

Mental Health Resource Guide

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

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

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

Phone: 605-271-6979

Hours: 11:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 11:00am - 7:00pm (CT), Wednesday

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

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

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

Applied Behavior Analysis Therapy offered at Possibilities ABA

625 W. 18th Street, Sioux Falls, SD 57105

Website: www.possibilitiesaba.com/ **Email:** hello@abapossibilities.com

Phone: 605-705-3239

Hours: 8:30am - 6:30pm (CT), Monday- Thursday 8:30am - 4:30pm (CT), Friday Saturday - by appointment only

Services Offered: Provides applied behavior analysis therapy in home, the office and in the community and is based on trauma informed practices.

Therapy may be individual or group based for social skills and parent coaching sessions.

Services are geared for ages 2-years - 21-years old.

Autism Spectrum testing is also available.

Coverage Area: Cities of Brandon, Canton, Dell Rapids, Garretson, Harrisburg, Hartford, Lennox, Sioux Falls, Tea and Worthing

Counseling Services offered at Carroll Institute

310 S. First Avenue, Sioux Falls, SD 57104

Phone: 605-336-2556

Hours: Call to schedule.

Services Offered: Carroll Counseling Services is comprised of a team of credentialed mental health professionals committed to offering safe and confidential services as individuals engage in their own therapeutic journey. Provides individual, couples, and family services for those experiencing personal, relational, and psychological issues. Walk-in substance use assessments and telehealth services available.

Coverage Area: Located in Sioux Falls providing telemental health throughout South Dakota

Outpatient Services Form offered at Carroll Institute

310 S. 1st Avenue, Carroll Institute, Sioux Falls, SD 57104

Phone: 605-336-2556

Hours: Office hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 4:30pm (CT), Friday Standby assessments: 12:30pm - 4:00pm (CT), Tuesday - Thursday Walk-in Assessments for Substance Use: 12:30pm - 4:30pm (CT), Mondays (no assessments on holidays that fall on Mondays) Morning, afternoon, and evening group, individual and family sessions available.

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 encourages people to personalize the information they acquire and to take responsibility for their own recovery. Treatment is provided in the Minnehaha County Jail.
- Adolescent and 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.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Threat Assessment offered at Carroll Institute

310 S. 1st Avenue, Carroll Institute, Sioux Falls, SD 57104

Phone: 605-336-2556

Hours: By appointment only

Services Offered: A detailed safety process used when an individual has made a specific threat toward a school, individual, or group of persons and/or has brought a weapon to school (including threats made on social media). This includes talking with the student, other students involved, family members, school staff, law enforcement, and others with helpful information. It also includes collecting facts and asking important questions to understand the level of risk.

Coverage Area: Sioux Empire

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

100 S. Spring Avenue, Sioux Falls, SD 57104

Phone: 605-271-6979

Hours: 11:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 11:00am - 7:00pm (CT), Wednesday

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

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

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

Counseling Services offered at Midwest Wellness Institute, PLLC

317 N. Main Avenue, Suite 100, Sioux Falls, SD 57104

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

Phone: 605-800-7477

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

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

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

Coverage Area: South Dakota

Mental Health Counseling Services offered at Josh Reinfeld Counseling, LLC

300 N. Dakota Avenue, Suite 610, Sioux Falls, SD 57104

Website: <https://josh-reinfeld.clientsecure.me/> **Email:** josh.reinfeld@gmail.com

Phone: 605-929-9866

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

Services Offered: Provides mental health counseling services including counseling for Post Traumatic Stress Disorder (PTSD), anxiety, depression, and addiction. Evidence based therapies utilized include Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), and Motivational Interviewing.

Coverage Area: Lincoln and Minnehaha County.

Counseling Services offered at Chamness Counseling

326 E. 8th Street, Suite 106E, Sioux Falls, SD 57103

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

Phone: 605-254-3889

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

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

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

Counseling Services offered at Sioux River Mental Health Services, LLC

431 N. Phillips Avenue, Suite 340, Sioux Falls, SD 57104

Email: siouxrivermentalhealthservices@gmail.com

Hours: 9:00am - 6:00pm (CT), Monday, Tuesday, Thursday 12:00noon - 5:00pm (CT), Wednesday 9:00am - 12:00noon (CT), Friday

Services Offered: Provides mental health and substance abuse treatment services. Works with difficult clients involved in the legal system, suffering from Axis II disorders, and those who struggle to follow the rules. Also provides suicide prevention intervention services. Telehealth services are available. Services include: individual counseling, marriage counseling, divorce counseling, substance abuse counseling, outpatient substance abuse treatment, grief/bereavement counseling, child abuse counseling, child abuse survivor counseling for adults, family counseling, couples (conjoint) counseling, mental health screening, cognitive behavioral therapy, adolescent/youth counseling, parenting counseling, spouse/intimate partner abuse counseling, and suicide prevention services.

Coverage Area: Located in Sioux Falls but serving South Dakota via telemental health

Counseling Services offered at Paula Lain Counseling & Co

431 N. Phillips Avenue, Suite 320, Sioux Falls, SD 57104

Phone: 605-809-5052

Hours: By appointment only

Services Offered: Paula Lain Counseling (PLC) is a female-led counseling service that offers sessions for individuals, families, couples, and adolescents, with a particular emphasis on animal-assisted therapy.

Coverage Area: Sioux Falls area

Counseling and Children's Services offered at Southeastern Behavioral Healthcare

2000 S. Summit Avenue, Sioux Falls, SD 57105

Phone: 605-336-0510

Hours: 8:00am - 8:00pm (CT), Monday 8:00am - 6:00pm (CT), Tuesday, Thursday 8:00am - 7:00pm (CT), Wednesday 8:00am - 12:00noon (CT), Friday Evenings by appointment

Services Offered: Provides traditional outpatient mental health therapy for individuals, families, children, couples, and groups. Also provides psychiatric evaluations, medication management, and psychological assessments. Services can be accessed both in person and via telehealth services.

Children's services include case management and a home-based program that provides a wide range of therapeutic support.

Early childhood mental health services are also available including play therapy. Areas of specialization include depression, anxiety, grief, parenting challenges, attention deficit hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), stress management, and issues related to trauma or abuse.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Oncology Outpatient Therapy offered at Avera

1000 E. 23rd Street, Suite 101, Avera Cancer Institute, Sioux Falls, SD 57105

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

Phone: 605-322-4231

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

Services Offered: Oncology Outpatient Therapist - offer counseling for people with cancer at any stage of treatment or recovery. Addressing issues of adjustment to illness, fear of reoccurrence, cancer induced distress, anxiety, depression, life legacy, advance care planning, grief, and bereavement.

Also available to see any family or support members of the individual for counseling. Telehealth available for any individual with cancer or their support person. May be in active treatment or out of treatment.

Coverage Area: Located in Sioux Falls but serving the Avera Footprint. Licensed clinical social worker in South Dakota and Minnesota

Counseling Services offered at Waystone Counseling Services

2116 S. Minnesota Avenue, Suite 1B, Sioux Falls, SD 57105

Website: <https://waystonecounseling.clientsecure.me/> **Email:** waystonecounseling@gmail.com

Phone: 605-681-6429

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

Services Offered: Provides professional counseling, specializing in helping teens and adults learn to cope with anxiety, depression, PTSD, addictions, and more.

Coverage Area: Sioux Falls area

Community Counseling Clinic offered at Sioux Falls Psychological Services

2109 S. Norton Avenue, Sioux Falls, SD 57105

Website: www.offermehope.com **Email:** sfps@offermehope.com

Phone: 605-334-2696

Hours: Monday - Friday Visit website or call for office hours.

Services Offered: Located in the offices of Sioux Falls Psychological Services, the Community Counseling Clinic provides therapy to families, couples, and individuals with limited or no funds. Under the supervision of credentialed doctoral level faculty, master's degree students 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, betrayal, anger and conflict, grief and loss, communication issues, family or lifestyle transitions, parenting difficulties, behavioral changes, relationship challenges, medical challenges, spiritual or identity issues, separation, divorce, remarriage, and marital affairs.

Coverage Area: Sioux Falls area

Counseling Services offered at Sioux Falls Psychological Services

2109 S. Norton Avenue, Sioux Falls, SD 57105

Website: www.offermehope.com **Email:** sfps@offermehope.com

Phone: 605-334-2696

Hours: Monday - Friday Visit website or call for details for hours.

Services Offered: Offers a full range of psychological services including therapy, psychological assessments and evaluation for children, adolescents, couples, and families such as: life changes and transitions, anxiety and depression, trauma and abuse, 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, chronic pain and illness, identity/gender/sexual concerns, rape or sexual abuse, medical or spiritual issues, medical conditions, and Post Traumatic Stress Disorder (PTSD).

Telemental health services available to individuals in South Dakota.

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

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

No Physical Address, Sioux Falls, SD 57105

Phone: 800-430-7233

Hours: 24 hours a day / 7 days a week

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

Coverage Area: South Dakota

Counseling Service offered at Dakota Hope Counseling

100 N. Krohn Place, Suite 309, Sioux Falls, SD 57103

Phone: 605-223-5155

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

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

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

In-person and telehealth counseling appointments available.

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

Counseling Services offered at Con Carino LLC

102 N. Krohn Place, Sioux Falls, SD 57103

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

Phone: 605-464-3958

Hours: Monday - Friday by appointment only.

Services Offered: Offers individual, couples and family therapy in both English and Spanish.

Services include dialectical behavioral therapy, trauma informed therapy, cognitive behavioral therapy, EMDR therapy and counseling for LGBTQ+, child abuse and child abuse survivor counseling for adults, grief and bereavement counseling, terminal illness counseling, and gender identity counseling.

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

Counseling Services offered at Rebecca Sather Durr Mental Health Therapist

102 N. Krohn Place, Sioux Falls, SD 57110

Email: Supersather@hotmail.com

Phone: 605-261-9298

Hours: 9:00am - 6:00pm (CT), Monday - Friday, evenings and weekends by appointment

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. Telehealth services available.

Coverage Area: Sioux Falls area

Counseling Services offered at Sunstone Counseling, LLC

304 W. 37th Street, Sioux Falls, SD 57105

Website: www.sunstonecounselingllc.com

Email: info@sunstonecounselingllc.com

Phone: 605-857-3347

Hours: Available Monday-Friday; hours vary

Services Offered: Provides professional counseling services to adults, couples, and children/teens. Areas of expertise include anger management, addiction, anxiety, ADHD, Bipolar Disorder, chronic illness, Cognitive Behavioral Therapy (CBT), depression, grief, military/Veteran's Issues, OCD, PTSD, and Schizophrenia.

Coverage Area: Yankton, Vermillion, Sioux Falls, and surrounding areas.

Behavioral Health Triage Services offered at Avera Behavioral Health

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

Phone: 605-322-4086

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

Services Offered: Offers crisis/sooner access mental health therapy sessions for patients experiencing increased mental health needs. Sessions often can be scheduled same-day or within 3 business days. Patient meets with mental health therapist for a 30-45 minute brief crisis session: processing stressors, support systems, coping mechanisms, providing brief therapeutic interventions. Goal is to meet patients in their time of need and assist with re-regulation of emotional state and assisting with ensuring ongoing follow-up care (if needed).

Coverage Area: Sioux Falls area, or those that can drive to Sioux Falls for appointment

Behavioral Health Clinic offered at Avera Behavioral Health

2412 S. Cliff Avenue, Suite 200, Sioux Falls, SD 57105

Website: <https://www.avera.org/locations/profile/avera-medical-group-behavioral-health-w-69th-st-sioux-falls/OutpatientBH@avera.org>

Email:

Phone: 605-322-4079

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

Services Offered: Individual, group, couples, and family counseling for all ages. Issues covered included 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; adolescent group; and pain management group.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Therapy Services offered at Childrens Home Shelter for Family Safety

113 N. St. Paul Avenue, Sioux Falls, SD 57103

Website: www.chssd.org/shelter

Email: sheltercounseling@chssd.org

Phone: 605-338-4880

Hours: Call for information.

Services Offered: Individual, family, or group therapy for children, teens, and adults, who are victims or survivors or domestic violence, sexual assault, stalking, or child abuse. Services offered include: EMDR; child therapy for children ages 5 and older; crisis counseling for individuals staying in shelter; on-going therapeutic counseling with a masters-level therapist. Telehealth available.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, Turner, and Union

Women's Support Group offered at Childrens Home Shelter for Family Safety

113 N. St. Paul Avenue, Sioux Falls, SD 57103

Website: www.chssd.org/shelter

Email: sheltercounseling@chssd.org

Phone: 605-338-4880

Hours: Call for information.

Services Offered: Support group for women who have witnessed or experienced violence in a relationship. These groups seek to provide support and feedback to women who have 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 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.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, Turner, and Union

Behavioral Health and Substance Abuse Services offered at South Dakota Urban Indian Health

1200 N. West Avenue, South Dakota Urban Indian Health Clinic, Sioux Falls, SD 57104

Phone: 605-339-0420

Hours: 8:00am - 5:00pm (CT), Monday - Thursday; 8:00am - 12noon (CT), Friday. Some cultural activities are held during evening hours and on weekends.

Services Offered: Behavioral Health Services available from licensed substance abuse and mental health counselors. Services include: chemical dependency assessments and Level 1.0 counseling, individual, couples, and family behavioral health counseling, Medication Assisted Therapy (MAT) for patients recovering from substance use disorders, EMDR (Eye Movement Desensitization Reprocessing) Therapy, and psychiatry team availability. Transportation is available for current patients if needed.

Coverage Area: Cities served: Pierre and Sioux Empire area

PATH Program offered at Lutheran Social Services - Southeast Region

705 E. 41st Street, Sioux Falls, SD 57105

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

Email: intake@lsssd.org

Phone: 855-334-2953

Hours: 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturdays - 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 students 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. More than 40 schools in Sioux Falls, Harrisburg, Canton, Brandon Valley, Garretson, Dell Rapids, Baltic, Tea Area, Sioux Falls Catholic, West Central, and Tri-Valley are involved. Individual school participation varies.

Coverage Area: Participating schools in Brandon Valley, Canton, Dell Rapids, Sioux Falls, and Tea Area School Districts and Sioux Falls Catholic Schools

Outpatient Mental Health Services offered at Alyssa Petersen Mental Health Counseling

3500 S. Phillips Avenue, Suite 100, Sioux Falls, SD 57105

Website: www.alyssepetersencounseling.com

Email: office@alyssepetersencounseling.com

Phone: 605-321-9762

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

Services Offered: Provides comprehensive outpatient mental health and chemical dependency services for individuals of all ages. Offers therapy for a wide range of emotional, behavioral, and psychological concerns, including anxiety, depression, trauma, addiction, relationship issues, and life transitions. Services are available in both in-person and virtual formats to ensure accessibility and flexibility. The practice also offers emotional support animal (ESA) evaluations and is committed to providing a safe, inclusive, and culturally responsive environment for all clients.

Coverage Area: South Dakota

Counseling Services offered at Family Ties Christian Counseling

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

Phone: 605-359-0034

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

Services Offered: Provides 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 disorder (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.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner States of Iowa, South Dakota, and Minnesota

Counseling Services offered at Sioux Falls Wellness Counseling

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

Website: www.siouxfallswellness.com **Email:** rita@siouxfallswellness.com

Phone: 605-610-9228

Hours: 11:00am - 8:00pm (CT), Monday - Thursday 10:00am - 5:00pm (CT), Friday 10:00am - 3:00pm (CT), Saturday

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

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

Counseling Services offered at Behavior Management Counseling Services

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

Phone: 605-274-1700

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

Services Offered: Offers individual, couples, group, and family therapy for all ages. Specializes in work with children and adolescents. Utilizes play therapy, parent/ child interactive therapy, behavior modification, cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT). Experience working with those suffering from depression, generalized and separation anxiety, school refusal, social phobia, and obsessive compulsive disorder (OCD).

Other areas include social skills training, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, post traumatic stress disorder (PTSD), attention deficit / hyperactivity disorder (ADD/ADHD), Asperger's and autism spectrum disorder (ASD), pediatric bipolar disorder, mood disorders, disruptive mood dysregulation.

Offers 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.

Virtual and in-office visits available.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Behavioral Health offered at Volunteers of America, Dakotas

1310 W. 51st Street, Sioux Falls, SD 57105

Website: www.voa-dakotas.org **Email:** info@voa-dakotas.org

Phone: 605-334-1414

Hours: Office Hours: 8:00am - 8:30pm, Monday - Thursday 8:00am - 5:00pm, Friday Walk-in Assessment Hours: 1:00pm - 3:00pm (CT), Wednesday 8:00am - 10:00am (CT), Friday Inpatient services: 24 hours a day / 7 days a week

Services Offered: A full continuum of mental health and treatment for substance use disorders. Services include assessments, individual and family counseling, intensive outpatient substance use disorder treatment, residential treatment for pregnant and parenting women who face substance use disorders, transitional care and aftercare counseling for adults and adolescents, trauma-focused treatment for children/adolescents and their families impacted by traumatic events. This can address a multitude of circumstances including COVID-related trauma, physical/ /sexual/emotional abuse, witness of violence, household incarceration, family substance abuse, mental illness, parent separation or divorce, medical, grief or refugee trauma, and bullying, neglect, disasters and more. Also offers MRT (Moral Recognition Therapy), CBISA (Cognitive Behavioral Intervention Substance Abuse), and Telehealth services.

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

Outpatient Services offered at Glory House of Sioux Falls

4000 S. West Avenue, Sioux Falls, SD 57105

Phone: 605-332-3273

Hours: Program times vary, please call for information.

Services Offered: Individual and group counseling for substance use disorders and co-occurring issues. Offers the following evidenced based practices: Intensive Methamphetamine Treatment (IMT), Matrix Treatment and Aftercare Moral Reconciliation Therapy (MRT), Dialectical Behavior Therapy (DBT), Cognitive Behavior Interventions for Substance Abuse (CBISA), Co-occurring Aftercare, and Seeking Strength.

Coverage Area: Sioux Falls area

Crisis Counseling and Play Therapy Services offered at Solace

2210 S. Brown Place, Sioux Falls, SD 57105

Website: <http://seeksolace.care> **Email:** hello@seeksolace.care

Phone: 605-339-0116

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

Services Offered: Assisting survivors of sexual, relational, and family trauma through the healing process, by serving survivors of all genders, beginning at age 3.

Services include:

- individual or group therapy for children, teens, and adults, with a licensed therapist or graduate-level therapy intern under supervision of a licensed therapist (includes brainspotting)
- counseling services for caregivers of children or other secondary survivors of those affected by sexual, relational, and/or family trauma
- parent-child interaction therapy, a therapy for non-offending caregiver and child
- play therapy for children ages 3-12 who are primary or secondary survivors of sexual, relational, and family trauma
- crisis counseling - walk-in therapeutic support that provides stabilization through coping skills and resource identification

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

Counseling Services offered at Four Directions Counseling, Inc.

No Physical Address, Sioux Falls, SD 57109

Email: kb.fourdirections@gmail.com

Phone: 605-359-5709

Hours: Flexible appointments available including evenings and Saturdays.

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.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Linking the Gap Counseling

3922 S. Western Avenue, Sioux Falls, SD 57105

Website: www.linkingthegapsd.com **Email:** contact@linkingthegapsd.com

Phone: 605-403-4167

Hours: 8:00am - 7:00pm (CT), Monday - Thursday 8:00am - 3:00pm (CT), Friday

Services Offered: Offers in person counseling as well as telehealth options. Provides a variety of mental health services. Some of those services include: treatment for eating disorders, substance abuse evaluations, internet addiction evaluation and treatment, therapy for individuals with dual intellectual and/or developmental disabilities and mental health, caregiver counseling, ambiguous loss counseling, as well as trauma services, such as Eye Movement Desensitization and Reprocessing (EMDR) therapy.

Provides the following: individual counseling, substance abuse counseling, psychological assessments, outpatient substance abuse treatment, grief/bereavement counseling, dialectical behavioral therapy, child abuse survivor counseling for adults, family counseling, mental health screening, trauma informed therapy, cognitive behavioral therapy, adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, and internet (tele-health) counseling.

Also provides supervision for licensure for LPC, MPC-MH, and LCSW.

Coverage Area: Located in Sioux Falls but serving South Dakota via telehealth. Also serves Minnesota

Psychiatry and Psychology Clinic offered at Sanford Health

2400 W. 49th Street, Sioux Falls, SD 57105

Phone: 605-312-8700

Hours: 8:00am - 5:00pm (CT), 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)
- Group therapy
- Psychological testing
- Neuropsychological testing
- Couples counseling

These services are available via telemental health.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

Summit Oaks Center offered at Lutheran Social Services - Southeast Region

621 E. Presentation Street, Sioux Falls, SD 57104

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

Email: info@lsssd.org

Phone: 605-221-2346

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

Services Offered: Provides residential treatment services including: 24-hour psychiatric residential care in a therapeutic and structured environment; individual, group, and family counseling, campus school, psychiatric services, case management, after care services, and independent living skills training.

Coverage Area: South Dakota

Counseling Services offered at Counseling Cafe, The

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

Website: thecounselingcafesf.com

Email: info@thecounselingcafesf.com

Phone: 605-271-8008

Hours: 9:00am - 7:00pm (CT), Monday 9:00am - 5:00pm (CT), Tuesday - Thursday 9:00am - 12:00noon (CT), Friday

Services Offered: Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include Evaluations and assessments, Professional therapy and counseling, and a free coffee bar and baked goods for clients.

Licensed clinical professionals work with individuals, couples and families.

Coverage Area: South Dakota, Northwest Iowa and Minnesota

Counseling Services offered at Cristina Buus Counseling

4109 S. Carnegie Circle, Sioux Falls, SD 57106

Phone: 605-702-6226

Hours: 7:00am - 3:00pm (CT), Monday - Friday

Services Offered: Provides mental health counseling to individuals to treat issues including depression, anxiety, life-adjustment stressors, grief and loss, and trauma.

Appointments are offered both in-person and virtually.

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

Counseling Services offered at Green Oak Therapy

4900 S. Minnesota Avenue, Suite 101, Sioux Falls, SD 57108

Website: www.greenoaktherapy.com **Email:** brea@greenoaktherapy.com

Phone: 605-467-7424

Hours: 11:30am - 6:30pm (CT), Monday - Wednesday 12:30pm - 7:30pm (CT), Thursday

Services Offered: Providing individual counseling/therapy and mental health support.

Specialties include LGBTQ+ informed care, gender affirming care, surgical and HRT referrals, and general mental health care.

Has experience and understanding of Native American and Asian cultures.

Coverage Area: Sioux Falls area; South Dakota via telemental counseling.

Counseling Services offered at Lutheran Family Service

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

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

Phone: 605-271-1081

Hours: Call for appointment.

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

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

Counseling Services offered at WEvolve Counseling Services, LLC

5000 S. Minnesota Avenue, Suite 315, Sioux Falls, SD 57108

Phone: 605-212-2335

Hours: 8:00am - 5:00pm (CT), Monday, Thursday, Friday 8:00am - 6:30pm (CT), Tuesday, Wednesday By appointment

Services Offered: Provides individual therapy and assessments for mental health and/or substance use. Serving adolescents and adults seeking support with anxiety, depression, mood disorders, adjustment disorders, life transitions, trauma, substance use disorders, etc. Telemental health available.

Coverage Area: Located in Sioux Falls, but serving South Dakota via telemental health

Counseling Services offered at Guiding Light Counseling, LLC

5000 S. Minnesota Avenue, Suite 318, Sioux Falls, SD 57108

Website:

<https://sarah-scherr.clientsecure.me/?mld=18341d8b6e8569-0e1e8db0ccd33d-26021c51-15f900-18341d8b6e93cc#home>

Email: guidinglightcounselingsf@gmail.com

Phone: 605-413-6835

Hours: 9:00am - 5:00pm (CT), Monday, Tuesday, Thursday, Friday 12:00noon - 6:00pm (CT), Wednesday

Services Offered: Counseling services offered at this agency include individual counseling, dialectical behavioral therapy (DBT), child abuse survivor counseling for adults, youth counseling, parent counseling, grief counseling, trauma informed therapy, cognitive behavioral therapy, and elemental health counseling.

Also trained in:

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

Coverage Area: South Dakota. Telehealth visits are available for people living outside of the Sioux Falls area.

Counseling Services offered at Lighting A New Way Counseling Services

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

Phone: 605-361-0114

Hours: 8:00am - 5:00pm (CT), Monday, Tuesday, Friday 12:00pm - 8:30pm (CT), Thursday

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

Options for Telemental health services.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Midwest Counseling & Evaluation Services, LLC

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

Phone: 605-274-1944

Hours: 5:30pm - 7:30pm (CT), Monday - Thursday Saturday by appointment. Telehealth services also available

Services Offered: Providing mental health and addiction recovery services (including dual diagnosis) to children, adolescents, adults, couples, and families. Services include: mental health/addiction evaluations, screenings and treatment services for addiction, adjustment disorders, anger management, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), Asperger's Syndrome, behavior problems, conduct concerns, depression, grief, mood disorders, oppositional defiant disorder, obsessive compulsive disorder (OCD), parent-child conflicts, post-traumatic stress, school refusal, separation and divorce, family issues, social skills training and stress management.

South Dakota court approved treatment provider and provides court approved alcohol and drug assessments/evaluations and screenings including Individual 1st Offender DUI Education, Intensive Outpatient Services (IOP) and Aftercare. Offering Employee Assistance Program (EAP);Cognitive Behavior Therapy (CBT);Behavior Modification;Clinical Supervision;Reunification Therapy;Psychological Evaluations/Screenings;Parenting Coordination, Play Therapy, Moral Reconation Therapy, Substance Use Prevention, Assessments for Substance Use Disorders, Psychological Assessments, Fit for Duty Evaluations and First Responder Counseling.

Virtual and in-office sessions available.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner, Southwest MN, Iowa.

Counseling Services offered at Journey Therapy & Neurofeedback Clinic

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

Phone: 605-351-1545

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

Services Offered: Individual, couples, children, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression, anxiety, traumatic experiences/abuse, post traumatic stress (PTSD), attachment challenges, parenting support, grief and loss, work and career issues, stress management, and conflict resolution.

Offers BrainPaint neurofeedback, hypnosis, eye movement desensitization and reprocessing (EMDR), parenting group, nurturing parenting program, play therapy, adoption, parent/child relationship, foster parent support, and neuropsychological evaluation for attention, executive functioning, and memory.

Works with clients to determine what is best for their situation regarding telehealth.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Talking Pointe, The

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

Phone: 605-215-1309

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

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

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

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

Counseling Services offered at Clear Minded Counseling

3701 W. 49th Street, Suite 204A, Sioux Falls, SD 57106

Website: www.clearmindedcounseling.com **Email:** ellykeller@clearmindedcounseling.com

Phone: 605-681-3345

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

Services Offered: Providing mental health services for children, adolescents, adults and families. Services include evidence-based interventions including DBT, CBT, ART, TF-CBT, CPT, EMDR, ERP, PE and play therapy-based techniques.

Specializes in Parent-Child Interaction Therapy (PCIT), an evidenced based therapy for parents and their children age 2 - 7 who have emotional and behavioral issues.

Both traditional therapy and Parent-Child Interaction Therapy can be conducted through telehealth.

Coverage Area: Located in Sioux Falls but serving all of South Dakota via telehealth.

Counseling Services offered at Ritzman Counseling Services

3701 W. 49th Street, Suite 204B, Sioux Falls, SD 57106

Website: www.ritzmancounseling.net **Email:** kmrs@midco.net

Phone: 605-376-0369

Hours: 8:00am - 7:00pm (CT), Monday - Friday Some Saturday and Sunday appointments available, as well as holidays.

Services Offered: Individual, family, couples, and play therapy serving children, adolescents, and adults. Specialties include depression, anxiety, trauma, and abuse. Certified in dialectical behavior therapy (DBT).

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.

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

Counseling Services offered at Thrive Wellness

3701 W. 49th Street, Suite 206, Sioux Falls, SD 57106

Website: <https://thrivewellnesssf.com/> **Email:** info@thrivewellnesssf.com

Phone: 605-271-6582

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

Services Offered: 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.

Offering sessions via telehealth.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD 57106

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

Phone: 605-573-2000

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Stronghold Counseling Services, Inc.

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

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

Phone: 605-334-7713

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

Services Offered: Provides 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.

Coverage Area: South Dakota

Counseling Services offered at Brian VanDenHul, LLC

3701 W. 49th Street, Suite 202A, Sioux Falls, SD 571056

Phone: 605-310-3622

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

Services Offered: Provides mental health services to adolescent and youth. Services offered include: individual counseling, child abuse counseling, cognitive behavioral therapy (CBT), adolescent/youth counseling, parent counseling, and tele-mental health

Coverage Area: Sioux Falls area

Counseling Services offered at Jane Webster, LLC

2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD 57110

Website: jwebstercounseling.com **Email:** jane@jwebstercounseling.com

Phone: 605-261-0819

Hours: 11:00am - 7:00pm (CT), Monday - Thursday Afternoon and evening appointments.

Services Offered: Provides individual, couples and family counseling. Treatment specialization includes: therapy for depression and anxiety;couples counseling;family counseling;parenting support;counseling with adolescents;grief counseling;work and career issues;stress management;conflict resolution;spiritual concerns;Eye Movement Desensitization and Reprocessing (EMDR) . Offers telehealth services.

Coverage Area: Located in Sioux Falls;services available in South Dakota via telehealth. Also licensed in Iowa, Minnesota, and Nebraska for telehealth services.

Counseling Services offered at Sioux Empire Christian Counseling, Inc.

2000 S. Sycamore Avenue, Suite 101, Sioux Falls, SD 57110

Phone: 605-271-0261

Hours: 8:00am - 7:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday

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. Also offers grief therapy and trauma focused therapy.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Counseling Services offered at Wellness Collective, The

2333 W. 57th Street, Suite 103, Sioux Falls, SD 57108

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

Phone: 605-271-5640

Hours: 8:00am - 6:30pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday

Services Offered: Provides medical, mental health, and complementary services in one location to ensure the best treatment outcome. Services are available to all people of all ages seeking healing from mental, emotional, and physical injury to improve health and wellness.

Services provided include individual counseling for children, teens, young adults, and adults. Specialized treatments include art therapy, sex therapy, EMDR, and addictions counseling.

Treats many conditions such as anxiety, depression, trauma, grief, abuse, domestic violence, attachment issues, behavioral issues, suicidality, and more. Also provides counseling for couples and families, and formal addiction assessments and treatment and group therapy for recovery.

Psychiatry services, including assessment, diagnosis, and medication management, are available for individuals ages 3 and older.

Provides functional medicine, acupuncture, massage, and yoga services, as well as supervision for LPC-MH and CSW-PIP licensure and consultation for EMDR certification.

Coverage Area: Sioux Empire area

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

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

Phone: 605-334-6004

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

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Daniel T. Digatono

4410 S. Tennis Lane, Sioux Falls, SD 57106

Phone: 605-360-3024

Hours: 8:00am - 9:00pm (CT), Monday - Thursday 8:00am - 6:00pm (CT), Friday 9:00am - 2:00pm (CT), Saturday

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.

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

Counseling Services offered at Kristen Ericsson Counseling & Psychotherapy

3220 W. 57th Street, Suite 111, Sioux Falls, SD 57108

Phone: 605-270-1057

Hours: 8:00am - 3:00pm (CT), Monday - Friday

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

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Counseling Services offered at Deb Thompson Counseling

3220 W. 57th Street, Suite 100A, Sioux Falls, SD 57108

Phone: 605-331-6359

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

Services Offered: Individual and couples therapy. Also offers Internal Family Systems therapy.

Coverage Area: Sioux Falls area

Counseling Services offered at Kristi Hamilton Counseling

3220 W. 57th Street, Suite 100A, Sioux Falls, SD 57108

Phone: 605-310-4596

Hours: 9:00am - 6:00pm (CT), Monday - Friday Evening hours available upon request.

Services Offered: Provides individual and family counseling for adolescents and adults. Areas of specialty include depression, anxiety, mood disorders, trauma, grief and loss, 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.

Coverage Area: Sioux Falls area

Counseling Services offered at Robin Rossow LLC

3220 W. 57th Street, Suite 111, Sioux Falls, SD 57108

Phone: 605-250-1226

Hours: 8:00am - 3:00pm (CT), Monday, Tuesday, Thursday 8:00am - 2:00pm (CT), Wednesday

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, sports performance, and career counseling.

Therapies available include, but are not limited to eye movement desensitization and reprocessing (EMDR), cognitive behavior therapy (CBT), mindfulness based cognitive therapy (MBCT), and solution focused brief therapy. Telehealth services available.

Coverage Area: In-person services in the counties of Lincoln, McCook, Minnehaha and Turner; services statewide via telehealth.

Counseling Services offered at Leah Weins

3220 W. 57th Street, Suite 111, Oak Center II Apartments, Sioux Falls, SD 57108

Phone: 605-321-1223

Hours: Day hours only.

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. Offering telehealth sessions.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner and telehealth throughout South Dakota

Counseling Services offered at Clarity Counseling, LLC

3220 W. 57th Street, Suite 100A, Sioux Falls, SD 57108

Website: www.claritycounselingsf.com

Email: brandy@clarity605.com

Phone: 605-231-9308

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

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.

Telehealth services available.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Beck Counseling Services

2121 W. 63rd Place, Suite 400, Sioux Falls, SD 57108

Phone: 605-838-8910

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

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 therapy;marital and couple's therapy;premarital;divorce;grief and loss;working through trauma from childhood abuse and neglect;family of origin;anxiety and depression.

Coverage Area: Located in Sioux Falls, but serving South Dakota and Minnesota via telehealth.

Counseling Services offered at Rising Hope Counseling, LLC

5120 S. Western Avenue, Suite 102, Sioux Falls, SD 57108

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: 8:00am - 4:00pm (CT), Monday - Thursday 9:00am - 2:00pm (CT), Friday

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

Coverage Area: South Dakota

Counseling Services offered at Reverence Counseling Services, LLC

5021 S. Bur Oak Place, Sioux Falls, SD 57108

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

Phone: 605-937-6654

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

Services Offered: Provides outpatient mental health and addiction services to children, adolescents and adults. Provides tailored therapy for individuals, couples and families to promote growth and healing.

Coverage Area: Sioux Falls and surrounding area

Counseling Services offered at Tina Harp Counseling, Inc.

5024 S. Bur Oak Place, Suite 113B, Sioux Falls, SD 57108

Phone: 605-759-1516

Hours: Monday - Friday, evenings by appointment

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, polyamory, and lesbian, gay, bisexual, and transgender population. Telehealth services available.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Coaching and Counseling Services offered at Known Counseling Services

5024 S. Bur Oak Place, Suite 109, Sioux Falls, SD 57108

Phone: 605-368-1558

Hours: By appointment.

Services Offered: Believes that there is hope for everyone and that part of healing can come from connected relationships in which one is known and accepted.

Services provided include individual counseling; marriage counseling; divorce counseling; faith-based counseling; grief/bereavement counseling; cognitive behavioral therapy (CBT); adolescent/youth counseling; terminal illness counseling; parent counseling; domestic violence/spouse/intimate partner abuse counseling; child abuse survivor counseling for adults; internet counseling (telemental health); group counseling and a Iso trained in sexual addiction and betrayal trauma.

Coverage Area: City of Sioux Falls

Counseling Services offered at Jeffcoat Counseling Services, LLC

5024 S. Bur Oak Place, Suite 115, Sioux Falls, SD 57108

Website: www.jeffcoatcounseling.com **Email:** jeffcoatcounselingservicesllc@gmail.com

Phone: 605-610-9156

Hours: By appointment only.

Services Offered: Provides mental health counseling to adolescents and adults struggling with life adjustments, anxiety, depression, trauma, and post-traumatic stress disorder (PTSD). Certified in eye movement desensitization and reprocessing (EMDR) to treat complex trauma, abuse, neglect, and other disorders.

Services offered include individual counseling, divorce counseling, grief/bereavement counseling, dialectical behavioral therapy (DBT), terminal illness counseling, child abuse counseling, child abuse survivor counseling for adults, couples counseling, mental health screening, trauma informed therapy, faith based counseling, cognitive behavioral therapy (CBT), adolescent/youth counseling, parent counseling, and hoarding counseling.

Offers services in person and via telehealth.

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

Counseling Services offered at Life Worth Living, LLC

5010 E. Rosa Parks Place, Suite 101, Sioux Falls, SD 57110

Phone: 605-646-2256

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

Services Offered: Counseling and therapy services utilizing a holistic approach for those 9 years of age and older. Specializes in the areas of emotion regulation, trauma, and substance use.

Coverage Area: Sioux Falls area

Mental Health Services offered at Integrated Care and Consultation, LLC

5100 E. Rosa Parks Place, Sioux Falls, SD 57110

Phone: 605-306-3240

Hours: 8:00am - 6:00pm (CT), Monday, Thursday 8:00am - 5:00pm (CT), Tuesday, Wednesday 8:00am - 2:00pm (CT), Friday 9:00am - 4:00pm (CT), Saturday 9:00am - 12:00noon (CT), Sunday Other times may be available on request

Services Offered: Mental health services with a holistic approach. Experience in working with children, adults, marital counseling, family sessions, group sessions, Native Americans, and veterans. Offers ART (Accelerated Resolution Therapy), social groups for children ages 10-12 and 18-21 who are neurodivergent. Experience in depression, anxiety, PTSD, life coaching, etc.

Offers services via telehealth.

Same day appointments are available for both counseling and psychiatry services.

Coverage Area: Located in Sioux Falls but serving South Dakota, Minnesota, and Iowa via telehealth.

Counseling Services offered at Moore Counseling Group

5421 W. 41st Street, Suite 207, Sioux Falls, SD 57106

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

Phone: 605-709-4640

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

Services Offered: Working with children, adolescents, adults, couples, and families wanting to overcome trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, grief, family issues/dynamics, women's issues, domestic violence concerns, Eye Movement Desensitization and Reprocessing (EMDR), and other life challenges.

Multiple support groups are always available (ie. After Divorce/Your Relationship Ends Support Group).

Offering faith-based therapy and online counseling services when requested. As well as life coaching and advocacy services.

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 Google Meet to individuals in South Dakota. Preference is to do in-person intake, but can do intake online if in-person is not an option.

Coverage Area: Located in Sioux Falls with outreach office in Brookings, serving South Dakota via telehealth

Outpatient Mental Health Counseling offered at Kimberly Keiser and Associates, LLC

2101 W. 69th Street, Unit 103, Suite 150, Sioux Falls, SD 57108

Website: www.kimberlykeiser.com **Email:** welcome@kimberlykeiser.com

Phone: 605-740-6557

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

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.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Wellspring Therapy Center

4301 W. 57th Street, Suite 100, Sioux Falls, SD 57108

Website: www.wellspringtherapysf.com **Email:** wellspringtherapyoffice@gmail.com

Phone: 605-335-1516

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

Services Offered: Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, parenting adult children, chronic illness, anxiety, depression, post-traumatic stress disorder, parent education, abuse, eating disorders, marital infidelity issues, substance abuse issues, immigration adjustment concerns, and culturally relevant services.

Therapeutic methods used include: acceptance and commitment therapy (ACT), eye movement desensitization and reprocessing therapy (EMDR), cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), emotionally focused couples therapy (EFT), and psychodynamic therapy.

Telehealth available for all sessions. May request sessions via telehealth, in-person or a combination. Will teach new clients how to use telehealth services.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner, and neighboring MN counties

Counseling Services offered at Pathways Counseling

1601 E. 69th Street, Suite 206, Sioux Falls, SD 57108

Website: www.pathwayscounselingsd.com **Email:** office@pathwayscounselingsd.com

Phone: 605-215-4364

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

Services Offered: Focuses on mental health and providing care to help patients through difficulties they are experiencing. Offers a safe space to share, process, and learn how to effectively cope with life stressors while having therapeutic support.

Services available include individual counseling, marriage counseling, substance abuse counseling, outpatient substance abuse treatment, grief/bereavement counseling, dialectical behavioral therapy (DBT), terminal illness counseling, LGBTQ counseling, child abuse survivor counseling for adults, family counseling, couples counseling, trauma informed therapy, gambling counseling/treatment, cognitive behavioral therapy (CBT), adolescent/youth counseling, gender identity counseling, parent counseling, elemental health, ADHD evaluations, mood disorders, personality disorders, adoption/attachment, and self-esteem.

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

Counseling Services offered at Mary T. Guth

1601 E. 69th Street, Suite 203, Sioux Falls, SD 57108

Phone: 605-951-8423

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

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 disorder (PTSD), stress management, coping with cancer diagnosis, chronic medical conditions, divorce adjustments, transitions, and parenting concerns. Supervision for LPC, LPC-MH, and LMFT licensure.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Breakthrough Christian Counseling & Alternative Education Center

1701 E. 69th Street, Suite A, Sioux Falls, SD 57108

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

Phone: 605-275-2280

Hours: 8:00am - 5:30pm (CT), Monday - Thursday 8:00am - 3:30pm (CT), Friday *Counselors are available for evening appointments Monday - Thursday

Services Offered: General outpatient offers individual and family counseling on a bi-weekly or weekly basis depending on the plan of care. Intensive outpatient offers 3+ sessions per week along with a space for alternative school utilizing distance learning from the individual's school district.

Offers a variety of counseling services including family counseling, trauma informed therapy, faith-based counseling, adolescent/youth counseling, and parent counseling. Also provides Eye Movement Desensitization and Reprocessing (EMDR) therapy, spiritual mentor, and care team.

Coverage Area: Sioux Falls area and within 30 miles of Lincoln and Minnehaha counties.

Counseling Services offered at Rising Hope Counseling, LLC

6320 S. Western Avenue, Suite 150, Sioux Falls, SD 57108

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information.

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

Coverage Area: South Dakota

Counseling Services offered at Aspire Counseling, LLC

6340 S. Western Avenue, Sioux Falls, SD 57108

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

Phone: 605-277-1422

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 1:00pm (CT), Friday

Services Offered: Provides therapy services for those with mental health needs, striving to meet clients in their time of need, creating a secure location to explore, process and establish healthy coping skills.

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

Tele-health services are available statewide.

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

Counseling Services offered at Evenson Counseling

5000 S. Broadband Lane, Suite 119, Suite 113B, Sioux Falls, SD 57108

Phone: 605-777-0075

Hours: 9:00am - 5:00pm (CT), Monday - Friday Online scheduling is available.

Services Offered: Individual and couple's 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.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Adult Services offered at Integrative Wellness

5010 S. Broadband Lane, Suite 100, Suite 200, Sioux Falls, SD 57108

Website: www.integrativewellnesssd.com **Email:** integrativewellness@midconetwork.com

Phone: 605-271-1348

Hours: Day and evening hours vary by therapist

Services Offered: Offering professional therapy for 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, gender identity and sexual orientation.

Coverage Area: Sioux Falls area

Children's Services offered at Integrative Wellness

5010 S. Broadband Lane, Suite 100, Suite 200, Sioux Falls, SD 57108

Website: www.integrativewellnesssd.com **Email:** integrativewellness@midconetwork.com

Phone: 605-271-1348

Hours: Day and evening hours vary by therapist

Services Offered: 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.

Coverage Area: Sioux Falls area

Neurofeedback & Psychotherapy Services offered at Stacey Hauck

5625 S. Southeastern Avenue, Sioux Falls, SD 57108

Website: www.soundmindsf.com **Email:** stacey@soundmindsf.com

Phone: 605-271-9890

Hours: By appointment.

Services Offered: Neurofeedback & Psychotherapy for children and adults for the treatment of depression, anxiety, ADHD, concussions, TBI, and tinnitus.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Brenda Hansen-Mayer

5625 S. Southeastern Avenue, Sioux Falls, SD 57108

Phone: 605-330-9997

Hours: 9:00am - 5:00pm (CT), Monday - Friday. No Friday afternoon appointments.

Services Offered: Primarily offers Neurofeedback services to address a variety of conditions including ADHD, anger, autism, depression, nightmares, PTSD, sleep problems, or traumatic brain injuries (TBIs).

Coverage Area: Counties of Lincoln and Minnehaha

Counseling Services offered at Stacy Gorman, LLC

6809 S. Minnesota Avenue, Suite 103, Sioux Falls, SD 57108

Phone: 605-940-6422

Hours: 9:00am - 2:00pm (CT), Tuesday - Friday

Services Offered: In person and virtual counseling services for adult individuals in the following areas: trauma, victimization of abuse, family of origin conflicts, codependency, self-esteem & self-confidence issues, relational stressors, anxiety, depression, and stress management.

Coverage Area: Sioux Falls area

Counseling Services offered at Evergreen Counseling and Consulting Services, LLC

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

Phone: 605-423-7880

Hours: Varies; call for appointment times.

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

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

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

Counseling Services offered at Barbara RA Christensen, II Inc

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

Phone: 605-362-5803

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday 8:00am - 5:00pm (CT), Tuesday, Thursday 8:00am - 12:00pm (CT), Friday

Services Offered: Offers Christian counseling services specializing in depression, anxiety, family issues, divorce, grief, self-injury, adjustment, drug and alcohol use, attention deficit / hyperactivity disorder (ADD/ADHD), social skill, anger, domestic violence, abuse, obsessive compulsive disorder (OCD), relationship, autism, and Asperger's syndrome. Offers services in person or via telehealth.

Coverage Area: Sioux Falls and surrounding area, serving South Dakota via telemental health.

Counseling Services offered at Restoration Counseling and Consulting, Inc.

6809 S. Minnesota Avenue, Suite 103, Sioux Falls, SD 57108

Phone: 605-838-9655

Hours: Monday - Friday, by appointment

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.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, Lake, Moody and Turner

Counseling Services offered at Encompass Mental Health, LLC

1110 E. 77th Street, Sioux Falls, SD 57108

Website: www.SiouxFallsCounseling.com

Email: info@siouxfallscounseling.com

Phone: 605-275-0009

Hours: 8:30 am - 5:00pm (CT), Monday - Thursday 9:00am - 12:00noon (CT), Friday

Services Offered: Provides play therapy for children with behavior challenges, counseling for women looking for balance and happiness in life and consultation for child care programs to improve the quality of their programs and promote positive behaviors of the children in their care.

Telehealth available. First session takes place in person. Following sessions would be moved to telehealth.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Yellow Brick Road Counseling and Therapy

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

Phone: 605-214-6855

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

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

Coverage Area: Eastern South Dakota

Sanford Madison & Veterans Parkway Clinic offered at Sanford Health

5920 E. Madison Street, Sioux Falls, SD 57110

Website: <https://www.sanfordhealth.org/locations/madison-veterans-parkway-clinic>

Phone: 605-312-5000

Hours: 7:00am - 5:00pm (CT), Monday - Friday

Services Offered: Offering multi-specialty health care services such as 3D mammography, family medicine, lab, x-ray, and ultrasound services, obstetrics and gynecology (OBGYN), pediatrics, physical therapy, sexual health and intimacy care, and women's health services.

Also offers behavioral health services such as dialectical behavioral therapy (DBT) and eye movement desensitization and reprocessing (EMDR) therapy.

Coverage Area: Sioux Falls and surrounding areas

Counseling Services offered at Sprout Play Therapy and Counseling Services

6209 E. Silver Maple Circle, Suite 102, Sioux Falls, SD 57110

Phone: 605-799-6182

Hours: 9:00am - 4:00pm (CT), Monday - Thursday 9:00am - 12:00noon (CT), Friday by appointment

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 delays and behavioral challenges. Emphasis placed on supporting the child and their caregiver(s) collaboratively in order to find success and improved functioning.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Avera Medical Group Behavioral Health offered at Avera Behavioral Health

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

Phone: 605-322-5700

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

Services Offered: Individual, couples, or family therapy for the treatment of children, adolescents, adults, and seniors focusing on issues including, but are not limited to anxiety, mood, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress (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.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

Counseling Services offered at Revival Counseling Services, Inc

4948 E. 57th Street, Sioux Falls, SD 57108

Website: Revivalcounselingservices.org

Email: Revivalcounselingservices@gmail.com

Phone: 605-359-0303

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

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). Telehealth sessions available.

Also an LGBTQ+ friendly provider.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Counseling Services offered at Cultivate Counseling, LLC

7520 S. Grand Arbor Court, Suite 150, Sioux Falls, SD 57108

Phone: 605-610-9629

Hours: 10:00am - 7:00pm (CT), Monday - Thursday

Services Offered: Provides individual mental health counseling for adolescents (age 16+) and adults experiencing personal, relational, and psychological challenges. Experience in anxiety, depression, mood disorders, women's issues, traumatic experiences/abuse, post traumatic stress disorder (PTSD), parenting/caregiver education, life transitions, identity, culturally competent, LGBTQ2S+ affirming. Telehealth services available in SD, MN, and ND.

Coverage Area: Sioux Falls area in person, South Dakota, Minnesota, North Dakota (telehealth)

Mental Health and Substance Use Disorder Counseling Services offered at Bartels Counseling Services, Inc.

7520 S. Grand Arbor Court, Suite 145, Sioux Falls, SD 57108

Website: www.bartelscounselingservicesinc.com

Email: bartelscounselingservicesinc@midconetwork.com

Phone: 605-310-0032

Hours: 8:00am - 9:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday, Saturday

Services Offered: Provides mental health and addictions assessments, early intervention, intensive outpatient treatment, and aftercare services for individuals, couples, and families. Provides treatment for concerns including addiction, anxiety, depression, mood disorders, adjustment, abuse, spiritual development, emotional management, stress management, family issues, grief, trauma, personality disorders, and relational issues. Offers in person services and telehealth services via Zoom. Services can also be provided via telephone. Clients are encouraged to check with insurance providers regarding coverage.

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

Counseling Services offered at LaVelle and Associates

7520 Grand Arbor Court, Suite 133, Sioux Falls, SD 57110

Website: <https://counselingsiouxfallssd.com>

Email: lavelleassociates5024@gmail.com

Phone: 605-212-3276

Hours: 8:00am - 6:30pm (CT), Tuesday - Thursday (by appointment) Other days by appointment only.

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

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner in South Dakota. Northwest Iowa and Southwest Minnesota.

Psychiatry and Psychology Clinic offered at Sanford Health

7511 S. Louise Avenue, Sioux Falls, SD 57108

Phone: 605-312-8700

Hours: 8:00am - 5:00pm (CT), 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)
- Group therapy
- Psychological testing
- Neuropsychological testing
- Couples counseling

These services are available via telemental health.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

Counseling Services offered at Rising Hope Counseling, LLC

317 N. Heritage Parkway, Tea, SD 57064

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Telehealth Counseling Services offered at Therapy Lawgic

No Physical Location, Harrisburg, SD 57032

Phone: 605-900-6345

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

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

Coverage Area: South Dakota

Counseling Services offered at Agape Counseling Center, LLC

700 S. 8th Avenue, Brandon, SD 57005

Website: www.agapecounselingsd.com **Email:** agapecounselingbrandon@gmail.com

Phone: 605-582-4722

Hours: 7:30am - 7:00pm (CT), Monday - Friday All sessions are by appointment only and will be determined by providers availability.

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

Coverage Area: Located in Sioux Falls/Brandon area, but serving South Dakota via telehealth.

Counseling Services offered at Truth & Grace Counseling

125 W. 1st Street, Tea, SD 57064

Phone: 605-777-1898

Hours: 1:00pm - 8:00pm (CT), Monday, Tuesday, Wednesday 8:00am - 5:30pm (CT), Thursday 10:00am - 5:00pm (CT), Friday Other hours by appointment only

Services Offered: Using multiple therapeutic approaches along with empathy and compassion to help people sort out negative images of themselves.

Services offered include: individual counseling; family counseling; play therapy; faith based counseling; Cognitive Behavioral Therapy (CBT); adolescent/youth counseling; parent counseling; child abuse counseling; child abuse survivor counseling for adults; adoption support; attachment disorder; ADHD (Attention Deficit Hyperactivity Disorder); trauma; depression; anxiety; EMDR (Eye Movement Desensitization Therapy), and Sand Tray Therapy.

Telehealth sessions available.

Coverage Area: Tea, Lennox, Harrisburg, Sioux Falls, and other areas across the United States

Counseling Services offered at New Day Counseling Services, LLC

1320 E. Rushmore Drive, Suite 107, Brandon, SD 57005

Website: www.newdaysd.com **Email:** newday@alliancecom.net

Phone: 605-582-7418

Hours: 8:30am - 6:30pm (CT), Monday, Tuesday, Thursday 8:30am - 5:30pm (CT), Wednesday 8:30am - 3:30pm (CT), Friday

Services Offered: Client-centered, cognitive behavioral and energy based counseling for children, teens, adults, and families. For children, play therapy addresses many issues including physical, sexual and emotional 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. Sessions often focus on exploring and shifting core beliefs through resolving past issues.

For adults, sessions blend Cognitive Behavioral and Client Centered Therapies with Energy Psychology techniques to understand how their issues may be influenced by past trauma. By identifying dysfunctional core beliefs and resolving the events/emotions that helped create those false beliefs, clients can move forward with more joy, less stress and confidence in their own power to heal.

Sessions utilize energy balancing and clearing techniques (Emotional Freedom Technique, Emotional Code/Body Code, Matrix Reimprinting and Vibroacoustic Therapy) as appropriate to release blocked emotions and energy for clients of all ages. Flexible scheduling allows for sessions to be held in the office or other community settings when possible, and telehealth sessions are available.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner.

Counseling Services offered at Back to Basics Counseling

48575 267th Street, Valley Springs, SD 57068

Website: back-to-basics-counseling.business.site **Email:** scarecrow@alliancecom.net

Phone: 605-759-4290

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

Services Offered: Provides counseling services for addictions, anxiety, depression, Bi-polar Personality Disorder, Borderline Personality Disorder, and other mental health diagnoses through a trauma focused Dialectical Behavior Therapy (DBT) technique. All sessions are held via telehealth.

Coverage Area: Located in Sioux falls but serving all of South Dakota with all appointments via telehealth. Licensed in North Dakota LCSW, all appointments provided via telehealth.

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Carissa Palmberg Counseling

355 40th Avenue, Hills, MN 56138

Phone: 605-951-6267

Hours: Sessions are by appointment only.

Services Offered: Provides equine-assisted counseling conducted in an arena with a team including a mental health professional, an equine professional, and one or more horses for individuals, couples, families, or groups. Specializing in Post Traumatic Stress Disorder (PTSD), moral injury, trauma, addiction, grief and loss, abuse, depression, anxiety, and mood disorders. Team building and professional development workshops are also available.

Coverage Area: Sioux Falls area

Equine Assisted Counseling/Psychotherapy offered at Rock Ranch

355 40th Avenue, Hills, MN 56138

Website: www.riderockranch.org **Email:** riderockranch@gmail.com

Phone: 605-929-9291

Hours: Varies; call for information

Services Offered: Equine Assisted Counseling (EAC) is the combined use of horses, a licensed therapist, and a horse specialist working with clients to address various individual treatment goals. EAC is safe and all activities are done from the ground. No riding is involved.

Coverage Area: Southeastern South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

904 E. 5th Street, Canton, SD 57013

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

45474 288th Street, Viborg, SD 57070

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information.

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information.

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

121 S. Egan Avenue, Madison, SD 57042

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Yellow Brick Road Counseling and Therapy

601 4th Street, Brookings, SD 57006

Phone: 605-214-6855

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

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

Coverage Area: Eastern South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

601 4th Street, Suites 101, 102, 104, Brookings, SD 57006

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

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

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

Coverage Area: South Dakota

Counseling Services offered at Growth Collective, The

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

Phone: 605-620-1745

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

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

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

Counseling Services offered at Rising Hope Counseling, LLC

717 E. Main Street, Vermillion, SD 57069

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Sunstone Counseling, LLC

5 Market Street, Vermillion, SD 57069

Website: www.sunstonecounselingllc.com

Email: info@sunstonecounselingllc.com

Phone: 605-857-3347

Hours: Available Monday - Friday; hours vary

Services Offered: Provides professional counseling services to adults, couples, and children/teens. Areas of expertise include anger management, addiction, anxiety, ADHD, Bipolar Disorder, chronic illness, Cognitive Behavioral Therapy (CBT), depression, grief, military/Veteran's Issues, OCD, PTSD, and Schizophrenia.

Coverage Area: Yankton, Vermillion, Sioux Falls, and surrounding areas.

Counseling Services offered at Heartland Psychological Services

116 Market Street, Vermillion, SD 57069

Website: sdheartland.com

Email: reception@heartland.com

Phone: 605-672-1001

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

Services Offered: Offers psychological services to help people in distress relieve their suffering, restore their hope, and reach their potential in an environment of encouragement, compassion and respect, with highly qualified staff committed to effective services.

Works with children through geriatric age. Services provided include individual therapy, family therapy, and marital therapy.

Issues addressed include eating disorders, depression, anxiety, domestic violence, abuse, bipolar disorder and other mental health disorders.

Coverage Area: Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lincoln, McCook, Minnehaha (not including Sioux Falls), Turner, Union, and Yankton in SD, Counties of Cedar and Knox in NE

Counseling Services offered at Rising Hope Counseling, LLC

610 W. 23rd Street, Suite 5, Yankton, SD 57078

Website: <https://risinghope.com/>

Email: admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information.

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

Coverage Area: South Dakota

Counseling Services offered at Stronghold Counseling Services, Inc.

610 W. 23rd Street, Suite 8, Yankton, SD 57078

Website: www.strongholdcounseling.com

Email: info@strongholdcounseling.com

Phone: 605-334-7713

Hours: 9:00am - 8:00pm (CT), Monday - Thursday 9:00am - 3:00pm (CT), Friday

Services Offered: Provides 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.

Coverage Area: South Dakota

Domestic Violence Center offered at Waypost

No Physical Address, Yankton, SD 57078

Phone: 605-665-1448

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

Services Offered: Provides 24-hour shelter for domestic violence / sexual assault victims and their children. The purpose of this agency is to provide a safe, warm environment for individuals and families whose lives are impacted by violence in the home.

Services include 24-hour hotline that is answered by trained advocates, Weekly domestic violence support group, Weekly parenting class (Common Sense Parenting), Education for clients on choices, Assistance is provided in obtaining a new home if needed, Assistance with Protection Orders and going to court proceedings, and River City Family Visitation Center.

Individuals wishing to donate to the program should visit the website and see what is currently on the wish list.

Coverage Area: Counties of Yankton, Bon Homme, Hutchinson, Charles Mix, Clay, Turner, and Union.

Counseling Services offered at Rising Hope Counseling, LLC

410 W. 16th Avenue, Yankton, SD 57078

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

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

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

451 Main Street, Scotland, SD 57059

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Heartland Psychological Services

614 Broadway Avenue, Yankton, SD 57078

Website: sdheartland.com **Email:** reception@heartland.com

Phone: 605-665-0841

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

Services Offered: Offers psychological services to help people in distress relieve their suffering, restore their hope, and reach their potential in an environment of encouragement, compassion and respect, with highly qualified staff committed to effective services.

Works with children through geriatric age. Services provided include individual therapy, family therapy, and marital therapy.

Issues addressed include eating disorders, depression, anxiety, domestic violence, abuse, bipolar disorder and other mental health disorders.

Coverage Area: Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lincoln, McCook, Minnehaha (not including Sioux Falls), Turner, Union, and Yankton in SD, Counties of Cedar and Knox in NE

Counseling Services offered at Sunstone Counseling, LLC

317 Broadway Avenue, Suite 7, Yankton, SD 57078

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

Phone: 605-857-3347

Hours: Available Monday - Friday; hours vary

Services Offered: Provides professional counseling services to adults, couples, and children/teens. Areas of expertise include anger management , addiction , anxiety , ADHD , Bipolar Disorder , chronic illness , Cognitive Behavioral Therapy (CBT) , depression , grief , military/Veteran's Issues , OCD , PTSD , and Schizophrenia.

Coverage Area: Yankton, Vermillion, Sioux Falls, and surrounding areas.

Mental Health Counseling offered at M & M Counseling and Consulting, LLC

115 Broadway Avenue, Suite 3, Yankton, SD 57078

Website: <https://mmcounselingyankton.clientsecure.me/>

Email: mmcounselingyankton@gmail.com

Phone: 605-660-2949

Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 1:00pm (CT), Friday

Services Offered: Providing outpatient mental health counseling for adolescents and adults.

Offers individual counseling, trauma informed therapy and cognitive behavioral therapy.

Telehealth appointments are also available.

Coverage Area: Located in Yankton, providing statewide service via telehealth.

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

103 W. Maple Street, Parkston, SD 57366

Phone: 605-928-7907

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

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

104 W. Main Street, Parkston, SD 57366

Website: <https://risinghope.com/>

Email: admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Therapy Services offered at Embracing Change Counseling Services, LLC

221 E. 3rd Avenue, Mitchell, SD 57301

Phone: 605-306-0359

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

Services Offered: Services provided are individual counseling, divorce counseling, faith based counseling, youth counseling, parent counseling, family counseling, grief/bereavement counseling, terminal illness counseling, child abuse counseling, crime victim/witness counseling, geriatric psychiatry, Cognitive Behavioral Therapy (CBT), and Trauma Informed Therapy.

Areas of training or expertise include rural mental health - meeting farmers, ranchers, and their families where they are at, often times at their farm. Hours can be accommodated to fit the harvest/planting schedule; anxiety, depression, suicidal ideation, life transitions, farm succession, parenting strategies, communication styles, and trauma.

Counseling sessions are also available via telehealth.

Coverage Area: In-person sessions available for residents of Davison County. Telemental Health is available for all South Dakota residents.

Residential Treatment Services offered at Abbott House

909 Court Merrill, Mitchell, SD 57301

Website: <https://www.abbotthouse.org/residential-treatment/>

Email: info@abbotthouse.org

Phone: 605-996-2486

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

Services Offered: Provides 2 Psychiatric Residential Treatment Facilities (PRTF) for young women in nurturing, trauma-informed settings. The program offers an array of therapeutic services such as evidence-based trauma informed programming, special education schooling, individual therapy, group therapy, alcohol and drug treatment, and independent living skills.

A variety of therapeutic techniques are used such as eye movement desensitization and reprocessing (EMDR), neurofeedback, bio feedback, cognitive behavior therapy (CBT), and dialectical behavior therapy (DBT).

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

1401 N. Main Street, Suite 108 and 109, Mitchell, SD 57301

Website: <https://risinghope.com/>

Email: admin@risinghope.com

Phone: 605-494-1500

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

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

Coverage Area: South Dakota

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

40354 210th Street, Huron, SD 57350

Phone: 605-352-9098

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

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

79 2nd Street S.W., Suite 202, Huron, SD 57350

Website: <https://risinghope.com/>

Email: admin@risinghope.com

Phone: 605-494-1500

Hours: Call for more information

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

818 S. Broadway Street, Suite 113, Watertown, SD 57201

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Better Me Counseling and Consulting

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

Phone: 605-880-0100

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

Services Offered: Provides mental health counseling including the following services: individual counseling, marriage counseling, family counseling, couples counseling, divorce counseling, grief/bereavement counseling, LGBTQ counseling, child abuse counseling, child abuse survivor counseling for adults, trauma informed therapy, cognitive behavioral therapy, parent counseling, spouse/intimate partner abuse counseling, telehealth counseling, farm crisis counseling, and retirement and aging concerns.

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

Counseling Services offered at Rising Hope Counseling, LLC

1119 Main Street, Webster, SD 57274

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: By appointment only.

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

110 S. Main Street, Chamberlain, SD 57325

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

841 Jackson Street, Suite C, Burke, SD 57523

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Mental Health and Substance Abuse Counseling offered at Inner Peace Counseling

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

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

Phone: 605-982-8857

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

Services Offered: Providing a multicultural approach to mental health and substance abuse counseling for adolescents and adults.

Specific areas include adult ADHD and neurodivergence; anxiety; chronic pain and illness; depression and mood disorders; grief and loss; spirituality; trauma and stress-related disorders; work and career issues; farming stress and rural life; men's mental health and women's mental health .

Help is available for caregivers, parents, helping professionals, college students and young adults, first responders

Coverage Area: Based in Aberdeen; offers statewide service via telehealth

Counseling Services offered at Lutheran Family Service

214 7th Avenue S.W., Aberdeen, SD 57401

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

Email: info@lutheranfamilyservice.org

Phone: 605-271-1081

Hours: Call for appointment.

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

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

Counseling Services offered at Rising Hope Counseling, LLC

1206 S. Main Street, Suites 1-5, Aberdeen, SD 57401

Website: <https://risinghope.com/>

Email: admin@risinghope.com

Phone: 605-494-1500

Hours: Call for more information.

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

Coverage Area: South Dakota

Counseling Services offered at Inspire Counseling, LLC

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

Phone: 605-262-0513

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

Services Offered: Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families.

Other services include individual counseling; divorce counseling; grief/bereavement counseling; dialectical behavioral therapy (DBT); LGBTQ counseling; child abuse counseling; child abuse survivor counseling for adults; family counseling; play therapy; trauma informed therapy; cognitive behavioral therapy (CBT); adolescent/youth counseling; gender identity counseling; parent counseling; spouse/intimate partner abuse counseling; and telemental health.

Coverage Area: South Dakota

Behavioral Health and Substance Abuse Services offered at South Dakota Urban Indian Health

339 S. Pierre Street, Pierre, SD 57501

Phone: 605-224-8841

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

Services Offered: Behavioral Health Services available from licensed substance abuse and mental health counselors.

Services include: chemical dependency assessments and Level 1.0 counseling, individual, couples, and family behavioral health counseling, Medication Assisted Therapy (MAT) for patients recovering from substance use disorders, EMDR (Eye Movement Desensitization Reprocessing) Therapy, and psychiatry team availability. Transportation is available for current patients if needed.

Coverage Area: Cities served: Pierre and Sioux Empire area

Counseling Services offered at Rising Hope Counseling, LLC

420 S. Henry Street, Pierre, SD 57501

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information.

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

Coverage Area: Pierre area

Mental Health Services offered at Support Circle, The

No Physical Address, Mobridge, SD 57601

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

Hours: Email to schedule an appointment via telehealth.

Services Offered: Providing mental health services across South Dakota in a virtual setting.

Counseling services and focus is on individual, couples, family, grief/bereavement, parenting, childhood behavioral issues, anxiety, depression, stress, burnout, life transitions, relationship & communication challenges, and self-esteem & identity concerns.

Therapy approaches utilized are Cognitive Behavioral Therapy (CBT), Trauma-Focused CBT (TF-CBT), Dialectical Behavior Therapy (DBT), Solution-Focused Therapy, and Parent Coaching & Psychoeducation.

Coverage Area: Telehealth is available across South Dakota.

Counseling Services offered at Rising Hope Counseling, LLC

503 1/2 W. Grand Crossing, Mobridge, SD 57601

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

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

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

Coverage Area: South Dakota

Residential Behavioral Health/Group Care Program offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

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

Phone: 605-718-4870

Hours: Residential services: 24 hours a day / 7 days a week Front desk hours: 9:00am - 5:00pm (MT), Monday - Friday 10:00am - 4:00pm (MT), Saturday

Services Offered: Residential behavioral/group care program for abused and neglected youth offers youth 24-hour supervision. Services offered include individual therapy, treatment planning, mental health evaluation, group therapy, collaboration with parents/guardians/ foster parents, referral agency, schools or other provider, and educational services provided in program.

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

Counseling Services offered at Forward Flow Counseling, LLC

No Physical Address, Rapid City, SD 57701

Phone: 605-223-0813

Hours: Call or email to schedule an appointment.

Services Offered: Telehealth counseling with flexible scheduling including shortened or extended session times.

Counseling services include Individual Counseling, Parent Counseling, Grief/Bereavement Counseling, Family Counseling, Hoarding Counseling, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, and Trauma Informed Therapy.

Will be offering group services in the near future.

Coverage Area: South Dakota

Residential Treatment Services offered at Abbott House

No Physical Location, Rapid City, SD 57701

Website: <https://www.abbotthouse.org/residential-treatment/>

Email: info@abbotthouse.org

Phone: 605-996-2486

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

Services Offered: Provides 2 Psychiatric Residential Treatment Facilities (PRTF) for young women in nurturing, trauma-informed settings. The program offers an array of therapeutic services such as evidence-based trauma informed programming, special education schooling, individual therapy, group therapy, alcohol and drug treatment, and independent living skills.

A variety of therapeutic techniques are used such as eye movement desensitization and reprocessing (EMDR), neurofeedback, bio feedback, cognitive behavior therapy (CBT), and dialectical behavior therapy (DBT).

Coverage Area: South Dakota

Counseling Services offered at Esthers Rising

Rapid City, SD 57701

Website: <https://esthersrisingministry.com/free23/>

Email: referrals.esthersrising@protonmail.com

Phone: 605-519-8870

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

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

Website: <https://risinghope.com/>

Email: admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Counseling Services offered at Rising Hope Counseling, LLC

219 Founders Park Drive, Suite 1, Rapid City, SD 57701

Website: <https://risinghope.com/>

Email: admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information.

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

Coverage Area: South Dakota

Counseling Services offered at Midwest Wellness Institute, PLLC

2620 Jackson Boulevard, Suite G, Rapid City, SD 57702

Website: www.mwihealth.org/

Email: office@mwihealth.org

Phone: 605-600-7880

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Lutheran Family Service

7308 Wedgewood Drive, Black Hawk, SD 57718

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

Phone: 605-271-1081

Hours: Call for appointment.

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

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

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

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

Phone: 605-343-5422

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

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Lutheran Family Service

825 Main Street, Deadwood, SD 57732

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

Phone: 605-271-1081

Hours: Call for appointment.

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

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

Counseling Services offered at Belle Fourche Counseling, LLC

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

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

Phone: 605-722-8090

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

Services Offered: Individual and family therapy services specializing in eye movement desensitization and reprocessing (EMDR), trauma and abuse focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting. Offers telehealth counseling through a secure video connection. Clients are not required to attend an intake session in person.

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

Counseling Services offered at Rising Hope Counseling, LLC

3105 W. Fairground Loop, Spearfish, SD 57783

Website: <https://risinghope.com/> **Email:** admin@risinghope.com

Phone: 605-494-1500

Hours: Call for information

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

Coverage Area: South Dakota

Addiction/Substance Use Services

Chemical Dependency/Substance Use Counseling Services offered at Choices Recovery Services, Inc.

622 S. Minnesota Avenue, Sioux Falls, SD 57104

Phone: 605-334-1822

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 3:00pm (CT), Friday Evening group times

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

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Prevention Programming offered at Carroll Institute

310 S. 1st Avenue, Carroll Institute, Sioux Falls, SD 57104

Phone: 605-336-2556

Hours: Services are provided in the school districts during the school day. If office appointment are necessary, must be scheduled with the counselor directly.

Services Offered: Carroll Institute Project Awareness Prevention Program contracts with area school districts to provide evidence-based prevention programming in the classroom K-12 th grade by counselors trained in working with adolescents with varying backgrounds in prevention, school counseling, and mental health counseling. Provides assessments and screening to students with referral services to appropriate levels of care.

Diversion Program available for young adults ages 18-20 with no substance use diagnosis outside of tobacco use.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha and Turner

Counseling Services offered at Stay and Talk

No Physical Address, Sioux Falls, SD 57101

Phone: 605-929-4900

Hours: By appointment only. 6:00pm - 11:00pm (CT), Monday - Friday 24 hours a day, Saturday and Sunday

Services Offered: Services offered include addiction counseling, chemical dependency assessments, grief counseling, and peer support. Certain therapy modalities are also available such as Motivational Interviewing, Moral Reconation Therapy, Talk Therapy, and more.

Services are unavailable for people in formal treatment services elsewhere unless approved by your provider, which will require confirmation.

Coverage Area: Services offered nationally, across the U.S. Telehealth is available for people who live outside of the Sioux Falls area. In-person appointments are available for individuals that live withing the Sioux Falls area.

Outpatient Treatment offered at iRecover.US

1417 S. Minnesota Avenue, Sioux Falls, SD 57105

Website: www.irecover.us/ **Email:** info@irecover.us

Phone: 605-271-2168

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

Services Offered: Providing outpatient treatment for chemical dependency and mental health.

Services include chemical dependency and mental health assessments, integrated assessments, individual chemical dependency and mental health therapy.

Level 2.1 Intensive Outpatient Treatment, CBT group therapy, Crossroads group (Christians affected by addiction), Aftercare, and Alumni group are also available.

Coverage Area: Sioux Falls and surrounding area

Medical and Dental Clinics offered at City of Sioux Falls Health Department

521 N. Main Avenue, Suite 100, Main Clinic Downtown, Sioux Falls, SD 57104

Website: www.siouxfalls.gov/health-safety/health-services/falls-community-health

Phone: 605-367-8793

Hours: Medical Clinic Main Site: 7:30am - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday 9:00am - 5:00pm (CT), Wednesdays Hours for the Dental Clinic: 7:30am - 5:00pm (CT), Monday - Thursday 7:30am - 1:00pm (CT), Friday Same day appointments available at one of four sites (on most days)

Services Offered: Falls Community Health is a family practice medical clinic and dental clinic with emphasis on health promotion and disease prevention. The Community Health Center was established in 1979 with its goal being to remove the barriers, primarily financial, that exist and limit the access of lower income individuals or families seeking primary health care services.

Services for the general public include family health, lab radiology, well-child care, immunizations, family planning (including birth control, STD screening and treatment), patient education, and dental care.

Services for established clinic patients include outpatient mental health and substance abuse counseling, psychiatry services, transportation assistance (transporter of last resort), and pharmacy assistance to clients of the Falls Community Health Care Clinic.

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County

Adolescent Substance Use and Mental Health Services offered at Southeastern Behavioral Healthcare

2000 S. Summit Avenue, Sioux Falls, SD 57105

Phone: 605-336-0510

Hours: 8:00am - 8:00pm (CT), Monday 8:00am - 6:00pm (CT), Tuesday, Thursday 8:00am - 7:00pm (CT), Wednesday 8:00am - 12:00noon (CT), Friday Evenings by appointment

Services Offered: Intensive, non-residential treatment program providing services to children who meet the states' Severe Emotional Disturbance (SED) criteria and would not be successful in less restrictive services. Also provides services to their families. Incorporating counseling, case management, and family support services, with the goal of assisting in the development of a nurturing and stable family environment in which children may grow. A counselor along with family, individuals supporting the family, and professionals will develop a customized treatment plan which will assist in meeting the needs of the child and family.

Services provided to program participants include 24-hour crisis assistance, counseling services, chemical dependency screenings and assessments, case management, medication management, psychiatric services, classes and workshops on mental health topics, early childhood mental health services, and play therapy for children ages 0 to 5. Some therapies offered in this program include Dialectical Behavioral Therapy (DBT), Moral Reconciliation Therapy (MRT), and Aggression Replacement Therapy (ART).

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Medical and Dental Clinics offered at City of Sioux Falls Health Department

601 N. Spring Avenue, Hawthorne Elementary School - Medical and Dental Clinic, Sioux Falls, SD 57104

Website: www.siouxfalls.gov/health-safety/health-services/falls-community-health

Phone: 605-367-8793

Hours: Medical Hours: 8:00am - 12:00pm (CT), Monday, Tuesday, Thursday, and Friday. Dental: Available to Hawthorne Students Only. Call to schedule an appointment.

Services Offered: Falls Community Health is a family practice medical clinic and dental clinic with emphasis on health promotion and disease prevention. The Community Health Center was established in 1979 with its goal being to remove the barriers, primarily financial, that exist and limit the access of lower income individuals or families seeking primary health care services.

Services for the general public include family health, lab radiology, well-child care, immunizations, family planning (including birth control, STD screening and treatment), patient education, and dental care.

Services for established clinic patients include outpatient mental health and substance abuse counseling, psychiatry services, transportation assistance (transporter of last resort), and pharmacy assistance to clients of the Falls Community Health Care Clinic.

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County

Medical and Dental Clinics offered at City of Sioux Falls Health Department

1722 E. 8th Street, Terry Redlin Elementary School - Medical and Dental Clinic, Sioux Falls, SD 57103

Website: www.siouxfalls.gov/health-safety/health-services/falls-community-health

Phone: 605-367-8793

Hours: 1:00pm - 5:00pm (CT), Monday - Thursday

Services Offered: Falls Community Health is a family practice medical clinic and dental clinic with emphasis on health promotion and disease prevention. The Community Health Center was established in 1979 with its goal being to remove the barriers, primarily financial, that exist and limit the access of lower income individuals or families seeking primary health care services.

Services for the general public include family health, lab radiology, well-child care, immunizations, family planning (including birth control, STD screening and treatment), patient education, and dental care.

Services for established clinic patients include outpatient mental health and substance abuse counseling, psychiatry services, transportation assistance (transporter of last resort), and pharmacy assistance to clients of the Falls Community Health Care Clinic.

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County

Counseling Services offered at Restored To New Life Services

1915 E. 8th Street, Suite 107, Sioux Falls, SD 57103

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

Phone: 605-271-7712

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

Services Offered: An outpatient counseling center that specializes in mental health therapy, marriage and family therapy and substance abuse, gambling and pornography addiction, along with other compulsive behaviors. Services are offered in a safe, graced filled environment where an authentic connection with a therapist and client is formed. The philosophy of care is to meet clients where they are at, help them navigate through the difficulties of their life and empower them to see positive improvements in their life by offering clinically proven skills and tools that research has shown has helped many in our 20 years of practice.

Available services include individual psychotherapy, group therapy, marriage and family therapy, couples counseling, Christian counseling, outpatient substance abuse treatment, gambling treatment, pornography addiction treatment, intimacy disorder treatment, spouse of sex addict treatment, family recovery therapy, internet and gaming treatment, spiritual direction, life coaching, psychotherapy for pastors, ministry leaders, non-profit leaders, and business executives, and treatment also for anxiety, depression, trauma and grief issues along with a variety of other mental and emotional distress.

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

Addiction Recovery Program offered at Avera Behavioral Health

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

Phone: 605-322-5700

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

Services Offered: Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties. Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment. Court-approved provider for chemical dependency assessments, counseling and treatment services. Adolescents can be seen for chemical dependency evaluations, individual therapy and aftercare group.

Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties. Dual-credentialed therapists licensed in mental health and addictions.

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

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

Coverage Area: Eastern South Dakota

Resource Guide - Supporting your Loved One with a Substance Use Disorder offered at South Dakota Resource Hotline

No Physical Address, Sioux Falls, SD 57104

Website: www.helplinecenter.org/wp-content/uploads/HELP479-Substance-Use-Disorder-Guide_WEB.pdf

Email:

substanceuse@helplinecenter.org

Hours: Care Coordination: 8:00am - 4:30pm (CT), Monday - Friday Resource Hotline: 24 hours a day / 7 days a week

Services Offered: Resource Guide: Supporting your Loved One with a Substance Use Disorder. This publication was developed by the Helpline Center in partnership with the South Dakota Department of Social Services. For more information, call the Resource Hotline for 24/7 support at 988.

To request a print copy, please complete this Request Form.

For more information, visit <https://letsbeclearsd.com/> or Text 'opioid' to 898211.

Coverage Area: South Dakota

Substance Use Counseling Services offered at BAART Programs

2519 W. 8th Street, Sioux Falls, SD 57104

Website: <https://baartprograms.com/locations/south-dakota/sioux-falls/>

Phone: 605-332-3236

Hours: 5:30am - 2:00pm (CT), Monday - Friday Dosing: 5:45am - 10:30am;12:00noon - 1:00pm (CT), Monday - Friday

Services Offered: An opioid addiction treatment center providing MAT and methadone maintenance treatment programs, patient care, and counseling for those struggling with opioid substance use.

Coverage Area: South Dakota, Northwest Iowa, and Southwest Minnesota

Alcohol and Drug Prevention Services offered at Prairie View Prevention Services, Inc.

822 E. 41st Street, Suite 235, Sioux Falls, SD 57105

Phone: 605-331-5724

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

Services Offered: School-based alcohol and drug prevention and intervention counseling services for students and families. Services include: individual and group sessions, family counseling, drug and alcohol screening, tobacco screening, drug and alcohol assessments, referrals, aftercare (post treatment), and prescription drug lock boxes. Offering tele-mental health services. Must have access to computer with camera and microphone.

Coverage Area: Cities of Sioux Falls and Canton (participating schools)

Counseling Services offered at Balance Point, LLC

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

Phone: 605-524-8910

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

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

Coverage Area: Southeastern South Dakota

Counseling Services offered at Clear Path Counseling

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

Phone: 605-215-1701

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

Services Offered: Offers mental health counseling for adults, including individual, LGBTQ+, substance abuse, and cognitive behavioral therapy.

Coverage Area: Sioux Falls area

Sands Freedom Center offered at Glory House of Sioux Falls

3930 S. West Avenue, Sioux Falls, SD 57105

Phone: 605-332-3273

Hours: 24 hours a day / 7 days a week

Services Offered: A substance abuse treatment facility for female clients of the Glory House.

Services include substance use assessment, drug/alcohol testing, mental health screening, tobacco use education/prevention, smoking cessation, peer mentoring, and counseling services.

This is an accredited facility with the State of South Dakota.

Coverage Area: South Dakota

Counseling Services offered at Solace

2210 S. Brown Place, Sioux Falls, SD 57105

Website: <http://seeksolace.care> **Email:** hello@seeksolace.care

Phone: 605-336-1974

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

Services Offered: Counseling services include helping individuals and families learn to recognize problems, communicate needs, and change behaviors. Specialized programs include treatment for depression, anxiety, bi-polar, PTSD grief, trauma, life stress and adjustment disorders.

Can provide counseling via telehealth for individuals. Preference is to have an in-person intake session, but Solace 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.

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

Outreach Center offered at Keystone Treatment Center

3800 S. Kiwanis Avenue, Sioux Falls, SD 57105

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

Phone: 877-648-1347

Hours: Office hours: 8:00am - 9:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday Treatment group hours: 9:00am - 12:00noon (CT), Monday - Thursday (AM group) 6:00pm - 9:00pm (CT), Monday - Thursday (PM group) Walk-in assessment hours: 11:00am - 12:00pm(CT);Friday

Services Offered: An intensive, outpatient, 12-step recovery-based center for alcohol and drugs. Services are provided by certified chemical dependency counselors including as sessments (walk-in assessments available), day and evening treatment programs, adolescent programs, 12 hour DUI class, Intensive Methamphetamine Treatment (IMT) offered with state approval only, and a Recovery Maintenance Group. This office is located close to the SAM (Sioux Area Metro) Orange bus route.

Coverage Area: Counties of Minnehaha, Lincoln, and Turner

Counseling Services offered at Midwest Health Management Services

4109 S. Carnegie Circle, Sioux Falls, SD 57106

Phone: 605-275-4711

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

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

Coverage Area: Located in Sioux Falls but covers South Dakota via telemental health.

Physician Well-Being Program offered at South Dakota State Medical Association

4109 Carnegie Circle, Sioux Falls, SD 57105

Website: <https://sdpwbp.org/> **Email:** membership@sdsma.org

Phone: 605-275-4711

Hours: Call for an appointment

Services Offered: Offers confidential and individualized support for physicians and residents to connect them with services and resources to help with wellness and reduce burnout. This program is committed to supporting the well-being and health to enable physicians to continue to provide high-quality patient care. It is offered in-person or remote.

Services may include: well-being resources, career fatigue, grief and loss, financial stressors, stress and anxiety, depression, substance abuse, behavioral concerns, work/family balance, personal and family stressors.

Program is confidential with no insurance billing and no medical record.

Coverage Area: All MDs and DOs licensed in the state of South Dakota

Counseling Services offered at Counseling Resources

4109 S. Carnegie Circle, Sioux Falls, SD 57106

Phone: 605-331-2419

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

Services Offered: Provides the following services such as substance use evaluations, DUI education, individual therapy, couples therapy, outpatient substance abuse treatment, gambling counseling/treatment, and cognitive behavioral therapy.

Coverage Area: Eastern South Dakota

Counseling Services offered at Becoming Agency, The

3400 W. 49th Street, Suite 200, Sioux Falls, SD 57106

Website: <https://thebecomingagency.com/> **Email:** info@thebecomingagency.com

Phone: 605-593-4075

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

Services Offered: Provides individual, family, and couples therapy services including the following core issues: anxiety, depression, addictions, self esteem issues, couples issues, parenting challenges, and relationship building. Also offers leadership development services.

Coverage Area: Sioux Falls area.

Counseling Services offered at Renew Counseling Services LLC

3400 W. 49th Street Suite 200, Sioux Falls, SD 57106

Phone: 605-777-0588

Hours: 9:00am - 5:00pm (CT), Monday, Tuesday 9:00am - 2:00pm (CT), Thursday Flexible as hours present and availability.

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

Coverage Area: Located in Sioux Falls, telehealth throughout the State of South Dakota.

Counseling Services offered at First Step Counseling Services

4320 S. Louise Avenue, Suite 105, Sioux Falls, SD 57106

Website: www.takeyourfirststep.com **Email:** frontdesk@takeyourfirststep.com

Phone: 605-361-1505

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

Services Offered: Offers comprehensive diagnostic evaluations and a variation of programs to fit individual needs, from education, individual counseling, outpatient treatment, intensive outpatient and aftercare.

Coverage Area: Sioux Empire and other counties in South Dakota and Minnesota

Medical and Dental Clinics offered at City of Sioux Falls Health Department

410 N. Valley View Road, Hayward Elementary School - Medical and Dental Clinic, Sioux Falls, SD 57107

Website: www.sioxfalls.gov/health-safety/health-services/falls-community-health

Phone: 605-367-8793

Hours: 12:30pm - 4:30pm (CT), Monday - Thursday 7:30am - 11:30am (CT), Fridays

Services Offered: Falls Community Health is a family practice medical clinic and dental clinic with emphasis on health promotion and disease prevention. The Community Health Center was established in 1979 with its goal being to remove the barriers, primarily financial, that exist and limit the access of lower income individuals or families seeking primary health care services.

Services for the general public include family health, lab radiology, well-child care, immunizations, family planning (including birth control, STD screening and treatment), patient education, and dental care.

Services for established clinic patients include outpatient mental health and substance abuse counseling, psychiatry services, transportation assistance (transporter of last resort), and pharmacy assistance to clients of the Falls Community Health Care Clinic.

Coverage Area: City of Sioux Falls and surrounding communities in Minnehaha and parts of Lincoln County

Counseling Services offered at Mindful DBT

6810 S. Lyncrest Avenue, Suite 201, Sioux Falls, SD 57108

Phone: 605-496-7272

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

Services Offered: Offers adherent and comprehensive dialectical behavior therapy (DBT) along with trauma treatment.

Currently serve adults, adolescents (12 - 17) and LGBTQ+ individuals who struggle with suicide, self-harming, eating disorders, chemical dependency, trauma, borderline personality disorder (BPD), unresponsive anxiety and depression. DBT is proven to be effective at helping individuals step away from harmful behaviors and experience a life worth living.

Program includes weekly individual DBT therapy, weekly DBT skills groups, and 24-hour phone coaching.

Coverage Area: Sioux Empire and surrounding areas including Minnesota.

Medication Assisted Treatment Program offered at Avera Behavioral Health

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

Phone: 605-322-5700

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

Services Offered: Provides Medication Assisted Treatment for opioid addiction.

Coverage Area: Eastern South Dakota

Residential Program offered at Tallgrass Recovery and Sober Living Homes

27048 Tallgrass Avenue, Sioux Falls, SD 57108

Phone: 605-368-5559

Hours: 24 hours a day / 7 days a week

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

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

Scholarships available.

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

Sober Living Home offered at Tallgrass Recovery and Sober Living Homes

27048 Tallgrass Avenue, Sioux Falls, SD 57108

Phone: 605-368-5559

Hours: 24 hours a day / 7 days a week

Services Offered: 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

Coverage Area: Located in Sioux Falls, but serving residents of southeastern South Dakota

Inpatient Adult Treatment offered at Keystone Treatment Center

1010 E. 2nd Street, Canton, SD 57013

Website: www.keystonetreatment.com

Email: info@keystonetreatment.com

Phone: 877-648-1347

Hours: Facility operates 24 hours a day / 7 days a week

Services Offered: An inpatient alcohol, drug, and gambling treatment programs for adults. Care provided by: 24 hour nursing staff, a full-time psychologist, 24 hour on-call doctor, Certified chemical dependency counselors, and ASAM certified Addictionologists.

Based on 12-step recovery model with medically monitored detoxification, Dual-diagnosis track with psychiatrist - For co-occurring disorders, diagnosis must be substance use primary and mental health secondary; Inpatient and outpatient gambling program with certified gambling counselors, Substance abuse, inhalant abuse and Methamphetamine treatment track (IMT), Chronic Pain Program, Medication Assisted Treatment - Different medications are available. Keystone utilizes Vivitrol and Naltrexone. May utilize Subutex and other medications to taper during medically monitored detoxification. Keystone does not utilize Methadone or Suboxone for maintenance.

Unique services available are Native American cultural program (sweat lodge on site, talking circles, etc.), and a Spiritually based 12-step program.

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Veterans and retired military. Need to be referred through VA; able to take VA funding. Active duty military and dependents may utilize TRICARE West Insurance.

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

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

1028 Walnut Street, Yankton, SD 57078

Phone: 605-665-4606

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

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

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

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

Two forms of MAT are offered at LCBHS:

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

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

Coverage Area: South Dakota

Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net

Email: info@dakotacounseling.net

Phone: 605-995-8180

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

Services Offered: Responds to the needs of individuals in the Mitchell area affected directly or indirectly by mood-altering chemical use or dependency through a wide variety of services including treatment needs assessments, detoxification, intensive inpatient and outpatient treatment, first offender DUI courses, adolescent and adult aftercare, adolescent treatment, anger management, moral recognition therapy (MRT), relapse prevention courses, parenting classes, strengths group, CBISA, readiness group for federal probationers, referrals, group and individual therapy, transitional living, and continued care.

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

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

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

Phone: 605-622-5800

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

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

Coverage Area: South Dakota and surrounding states

Treatment Program offered at Rosebud Sioux Tribe

719 West BIA, Alcohol Treatment Center, Rosebud, SD 57570

Phone: 605-747-2342

Hours: 24 hours a day / 7 days a week

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

Coverage Area: Located in Rosebud, but serving South Dakota

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

12451 Highway 1806, Mobridge, SD 57601

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

Email: lavon.booth@ihs.gov

Phone: 605-845-7181

Hours: 24 hours a day / 7 days a week

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

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

Substance Use Disorder Services offered at Anpetu Luta Otipi

112 Terryl M Blue Street, Kyle, SD 57752

Phone: 605-455-2331

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

Services Offered: A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. waca'tognaka (generosity), woohitika (courage), wowaci'ta'ka (perseverance), waoholaka (respect), wau'sila (compassion), and woksape (wisdom).

Coverage Area: Pine Ridge Reservation

Recovery Support Services offered at Anpetu Luta Otipi

112 Terryl M Blue Street, Kyle, SD 57752

Phone: 605-455-2331

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

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

Coverage Area: Pine Ridge Reservation

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

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

Website: www.pennco.org/sheriff/

Email: ccadp@pennco.org

Phone: 605-394-6128

Hours: Office Hours: 8:00am - 5:00pm (MT) Monday - Friday Walk-In Assessment Hours: 8:00am - 2:00pm (MT), Monday - Friday Detox Hours: 24 hours a day / 7 days a week.

Services Offered: Provides residential and intensive outpatient treatment with specializations including Intensive Methamphetamine Treatment program (IMT), Intensive outpatient treatment, 12-hour DUI class, Moral Recognition Therapy (MRT), Cognitive Behavioral Intervention for Substance Abuse program (CBISA), treatment needs assessments, social-setting detox, emergency/involuntary commitments, and Pivot Point referrals. Walk-in assessments are available on a first-come, first-serve basis.

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

Residential Addiction Recovery Center offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org

Email: info@wellfully.org

Phone: 605-718-4870

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

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

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

Adolescent Crisis Care Center and Adolescent Addiction Recovery Unit offered at Abbott House

22 Waterloo Street, Rapid City, SD 57701

Website: www.abbotthouse.org/abbott-crisis-care

Email: info@abbotthouse.org

Phone: 605-277-3750

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

Services Offered: The Adolescent Crisis Care Center provides immediate, short-term care for middle and high school youth who are experiencing a crisis or may be considering suicide. Services provided are mental health screenings/assessments, observation, de-escalation/stabilization, and referrals to appropriate services. Also has Community Health Workers that will provide case management services.

The Adolescent Addiction Recovery Unit provide inpatient and outpatient addiction recovery care for youth ages 7 to 17. Services include 24-Hour supervision, residential treatment, intensive counseling, and educational support.

Coverage Area: South Dakota

Full Circle offered at West River Mental Health

350 Elk Street, Rapid City, SD 57701

Phone: 605-343-7262

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

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

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

Mental Health and Substance Use Counseling offered at Young Counseling, LLC

522 7th Street, Suite 202, Buell Building, Rapid City, SD 57701

Website: <https://youngcounseling.clientsecure.me/>

Email: youngcounselingllc@gmail.com

Phone: 605-416-9904

Hours: Varies; Please call to schedule an appointment.

Services Offered: Provides clinical mental health and addiction counseling for individuals seeking support with emotional, behavioral, and substance-related challenges. Services include assessment, treatment planning, and evidence-based counseling approaches tailored to meet client's unique needs.

The practice works with adolescents and adults to address concerns such as depression, anxiety, stress management, and substance use, with the goal of supporting overall well-being and personal growth.

Coverage Area: In-person appointments for those living in the Rapid City and surrounding areas. Telehealth options are available for all South Dakota residents.

South Dakota National Guard Psychological Health Program offered at South Dakota Department of the Military

2823 W. Main Street, Rapid City, SD 57702

Website: www.militaryonesource.mil/resources/millife-guides/psychological-health-program/

Phone: 605-737-6582

Hours: 7:00am - 5:00pm (MT), Monday - Friday

Services Offered: Provides mental health, substance abuse, suicide prevention and resiliency information to members of the South Dakota Army National Guard and families.

Coverage Area: South Dakota

Residential Treatment Program offered at New Dawn Center

19271 SD Highway 79, Vale, SD 57788

Phone: 605-309-5105

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

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

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

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

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

Children/Adolescent Therapy

Counseling Services offered at Parts of You Therapy

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

Phone: 605-550-2655

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

Services Offered: Services include: individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), brain spotting and internal family systems, and telemental health counseling.

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

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

Therapy offered at Lifescape

1020 W. 18th Street, Sioux Falls, SD 57104

Website: www.lifescapesd.org/outpatient-therapy-behavioral-health

Phone: 605-444-9700

Hours: 7:30am - 6:00pm (CT), Monday - Friday

Services Offered: Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. 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 screenings and evaluations of Autism.

Coverage Area: Located in Sioux Falls and Rapid City.

Children's Connection offered at Family Connection

421 W. 7th Street, Sioux Falls, SD 57104

Website: www.sdfamilyconnection.org

Email: info@sdfamilyconnection.org

Phone: 605-357-0777

Hours: Office hours: 9:00am - 4:00pm (CT), Monday - Friday

Services Offered: Children's Connection works with the Sioux Falls School District to provide group counseling services to children with an incarcerated loved one. Family Connection, through the Children's Connection program, is working to break the generational cycle of incarceration. The program involves group counseling and other appropriate services with an emphasis on providing support, education and other positive coping skills. The goal is to provide a safe place for children to talk and know they are not alone.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Student Services offered at University of Sioux Falls

1101 W. 22nd Street, Sioux Falls, SD 57105

Website: www.usiouxfalls.edu **Email:** admissions@usiouxfalls.edu

Phone: 605-331-5000

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

Services Offered: University of Sioux Falls offers a variety of support services to its students including Campus Safety, Safe Walk Program, student counseling services, veteran benefits, residential life, disability services, dining services and tutoring.

Coverage Area: Campus of University of Sioux Falls, and surrounding area

Sanford Women's - Mental Health Services offered at Sanford Health

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

Phone: 605-328-7700

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Session times vary; call for information

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.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Counseling Services offered at Lourdes Center, The

523 N. Duluth Avenue, Sioux Falls, SD 57104

Website: www.thelourdescenter.com **Email:** tlc@thelourdescenter.com

Phone: 605-988-3775

Hours: 9:00am - 5:00pm (CT), Monday, Wednesday, Thursday 9:00am - 6:00pm (CT), Tuesday 9:00am - 12:00noon (CT), Friday

Services Offered: Licensed, professional counseling for adults and children. All areas of counseling are available, including individual, marriage, and family.

Coverage Area: Cities of Aberdeen, Sioux Falls, and Yankton

Student Services offered at Augustana University

2001 S. Summit Avenue, Sioux Falls, SD 57197

Phone: 605-274-0770

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

Services Offered: Augustana University offers a variety of support services to its students including:

- Campus Safety:
- (605) 274-4014

- Emergency Notification System
- Student Counseling Services:
- (605) 274-5215

- Student Health Services:
- (605) 274-5552

- Childcare Services:
- (605) 274-4701

- Residential Life On-Call Director:
- (605) 310-3045

- Dining Services:
- (605) 274-4800

- Disability Services:
- (605) 274-4631

- Tutoring:
- (605) 274-4131

- Writing Assistance Center:
- (605) 274-5441

Coverage Area: Campus of Augustana University, and surrounding area

Biblical Counseling Services offered at New Haven

1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103

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

Phone: 605-274-1556

Hours: 9:30am - 6:00pm (CT), Monday - Thursday 9:30am - 1:00pm (CT), Friday Closing can be adapted to needs of person asking for help.

Services Offered: Offers help and insight in the following areas - marital relationships, addictions, family relationships, pregnancy counseling, depression, stress, and eating disorders.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

HALO Program offered at Gathering Well, The

Empower Campus, 1915 E. 8th Street, Suite 108, Sioux Falls, SD 57103

Website: <https://gathering-well.org/programs/> **Email:** info@gathering-well.org

Hours: Call for information.

Services Offered: A 10-week intensive counseling program for adoptive and foster families with children ages 5-12. Program activities include caregiver education, kids club, and family therapy. Based on Trust Based Relational Intervention (TBRI) principles, HALO program was created by Cindy Lee at HALO Project and has shown amazing results for this population.

Coverage Area: Sioux Falls area

Applied Behavior Analysis offered at Catalyst Behavior Solutions

1105 W. Russell Street, Sioux Falls, SD 57104

Website: <https://catalystbehavior.com/> **Email:** intake@cataylstbehavior.com

Phone: 605-824-0223

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

Services Offered: Offers ABA-based therapy programs to help kids of all abilities learn and grow. Treatment plans are family-centered, individualized, and backed by science.

Coverage Area: Sioux Falls area

Counseling Services offered at Alexander Therapy & Consulting, PLLC

No Physical Address, Sioux Falls, SD 57103

Phone: 605-206-9301

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

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

Coverage Area: South Dakota via telehealth

CHOICES Residential Services offered at Volunteers of America, Dakotas

1310 W. 51st Street, Sioux Falls, SD 57105

Website: www.voa-dakotas.org/services/choices-residential-services

Email: info@voa-dakotas.org

Phone: 605-444-6200

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

Services Offered: CHOICES Residential Services program serves adolescents and adults who have intellectual and developmental disabilities and behavioral/emotional or psychiatric disorders. Components of the program include residential services, independent living training, educational services, and therapeutic and psychiatric services (individual and group therapy).

Coverage Area: Sioux Empire area

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

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

Website: <https://many-hearts.com/>

Email: love@many-hearts.com

Phone: 605-271-1081

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Bethesda Christian Counseling Midwest, Inc.

400 S. Sycamore Avenue, Suite 105-3, Suite 105-3, Sioux Falls, SD 57110

Website: www.bethesdachristiancounseling.org

Email: info@bethesdachristiancounseling.org

Phone: 605-334-3739

Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 12:00noon (CT), Friday

Services Offered: A Christian counseling agency providing individual, marriage, and family outpatient therapy as well as medication evaluation and management. Also provides various prevention education programs to churches and civic organizations on an as-requested basis.

Coverage Area: Cities of Sioux Falls and Mitchell

Sanford Women's - Mental Health Services offered at Sanford Health

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

Phone: 605-328-9700

Hours: 7:00am - 5:00pm (CT), Monday - Friday Nights and weekends available upon request

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.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

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

4402 E. 3rd Street, Sioux Falls, SD 57103

Phone: 605-965-3159

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

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

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

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

Coverage Area: South Dakota

Counseling Services offered at Ronda Maass

4410 S. Tennis Lane, Sioux Falls, SD 57106

Phone: 605-212-4019

Hours: 9:00am - 5:00pm (CT), Tuesday - Thursday 9:00am - 3:00pm (CT), Friday All sessions are by appointment.

Services Offered: Counseling services for individuals, couples and families. Areas of care include anxiety, blended families, career changes, caregiver support, communication, depression, divorce, grief and loss, identity, infertility, life transition and adjustments, parenting, stress, women's health and wellness through the life span.

Therapeutic approaches include Cognitive Behavioral Therapy, Brief Solution Focused Therapy, and Christian Counseling.

In office and telehealth services are available.

Coverage Area: South Dakota, Northwest Iowa & Southwest Minnesota.

Counseling and Psychiatric Medication Management offered at Elevate Minds Psychiatry

3803 W. Technology Circle, Sioux Falls, SD 57106

Phone: 605-702-4409

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

Services Offered: Specializing in comprehensive psychiatric medication management.

Also provides ADHD treatment, adult, child and adolescent psychiatry and counseling.

Coverage Area: In-person services in Sioux Falls and Yankton area; services statewide via telehealth.

Telehealth Mental Health Counseling Services offered at New Idea Counseling, LLC

5013 S. Louise Avenue, Suite 322, Sioux Falls, SD 57108

Phone: 605-271-2676

Hours: By appointment only: 9:00am - 6:00pm (CT), Tuesday - Thursday 9:00am - 5:00pm (CT), Friday

Services Offered: Provides mental health assessment and counseling within the areas of advanced specialty training of autism spectrum conditions and gender identity.

Counseling available by telehealth only. Clients can access the HIPAA-compliant video portal via smartphone, tablet, or computer. No special software is required.

Coverage Area: Located in Sioux Falls and licensed to serve clients located in South Dakota, Minnesota, Iowa, Nebraska, Maryland, Massachusetts, and Virginia via telehealth.

Family and Individual Services offered at Resolutions for Families, LLC

6116 S. Lyncrest Avenue, Suite 102, Sioux Falls, SD 57108

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

Phone: 605-657-1491

Hours: 8:00am - 5:00pm (CT), Monday - Friday Please contact directly to schedule a time to meet with staff as lobby is not staffed. Available to provide services in-person and remotely.

Services Offered: Individual, family, and couples therapy to all ages including children, adolescent, as well as married, never married, separating, or divorcing families. Areas of focus include work and career adjustment, stress management, grief and loss, parenting skills, conflict management, custody, co-parenting education, custody evaluations, parenting time, divorce, community supervised visitation (for children, elderly and disabled individuals requiring supervision), financial, and Ag mediation. Alcohol and/or drug testing to include hair follicle testing, nail testing, urinalyses, breathalyzer and PEth blood testing. Guardianship and Conservatorship.

Coverage Area: South Dakota and Southwest Minnesota

Moore Thriving Communities offered at Moore Counseling Group

5421 W. 41st Street, Suite 207, Sioux Falls, SD 57106

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

Phone: 605-709-4640

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

Services Offered: Provides individual counseling, family counseling, couples counseling, group counseling, advocacy, and life coaching services. Topics covered include: trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, grief, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges.

Coverage Area: Madison and Sioux Falls areas

Internal Medicine Women's offered at Avera

6215 S. Cliff Avenue, Suite 215, Sioux Falls, SD 57108

Phone: 605-322-5890

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

Services Offered: Primary care and preventive care for adult women. Provides services such as a llergy Injections, b asic testing including EKG's for conditions of arteries and veins, b one density screening, c are for common and specialized illnesses and injuries such as fractures, d rug screening and substance abuse evaluations, i mmunizations, h ealth screenings, l aboratory services, stress tests, x-rays, ultrasound procedures, l esion removal, dermatology services, wound care, o steopathic manipulative treatment, p ulmonary care, r outine prenatal care, regular health maintenance exams and checkups, physicals required for the workplace or pre-surgical preparation, and h ormone replacement,

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.

Coverage Area: Sioux Falls area

Counseling Services offered at Janel M. Schmidt Inc.

5000 S. Broadband Lane, Suite 107, Sioux Falls, SD 57108

Phone: 605-275-2277

Hours: Monday - Friday;call for appointment.

Services Offered: Providing clients a safe place to grow strong through services including individual counseling, family counseling, marriage counseling, divorce counseling, grief/bereavement counseling, cognitive behavioral therapy (CBT), adolescent/youth counseling, complex PTSD counseling, and eye movement desensitization and reprocessing (EMDR).

Coverage Area: Sioux Falls area

Counseling Services offered at Abide Counseling Services, LLC

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

Website: www.abidecounselingservice.com **Email:** abidecounselingservices@gmail.com

Phone: 605-988-8125

Hours: 10:00am - 6:00pm (CT), Monday - Wednesday for in person sessions. Virtual sessions available by appointment

Services Offered: Offers client-centered counseling for individuals, couples, and families. Provides support for concerns such as anxiety, depression, grief and loss, relationship challenges, life transitions, stress management, and emotional wellness for adolescents and adults. Offers couples, marriage, and premarital counseling with a focus on healthy communication and connection.

Services are available in person as well as through secure telehealth.

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

Counseling Services offered at LifeGate Christian Counseling

6820 W. 26th Street, Sioux Falls, SD 57106

Website: www.lifegatechristiancounseling.com

Email: lifegatechristiancounseling@gmail.com

Phone: 605-929-1060

Hours: 9:00am - 6:00pm (CT), Monday - Wednesday 9:00am - 12:00noon (CT), Thursday

Services Offered: Individual, couple, and family therapy. Providing emotionally focused individual and couples therapy. Also providing Eye Movement Desensitization and Reprocessing (EMDR).

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.

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

Adolescent Group Therapy Program offered at Avera Behavioral Health

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

Website: www.averabehavioralhealth.org

Email: adolescentoutpatient@avera.org

Phone: 605-322-4057

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

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

Coverage Area: South Dakota

Adolescent Partial Hospitalization Program offered at Avera Behavioral Health

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

Website: <https://www.avera.org/locations/profile/avera-behavioral-health-hospital-sioux-falls/>

Phone: 605-322-4056

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

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

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

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

Coverage Area: Eastern South Dakota

Counseling Services offered at Embark Mental Health

3240 E. Bison Trail, Suite 200, Sioux Falls, SD 57108

Website: www.embarkmentalhealth.com

Email: info@embarkmentalhealth.com

Phone: 605-961-4746

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

Services Offered: Provides mental health therapy services for individuals, families, and couples dealing with life's challenges. Offers marriage, grief/bereavement, couples, adolescent/youth, parent, and telehealth counseling. Also provides mental health screening and cognitive behavioral therapy.

Coverage Area: Sioux Falls area

Therapy offered at Lifescape

7220 W. 41st Street, Sioux Falls, SD 57106

Website: www.lifescapesd.org/outpatient-therapy-behavioral-health

Phone: 605-444-9700

Hours: 7:30am - 6:00pm (CT), Monday - Friday

Services Offered: Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. 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 screenings and evaluations of Autism.

Coverage Area: Located in Sioux Falls and Rapid City.

Teen and Family Reconciliation Program offered at Hope Harbor

101 E. South Street, Parker, SD 57053

Website: www.hopeharbormn.org **Email:** office@hopeharbormn.org

Phone: 605-297-1697

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

Services Offered: Hope Harbor is committed to restoring families through a loving, bible-based, Christ-centered family program.

Client base includes:

- Teens ages 12-17
- Females in the Marshall, MN location; males in the Parker, SD location
- Reside within a reasonable weekly driving distance of the location
- Mild to moderate emotional and/or behavioral problems
- No alcohol or drug dependency
- No active suicidal threats
- No history of sexual offense or perpetration
- Not currently pregnant
- Must commit to program duration of 12-15 months.

Requirements are not limited to this list. Exceptions made on a case-by-case basis.

Hope Harbor's small, family style program is an alternative option for families seeking help for their teen; providing counseling, education, life skills training, spiritual growth opportunities, and parenting classes.

Program is Bible-based, Christ-centered, and interdenominational. Minnesota location is licensed by the State of Minnesota Department of Human Services and South Dakota home operates as a non-accredited private school that provides housing. Also provides individual and family biblical counseling, group teaching, instruction needed to continue academic training, life skills training, development of leisure skills, and opportunities for spiritual growth.

Provides workshops for schools and communities dealing with the topic of relational aggression, cyberbullying, human trafficking, social media safety and more.

Coverage Area: Within a reasonable weekly travel distance of placing location due to requirement of weekly on-site sessions and visits for parents. Includes Minnesota, South Dakota, North Dakota, Nebraska, Wisconsin and Iowa

Camp Sydney offered at Lourdes Center, The

120 Saint Michael Drive, Broom Tree Youth & Family Camp, Irene, SD 57037

Website: <https://thelourdescenter.com/grief-and-loss-support> **Email:** tlc@sfcatholic.org

Phone: 605-988-3775

Hours: Camp Sydney starts on Friday, June 6th 2026 at 6:00pm (CT) and will run until 11:00am (CT) on Sunday, June 7, 2026. Registration will start on Thursday, January 15, 2026.

Services Offered: A faith-filled three-day retreat designed to provide compassionate support and spiritual consolation for parents, guardians, and children. This retreat includes fun and therapeutic activities for children (ages 6-17), guided discussions and support for parents and guardians, shared prayer and reflection, and holistic pastoral care.

Coverage Area: Sioux Falls area

Psychological Services Center offered at University of South Dakota

414 E. Clark Street, Vermillion, SD 57069

Website:

<https://www.usd.edu/Academics/Colleges-and-Schools/college-of-arts-sciences/psychology/Psychological-Services-Center>

Email: PSC@usd.edu

Phone: 605-658-3720

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

Services Offered: Counseling and group therapy sessions for both college students the general public. Provides individual psychotherapy for children/adolescents/adults, couples and family therapy, diagnostic assessments including ADHD and learning disability testing, consultation services, and presentations and workshops for groups, associations, schools, agencies, and businesses around the Vermillion area.

Coverage Area: Located in Vermillion, but serving surrounding area

Counseling and Psychiatric Medication Management offered at Elevate Minds Psychiatry

1101 Broadway Avenue, Suite 108-2, Yankton, SD 57078

Phone: 605-702-4409

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

Services Offered: Specializing in comprehensive psychiatric medication management.

Also provides ADHD treatment, adult, child and adolescent psychiatry and counseling.

Coverage Area: In-person services in Sioux Falls and Yankton area;services statewide via telehealth.

Counseling Services offered at Lourdes Center, The

214 Capital Street, Suite 3, Yankton, SD 57078

Website: www.thelourdescenter.com

Email: tlc@thelourdescenter.com

Phone: 605-988-3775

Hours: 9:00am - 2:00pm (CT), Monday - Wednesday

Services Offered: Licensed, professional counseling for adults and children. All areas of counseling are available, including individual, marriage, and family.

Coverage Area: Cities of Aberdeen, Sioux Falls, and Yankton

Behavioral Health Clinic Yankton offered at Avera Behavioral Health

409 Summit Street, Suite 3200, Yankton, SD 57078

Phone: 605-655-1232

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

Services Offered: Provides the following mental health services: a dult psychiatry, Eye Movement Desensitization and Reprocessing (EMDR), medication management, counseling (individual, family, couple, marriage, and play therapy for children), psychological testing, several support groups, and parenting classes.

Coverage Area: Yankton area including counties of Bon Homme, Clay, Hutchinson, Turner, and Yankton

Post-Secondary Education offered at Mitchell Technical College

1800 E. Spruce Street, Mitchell, SD 57301

Website: www.mitchelltech.edu

Email: questions@mitchelltech.edu

Phone: 605-995-3025

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

Services Offered: The Center for Student Success provides the following services to Mitchell Tech students:

- Help with academic coursework, including tutoring, study aids, etc.
- Coaching for students to help them work through academic, personal, and career-related challenges
- Counseling services related to mental health and personal concerns
- Advising and academic success plans
- Disability and Learning Services
- Guidance on career decisions, internship selection, job searches, resumes, and interviews
- Information about off-campus resources, such as housing, healthcare, transportation, financial sources, student discounts, available memberships, childcare and other support services.

Mitchell Tech also offers general education courses relevant in the technical world.

Coverage Area: Located in Mitchell, SD, serving students from the state, region, and all U.S. states.

Teen and Family Reconciliation Program offered at Hope Harbor

Marshall, MN 56258

Website: www.hopeharbormn.org

Email: office@hopeharbormn.org

Phone: 507-537-4525

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

Services Offered: Hope Harbor is committed to restoring families through a loving, bible-based, Christ-centered family program.

Client base includes:

- Teens ages 12-17
- Females in the Marshall, MN location; males in the Parker, SD location
- Reside within a reasonable weekly driving distance of the location
- Mild to moderate emotional and/or behavioral problems
- No alcohol or drug dependency
- No active suicidal threats
- No history of sexual offense or perpetration
- Not currently pregnant
- Must commit to program duration of 12-15 months.

Requirements are not limited to this list. Exceptions made on a case-by-case basis.

Hope Harbor's small, family style program is an alternative option for families seeking help for their teen; providing counseling, education, life skills training, spiritual growth opportunities, and parenting classes.

Program is Bible-based, Christ-centered, and interdenominational. Minnesota location is licensed by the State of Minnesota Department of Human Services and South Dakota home operates as a non-accredited private school that provides housing. Also provides individual and family biblical counseling, group teaching, instruction needed to continue academic training, life skills training, development of leisure skills, and opportunities for spiritual growth.

Provides workshops for schools and communities dealing with the topic of relational aggression, cyberbullying, human trafficking, social media safety and more.

Coverage Area: Within a reasonable weekly travel distance of placing location due to requirement of weekly on-site sessions and visits for parents. Includes Minnesota, South Dakota, North Dakota, Nebraska, Wisconsin and Iowa

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

40354 210th Street, Huron, SD 57350

Phone: 605-352-9098

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

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

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

Mental Health Services offered at Momentum Counseling and Consulting

1103 Jenson Avenue, Watertown, SD 57201

Website: <https://momentumcac.com/>

Email: info@momentumcac.com

Phone: 970-829-8780

Hours: Varies, Contact for more information

Services Offered: Provides outpatient mental health services to those 12 and up. Works with a variety of disorders/concerns: anxiety, mood disorders, depressive disorders, trauma related disorders, adjustment disorders, personality disorders, crisis intervention, and/or marital/family distress. Offers a variety of therapeutic methods to meet client's where they are and assist in helping them reach their goals.

Coverage Area: Located in Watertown but serving all of South Dakota

Counseling Services offered at Lourdes Center, The

10 Railroad Avenue S.W., Suite 211, Aberdeen, SD 57401

Website: www.thelourdescenter.com **Email:** tlc@thelourdescenter.com

Phone: 605-988-3775

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

Services Offered: Licensed, professional counseling for adults and children. All areas of counseling are available, including individual, marriage, and family.

Coverage Area: Cities of Aberdeen, Sioux Falls, and Yankton

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

No Physical Address, Pierre, SD 57501

Website: <https://doe.sd.gov/ofm/edudir.aspx> **Email:** doe@state.sd.us

Phone: 605-773-3134

Hours: See website for details.

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

Coverage Area: South Dakota

Therapy offered at Lifescape

7110 Jordan Drive, Rapid City, SD 57702

Website: www.lifescapesd.org/outpatient-therapy-behavioral-health

Phone: 605-791-7400

Hours: 7:30am - 5:30pm (MT), Monday - Friday

Services Offered: Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. 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 screenings and evaluations of Autism.

Coverage Area: Located in Sioux Falls and Rapid City.

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

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

Phone: 605-343-2811

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

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

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

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

Coverage Area: South Dakota

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

3200 Canyon Lake Drive, Rapid City, SD 57702

Phone: 605-718-5095

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

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

Coverage Area: Located in Rapid City

Suicide and Crisis Prevention Hotlines offered at Trevor Project, The

West Hollywood, CA 90069

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

Phone: 866-488-7386

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

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

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

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

Coverage Area: United States

LGBT National Youth Talkline offered at LGBT National Help Center

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

Website: www.lgbthotline.org **Email:** help@lgbthotline.org

Phone: 888-843-4564

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

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

Coverage Area: United States

Faith Based Therapy

Care Center offered at Center of Hope

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57103

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

Phone: 605-334-9789

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

Services Offered: The Care Center is the hub of many resources at the Center of Hope. Services provided include computers and phone/fax - Guests can use, at no charge, for resume and employment/job searching; and Pastoral Care - Individuals can receive one on one counseling with the pastoral team, including getting connected with the Earn-Your-Way program.

Weekly programs include:

- Wednesday
- 9:30am - 11:00am, - Women's Coffee Break and Men's Life Bible study groups (During the school year)

- Tuesday
- 9:30am - Transition to Transformed Bible Study, lead by Center of Hope staff at the Bishop Dudley Hospitality House

Coverage Area: Sioux Falls area

Crisis and Instability Support Services offered at Salvation Army Mitchell, The

724 N. Sanborn Boulevard, Mitchell, SD 57301

Phone: 605-996-3964

Hours: Office hours: 11:00am - 3:00pm (CT), Monday - Thursday

Services Offered: Pathway of Hope guides families with children 18 years and younger through crisis and instability to a place of security. Offers strengths-based casework, providing services such as: financial counseling and planning, goal setting with action steps, job training, referrals and employment assistance, assistance with securing housing and child care, and emotional and spiritual support. Pathway of Hope works with people where they are, offering practical guidance to help families overcome obstacles one step at a time.

Coverage Area: Counties of Aurora, Davison, Douglas, Hanson, Hutchinson, Western McCook, Southern Miner, and Southern Sanborn.

Family and Marriage Therapy

Older Adult Issues/Life Transitions

Hospice offered at Sanford Health

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

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

Phone: 605-404-4800

Hours: 24 hours a day / 7 days a week

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

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

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

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

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

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

Hospice offered at Sanford Health

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

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

Phone: 605-312-5500

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

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

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

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

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

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

Avera@Home - Hospice Care offered at Avera

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

Website: <https://www.avera.org/avera-at-home/> **Email:** centralintake@avera.org

Phone: 605-322-7705

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

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

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

Hospice Care offered at Amedisys, Inc.

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

Phone: 605-338-2066

Hours: 24 hours a day / 7 days a week

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

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

Counseling Services offered at Arise Counseling

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

Phone: 605-202-2882

Hours: By appointment only

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

Coverage Area: Sioux Empire area

Counseling Services offered at Crawford Counseling

Canton, SD 57013

Email: crawford.GC.3@hotmail.com

Phone: 605-558-1067

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

Services Offered: Individual counseling for adults. Specializing in life transitions, coping with medical diagnoses, grief and loss, abuse issues, borderline personality disorder, depression, anxiety, panic disorder, and bipolar disorder.

Coverage Area: Counties of Lincoln and Minnehaha; also licensed in Iowa

Hospice offered at Sanford Health

848 E. Cherry Street, Vermillion, SD 57069

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

Phone: 605-677-3880

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

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

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

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

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

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

Avera@Home - Hospice Care offered at Avera

1115 W. 9th Street, Yankton, SD 57078

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

Email: centralintake@avera.org

Phone: 605-668-8327

Hours: 24 hours a day / 7 days a week

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

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

Avera@Home - Hospice Care offered at Avera

1115 E. 5th Avenue, Mitchell, SD 57301

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

Email: centralintake@avera.org

Phone: 605-995-2268

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

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

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

Hospice offered at Sanford Health

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

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

Phone: 605-734-0180

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

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

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

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

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

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

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

Hospice offered at Sanford Health

245 S. Main Street, Winner, SD 57580

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

Phone: 605-842-7170

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

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

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

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

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

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

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

Avera@Home - Hospice Care offered at Avera

706 S. Main Street, Aberdeen, SD 57401

Website: <https://www.avera.org/avera-at-home/> **Email:** centralintake@avera.org

Phone: 605-622-5200

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

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

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

Avera@Home - Hospice Care offered at Avera

801 E. Sioux, Pierre, SD 57501

Website: <https://www.avera.org/avera-at-home/> **Email:** centralintake@avera.org

Phone: 605-224-3218

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

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

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

Grief Support and Resources offered at First Candle

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

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

Phone: 800-221-7437

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

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

Grief support offered via phone calls and online support groups.

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

Other/General

Project Family Connect offered at Family Connection

421 W. 7th Street, Sioux Falls, SD 57104

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

Phone: 605-357-0777

Hours: Office hours: 9:00am - 4:00pm (CT), Monday - Friday

Services Offered: Provides free counseling for families coping with the stresses associated with imprisonment or reintegration into the family and society.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

Coyote Clinic offered at Avera

300 N. Dakota Avenue, Suite 117, Sioux Falls, SD 57104

Phone: 605-322-6800

Hours: 9:00am - 5:00pm (CT), Monday - Friday AveraNow is available online 24 hours a day / 7 days a week. Mental health services: 5:30pm - 7:00pm (CT), 1st Wednesday of every month Physical health needs: 5:30pm - 7:00pm (CT), every Tuesday evening

Services Offered: Sponsored by The University of South Dakota Sanford School of Medicine medical students under the supervision of internal medicine physicians, provide health care with the goal is to provide health care to uninsured patients over the age of 18 while providing a learning opportunity for medical students. Offers care of any acute medical problems and also offers STD testing and free flu shots.

Psychiatry services also 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.

This clinic also offers prescription assistance.

Coverage Area: Counties of Lincoln, Mccook, Minnehaha, and Turner

CARE offered at Southeastern Behavioral Healthcare

600 S. Cliff Avenue, Sioux Falls, SD 57104

Phone: 605-336-0503

Hours: Office Hours: 8:00am - 4:00pm (CT), Monday - Friday Clubhouse: 9:00am - 3:00pm (CT), Monday - Friday

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

Anger Management for Adults offered at Lutheran Social Services - Southeast Region

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

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

Email: info@lsssd.org

Phone: 605-444-7500

Hours: Call for more information.

Services Offered: 6-week class to learn how to better manage and express anger. Individual counseling also available.

Coverage Area: Sioux Falls area

Counseling Services offered at Archway Counseling and Wellness

5010 E. Rosa Parks Place, Suite 101, Sioux Falls, SD 57110

Phone: 605-202-5956

Hours: 10:00am - 5:00pm (CT), Monday - Thursday

Services Offered: Offering individual counseling services to children, adolescents, and adults using Cognitive Behavioral Therapy in office or by telehealth. Services include grief counseling, perinatal counseling, and anxiety counseling.

Coverage Area: Sioux Falls area

Coaching and Counseling Services offered at Glow - Glorious Lifestyle Optimal Weight

1601 E. 69th Street, Suite 103, Sioux Falls, SD 57108

Website: <https://glowapproach.com/>

Email: DrLyn@glowapproach.com

Phone: 605-373-9066

Hours: 9:30am - 5:00pm (CT), Monday - Thursday

Services Offered: Specializing in food and weight issues; areas of expertise covers the full spectrum of disordered eating. Focuses on compulsive / emotional eating / binge eating disorder and weight loss coaching. Services provided include individual counseling / coaching, groups, and personalized small groups, classes, and workshops.

Offering telehealth services. Prefer first session in person.

Coverage Area: Counties of Lincoln, McCook, Minnehaha and Turner

Medical Clinic 69th and Cliff offered at Avera

6215 S. Cliff Avenue, Sioux Falls, SD 57108

Phone: 605-322-3300

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

Services Offered: Provides family medicine, OB/GYN, pediatrics, behavioral health, and mammography.

Coverage Area: Sioux Falls area

Adult Residential Living Facility offered at Lewis & Clark Behavioral Health Services

3111 Shirley Bridge Avenue, Yankton, SD 57078

Phone: 605-665-3401

Hours: Services provided 24 hours a day / 7 days a week

Services Offered: Cedar Village Assisted Living Facility is a therapeutic place designed to provide permanent supported housing for individuals who are homeless because of severe and persistent mental illness.

Coverage Area: South Dakota

Pathfinder Center a Refuge for Victims of Human Trafficking offered at Wiconi Wawokiya, Inc.

Chamberlain, SD 57325

Website: www.pathfindercenter.org

Email: thepathfindercenter@gmail.com

Phone: 605-245-2471

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

Services Offered: A long-term (up to 24 months) shelter for victims of human trafficking. Victims must be willing to stay at least 6 months. Pathfinder Center is not an emergency short-term shelter.

Mission is to provide a place of refuge for victims of human trafficking from all over South Dakota.

Safety - Women have stable, safe housing and protection from traffickers. They become part of a healthy, safe community of support that provides compassionate assistance while they address pressing legal, medical and emotional needs.

Services and Support - Women receive addiction counseling, job skills/GED classes, emergency counseling and transportation. Services will also include a crisis hotline, clothing, food and hygiene items.

Self Development - Women learn life skills such as communication, conflict resolution, understanding boundaries, understanding trafficking and trauma, and making safe choices to help them live independent lives.

Cannot accept anyone who is still using drugs or alcohol. If the victim is still using substances/has addiction issues, they must attend treatment prior to receiving services.

Coverage Area: South Dakota and referrals from other states.

Counseling and Support Groups offered at CancerCare

485 Madison Avenue, New York, NY 10022

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

Phone: 212-712-8400

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

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

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

Psychiatry and Medication Management

Medication Management, Psychotherapy, Spravato and TMS offered at Concordia Mind Health

5000 S. Minnesota Avenue, Suite 201, Sioux Falls, SD 57108

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

Phone: 605-400-9975

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

Services Offered: Provides medication management and psychotherapy for ages 5 and up. Providers consist of a psychiatrist and 2 nurse practitioners. In-person appointments, as well as telehealth services available. Spravato treatments offered at the clinic site. Transcranial magnetic stimulation (TMS) also available. Mental health services include, but are not limited to the following: depression; anxiety; panic; insomnia; alcohol abuse; personality disorders; opioid abuse; binge eating; etc.

Coverage Area: Sioux Falls and surrounding area; licensed in Minnesota and Iowa; South Dakota, Iowa and Minnesota via telehealth.

Adult Partial Hospital and Intensive Outpatient offered at Avera Behavioral Health

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

Website: <https://www.avera.org/locations/profile/avera-behavioral-health-hospital-sioux-falls/>

Phone: 605-322-4056

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

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

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

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

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

Inpatient Units offered at Avera Behavioral Health

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

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

Phone: 605-322-4065

Hours: 24 hours a day / 7 days a week

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

A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns. Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia. Group therapies focus on developing coping skills through expressive therapies and behavioral therapy.

Coverage Area: South Dakota, Iowa, and Minnesota

Medication Management for Mental Health offered at Rapid City Mental Health Professionals, LLC

3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702

Website: www.rapidcitymentalhealth.com **Email:** office@rapidcitymentalhealth.com

Phone: 605-716-3555

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

Services Offered: Culturally sensitive mental health care for adults and adolescents. Focuses on medication management, mental health screenings for a variety of mental health issues, spravato (eskatamine) for treatment resistant depression, and photobiomodulation therapy (light bed treatment).

Coverage Area: South Dakota and Wyoming

Psychological Testing

Detox and Mental Health Crisis Stabilization offered at The Link

132 N. Dakota Avenue, Sioux Falls, SD 57104

Phone: 605-275-1000

Hours: 24 hour a day / 7 days a week

Services Offered: Medically Monitored Withdrawal Management:

- Individuals in need of medically monitored detoxification treatment for substance use disorders may participate in our 10-bed program. Individuals may be admitted voluntarily or involuntarily under an Emergency Detainment or Involuntary Drug and Alcohol Committal (IVC). During a short-term stay (approximately 3-7 days), we will provide medical stabilization to support a safe withdrawal and provide recommendations for continued care and treatment after discharge.

Sobering Observation for Intoxicated Individuals:

- Individuals under the influence of alcohol or other mood-altering substances who are in need of observation and support in order to reach a safe level of sobriety may participate in our sobering observation program. Prior to discharge, we will offer connections to community resources and provide education regarding available substance use treatment options.

Coverage Area: Counties of Lincoln and Minnehaha

Substance Use Walk-In Assessments offered at Glory House of Sioux Falls

1630 W. 51st Street, Enter through Door "C", Sioux Falls, SD 57105

Phone: 605-988-9123

Hours: 1:30pm - 3:00pm (CT), Tuesday 9:30am - 11:00am (CT), Thursday

Services Offered: Offers walk-in assessments for substance use available on a first-come, first-serve basis and are not available outside of the allotted hours.

Coverage Area: Sioux Falls area

Behavioral Health Urgent Care offered at Avera Behavioral Health

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

Website: <https://www.avera.org/locations/profile/avera-behavioral-health-urgent-care-w-69th-st-sioux-falls/>

Phone: 605-322-4065

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

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

Coverage Area: Eastern South Dakota

Assessment and Referral offered at Avera Behavioral Health

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

Website: <https://www.avera.org/locations/profile/avera-behavioral-health-hospital-sioux-falls/>

Phone: 605-322-4065

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

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

Coverage Area: Eastern South Dakota

Canton-Inwood Medical Center offered at Sanford Health

440 N. Hiawatha Drive, Canton, SD 57013

Phone: 605-764-1400

Hours: 24 hours a day / 7 days a week

Services Offered: Full service hospital, including clinic and assisted living facility, ambulance, ER.

Coverage Area: Counties of Lincoln, SD and Lyon and Sioux, IA

Dells Area Hospital offered at Avera

909 N. Iowa Avenue, Dell Rapids, SD 57022

Phone: 605-428-5431

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

Services Offered: Featured health services include emergency and trauma, hospice, laboratory, nutrition, pain management, pharmacy, therapy and rehabilitation, radiology and imaging, respiratory and pulmonary care, sleep medicine, telemedicine, wellness care, preventive care, and women's health.

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

Hospital Services offered at Pioneer Memorial Hospital and Health Services

315 N. Washington Street, Viborg, SD 57070

Phone: 605-326-5161

Hours: Office Hours: 9:00am - 8:00pm (CT), Monday 9:00am - 5:00pm (CT), Tuesday - Friday 9:00am - 12:00noon (CT), Saturday 24 hours a day / 7 days a week

Services Offered: A full service hospital providing hospital services, 24-hour emergency care, laboratory services, radiology services, cardiac rehab, physical, occupational and speech therapy services, wellness services, and wound care.

Coverage Area: Pioneer Memorial operates a 12 bed CAH hospital, 3 RHC's in Viborg, Centerville and Parker. 51 bed nursing home, 10 units assisted living and 20 units of independent living. We provide public health services for all of Turner County and surrounding areas.

Flandreau Hospital offered at Avera

214 N. Prairie Street, Flandreau, SD 57028

Phone: 605-997-2433

Hours: 24 hours a day / 7 days a week

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

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

Health Care Services offered at Madison Regional Health System

323 S.W. 10th Street, Madison, SD 57042

Website: www.madisonregionalhealth.org

Email: info@madisonhospital.com

Phone: 605-256-6551

Hours: Emergency room: 24 hours a day / 7 days a week Clinic hours: 8:00am - 5:00pm (CT), Monday - Friday Urgent Care hours: 4:00pm - 6:00pm (CT), Monday - Friday 8:00am - 10:00am (CT), Saturday

Services Offered: Featured health services include a Clinic, Hospital, Telehealth, Emergency Medical Services, Emergency Department, Primary Care, Surgery, Obstetrics, Radiology and Imaging, Laboratory, Respiratory Therapy, Cardiac Rehabilitation, Physical, Speech, and Occupational Therapy, Nutrition Services, Occupational Health Services, School Nurse Services, Diabetes Education, Diabetes Prevention Program, Hello, Baby! Education Series, Birthing Suites & Nursery, and CPR Classes.

Coverage Area: Lake County, Miner County, McCook County, Kingsbury County, Moody County

Geriatric Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

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

Email: infoHSC@state.sd.us

Phone: 605-668-3100

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

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

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

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

Coverage Area: South Dakota

Acute Program offered at Human Services Center

3515 N. Broadway Avenue, Yankton, SD 57078

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

Email: infoHSC@state.sd.us

Phone: 605-668-3100

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

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

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

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

Coverage Area: South Dakota

Hospital offered at Avera Sacred Heart

501 Summit Street, Yankton, SD 57078

Phone: 605-668-8000

Hours: 24 hours a day / 7 days a week

Services Offered: Services including: p rimary and secondary care, adult day services, behavioral health, maternal, pregnancy, and birthing center, cancer detection care, chronic pain, dialysis, emergency care, heart care, home care, hospice, intensive care unit, mammography, MRI, OB/GYN, radiology, sleep disorders, surgery, and wellness center.

Coverage Area: Yankton area including counties of Bon Homme, Clay, Hutchinson, Turner, and Yankton

Parkston - Avera St. Benedict Certified Rural Health Clinic offered at Avera

401 W. Glynn Drive, Parkston, SD 57366

Phone: 605-928-3311

Hours: 24 hours a day / 7 days a week

Services Offered: Services include c ancer services/oncology, c ardiology, c haplain services, d iabetes care, d iagnostic imaging, e mergency and trauma care, h ome health and hospice, h ome medical equipment, o ccupational health, o rthopedics, p ediatrics, prenatal care, r ehabilitation services, s enior services, s ports medicine, t elemedicine, w ellness services, w omen's specialty services, and f amily medicine.

Coverage Area: Counties of Bon Homme, Charles Mix, Davison, Douglas, Hanson, Hutchinson, McCook, Turner, and Yankton

Tripp - Avera St. Benedict Certified Rural Health Clinic offered at Avera

310 S. Main Street, Tripp, SD 57376

Phone: 605-935-7211

Hours: 9:00am - 5:00pm (CT), Monday 9:00am - 1:30pm (CT), Tuesday 9:00am - 12:00noon (CT), Thursday 9:00am - 1:30pm (CT), Friday

Services Offered: Services include o bstetrics with ultrasound, d elivery with intrathecal block, p ediatrics with inhalation therapy and IV therapy, f amily practice, g eriatrics, d isease management, h ormone replacement therapy, and 24-hour emergency care and outpatient hospital.

Coverage Area: Counties of Bon Homme, Charles Mix, Davison, Douglas, Hanson, Hutchinson, McCook, Turner, and Yankton

Crisis Drop in Center offered at Human Service Agency

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

Phone: 605-886-0123

Hours: 24 hours a day / 7 days a week

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

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

Halfway House and Detox Center offered at Human Service Agency

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

Phone: 605-884-0650

Hours: 24 hours a day / 7 days a week

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

Serenity Hills offers 3 distinct programs:

-Social setting detoxification

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

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

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

Suicide Prevention Resources

Education & Policy Department offered at Lost&Found

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

Website: <https://resilienttoday.org/> **Email:** contact@resilienttoday.org

Phone: 605-604-4999

Hours: Varies;call for information.

Services Offered: Provides relevant, evidence-based information, education, training, and policy guidelines to campus partners and community organizations which help prevent suicide, build skills, and raise awareness of mental health needs.

Trainings include Question, Persuade, Refer (QPR), Adult Mental Health First Aid, Conversations on Access to Lethal Means (CALM), and Mental Health Presentations.

Coverage Area: South Dakota

Lost&Found Campus Chapter offered at Lost&Found

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

Website: <https://resilienttoday.org/programs/student-programs/campus-chapters/studentprograms@resilienttoday.org> **Email:**

Phone: 605-549-5281

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

Services Offered: Lost&Found campus chapters are recognized student organization affiliates where student leaders support peers, create connections, and partner with local leaders to prioritize mental health and suicide prevention in their campus communities.

Coverage Area: This program is available at post-secondary institutions across South Dakota.

Peer2Peer Mentoring offered at Lost&Found

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

Website: <https://resilienttoday.org/programs/student-programs/peer2peer-mentorship/studentprograms@resilienttoday.org> **Email:**

Phone: 605-549-5281

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

Services Offered: Peer2Peer Mentoring brings together student mentors, who get guided practice helping others, with mentees, who are students who need a little support navigating college life.

Coverage Area: Available at all post-secondary institutions across South Dakota.

Research & Evaluation Services offered at Lost&Found

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

Website: <https://resilienttoday.org/programs/research-evaluation/>

Email: contact@resilienttoday.org

Phone: 605-607-5317

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

Services Offered: Apply expertise in public health, suicide prevention, and program evaluation to conduct needs assessments, measure community suicide prevention capacity, and provide outsourced program evaluation services.

Coverage Area: South Dakota

Survivors Joining for Hope offered at Lost&Found

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

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

Phone: 605-215-0676

Hours: Call or email for appointment.

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

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

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

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

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

988 Suicide & Crisis Lifeline offered at Helpline Center

No Physical Address, Sioux Falls, SD 57105

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

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

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

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

Coverage Area: South Dakota

Hope Squad offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

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

Email: hopesquad@helplinecenter.org

Phone: 605-274-8789

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

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

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

Hope Squad is present in schools nationally and internationally.

Coverage Area: South Dakota

Suicide Survivor Services offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

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

Email: griefsupport@helplinecenter.org

Phone: 800-273-8255

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

Services Offered: Surviving After Suicide (SAS) Class: The Surviving After Suicide Class is designed to help people who have lost a loved one to suicide learn to express and understand their grief. The class will discuss stigma, pain, guilt, and other common experiences of suicide loss grief. This is a ten-week course that provides support for survivors of suicide loss. Each class will focus on a unique aspect of survivor grief and is built for group members to share and support one another through the process. The class is offered three times a year, with sessions starting in January, April, and September. Registration for this class is required.

Surviving After Suicide (SAS) Support Group: A monthly support group for people who have lost a loved one to suicide. Survivor information packets are available at no cost. The focus of this group is to connect suicide loss survivors and provide them with a space to support one another. Any survivor, 18 or older, is welcome to attend this group. Registration is not required to attend this group; however, the virtual option does require an email address to send a link to attend the group. This is an open and on-going group available in both in person and virtual settings. The in-person group meets from 7:00pm - 8:30pm, every third Thursday of each month in Sioux Falls. The virtual group meets from 6:00pm to 7:30, every third Wednesday of each month.

Surviving After Suicide Events: Support events are open to anyone who has been impacted by suicide loss. Various activities occur throughout the year including, but not limited to Suicide Prevention Week, International Survivors of Suicide Loss Day (Saturday before Thanksgiving), etc. Email or call to get on the invite list for events. If you would like to get in touch, please complete the Suicide Services Request Form: <https://helplinecenter.jotform.com/210544586305050?>

Surviving After Suicide Events: Support events are open to anyone who has been impacted by suicide loss. Various activities occur throughout the year including, but not limited to Suicide Prevention Week, International Survivors of Suicide Loss Day (Saturday before Thanksgiving), etc. Email or call to get on the invite list for events. If you would like to get in touch, please complete the Suicide Services Request Form.

Mentor Program: The mentor program is a peer mentorship program that connects survivors of suicide loss with a mentor to provide them with support, reassurance, and comfort. The mentors are individuals who are on their own suicide grief journey and are ready to come alongside those who are in the beginning of their grief journey. The mentors are not experts, nor are they counselors. Mentors provide 1-on-1 peer support and have completed training through the Helpline Center.

Individuals needing immediate crisis care should call 988. Standard message and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to: <http://www.preventionpaystext.com/policies/>

Coverage Area: South Dakota

Prevention Trainings offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/training@helplinecenter.org

Email:

Phone: 605-339-4357

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

Services Offered: ASIST is an Applied Suicide Intervention Skills Training designed to provide a practical face-to-face intervention model for caregivers to use when encountering a person at-risk of suicide. CEUs and undergraduate and graduate credit are available for this training.

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

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

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

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

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

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

Coverage Area: South Dakota

Sioux Falls Chapter offered at Compassionate Friends, The

3801 E. 26th Street, Meeting location: Westminster Presbyterian, Sioux Falls, SD 57103

Website: www.compassionatesf.org **Email:** Contact@compassionatesf.org

Hours: Meeting time: 7:15pm - 9:00pm (CT), 1st Tuesday of the month (except for December)

Services Offered: A support group for those who have experienced the death of a child, grandchild, or sibling at any age, for any reason.

Coverage Area: Counties of Lincoln, McCook, Minnehaha, and Turner

CC AmeriCorps offered at Community Action for Veterans

4600 W. Nobel Street, Suite 121, Sioux Falls, SD 57107

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

Phone: 605-910-4045

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

Services Offered: Providing social and emotional support to student veterans transitioning from military service to college life by connecting them to a new generation of social workers trained to deliver culturally responsive care. The program emphasizes the vital relationship between community and people and is built on three foundational pillars: transition assistance, suicide prevention through peer mentorship, and community engagement.

Program places social work interns into community, healthcare, and educational settings where service members, veterans, and their families work and live. Members assist with resource navigation, peer connection, and community outreach while strengthening coordination across local partners. Members serve part-time while completing degree-required internships or practicums for academic credit. Through hands-on service, students build military cultural competence and practical skills that contribute to stronger, more connected communities of care.

Coverage Area: Sioux Falls area

Mental Health First Aid offered at SDSU Extension

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

Website: www.mentalhealthfirstaid.org **Email:** whitney.reetz@sdsu.edu

Phone: 605-882-5140

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

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

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

Coverage Area: South Dakota

SAVE Suicide Prevention Training offered at Suicide Awareness Voices of Education

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

Website: www.save.org **Email:** admin@save.org

Phone: 952-946-7998

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

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

Coverage Area: United States

Bereavement Support - National Office offered at Compassionate Friends, The

PO Box 46, Wheaton, IL 60187

Website: www.compassionatefriends.org **Email:** nationaloffice@compassionatefriends.org

Phone: 877-969-0010

Hours: National Office hours: 9:00am - 5:00pm (CT), Monday - Friday Support group times vary by location. See Compassionate Friends Chapter Locator on website.

Services Offered: The Compassionate Friends (TCF) is a national nonprofit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no individual membership fees or dues are charged. All bereaved family members are welcome.

Founded in England in 1969, TCF was established in the United States in 1972, with 501(c)(3) not-for-profit incorporation in 1978, under which provision the organization's more than 650 local chapters also operate. TCF operates as separate entities in at least 30 countries around the world.

Regular meetings of local chapters provide a caring environment in which bereaved parents, siblings, and grandparents can work through their grief with the help of others who have been there. Monthly, more than 17,000 attend chapter meetings.

Outreach is provided to more than 182,000 bereaved family members and professionals each month through chapter newsletters, websites, Facebook Pages, special programs including regional conferences, concurrent walks, phone calls, letters, e-mails, and personal visits.

Educational information on grief following the death of a child and the work of TCF is provided to the community through publicity, speaking engagements, and the distribution of materials.

Virtual chapters through an Online Support Community supply support, encouragement, and friendship. There are general bereavement sessions as well as more specific sessions. This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child.

Coverage Area: United States

Prevention and Advocacy Services offered at American Association of Suicidology

No Physical Address, Camp Hill, PA 17011

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

Phone: 888-977-3868

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

Services Offered: Advancing suicide prevention, professional education and survivor resources through applying strategies, research and information.

The Association also promotes public policy to improve the quality of suicide prevention and intervention.

Coverage Area: United States

Telemental Health

Post-High School and Therapy Services offered at Teachwell Solutions

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

Website: <http://teachwell.org> **Email:** info@teachwell.org

Phone: 605-367-7680

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

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

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

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

Provides the following - Speech-Language Therapy, Occupational Therapy, Physical Therapy, School Psychology, Applied Behavior Analysis Therapy, and Assistive Technology Consultation and Services.

Coverage Area: South Dakota

Cognitive Behavioral Group Therapy offered at Transformation Project, The

500 N. Western Avenue, Sioux Falls, SD 57104

Website: www.transformationprojectsd.org **Email:** admin@transformationprojectsd.org

Phone: 605-610-8579

Hours: Hours vary. Please call or email

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

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

Coverage Area: South Dakota and a 40-mile radius

Pharmacy Services offered at CVS Pharmacy

3600 S. Louise Avenue, Target, Sioux Falls, SD 57106

Phone: 605-254-1100

Hours: 9:00am - 8:00pm (CT), Monday - Friday 9:00am - 6:00pm (CT), Saturday 10:00am - 6:00pm (CT), Sunday Closes for lunch from 1:30pm - 2:00pm (CT), Monday - Sunday

Services Offered: Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) screening and treatment, chronic disease self management program, birth control and family planning, and smoking cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

Coverage Area: Sioux Falls and Rapid City areas.

Pharmacy Services offered at CVS Pharmacy

1021 S. Highline Place, Target, Sioux Falls, SD 57110

Phone: 605-333-5601

Hours: 9:00am - 8:00pm (CT), Monday - Friday 9:00am - 6:00pm (CT), Saturday and Sunday Closes for lunch from 1:30pm - 2:00pm (CT), Monday - Sunday

Services Offered: Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) screening and treatment, chronic disease self management program, birth control and family planning, and smoking cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

Coverage Area: Sioux Falls and Rapid City areas.

Pharmacy Services offered at CVS Pharmacy

1415 Eglin Street, Target, Rapid City, SD 57701

Phone: 605-341-8621

Hours: 9:00am - 1:30pm; 2:00pm - 9:00pm (MT), Monday - Sunday

Services Offered: Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) screening and treatment, chronic disease self management program, birth control and family planning, and smoking cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

Coverage Area: Sioux Falls and Rapid City areas.