MS, CNP
Kelly Bass, DSW, CSW-PIP
Erika Detweller, MSW, CSW-PIP
Kris Graham, MS, LPC, QMHP
Robert Nuss, MD
Allison Steinwand, MS, LPC, QMHP
Sarah Thoms, MS, LPC, QMHP
Caroline Beebe, MA, LPC-MH, QMHP, NCC
Jordan Brockhoff, MSW, CSW, ACT
Jessica Grueneich, MSW, CSW, QMHP
Nicole Robideau, MSW, CSW-PIP, QMHP

Mickenna Andersen, CAC
Marquette Bratsch, MS, LPC, ACT
Nick Fischer, BS, CAC
Carrie Hughes, MA, LAC
Melonie Steffen, RN
Katie Thompson, MS, LCSW, QMHP
Shawn Van Gerpen, MD
Adam Wolthuizen, MS, LPC-MH, NCC, CRC, QMHP
Trisha Callaghan, MSW, CSW, QMHP
Christine Lueth, MSW, CSW-PIP, QMHP
Brennan Thompson, MSW, CSW-PIP, LAC, QMHP

Southeastern Behavioral HealthCare – 100 W. 5th Street Location
Phone: (605) 336-0503
Fax: (605) 335-0873
Hours: Vary by program
Fees: Vary depending on program and funding eligibility

Behavioral Health Professionals:

Holly Ahlers, CNP
Vinod Bhathara, MD
Amy Hollingshead, MA, LAC, CCDCIII
Danielle Kruger, MSW, LCSW, QMHP
Angie Peck, BS, LAC
Dustin Rhoades, MSW, LCSW, LAC
Kelsey Theesfeld, MSW, LCSW, LAC, QMHP
Melissa Tauer, MS, LPC-MH, QMHP

Afton Artz, CNP
Chad Cooper, LCSW
Dana Irvine, MSW, LCSW-PIP
Donna Nelson, LCSW, QMHP
Josh Reinfeld, CAC
Melissa Tauer, MS, LPC-MH, QMHP
Ruth Hoffenkamp-Gunnink, LSW, LCSW, QMHP

Southeastern Behavioral HealthCare - CARE
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 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. Client groups include DBT (Dialectical Behavior Therapy) and MRT (Moral Reconciliation Therapy).
Help At Your Fingertips... Dial 2•1•1

Southeastern Behavioral HealthCare - Homeless Outreach: Intensive supportive services (through case managers) to homeless individuals in order to help stabilize symptoms of mental illness and promote the highest possible level of independent living. Services provided to eligible clients include: psychiatric treatment; medication management; medication and symptom monitoring; referrals and linkage to community resources; assistance in applying for resources, such as food stamps, Social Security benefits, Medicaid, and subsidized housing; coordination with landlords and other service providers to ensure service delivery; education regarding mental illness and strategies of

Southeastern Behavioral HealthCare - IMPACT: Serves adults who suffer from mental illnesses such as schizophrenia and bipolar disorder. The program is designed for individuals with difficult to treat symptoms, who are profoundly affected by the symptoms of their illness, and individuals whose ability to function independently is severely impaired. A team of staff assists individuals in identifying areas of need and develops comprehensive plans to address these needs on an ongoing basis. Most services are provided in the individual's home and community.

Sozo Counseling Care, LLC
3500 S. Phillips Avenue, Suite 121
Phone: (605) 360-2613
Website: www.sozocounselingcare.com
E-mail: dsheynen@sio.midco.net
Services Offered: Focus on mind-body-spirit connection, depression, anxiety spectrum disorders, stress, blended families, chronic illness, workplace issues, trauma, abuse, grief, post abortion stress, spiritual or Christian concerns. Experience in Eye Movement Desensitization and Reprocessing (EMDR) and inner healing prayer methods.
Behavioral Health Professional: Dr. Dianne S. Heynen, DMin, MS, LPC-MH, BCPCC, QMHP

Stacey Hauck
1601 E. 69th Street, Suite 202
Phone: (605) 271-9890
Hours: By appointment
Services Offered: Confidential and professional individual and family counseling for children, adolescents, and adults. Services offered for depression, anxiety, Post-Traumatic Stress (PTSD), abuse, sexual abuse and incest, domestic violence, behavior problems, separation and divorce, and adjustment disorder.
Behavioral Health Professional: Stacey Hauck, MS, NCC, LPC-MH, QMHP

Stacy Gorman, LLC
6809 S. Minnesota Avenue, Suite 103
Phone: (605) 940-6422
Website: www.stacygorman/counseling.com
Fax: (605) 271-2548
Hours: Day appointments available, Monday - Friday
Services Offered: Counseling services for adolescents and adults in the following areas: anxiety, adjustment disorders, depression & mood disorders, premarital preparation, relationship problems, women's issues, abuse issues, family of origin issues, self-esteem & self-confidence issues, trauma, stress management, life transitions, addiction & substance abuse.
Behavioral Health Professional: Stacy Gorman, MS, LPC-MH, LAC, QMHP, NCC

Southeastern Behavioral HealthCare
4000 S. Louise Avenue, Suite 201
Phone: (605) 334-7713
Website: www.southeasternhealthcare.com
Fax: (605) 334-5348
E-mail: info@strongholdcounseling.com
Services Offered: Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues. Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face.
Behavioral Health Professionals:
Kristiana Benson, MA, LMFT, QMHP
Larry Dancler, MS, LPC-MH, QMHP
Nick Buus, MA, LMFT, QMHP
Amanda Davis, MSW, CSW-PIP

1-800-273-TALK(8255)
Helpline Suicide & Crisis Support 29
www.helplinecenter.org/sfmhg
Stronghold Counseling Services, Inc. – Cont’d
Kerry Ford, MSW, CSW-PIP
Eleanor Larsen, MA, LMFT, QMHP, LAC
Jan Sanford, MS, LPC-MH, QMHP
Connie Spicer, Licensed Psychologist
Gary Hofman, EdD, LPC-MH, NCC, LAC, QMHP
Jodi Merritt, MA, LPC, LAC
Zachary Seefeldt, MA, LPC-MH, LAC, NCBC, QMHP
Earl Witt, MA, LMFT, QMHP

Tallgrass Recovery and Sober Living Homes
27048 Tallgrass Avenue
Phone: (605) 368-5559
Fax: (605) 853-7133
Website: www.tallgrassrecovery.org
E-mail: jswenson@tallgrassrecovery.org

Tallgrass Recovery and Sober Living Homes
27048 Tallgrass Avenue
Phone: (605) 368-5559
Fax: (605) 853-7133
Website: www.tallgrassrecovery.org
E-mail: jswenson@tallgrassrecovery.org

Services Offered: Residential campus and sober living homes 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 3 - 12 months. Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share the mission of advocacy for and implementation of the 12-step approach to recovery. An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.

Behavioral Health Professionals: Call for more information regarding licensed/credentialed professionals.

Tina Harp Counseling, Inc.
3101 W. 41st Street, Suite 208
Phone: (605) 759-1516
Fax: (605) 370-6698
Website: www.tinaharp.com

Services Offered: Individual, couples and family therapy for all ages with a specialization in Eye Movement Desensitization and Reprocessing (EMDR). Areas of focus include depression, anxiety, life transitions, Post-Traumatic Stress (PTSD), sexual abuse, grief, and lesbian, gay, bisexual, and transgender population.

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

Vet Center - Sioux Falls
3200 W. 49th Street
Phone: (605) 330-4552
Fax: (605) 330-4554
Website: www.vetcenter.va.gov

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, martial and family, military sexual trauma, and bereavement. Also provides assistance with job search, veteran’s benefits, gun locks, and basic needs. All services are free, and confidential. Support Groups include: Combat Support Group; Vietnam Combat Support Group and Building Spiritual Strengths Group.

Behavioral Health Professionals:
Heather Bailey, MSW, CSW-PIP
Ruth Kaspar, MSW, CSW-PIP
Morris Patzlaff, LMFT, MSW, CSW-PIP
Orlando George, BA

VOA (Volunteers of America) Behavioral Health
1310 W. 51st Street
Phone: (605) 334-1414
Fax: (605) 335-3121
Website: www.voa-dakotas.org
Email: info@voa-dakotas.org

Services Offered: A full continuum of mental health and substance use services for youth (ages 12 - 18, including pregnant teens) and adults, walk-in assessments, individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care, and aftercare counseling for adults and adolescents. Also offers MRT (Moral Reconaissance Therapy), CBISA (Cognitive Behavioral Intervention Substance Abuse), and Telehealth services.

Help At Your Fingertips...
Dial 2•1•1
1-800-273-TALK(8255)
Helpline Suicide & Crisis Support
### VOA (Volunteers of America) Behavioral Health – Cont’d

**Behavioral Health Professionals:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shawn Van Gerpen, MD</td>
<td>Psychiatrist</td>
</tr>
<tr>
<td>Chris Sandvig, BA</td>
<td>CCDCII</td>
</tr>
<tr>
<td>Shaina Solem, MA</td>
<td>ACT</td>
</tr>
<tr>
<td>Wendy Lohan, ACT</td>
<td></td>
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<tr>
<td>Tara Reinesch, MS</td>
<td>NCC, LAC, LPC</td>
</tr>
<tr>
<td>Amy Hartman, MA</td>
<td>NCC, ACT, LPC-MH, QMHP, LAC</td>
</tr>
<tr>
<td>Bruce Fogas, PhD</td>
<td>Psychologist</td>
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<tr>
<td>Denis Kromaizl, BSW</td>
<td>LAC</td>
</tr>
<tr>
<td>Melanie Browne, BS</td>
<td>ACT</td>
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<tr>
<td>Angela Callahan, CAC</td>
<td></td>
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<tr>
<td>Michelle Flanigan, MSEd</td>
<td>LPC, ACT</td>
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</tbody>
</table>

**Well Balance Counseling Services**

<table>
<thead>
<tr>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>3701 W. 49th Street, Suite 206</td>
<td><a href="http://www.wellbalancecounselingservices.com">www.wellbalancecounselingservices.com</a></td>
</tr>
<tr>
<td><strong>Phone:</strong> (605) 277-3232</td>
<td><strong>Website:</strong> <a href="http://www.wellbalancecounselingservices.com">www.wellbalancecounselingservices.com</a></td>
</tr>
<tr>
<td><strong>Hours:</strong> 4:00pm - 9:00pm, Monday - Thursday / Friday - By appointment only / 8:00am - 12:00noon, Saturday</td>
<td><strong>Website:</strong> <a href="http://www.wellbalancecounselingservices.com">www.wellbalancecounselingservices.com</a></td>
</tr>
<tr>
<td><strong>Fees:</strong> Accepts most insurance and private pay; sliding scale available; $200.00 initial assessment; $175.00 per session</td>
<td><strong>Website:</strong> <a href="http://www.wellbalancecounselingservices.com">www.wellbalancecounselingservices.com</a></td>
</tr>
<tr>
<td><strong>Services Offered:</strong> Individual, family and couple’s assessment and counseling for mental health and chemical dependency. Issues treated include: anxiety; depression; mood disorders; adjustment disorders; substance abuse disorders; domestic abuse/violence; grief and loss; trauma; relational issues; and significant life changes.</td>
<td></td>
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</tbody>
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**Behavioral Health Professional:** Elizabeth Clayborne-Moeller, MS, LPC-MH, QMHP

**Wellspring Therapy Center**

<table>
<thead>
<tr>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>4301 W. 57th Street, Suite 100</td>
<td><a href="http://www.wellspringtherapysf.com">www.wellspringtherapysf.com</a></td>
</tr>
<tr>
<td><strong>Phone:</strong> (605) 335-1516</td>
<td><strong>Website:</strong> <a href="http://www.wellspringtherapysf.com">www.wellspringtherapysf.com</a></td>
</tr>
<tr>
<td><strong>Fax:</strong> (605) 731-0896</td>
<td><strong>Website:</strong> <a href="http://www.wellspringtherapysf.com">www.wellspringtherapysf.com</a></td>
</tr>
<tr>
<td><strong>E-mail:</strong> <a href="mailto:wellspringtherapyoffice@gmail.com">wellspringtherapyoffice@gmail.com</a></td>
<td><strong>Website:</strong> <a href="http://www.wellspringtherapysf.com">www.wellspringtherapysf.com</a></td>
</tr>
<tr>
<td><strong>Hours:</strong> 8:00am - 8:00pm, Monday - Friday / Weekends by appointment</td>
<td><strong>Website:</strong> <a href="http://www.wellspringtherapysf.com">www.wellspringtherapysf.com</a></td>
</tr>
<tr>
<td><strong>Fees:</strong> Accepts most insurance, Medicaid and private pay</td>
<td><strong>Website:</strong> <a href="http://www.wellspringtherapysf.com">www.wellspringtherapysf.com</a></td>
</tr>
<tr>
<td><strong>Services Offered:</strong> Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management, stress management, compounded grief and loss, spirituality issues, parenting adult children, chronic illness, anxiety, depression, post-traumatic stress disorder, parent education, abuse, eating disorders, marital infidelity issues, and immigration adjustment concerns. Therapeutic methods used include: play therapy, Eye Movement Desensitization and Reprocessing therapy (EMDR), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Emotionally Focused Couples Therapy (EFT), and psychodynamic therapy.</td>
<td></td>
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</tbody>
</table>

**Behavioral Health Professionals:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wanda Jeffcoat, MS</td>
<td>LPC-MH</td>
</tr>
<tr>
<td>Krista McKeown, MA</td>
<td>LMFT, QMHP</td>
</tr>
<tr>
<td>Ramona Wade, MA</td>
<td>LMFT, QMHP</td>
</tr>
<tr>
<td>Gary Kashale, MA</td>
<td>LPC</td>
</tr>
<tr>
<td>Connie Kolbrek, MS</td>
<td>EdS, LPC, QMHP</td>
</tr>
</tbody>
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**1-800-273-TALK(8255)**

[Helpline Suicide & Crisis Support](http://www.helplinecenter.org/sfmhg)

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[Helpline Suicide & Crisis Support](http://www.helplinecenter.org/sfmhg)
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

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

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

For more information or to support the Helpline Center please contact us at:
Helpline Center ● 1000 N. West Avenue, Suite 310 ● Sioux Falls, SD 57104
• Visit www.helplinecenter.org ● Dial 211 ● Text your zip code to 898211

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