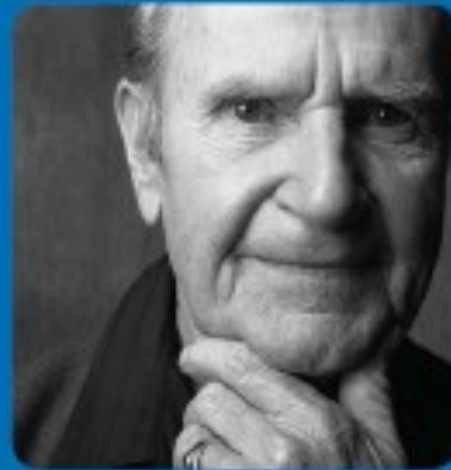


2014

Sioux Falls Mental Health Resource Guide




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McKenna Hospital
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Behavioral Health Outpatient Services

MKTG-11462-REVFE2312

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ABOUT THE MENTAL HEALTH RESOURCE GUIDE

Welcome to the 2014 Sioux Falls Mental Health Resource Guide. **Avera McKennan Behavioral Health Services** has once again generously provided the funding, enabling it to be offered at no charge. This Guide was established to help the consumer more readily identify and select licensed/credentialed practitioners and agencies that provide a variety of mental health services in the Sioux Falls area. It provides the community with easily accessible information about those services that are listed.

Organizations and/or Mental Health Practitioners are listed throughout the guide alphabetically, otherwise you can search for a mental health practitioner by name.

To Find a Mental Health Practitioner by Name...

Search alphabetically for the last name of the person you are seeking in the **Practitioner Name Index** starting on page 5. Listed to the right of their name you will find a page number that will direct you to the organization with which they are associated.



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

SELECTING A MENTAL HEALTH PRACTITIONER

There is much role ambiguity among behavioral health practitioners meaning that people with quite different training may be similarly employed. The purpose of this is to create an array of perspectives in team settings or to match those needing services with whom is best able to help them. The following definitions do not capture all of the activities of each profession, but highlight their strengths.

- **Counselor** - Counselors are trained in therapeutic technique and theory. They provide “talk therapy”, as opposed to medication, to help people with their concerns. Some counselors focus on a specific topic such as marriage and family. In the behavioral health setting counselors can be found providing therapy or case management services.
- **Chemical Dependency Counselor** - Works with people to overcome an addiction to drugs or alcohol in individual or group settings. They may also assist families of people with addictions to better understand addiction and how to help their loved one. There are four increments of chemical dependency counseling certification: Trainees, level 1, level 2, and level 3 practitioners.
- **LPC** - This is an abbreviation for Licensed Professional Counselor; it means that the counselor meets at least minimum state standards to provide counseling services to the public.
- **LPC-MH** - This is an abbreviation for Licensed Professional Counselor - Mental Health; it is a higher level of licensure requiring more training and supervision. The LPC-MH level may be required for insurance or Medicaid reimbursement.
- **LMFT** - This abbreviation is for Licensed Marriage and Family Therapist.
- **Psychiatrist** - A psychiatrist is a physician with additional specialized training in psychiatry. In the behavioral health setting, psychiatrists prescribe medications and engage patients in therapy. Under the supervision of a physician, physician’s assistants and certified nurse practitioners can also prescribe medications.
- **Psychologist** - Licensed psychologists complete a standardized training program at the doctoral level. Training involves understanding the development of personality, learning and interpersonal relationships. Using tests to evaluate individuals is usually a major emphasis, but they also conduct individual, family and group therapy.
- **School Psychologist** - Works in the school setting to help individual students resolve learning and behavioral challenges that are affecting academic performance and to help teachers improve the learning process. School psychologists are trained in both psychology and education.
- **Social Worker** - Social workers are trained to complete a variety of tasks and are found in many areas outside of behavioral health services. In the behavioral health setting, social workers might provide talk therapy, case management or connect people to resources.
- **SWA** - This is an abbreviation for the licensure title of Social Work Associate. Social workers with this credential have met minimum state standards to practice social work.
- **SW** - This is an abbreviation for the licensure title of Licensed Social Worker. Some social workers indicate this licensure as LSW to match the paper license they received when they became licensed. Social workers with this licensure most likely completed a bachelor’s of social work (BSW) degree.
- **CSW** - This is an abbreviation for the licensure title of Clinical Social Worker. Social workers with this licensure have completed a master’s of social work (MSW) or a doctorate of social work (DSW) degree.
- **CSW-PIP** - This is an abbreviation for Clinical Social Worker - Practitioner in Private Practice. It is a higher level of licensure requiring more training and supervision to qualify for. The CSW-PIP license may be required to bill certain insurance providers.

SELECTING A MENTAL HEALTH PRACTITIONER

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

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

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

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

After talking with a potential practitioner, ask yourself:

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

Glossary

Abbreviations for professional accreditations and certifications.

| | |
|---------|--|
| AA | Associate of Arts |
| ACS | Approved Clinical Supervisor |
| ACT | Addiction Counselor Trainee |
| AS | Associate of Public Service |
| BA | Bachelor of Arts |
| BCPCC | Board Certified Professional Christian Counselor |
| BS | Bachelor of Science |
| CAC | Certified Addiction Counselor |
| CCDC | Certified Chemical Dependency Counselor |
| CCDCI | Certified Chemical Dependency Counselor, Level 1 |
| CCDCII | Certified Chemical Dependency Counselor, Level 2 |
| CCDCIII | Certified Chemical Dependency Counselor, Level 3 |
| CDCT | Chemical Dependency Counselor Trainee |
| CEAP | Certified Employee Assistance Professional |
| CFLE | Certified Family Life Educator |
| CH | Certified Hypnotist |
| CNP | Certified Nurse Practitioner |
| CPS | Certified Prevention Specialist |
| CRC | Certified Rehabilitation Counselor |
| CSW | Certified Social Worker |
| CSW-PIP | Certified Social Worker-Private Independent Practice |
| DMin | Doctor of Ministry |
| DO | Doctor of Osteopathy |
| EdD | Doctor of Education |
| EdS | Education Specialist |
| EMDR | Eye Movement Desensitization Reprocessing |
| LAC | Licensed Addiction Counselor |
| LMFT | Licensed Marriage & Family Therapist |
| LNC | Legal Nurse Consultant |
| LP | Licensed Psychologist |
| LPC | Licensed Professional Counselor |
| LPC-MH | Licensed Professional Counselor-Mental Health |
| MA | Master of Arts |
| MAEd | Masters of Arts in Education |
| MAMFT | Masters Marriage and Family Therapy |
| MD | Doctor of Medicine |
| MDiv | Master of Divinity |
| MEd | Master of Education |
| MFT | Marriage & Family Therapist |
| MS | Master of Science |
| MSEd | Master of Science in Education |
| MSSA | Master of Science & Social Administration |
| MSW | Master of Social Work |
| NCC | National Certified Counselor |
| NCGC | National Certified Gambling Counselor |
| PA | Physician's Assistant |
| PA-C | Physician's Assistant-Certified |
| PhD | Doctor of Philosophy |
| PMHRN | Psychiatric Mental Health Registered Nurse |
| PST | Prevention Specialist Trainee |
| PsyD | Doctor of Psychology |
| QMHP | Qualified Mental Health Practitioner |
| RD | Registered Dietician |
| RN | Registered Nurse |
| RPT | Registered Play Therapist |
| RTC | Reality Therapy Certification |
| SAP | Substance Abuse Professional |
| SW | Social Worker |
| SWA | Social Work Associate |
| TFTdx | Thought Field Therapy diagnostics |

Definitions of selected mental health issues

Attention-Deficit Hyperactivity Disorder - Attention-Deficit Hyperactivity Disorder (ADHD) is a condition characterized by inattention, hyperactivity and impulsivity.

Bipolar Disorder - Bipolar Disorder is characterized by reoccurring episodes of mania and depression that cycle over time.

Borderline Personality Disorder - Borderline Personality Disorder (BPD) is characterized by impulsivity and instability in mood, self-image, and personal relationships.

Depression - Depression is a condition characterized by depressed mood (sadness), poor concentration, insomnia, fatigue, appetite disturbances, excessive guilt and thoughts of suicide.

Dual Diagnosis - Dual Diagnosis is a term used to describe people who have co-occurring mental illness and substance use disorders.

Generalized Anxiety Disorder - Generalized Anxiety Disorder (GAD) is characterized by severe, chronic, exaggerated worrying about everyday concerns.

Obsessive Compulsive Disorder - Obsessive Compulsive Disorder (OCD) is a condition characterized by intrusive irrational thoughts that repeatedly appear in a person's mind and/or repetitive rituals that a person performs many times a day to momentarily relieve anxiety.

Post Traumatic Stress Disorder - Post Traumatic Stress Disorder (PTSD) is a response to a traumatic event characterized by nightmares or flashbacks, physical reactions to and avoidance of triggers associated with the trauma, exaggerated startle response, hyper-vigilance, sleep disturbances, difficulty concentrating and outbursts of anger or irritability.

Schizoaffective Disorder - Schizoaffective Disorder resembles Schizophrenia accompanied by an irregularity in mood.

Schizophrenia - Schizophrenia is a thought disorder characterized by hallucinations and delusions in addition to impairing a person's ability to think clearly, manage emotions, make decisions and relate to others. Schizophrenia is subdivided into types that describe the symptoms: paranoid type, disorganized type, catatonic type, undifferentiated type.

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2014 Sioux Falls Mental Health Resource Guide

Avera McKennan Hospital and University Health Center - Behavioral Health Services

Addiction Recovery Program

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

Phone: (605) 322-4079

Fax: (605) 322-4080

Internet Address: www.averabehavioralhealth.org

Hours: 8:30am - 9:00pm, Monday - Thursday / 8:30am - 5:00pm, Friday / Daytime and Evening Groups, Monday - Friday

Fees: Vary; Accept most insurance; Medicare approved hospital - based program; payment plans available

Mental Health Professionals:

James Green, LAC

Jill Viedt, MS, LPC, LAC

Jennifer Albrecht, MAT, LPC-MH, LAC

Leah Rath, MA, LPC, LAC

Greg Brostad, MS, LPC-MH, QMHP, LAC

Craig Kindrat, MS, LPC, LMFT, LAC

Lana Smith, MA, LMFT, QMHP, LAC

Melissa Roby, MS, LPC, LAC

Malia Holbeck, MSW, LCSW, LAC

Services Offered: Comprehensive treatment program for individuals, couples, and families affected by substance abuse, compulsive gambling, other addictive behaviors, and interrelated emotional difficulties. Court-approved provider for the assessment and/or treatment of substance abuse and/or gambling-related offenses. Specializing in Co-Occurring services (the treatment of substance abuse/gambling conditions as well as mental health issues such as bipolar disorder, clinical depression and anxiety conditions). This multi-leveled program includes options for daytime or evening Intensive Outpatient Programs and daytime or evening Outpatient Groups (involving ASAM 2.1 and 1.0 levels of care). Assistance available for adolescents includes evaluations, individual and family counseling, and prevention services. Employee Assistance Programs. Offers specialized recovery services for health care practitioners inclusive of physicians, pharmacists, nurses, dentists and other health care professionals with state and/or national licensure/certification credentials. ARP also provides specialized Pain Management Groups and counseling for persons affected by chronic pain. The Addiction Recovery Program is accredited by the JCAHO and the State of South Dakota.

Avera McKennan Hospital and University Health Center - Behavioral Health Services

Inpatient Services

4400 W. 69th Street, Suite 100
Sioux Falls, SD 57108

Phone: (605) 322-4065 or 1-800-691-4336

Fax: (605) 322-4060

Internet Address: www.averabehavioralhealth.org

Hours: 24 hours a day / 7 days a week

Fees: Vary with different services; accepts insurance, Medicare, and Medicaid

Mental Health Professional:

Thomas Otten, MA, LPC-MH

Services Offered: Acute Adult Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression with suicidal behavior, psychosis, bipolar disorder, and patients on emergency detention. Adult Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression, anxiety disorder, post-traumatic stress disorder, and borderline personality disorder. Senior Inpatient Program - Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression, and dementia. Child Inpatient Program - Inpatient unit operated on a 24-hour basis. Structured acute care inpatient program for children ages 4-12. Offers a safe, supportive environment and caring, expert staff who provide specialized treatment to children with a range of psychiatric difficulties including: depression, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), extreme family difficulties, and other life stressors. Adolescent Inpatient Program - Unit operates on a 24-hour basis. Most of the patients served by the Adolescent Inpatient Program are between the ages of 12-18, and are struggling with depression, suicidal ideation, ADHD, or other mental health diagnoses. The program utilizes an interdisciplinary team approach to care for the social, psychological, and spiritual needs of young people. Free mental health assessments are available that include a level of care determination. This assessment can coordinate inpatient admission, pre-certification, or outpatient referral. Please call (605) 322-4065 or 1-800-691-4336.

Avera McKennan Hospital and University Health Center - Behavioral Health Services Outpatient Clinic

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

Phone: (605) 322-4079

Fax: (605) 322-4080

Internet Address: www.averabehavioralhealth.org

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

Fees: Vary with different services; accepts insurance, Medicare, and Medicaid; scholarships available for some programming; payment plan options available

Mental Health Professionals:

Ginny Crawford, MSW, LCSW-PIP

Heidi Roberts, MSW, LCSW-PIP

Erik Anderson, MSW, LCSW

Jeri Nelson, MSW, LCSW-PIP, QMHP

Skie Peltier-Anderson, LPC

Kelsey Sjaarda, MSW, LCSW

J. Chris Nordgren, PhD

Mary Wolf, MS, LPC-MH, QMHP, CEAP

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

Amy Chitwood, MSW, LCSW-PIP

Nancy Wise-VanderLee, PhD, LP

Benjamin Kohls, MS, LPC-MH, NCC, QMHP

Patricia Lindeman, LPC

Donald Baum, PhD, LP

Services Offered: Individual, couples, group and family counseling for all ages and for all mental health-related concerns. Additional services include STEPPS group for people with Borderline Personality Disorder or traits; eating issues counseling, including anorexia, bulimia, and healthy weight loss; grief therapy, psychological testing, chronic pain services, and an Employee Assistance Program. Addresses issues such as Attention Deficit Disorder, family separation/divorce, self-destructive behaviors, self-esteem building, and anger management.

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

4400 W. 69th Street, Suite 100
 Sioux Falls, SD 57108

Phone: (605) 322-4056

Fax: (605) 322-4009

Internet Address: www.averabehavioralhealth.org

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

Fees: Accepts insurance and Medicare; limited financial assistance available

Mental Health Professional:

Thomas Otten MA, LPC-MH

Services Offered: Partial Hospital Program is an outpatient, time-limited, intensive and coordinated clinical treatment program for adults that is an integral part of the continuum of Behavioral Health Services. The Partial Hospitalization Program pursues the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Another target population is the individual experiencing acute psychiatric symptoms or decompensating clinical conditions that severely impact their capability to function on a day-to-day basis. Typical partial stay is about 16 days stretched out over one month. The step down program, Intensive Outpatient for Mental Health, is a treatment option in Behavioral Health Services where individuals would attend group therapies for 7-11 hours per week. Prospective clients for both the Partial Hospital Program and Intensive Outpatient Program for Mental Health may be referred through free mental health assessments that include: inpatient admission, coordination / pre-certification, and outpatient referral coordination. The assessment phone number is (605) 322-4065 or 1-800-691-4336.

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Avera McKennan Hospital and University Health Center - Internal Medicine for Women

116 W. 69th Street

Sioux Falls, SD 57108

Phone: (605) 322-5890

Fax: (605) 322-5891

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

Fees: Accepts insurance / Call for more information

Mental Health Professional:

Mary Dressing, LPC-MH, QMHP, RD, LN

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

Avera Medical Group University Psychiatry Associates

4400 W. 69th Street, Suite 1500

Sioux Falls, SD 57108

Phone: (605) 322-5700

Internet Address: www.universitypsychiatry.org

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

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professionals:

Kent Andre, MD

David W. Bean, MD

Michael Bergan, MD

Vinod Bhatara, MD

Heather Chester-Adam, MD

Nicole Christenson, MD

John Erpenbach, CNP, RN

Sarah Flynn, MD

William C. Fuller, MD

Byrce Gammeter, MD

Beverly J. Gunderson, EdD

Christopher Hanley, MD

Tracee Hofer, CNP

Hillary Hanson, MD

Kenneth Hasseler, MD

Thomas Holtberg, LPC-MH

David Hylland, EdD

Wallace Jackmon, PhD

Saruabh Jauhari, MD

Garneth Kuiper, CNP

Carol Kuntz, PsyD

Grace LaFollette, CNP

Matthew Malone, DO

Wioleta Mazurczak, MD

Brenda Nour, PhD

Karl Oehlke, PA-C

Meredith Powell, MD

Michael Reiners, MD

Timothy Soundy, MD

Constance Spicero, EdD

Matthew Stanley, DO

Anthony Vaca, MD

Shawn VanGerpen, MD

Tamara Vik, MD

Jay Weatherill, MD

David Whaley, MD

Nancy Wilson, MD

Services Offered: Offers individualized treatment including psychiatric evaluations, psychological and neuropsychological evaluations, individual, couple 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, abuse issues, eating disorders, dementia, grief and loss, forensic evaluations, custody evaluations, evaluation and treatment of childhood emotional and behavioral disorders, spirituality, stress management, and executive health.

Barbara RA Christensen II, Inc.

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

Phone: (605) 362-5803

E-Mail Address: barb.christensen@sio.midco.net

Internet Address: www.barbarachristensencounseling.com

Hours: 8:00am - 1:00pm, Monday / 8:00am - 6:00pm, Tuesday - Thursday / 8:00am - 2:00pm, Friday

Fees: Sliding-fee scale

Mental Health Professional:

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

Services Offered: Works with children, adolescents, as well as adults with the following issues: depression, anxiety, family issues/divorce, grief, self-injury, adjustment, drug and alcohol, ADD/ADHD, social skills, anger, domestic violence, OCD, relationship, Autism/Asperger's and abuse. Christian based.

Bartels Counseling Services, Inc.

101 W. 69th Street, Suite 100

Sioux Falls, SD 57108

Phone: (605) 310-0032

Fax: (605) 271-0200

E-Mail Address: shanebartels@sio.midco.net

Internet Address: www.bartelscounselingservices.com

Hours: 8:00am - 9:00pm, Monday - Friday / 8:00am - 3:00pm, Saturday

Fees: Sliding fee scale; most insurance accepted; state assistance available

Mental Health Professionals:

Jessica Lueking, MS, LPC, NCC, LAC

Sherry Bartels, MA, NCC, LPC-MH, QMHP, ACS, LAC

Jennifer Zerfas, MA, NCC, LPC, LAC

Hollie Vaughan, MS, NCC, LPC, ACT

Jennifer Lovik, MA, NCC, LPC

Jennie Mayer, MS, NCC, LPC, ACT

Cassie Renke, MA, ACT

Services Offered: Therapists are educated, credentialed, and experienced in assessing and treating mental health concerns including addiction, anxiety, depression (and other mood disorders), adjustment, abuse, spiritual development, emotional and stress management, family issues, grief, personality disorders, and relational issues. Provides individual, couples, and family therapy along with services for adults and adolescents needing assessments, early intervention, intensive outpatient treatment, and aftercare services. Services are available in Spanish. Bartels Counseling Services is accredited by the South Dakota Department of Social Services Division of Community Behavioral Health.

Additional Location:

224 N. Phillips Avenue, Suite 207

Sioux Falls, SD 57108

Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2

Sioux Falls, SD 57105

Phone: (605) 274-1700

Fax: (605) 274-1704

E-Mail Address: mariaegan.bmcs@midconetwork.com

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

Fees: Accepts insurance and Medicaid

Mental Health Professional:

Maria Egan, MS, LPC-MH, QMHP

Services Offered: Services for children, adolescents, adults, individual, groups, couples and families. Play therapy, Behavior Modification, Cognitive Behavioral Therapy, diagnostic assessments, depression, generalized anxiety, separation anxiety, school refusal, social phobia/fears, Obsessive Compulsive Disorder, behavior problems, ADHD, grief and loss, Asperger's Syndrome, pediatric Bi-Polar Disorder, anger management, social skills training, Post Traumatic Stress Disorder, behavior problems, selective mutism, and trichotillomania (hair pulling).

Bendewald, Gaylen

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 334-6211

Internet Address: www.marriagefriendlytherapists.com

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

Fees: Most insurance accepted

Mental Health Professional:

Gaylen Bendewald, MSW, CSW-PIP, LMFT

Services Offered: Individual, marriage, and family therapy. Emphasis on general anxiety, depression, mindfulness training and relationship concerns.

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Bendewald, Katy, MSW

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 310-0356

Fax: (605) 362-5601

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

Fees: Most insurance accepted

Mental Health Professional:

Katy Bendewald, MSW, CSW-PIP

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

Bethesda Christian Counseling Midwest, Inc.

400 S. Sycamore Avenue, Suite 105-3

Sioux Falls, SD 57110

Phone: (605) 334-3739

Fax: (605) 334-7752

E-Mail Address: info@bethesdachristiancounseling.org

Internet Address: www.bethesdachristiancounseling.org

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

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

Mental Health Professionals:

Dale D. Ellens, MS, LPC, LMFT, QMHP

William C. Fuller, MD

David Nehring, PhD

Denise Pulido, MSW, LCSW-PIP

Sandra Simanton, MSW, CSW-PIP

Joseph R. Goraj, MSW, CSW

William Huisken, MSW, CSW-PIP

Dean Meeter, MDiv

Services Offered: Individual, marital, and family counseling. Psychological testing is available. A nationally accredited Clinical Pastoral Education course offered for pastors and other ministry professionals. Also offers services such as child and adolescent counseling, and wellness seminars to interested groups.

Carroll Institute

310 S. 1st Avenue

Sioux Falls, SD 57104

Phone: (605) 336-2556

Fax: (605) 332-1333

E-Mail Address: gtuschen@carrollinstitute.org

Internet Address: www.carrollinstitute.org

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / Groups in the mornings, afternoons and evenings

The Arch, Arch II and Changes and Choices are 24 hours a day / 7 days a week

Fees: Sliding fee scale; state assistance available

Mental Health Professionals:

Gary Tuschen, BA

Debbie Klasi, BA, LAC

Janice Falk, BS, LAC

Tonya Honomichl, BS, CAC

Tiffany Butler, MA, LPC

Rachael Miedema, MA, ACT

Kassy Karly, BA, ACT

Carolyn Posey, MA, LMFT, LAC, QMHP

Kimberly Questad, MS, NCC, LAC, LPC

Mitch Wilson, AS, CAC

Brad Patterson, BA, LAC

Joe Block, BA, LAC

Alicia Hibbison, BA, CAC

Kristi Jacobsma, AA, CAC

Services Offered: Early Intervention, Intensive Outpatient Treatment for meth addicts, Intensive Outpatient Treatment, and clinically-managed low intensity residential treatment, and Safe Driver Class for first time DUI offenders. Services for adolescents and adults include treatment needs assessment, treatment planning, individual and group counseling, family therapy, alcohol and other drug education, and case management.

Arch Halfway House for Men

333 S. Spring Avenue
Sioux Falls, SD 57104
Phone: (605) 332-6730

Fees: Sliding fee scale; state assistance available

Mental Health Professionals:

Steve Fodness, BS, LAC

Changes and Choices Recovery for Women

310 S. 1st Avenue
Sioux Falls, SD 57104
Phone: (605) 332-9257

Michelle Worden, MA, LAC

Services Offered: The Arch Halfway House and Changes and Choices Recovery is for chemically dependent men and women who have received treatment within the last 12 months. Goals include relapse prevention, recovery, and life skills.

Carroll Institute - Project Awareness Prevention Services

310 S. 1st Avenue
Sioux Falls, SD 57104
Phone: (605) 336-2556

E-Mail Address: tbutler@carrollinstitute.org

Internet Address: www.carrollinstitute.org

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

Mental Health Professionals:

Barb DeVos, MS, NCC, LPC, LAC
Kristi VanDeRostyne, BS, CAC, CPS
Kara Likness, MS, NCC, LAC

Taylor Mattke, BS, CAC, CPS
Tiffany Butler, MA, LPC

Services Offered: Project Awareness counselors provide prevention, individual services and chemical dependency counseling to schools and communities throughout eastern South Dakota.

Catholic Family Services

523 N. Duluth Avenue
Sioux Falls, SD 57104
Phone: (605) 988-3775 or 1-800-700-STOP (7867)

Fax: (605) 988-3747

E-Mail Address: cfs@sfcatholic.org

Internet Address: www.sfcatholic.org

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

Fees: \$99.00 per 45 minute session; Sliding fee scale based on income and family size; accepts insurance, Medicaid, and Employee Assistance Programs (EAP)

Mental Health Professionals:

Marcie Moran, RN, EdD
Ronda J. Maass, LPC-MH
Brandi Brintnall, LPC-MH
Patricia Schwan, LPC-MH

Christina Vander Woude, MSW
Kathleen Crowley, LPC-MH
Fran Van Bockel, LPC-MH
Bonnie Deen, LPC-MH

Marnie Schieffer, CSW
Margi Culhane, RN
Alicia Rife, CSW

Services Offered: Provides confidential and Christian based therapy services to individuals, couples, children, adolescents and families. Provides programs for all types of losses including an annual program of directed grieving therapy after the death of a loved one. Support groups are available for those who are divorced, widowed or separated. Three day retreats are available for Grieving a Loss and Rachel's Vineyard (post abortion trauma). Provides adoption services including domestic and international adoptions, home studies and pregnancy counseling. Coordinates the SD Rural Helpline to provide behavioral health services to rural families with the Helpline Center. Outreach offices located in Mitchell, Yankton, Brookings, Pierre, Gettysburg and Aberdeen.

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Center for Family Medicine

1115 E. 20th Street

Sioux Falls, SD 57105

Phone: (605) 339-1783

E-Mail Address: info@centerforfamilymed.org

Internet Address: centerforfamilymed.org

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

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professionals:

Michael Bloom, PhD, *Psychologist*

Staff of Family Physicians

Services Offered: Brief therapy - individual, marital, and family therapy. Therapy for psychological problems associated with medical illness.

Children's Home Society

801 N. Sycamore Avenue

Sioux Falls, SD 57101

Phone: (605) 334-6004

Fax: (605) 335-2776

Internet Address: www.chssd.org

Hours: Residential Treatment, 24 hours a day / 7 days a week

Day School, 8:45am - 3:00pm, Monday - Friday (12 month calendar)

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

Fees: Vary for each program; Medicaid and school districts are the primary funding sources for residential treatment; limited scholarships are available; Adoption Program services are free

Mental Health Professional:

Contact Joan Sim for a list of providers.

Services Offered: Residential Assessment and Treatment - Residential programs provide a home, school and therapy to children ages 4-13 with emotional and behavioral problems. Treatment includes psychiatric care, adaptive management, individual, group and family therapy, and academic programming. Day Program - The Therapeutic Day Program is available to students within driving distance of the Sioux Falls or Black Hills campus. Students receive individualized attention, a modified education program if needed, and therapeutic interventions to address their behavior issues. Students benefit from individual, group and family therapy sessions. Adoption Services - The Adoption Program provides services to families within driving distance of Sioux Falls Children's Home. Services include psychological, psychiatric and educational testing, and individual, family, and home-based therapy.

Children's Inn

409 N. Western Avenue

Sioux Falls, SD 57104

Phone: (605) 338-4880 or 1-888-378-7398 (both are 24-hour crisis lines)

E-Mail Address: mikaela.campbell@chssd.org

Internet Address: www.chssd.org/childrensinn

Hours: Individual counseling sessions by appointment Monday - Friday / Support group times vary, call for dates and times

Fees: No cost to victims of domestic abuse

Mental Health Professional:

Mikaela Campbell, MA, NCC

Services Offered: Support groups and individual counseling. Women's Support Groups are available for women impacted by domestic violence. EMPOWER is a support group for adolescents impacted by dating or domestic violence and is offered in area middle and high schools. Individual counseling is available for adults, adolescents, and children impacted by violence in their relationships. Counseling services focus on helping the individual heal from the consequences of being victimized in a domestic relationship with physical, emotional, or sexual abuse.

Choices Recovery Services, INC

2701 S. Minnesota Avenue, Suite 6
Sioux Falls, SD 57105

Phone: (605) 334-1822

Fax: (605) 334-1823

E-Mail Address: karen.johnson@choicesrecoveryservices.org

Internet Address: www.choicesrecoveryservices.org

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

Fees: Call for information

Mental Health Professionals:

Karen Johnson, LAC

Monica Wambeke, ACT

Bob Arshem, LAC

Blake Prochow, ACT

Kati Vicuna, LAC

Mona Miller, ACT

Services Offered: Provides intensive outpatient treatment for alcohol, drug, and gambling addictions. Other services include evaluations, individual counseling, aftercare and relapse prevention services, MRT, Getting It Right Cognitive Behavioral Group, 1st offender DUI classes, and SCRAM X Alcohol and Electro Monitoring.

Clayborne Mental Health & Evaluation Services, LLC

5101 S. Nevada Avenue, Suite 120
Sioux Falls, SD 57108

Phone: (605) 361-9550

Fax: (605) 361-9582

E-Mail Address: andre@clayborneservices.com

Internet Address: www.clayborneservices.com

Hours: 9:00am - 9:00pm, Monday - Wednesday / 9:00am - 6:00pm, Thursday - Friday / Evenings and weekends by appointment

Fees: Fixed; Call for information

Mental Health Professional:

Andre B. Clayborne, EdD

Services Offered: Child custody evaluation services, parent coordinator services, mediation services, life transitional issues, court/forensic evaluation services, critical incident stress debriefings, services relating to: parenting, blended families, domestic violence, and communication.

Compass Center, The

1800 W. 12th Street, Suite 100
Sioux Falls, SD 57104

Phone: (605) 339-0116 or 1-877-IN CRISIS (24-hour crisis line)

Fax: (605) 336-3874

E-Mail Address: admin@thecompasscenter.org

Internet Address: www.thecompasscenter.org

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

Fees: No cost to victims of crimes; low cost offender treatment

Mental Health Professionals:

Johna Nielsen, LPC, LAC, RTC

Stacey Compton, MA, NCC, QMHP, RPT, LPC

Emily Gislason, MS, NCC, LPC

Michelle Trent, MS, NCC

Deb Langrehr, NCC, NCSC, LPC

Andrew Vos, MDiv

Adam Hardy, MS, NCC

Services Offered: Free individual counseling; medical, legal, or personal advocacy; assistance in safety planning; filing protection orders and victim's compensation applications; in person or telephone crisis intervention for all victims of rape, sexual assault, incest, domestic violence, human trafficking, or stalking. Therapeutic and educational domestic violence offender treatment for adults in the Family Violence Project at low cost. Violence assessments for adolescents in the Teen Violence Project. Free children's play therapy program for those that have witnessed or experienced domestic violence and/or sexual assault.

2014 Sioux Falls Mental Health Resource Guide

Counseling Resources, Inc.

2901 E. 57th Street, Suite 104

Sioux Falls, SD 57108

Phone: (605) 331-2419

Fax: (605) 332-1020

E-Mail Address: cresource@midconetwork.com

Internet Address: www.siouxfallscounselingresources.com

Hours: 9:00am - 5:00pm, Monday - Thursday / 10:00am - 2:00pm, Friday / Evening and weekend appointments available

Fees: Fixed and sliding scale fees, depending on service

Mental Health Professionals:

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

Stacy Krall, MS, LAC

Rachel Rust, BA, ACT

Jodi Petershagen, BA, CAC

Services Offered: Counseling staff works with individuals, couples, and families to address a broad range of mental health concerns related to substance abuse. Provides confidential and professional individual and group counseling to adults. Specialty is substance abuse counseling and evaluation.

Dakota Oak Counseling

3220 W. 57th Street, Suite 100A

Sioux Falls, SD 57108

Phone: (605) 759-8359

Fax: (605) 275-0625

E-Mail Address: kristihamiltonlpc@gmail.com

Internet Address: www.dakotaoakcounseling.com

Hours: Day and evening hours by appointment

Fees: Accepts most insurances, Medicaid and Medicare

Mental Health Professionals:

Kristi Hamilton, MS, LPC-MH, QMHP

Deb Thompson, MA, LPC-MH, QMHP

Ann Flynn-Crowe, CSW-PIP

Services Offered: Provides therapy for children, adolescents, adults, couples, and families. Areas of specialty include depression, anxiety, grief, addictions, acute and chronic medical conditions, abuse, trauma, play therapy, parenting issues, divorce adjustments, family of origin issues, PTSD, premarital and marital issues, men's issues, women's issues, anger, career adjustments, and spirituality issues. Provides EMDR and Cognitive Behavioral Therapy. Participates in most Employee Assistance Programs.

Dakota Psychological Center

1601 E. 69th Street, Suite 103

Sioux Falls, SD 57108

Phone: (605) 373-9066

Fax: (605) 373-9066

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

Saturday hours by appointment

Fees: Participates with Medicare, Medicaid and most other insurance plans

Mental Health Professionals:

Lyn Collver, MS, LPC-MH, QMHP, NCC

Lyn Shroyer, EdD, LP

Services Offered: Individual, couples, family, and group therapy: depression, anxiety, panic disorder, obsessive-compulsive disorder, grief and loss issues, anger management, anorexia, bulimia, compulsive over-eating, body-image, weight loss, prebariatric surgery psychological assessment, post-traumatic stress disorder, sexual abuse, rape, premarital counseling, women's issues, mid-life issues, postpartum depression, menopause, stress management and relaxation training, parent/adolescent conflict management, cognitive-behavioral therapy, solutions-oriented brief counseling, and Christian counseling.

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DBT Center of South Dakota (formerly Chan Counseling Services)

2121 W. 63rd Place, Suite 100

Sioux Falls, SD 57108

Phone: (605) 373-9330

Internet Address: www.dbtcenterofsouthdakota.com

Hours: Vary; Call for information

Fees: Insurance accepted, including Medicaid, and Medicare

Mental Health Professionals:

Amber Chan, LPC-MH, NCC, QMHP

Stacy Schepel, CSW-PIP

Tandra Baker, LPC-MH, QMHP, LAC

Services Offered: Provides individual and group counseling for depression, anxiety, Bipolar, PTSD, relationship concerns, addictions, borderline personality disorder, and self-harming behaviors. Provides Dialectical Behavior Therapy (DBT) individually and in group settings. DBT skill groups offered Mondays and Tuesdays.

Digatono, Daniel T.

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 362-1506

E-Mail Address: ddigatono@aol.com

Hours: Days and evenings by appointment / Intensive weekday and weekend sessions are available

Fees: Most insurance accepted

Mental Health Professional:

Daniel T. Digatono, MDiv, PhD, LMFT, LPC, QMHP

Services Offered: Counseling for individuals, couples, and families. Extensive experience working with education, medical, mental health, and ministry professionals. 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.

Dr. O'Connor & Associates, LLC

111 W. 39th Street

Sioux Falls, SD 57105

Phone: (605) 357-8744

E-Mail Address: droconnor@droconnorassociates.com

Internet Address: www.droconnorassociates.com

Hours: 9:00am - 6:00pm, Monday - Thursday / Fridays, weekends and evenings by appointment

Fees: Accepts most insurance, Medicare, and Medicaid

Mental Health Professionals:

Lynda O'Connor-Ohayon, EdD, LP, LMFT

Jeni Rae Peters, MS, LPC-MH

Latanda Salmen, MSW-PIP

Angela Sadowski, MSW-PIP

Services Offered: Individual, couple, and family therapy available for all ages. Special interests in depression, anxiety, grief, geriatrics, relationship enrichment, and divorce coaching. Adolescent therapy and family issues specialties. Also provides psychological assessments, home studies, custody evaluations and parenting coordination.

Erin Stolsmark, Inc

6809 S. Minnesota Avenue, Suite 102

Sioux Falls, SD 57108

Phone: (605) 359-0303

Fax: (605) 362-5803

E-Mail Address: estolsmark@gmail.com

Internet Address: www.erinstolsmark.com

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

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

Mental Health Professional:

Erin Stolsmark, LPC-MH

Services Offered: Erin Stolsmark is a licensed mental health and addictions counselor who practices independently and provides mental health and chemical dependency counseling in Sioux Falls, SD and the surrounding area to children, adolescents and adults with a variety of issues including, but not limited to, Depression, Anxiety, OCD, Physical/Sexual Abuse, Trauma, Chemical Dependency and other addictions, Co-occurring Disorders, Family Issues, Conduct/Behavioral Issues, Couples Therapy, Relationship Issues, Sexual Identity Issues, Adjustment Disorders, Career Issues, Adoption Issues, Attachment Issues, Personality Disorders, Stress Management, Women's Issues, Eating Disorders, PTSD, and Crisis Prevention.

Evolve Counseling Services, Inc.

2500 W. 49th Street, Suite 202

Sioux Falls, SD 57105

Phone: (605) 275-2030

E-Mail Address: info@evolvesiouxfalls.com

Internet Address: www.evolvesiouxfalls.com

Hours: 8:00am - 7:00pm, Monday - Friday / occasional Saturdays / All sessions are by appointment only

Fees: Accepts insurance, Medicare and Medicaid

Mental Health Professionals:

Jessica Snedeker, LPC-MH, QMHP

Lynsey Whaley, MSW, CSW-PIP, QMHP, LICSW

Services Offered: Access To Recovery (ATR) provider. Treatment specializations include: depression, anxiety, panic, Post Traumatic Stress Disorder (PTSD), eating disorders, stress management, chronic pain, unresolved grief and loss, development of coping skills, healing from trauma, problematic eating, social skills development, employment difficulties, personal development, parenting support, identification of life goals, goal attainment, relationship difficulties, conflict resolution skills, adjustment concerns, and addiction and recovery. Groups available: chronic pain and ADAPT (anxiety, depression, personality disorders, and trauma). Call for information on other groups.

Family Service, Inc.

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 336-1974

E-Mail Address: fsisd@msn.com

Internet Address: www.sdfsi.org

Hours: 8:00am - 6:00pm, Monday, Wednesday / 8:00am - 7:00pm, Tuesday / 8:00am - 8:00pm, Thursday / 8:00am - 5:00pm, Friday

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

Mental Health Professionals:

Dan Deal, MA, CCDCIII, SAP

Kathy Lemme, MS, LPC-MH, LMFT, CCDCIII, QMHP

Todd Herrboldt, MSW, CSW-PIP, QMHP

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

Paul Ritter, MA, MDiv, LPC

Bruce Hansum, LPC

Paula Smykle, MSW, CSW

Services Offered: Provides outpatient mental health services including individual, marital, and family counseling. Provides Employee Assistance Program services for employers including mental health, alcohol, and drug counseling. Family Service, Inc. has operated in Sioux Falls for over 50 years and is a United Way Member agency.

First Step Counseling Services

4320 S. Louise Avenue, Suite 200

Sioux Falls, SD 57106

Phone: (605) 361-1505

Fax: (605) 361-0481

E-Mail Address: frontdesk@takeyourfirststep.com

Internet Address: www.takeyourfirststep.com

Hours: Office: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday

Groups in Session: 6:00pm - 9:00pm, Monday, Tuesday, Wednesday / 8:00am - 4:00pm, Saturday

Fees: Fixed; Please call

Mental Health Professionals:

Lou Ann Tietjen, CCDCIII

Brenda Grimm, CDCT

Dean Randall, CDCT

Services Offered: Full range of services for chemical dependency and treatment services. Information, referral and education intervention. Education intervention services include an eight, twelve and sixteen hour intervention, twenty-four hour intensive intervention, fifty-four hour intensive outpatient treatment and aftercare.

Four Directions Counseling, Inc.

315 N. Main Avenue, Suite 201

Sioux Falls, SD 57104

Phone: (605) 359-5709

Fax: (605) 274-2505

E-Mail Address: kb.fourdirections@gmail.com

Hours: Flexible / Evenings and Saturdays by appointment

Fees: Sliding fee scale; contracts; accepts Medicaid

Mental Health Professionals:

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

Kelly Bass, MSW, CSW-PIP, QMHP, ACS

Jessie Park, MA, NCC

Brandi Brintall, MS, NCC, LPC-MH

Bobbie Jacobs, MSW

Services Offered: Specializes in the 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 and organizations on developing and providing effective treatment and services within forensic settings.

From a Woman's Perspective

111 W. 39th Street

Sioux Falls, SD 57105

Phone: (605) 339-7190

E-Mail Address: drann@womanspsych.com

Internet Address: www.womanspsych.com

Hours: By appointment

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professional:

Ann McClenahan, EdD, LP

Services Offered: Counseling psychology services including anxiety, stress, depression, grief, marital therapy, psychological evaluations, attention deficit disorder, women's issues, and parenting skills.

Glory House, The

4000 S. West Avenue

Sioux Falls, SD 57109

Mailing Address: PO Box 88145, Sioux Falls, SD 57109

Phone: (605) 332-3273

E-Mail Address: ndvorak@glory-house.org

Internet Address: www.glory-house.org

Hours: 24 hours a day / 7 days a week

Fees: Vary according to services

2014 Sioux Falls Mental Health Resource Guide

Mental Health Professionals:

T.R. Maves, MS, LPC, LAC
Dave Johnson, MS, LPC
Jenni Busse, MS, LPC, LAC
Nathan Weber, BS, ACTS
Kelly Cleveringa, MS, LAC
Robin Erz, BS, LAC
Mischa Ludwig, BS, CAC

Kendall Hill, MS, CDCT
Sally Holiday, MS, LAC
Chris Turbak, MA, LAC
Linda Atkinson, LAC
Kari Joldersma, BS, CAC
Nicole Dvorak, MS, LAC
Willard Dathe, BS, LAC

Services Offered: Services included both residential as well as outpatient. Individual, couples, and family counseling, assessments, Moral Recognition Therapy, Corrective Thinking, Coping Skills, Healthy Relationships, Transitional Skills, Parenting, Happiness and Healing as well as Accepting Change. Chemical Dependency Services: aftercare; Red Road; relapse prevention; intensive outpatient treatment for methamphetamine use, alcohol and other drugs, and Native Americans. Mental Health Services: assessments, individual and group sessions. The group therapy addresses both concurrent mental health conditions and chemical dependency.

Gorman, Stacy, LLC

2121 W. 63rd Place, Suite 100
Sioux Falls, SD 57108

Phone: (605) 373-9330 ext. 206 or (605) 940-6422

Fax: (605) 373-9218

E-Mail Address: stacygorman@hotmail.com

Internet Address: www.stacygormancounseling.com

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

Fees: Accepts most insurance and Medicaid

Mental Health Professional:

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

Services Provided: Individual counseling services for adolescents and adults dealing with depression, anxiety, social anxiety, adjustment disorders, mood disorders, women's issues, abuse issues, family of origin issues, co-dependency, self-esteem and self-confidence issues, trauma, self-injury, personality disorders, stress management, life transitions, & parenting issues; Chemical dependency assessments; Substance abuse and dependence counseling.

Great Plains Psychological Services

4105 S. Carnegie Place
Sioux Falls, SD 57106

Phone: (605) 323-2345

E-Mail Address: gppssf@aol.com

Internet Address: www.gppssf.com

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

Fees: Vary; will submit insurance

Mental Health Professionals:

Stephan Langenfeld, EdD, LP
Tara Olson-Larson, MA, LPC-MH
Scott Pribyl, EdD, LP
Carolyn Roths, MEd, LPC-MH
David Sundem, MS, LPC-MH
Norma Haan, MSSA, CSW-PIP

Kimberly J. Cournoyer, EdS, LPC-MH
Carleen M. Bryant, MS, LPC-MH
Richard Whitten, PhD
Clint Sperle, MA, LPC-MH
Jeff Trammell, MSW, CSW-PIP

Services Offered: Provides psychological and neuropsychological evaluations; psychosexual evaluations and treatment; forensic and competency evaluations; pre-surgical psychological evaluations; individual therapy; couples/marital therapy; family therapy; child and adolescent services; group therapy; biofeedback therapy; substance abuse counseling/therapy; adoption home studies; critical incident stress debriefing; and Employee Assistance Program services. Treatment services available for ADHD, anxiety, depression, anger management, stress management, problems with sexuality, physical abuse, sexual abuse, grief/loss issues, oppositional defiant youth, chronic pain, etc.

Guth, Mary T.

3610 S. Western Avenue, Suite 2

Sioux Falls, SD 57105

Phone: (605) 951-8423

Fax: (605) 274-1704

E-Mail Address: mmgu2@aol.com

Hours: Monday - Friday evenings / Saturdays by appointment

Fees: Accepts most private insurance and Medicaid

Mental Health Professional:

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

Services Offered: Individual, marital and family therapy, depression, anxiety, panic disorder, grief and loss issues, sexual abuse, premarital counseling, women's issues and stress management. Coping with cancer diagnosis for patients and family members. Issues with divorce, transitions and parenting concerns. Supervision for LPC-MH, LMFT licensure.

Hansen-Mayer, Brenda

2121 W. 63rd Place, #100

Sioux Falls, SD 57108

Phone: (605) 373-9330 ext. 227

Fax: (605) 373-9218

E-Mail Address: Brenda@bhmtherapy.com

Internet Address: www.bhmtherapy.com

Hours: By appointment, Monday - Thursday / Mostly daytime and some evening appointments.

Fees: Accepts insurance and Medicaid

Mental Health Professional:

Brenda Hansen-Mayer, LPC-MH, QMHP, LAC, CEAP

Services Offered: Provides professional counseling services to individuals, couples and families. See website for further information about Brenda Hansen-Mayer and her services.

Hauck, Stacey

5800 S. Remington Place, Suite 110

Sioux Falls, SD 57108

Phone: (605) 271-9890

Fax: (605) 271-1395

E-Mail Address: Stacey@staceylpc.com

Fees: Medicaid and most insurances accepted

Mental Health Professional:

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

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

Helpline Center

1000 N. West Avenue, Suite 310

Sioux Falls, SD 57104

Phone: Dial 211 or (605) 339-4357

Suicide Crisis and Support Services: 1-800-273-TALK (8255)

E-Mail Address: help@helplinecenter.org

Internet Address: www.helplinecenter.org

Hours: 24 hours a day / 7 days a week

Fees: None

Mental Health Professionals:

Janet Kittams-Lalley, MA, LPC

Staffed by paid professionals who have completed extensive crisis intervention training

Services Offered: The Helpline Center offers a 24-hour crisis, information, and listening /support telephone line. The Helpline Center maintains a comprehensive listing of social service, non-profit, and governmental programs from which referrals can be made. The Helpline Center is accredited by the Alliance of Information and Referral Systems and the American Association of Suicidology.

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Heuermann Counseling Clinic

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 336-1974

Internet Address: fsisd.org

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

Fees: None to those who qualify financially

Mental Health Professionals:

Counseling is provided by mental health professionals with a masters degree or higher who volunteer their time

Kathleen Christensen, PsyD, LP, LMFT

Paul Ritter, MA, MDiv, LPC

Natalie Storm, MA, MFT

Roxy Grogan, MA

Joan Huber, MA, NCC

Monica Jerke, MA

Paula Smykle, MSW, CSW

Megan Engdahl, BA

Services Offered: Individual, family, and marriage therapy.

Hohm, Ellen, LLC

4410 S. Tennis Lane

Sioux Falls, SD 57106

Phone: (605) 361-4403

E-Mail: ellenhohm4@gmail.com

Hours: Days and evenings by appointment

Fees: Accepts most insurances, Medicaid; sliding scale fees provided

Mental Health Professional:

Ellen Hohm, MS, LPC-MH, QMHP

Services Provided: Counseling for adolescents, adults, couples, and families. Specialties include depression, grief, anxiety, PTSD, abuse issues, ADHD, men's issues, women's issues, parenting skills, sexuality issues, addiction, anger management, and premarital therapy. Focus on a healthy mind, body, and spirit.

Integrative Wellness

5000 S. Minnesota Avenue, Suite 200

Sioux Falls, SD 57108

Phone: (605) 271-1348

Fax: (605) 610-1477

E-Mail Address: integrativewellness@midconetwork.com

Internet Address: integrativewellnesssd.com

Hours: Day and evening hours vary by therapist

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

Mental Health Professionals:

Jeanne Bunkers, MSW, CSW-PIP

Jennifer Gleason-Wilson, MA, LPC

Christine Ellis, CSW-PIP

Myra Eben, MS, LPC, LPN

Melissa Steever, MA, LPC-MH, QMHP

Kristin Gedstad, MEd, LPC, LMFT, QMHP

Michelle VanDenHul, MSW, CSW-PIP

Erin Nielsen Ogdahl, CSW, CCDCIII

Services Provided: Individual (adults, adolescents and children), marital and family therapy covering topics such as depression, anxiety, grief and loss, addictions, trauma and abuse, family of origin, geriatrics, play therapy, parenting, ADD/ADHD, blended family issues, and divorce. Serving everyday people with everyday problems.

Journey Therapy and Consulting

6901 S. Lyncrest Place, Suite 104

Sioux Falls, SD 57108

Phone: (605) 351-1545

E-Mail: tammy@journeysupport.net

Internet Address: www.journeysupport.net

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

Fees: Vary with services; sliding scale fees and scholarships available on limited basis

Mental Health Professionals:

Tammy Lias, MA, LMFT, QMHP
James Cady, MA, EdS, NCC, LPC, CH

Amy Roth, MS, NCC, LPC

Services Provided: Individual, couples and family counseling. Staff tailors treatment to support growth and healing. Licensed Counselors, Marriage and Family Therapist and Certified Hypnotist available. Treatment specializations include; depression and anxiety, traumatic experiences, attachment challenges, parenting support, grief counseling, work and career issues, stress management, addiction & recovery, and conflict resolution.

Kannan Clinic, P.C.

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

Phone: (605) 271-3900

Fax: (605) 271-3902

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

Fees: Accepts private insurance and Medicare

Mental Health Professional:

Hari D. Kannan, MD

Services Offered: Kannan Clinic, P.C. is a non-hospital owned or affiliated clinic that specializes in psychiatric assessment, treatment and management for adult and geriatric patients. Dr. Kannan is a biologically-oriented psychiatrist whose expertise includes the management of a broad spectrum of mental illnesses including depressive/bipolar disorder, Alzheimer’s disease and other dementias, anxiety and panic attacks, obsessive-compulsive disorders, schizophrenia/thought disorders, other psychiatric conditions, and Parkinson’s disease .

KeySolutions Employee Assistance Program (EAP)

7511 S. Louise Avenue
Sioux Falls, SD 57108

Phone: (605) 334-5850 or 1-888-450-7844

E-Mail Address: keysolutionseap@crchealth.com **Internet Address:** www.keysolutionseap.com

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phone answered 24 hours a day

Mental Health Professionals:

Tim Heerts, MA, LMFT, LPC, CEAP
Robyn Stemper, MS, LPC, ACT

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

Services Offered: Designed to assist employers with employees who may be suffering from personal problems that interfere with a productive life at home or at work. By assisting employees who may be having personal problems, it is possible to return them to a satisfactory job performance level. Supervisory skills training, mediation, chemical dependency and intervention services also provided. KeySolutions Employee Assistance Program is directed by a Certified Employee Assistance Professional. KeySolutions is affiliated with Keystone Treatment Center.

Keystone Treatment Center (Inpatient)

1010 E. Second Street
Canton, SD 57013

Mailing Address: PO Box 159 Canton, SD 57103

Phone: (605) 987-2751 or 1-800-992-1921

E-Mail Address: cregier@crchealth.com **Internet Address:** www.keystonetreatment.com

Hours: Telephone answered 24 hours a day / 7 days a week

Fees: Call for information

Mental Health Professionals:

Carol Reiger, RN, LAC
E.R. Regier, MD
Gary Dickinson, PhD
Robert Bogue, LAC, CCSII

Robert Perkinson, PhD, LAC, NCGC
Luther Hegland, MD, *Psychiatrist, Addictionologist*
Chris Davidson, MD, *Psychiatrist, Addictionologist*
Deb Swenson, LPC, LAC

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Christy Alten, MS, NCC, LAC

Services Offered: Inpatient alcohol, drug, and gambling treatment with separate programs for adults and adolescents. Accredited by CARF and licensed by the State of South Dakota. Treatment services for detox, dual diagnosis, cognitive disorders (such as FAE/FAS), gambling, methamphetamine, substance abuse and inhalant abuse. Specialized Native American tract available. Nursing care provided 24 hours a day.

Keystone Treatment Center (Outpatient)

7511 S. Louise Avenue, Suite 100

Sioux Falls, SD 57108

Phone: (605) 335-1820

E-Mail Address: rbrown@crchealth.com

Internet Address: www.keystonetreatment.com

Hours: 8:00am - 6:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phones answered 24 hours a day

Fees: Call for information

Mental Health Professionals:

E.R. Regier, MD

Bob Brown, CCDCII, SAP

Robert Perkinson, PhD, CCDCIII, NCGC

Services Offered: Day and evening intensive outpatient treatment for alcohol, drug, and gambling, with separate programs for adults and adolescents. DUI class and Adolescent Prevention Program also provided. Licensed by the State of South Dakota and accredited by CARF. Individual, couples, family, and group therapy provided.

Knapp Counseling & Associates

2121 W. 63rd Place, Suite 100

Sioux Falls, SD 57108

Phone: (605) 373-9330

Fax: (605) 373-9218

Hours: 9:00am - 5:00pm, Monday - Friday / Evenings and some Saturday mornings available by appointment

Fees: Sliding fee scale; most insurances accepted

Mental Health Professionals:

Susanne Nelson, MSW, CSW-PIP

Tandra Steskal-Baker, LPC-MH, QMHP, CCDCIII, TFTdx

Christine Knapp, CSW-PIP

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

Stacy Dixon, LMFT, QMHP

Brenda Hansen-Mayer, LPC-MH, QMHP, CCDCIII

Jari Johnson, MA, LMFT, QMHP

Diane Johnson-Mitchell, LPC-MH, QMHP

Amber Chan, MS, LPC-MH, NCC

Shanna Moke, MA, CFLE

Stacy Schepel, CSW-PIP

Services Offered: Individual, marital, and family therapy. Women's issues, abuse, aging, loss, depression, PTSD, anxiety, family of origin issues, and transition/adjustment issues. Therapy with children and adolescents, parenting, step-family issues and divorce; ADHD and other behavioral disorders; chemical and behavioral addictions, mood disorders, career/life transition issues, chronic/terminal illness, grief and loss issues. Addiction groups, DBT groups and adult women with childhood sexual abuse issues group.

Landscapes Counseling & Psychotherapy

401 E. 8th Street, Suite 200-H

Sioux Falls, SD 57103

Phone: (605) 695-7913

E-Mail Address: tricia@landscapescounseling.com

Internet Address: www.landscapescounseling.com

Mental Health Professional:

Tricia Andor, MA, LPC, EMDR *certified*

Services Offered: Provides adult outpatient counseling services for anxiety, perfectionism, assertiveness, stressful lifestyles, life transitions, codependency, relationship challenges, workplace challenges, depression, Christian counseling, and premarital counseling. Specializes in sexual abuse recovery for adults.

Lighting A New Way Counseling Services

5201 S. Western Avenue, Suite 105

Sioux Falls, SD 57108

Phone: (605) 361-0114

Fax: (605) 332-1723

Internet Address: lightinganewway.com

Hours: Monday - Friday / Some evenings available

Fees: Comparable rates; insurance and Medicaid accepted

Mental Health Professionals:

Kristine Weires, LCSW-PIP

Lisa Stellinga, MS, QMHP, LPC-MH, LAC

Services Offered: Specialties include depression, marital, anxiety and family and attachment coaching (post-adoption).

Lutheran Social Services - Sioux Falls Area Counseling Services

705 E. 41st Street, Suite 100

Sioux Falls, SD 57105

Phone: (605) 357-0131 or 1-800-568-2401

E-Mail Address: mel.harrington@lsssd.org

Internet Address: www.lsssd.org

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

Fees: Sliding fee scale based on household annual gross income

Mental Health Professionals:

Mel Harrington, CSW-PIP

Melissa Hemmestad, MS, LPC-MH, CCDCIII

Mavis Gehant, MSW, CSW-PIP

Scott Moeller, MS, LPC-MH, LMFT

Colleen Brazil, MSW, CSW-PIP

Colleen Miller, MS, LPC, LMFT

Sarah Alexander, MSW, CSW-PIP

Linda Logan, MA, LPC-MH

Sarah White-Young, MSW, CSW-PIP

John Korkow, MA, CCDCIII

Larry Ling, MSW, CSW-PIP

Chad Neilson, MA, CCDCIII

Amy Roth, MS, LPC

Services Offered: Provides individual, couple, and family counseling to assist children and adults in dealing with life challenges. Spanish bilingual individual counseling also available. Provides Employee Assistance counseling services, addiction assessments, educational and therapy groups including anger management groups for young men and adults, youth violence offender groups, child custody evaluations, mediation services, and critical incident stress debriefings. Offers a community service educational group for youth regarding shoplifting called "Hands Off!". Additional offices located in Mitchell and Brookings.

Maass, Ronda J.

5201 S. Western Avenue, Suite 104

Sioux Falls, SD 57108

Phone: (605) 275-0075

Fax: (605) 231-4252

E-Mail Address: rondam@sio.midco.net

Internet Address: www.rondamaass.com

Hours: 9:00am - 7:00pm, Tuesday - Thursday / 9:00am - 5:00pm, Friday / All hours are by appointment

Fees: Most insurance, private pay, EAPs and SD Medicaid are accepted

Mental Health Professional:

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

Services Offered: Providing individual and family counseling for children, adolescents, and adults. Areas of care include: grief, women's issues throughout the lifespan, injury and illness, spiritual counseling, parenting, anger management, blended families, work issues, anxiety and depression.

Mental Health Associates

2500 W. 49th Street, Suite 224

Sioux Falls, SD 57105

Phone: (605) 339-6949

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Hours: 10:00am - 6:00pm, Tuesday / 10:00am - 6:00pm, Wednesday / 9:00am - 7:00pm, Thursday / Other times available by special arrangement

Fees: \$130.00 per hour; most insurance accepted

Mental Health Professional:

Richard Seaman, MEd, LPC, LMFT

Services Offered: Individual and family therapy for depression, anxiety, grief and loss, divorce adjustment, life transitions, stepfamilies, aging, stress management, business/church consultation, carepartners, and relationship issues.

NAMI South Dakota

PO Box 88808

Sioux Falls, SD 57109

Phone: (605) 271-1871

E-Mail Address: namisd@midconetwork.com

Internet Address: www.namisouthdakota.org

Services Offered: Offers practical support, useful education and understanding to people who are living and coping with brain based diseases. There are nine local affiliate groups located across the state. The NAMI Family-to-Family Education Program is a free 12-week course for family caregivers of individuals with severe brain disorders (mental illnesses). NAMI Connection is a free weekly support group for adults who have a mental illness. In Our Own Voice is a free educational presentation for civic groups, schools, etc. given by persons who have a lived experience with mental illness.

Neuropsychology Consultants, LLC

1500 W. 51st Street, Suite 105

Sioux Falls, SD 57105

Phone: (605) 271-4492

Fax: (605) 271-4495

E-Mail Address: office@neuropsychconsultants.com

Internet Address: www.neuropsychconsultants.com

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

Fees: Accepts most insurance, Medicare, and Medicaid

Mental Health Professional:

Michael McGrath, PhD

Services Offered: Specializing in neuropsychological and psychological assessment. Special interests in geriatrics, head injury, and forensics. Provides psychotherapy/psycho-education to individuals and families dealing with physical/neurological illnesses and injuries as well as psychological and emotional difficulties.

New Day Counseling Services, LLC

1320 E. Rushmore Drive, Suite 107

Brandon, SD 57005

Mailing Address: PO Box 782 Brandon, SD 57005

Phone: (605) 582-7418

E-Mail Address: newday@alliancecom.net

Internet Address: www.newdaysd.com

Hours: Flexible / Evenings and Saturdays available by appointment

Fees: Accepts insurance and Medicaid

Mental Health Professional:

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

Services Offered: Offers client-centered and cognitive-behavioral counseling for children, teens, adults, and families. For children, play-therapy addresses many issues: physical/sexual abuse, grief/loss, anxiety, depression, recovery from traumatic events, divorce, and foster/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. Flexible scheduling allows for sessions to be held in the office, home or other community settings.

Pathway Counseling

1312 S. Bahnson Avenue

Sioux Falls, SD 57105

Phone: (605) 521-8923

E-Mail Address: jannorby@centurylink.net

Hours: Call for an appointment

Fees: Sliding fee scale

Mental Health Professional:

Jan Norby, MAEd, MAMFT, LPC-MH

Services Offered: Individual and family therapy. Women's issues, abuse, loss, depression, anxiety, family of origin issues, transitions and spiritual issues.

Phillips Mental Health Services

5010 S. Minnesota Avenue, Suite 200

Sioux Falls, SD 57108

Phone: (605) 274-1944

Fax: (605) 274-1945

E-Mail Address: cphillips.pmhs@midconetwork.com **Internet Address:** www.phillipsmentalhealth.com

Hours: 9:00am - 5:30pm, Monday - Friday / Evenings and weekends by appointment

Fees: Accepts most insurance, SD Medicaid

Mental Health Professional:

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

Services Offered: Mental health and addiction recovery services are provided to children, adolescents, adults, couples, and families. Treatment services offered for depression, addiction, anxiety, parent-child conflicts, behavior problems, ADHD, Asperger's, ODD, adjustment disorders, OCD, PTSD, grief, separation/divorce, couples and family issues, social skills training, stress management and anger management. Services include mental health assessments/screenings, cognitive behavior therapy, behavior modification and play therapy. Court approved alcohol and drug screenings/assessments are available including individual 1st offender DUI education, intensive outpatient services and aftercare. Groups Offered: Social Skills "R" Us group to children and adolescents and Women's Issues - Finding Balance In Your Life.

Prairie View Prevention Services

822 E. 41st Street, Suite 235

Sioux Falls, SD 57105

Phone: (605) 331-5724

E-Mail Address: pvps@iw.net

Internet Address: www.prairieview.net

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

Fees: Services provided at no cost to adolescents and families in contracted school districts; call for more information

Mental Health Professionals:

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

Services Offered: Provides alcohol and drug screenings, updates, and assessments. Group, family, and individual sessions focus on alcohol, tobacco, drugs, violence, depression, and eating disorders. Brief therapy with referrals to mental health service providers. Also provides violence threat assessments. Prairie View Prevention's services are only for adolescents.

Psychological Solutions of South Dakota, LLC

6810 S. Lyncrest Avenue, Suite 201

Sioux Falls, SD 57108

Phone: (605) 274-1119

Fax: (605) 271-9983

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

Mental Health Professionals:

Dr. Thomas L. Price, MA, LP, PhD

Dr. Ericka Kemper, LP

Camma Murphy, MEd, LPC, QMHP

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Services Offered: Individual, couples, family, child and group therapy. Focusing on depression, anxiety/panic, grief and loss issues, PTSD, body image issues, stress management, medical and pain management issues, women's health and pregnancy concerns, and men's issues. Also offered are civil and criminal forensic evaluations, safety sensitive employee evaluations, fitness for duty evaluations, neuropsychological evaluations and violence risk assessments. Assessment and treatment of childhood and adolescent problems and disorders include ADD/ADHD, oppositional defiant disorder, behavioral issues, anxiety, depression and parent education services. Behavioral medicine, DBT and CBT services are also offered.

Psychotherapy Associates of Sioux Falls

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 332-1700

Internet Address: www.sdfsi.org

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

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

Mental Health Professionals:

Connie Nelson, MA, LPC-MH, LAC

Mary Eggleston, MEd, LPC, LMFT, LAC

Services Offered: Individual, couples, and family therapy is provided for children, adolescents, and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and PTSD. Psychodrama and EMDR treatments are available.

Restoration Treatment Services

225 E. 11th Street, Suite 206

Sioux Falls, SD 57104

Phone: (605) 271-7712

Fax: (605) 274-1557

E-Mail Address: jray@newhavensf.org

Internet Address: newhavensf.org

Hours: 9:00am - 9:00pm, Monday - Thursday / 9:00am - 7:00pm, Friday

Fees: Payment arrangements, sliding fee scale

Mental Health Professional:

Johnny Ray, LAC

Services Offered: Restored To New Life Services is an outpatient treatment provider that offers chemical dependency evaluations, early intervention services, outpatient treatment and aftercare services with individual counseling.

Alcohol/drug testing and SCRAM monitoring also available. Also an ATR (Access To Recovery) provider which means any person of Native American descent that lives in SD, ND, NE or IA can receive treatment services at a "low to no cost".

Ritzman Counseling Services

5800 S. Remington Place, Suite 110

Sioux Falls, SD 57108

Phone: (605) 274-1574

Fax: (605) 271-1395

E-Mail Address: kmrs@midco.net

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

Fees: Accepts most insurance, and Medicaid; sliding fee available

Mental Health Professional:

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

Services Offered: Individual, family and couples counseling. Children, adolescents, and adults served. Specialties include depression, anxiety, play therapy, and trauma/abuse.

Rysdon, Bobbi (Barbara)

5201 S. Western Avenue, Suite 105

Sioux Falls, SD 57108

Phone: (605) 359-9005

E-Mail Address: bobbi@lightinganewway.com

Hours: 10:00am - 5:00pm, Tuesday, Wednesday, Thursday / 10:00am - 3:00pm, Friday

Fees: Sliding fee scale provided; accepts most insurances

Mental Health Professional:

Bobbi Rysdon, RN, LMFT, QMHP

Services Offered: Depression, anxiety, adjustment disorders, grief/loss issues, women's issues, abuse issues, marital, couples and blended family conflicts, and anger management for adults. Member of American Association of Christian Counselors, Clinical Member of AAMFT, and an AAMFT Approved Supervisor.

Sandbulte, LLC

2210 W. Brown Place

Sioux Falls, SD 57105

Phone: (605) 336-1974

E-Mail Address: fsisd@msn.com

Internet Address: www.sdfsi.org

Hours: 9:00am - 4:30pm, Monday - Thursday / 9:00am - 12:00pm, Friday

Fees: \$160 first session; \$150 thereafter; Most insurance accepted

Mental Health Professional:

Shelley L. Sandbulte, EdD, LP

Services Offered: Individual, and family therapy is provided for adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and PTSD. EMDR treatments are available.

Sanford Clinic Behavioral Health

1621 S. Minnesota Avenue

Sioux Falls, SD 57105

Phone: (605) 328-4700

Fax: (605) 328-4702

Internet Address: www.sanfordhealth.org

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

Fees: Accepts insurance, Medicare, and Medicaid

Mental Health Professionals:

David Ermer, MD

Steven Cochran, MD

Rajesh Singh, MD

Becky Palugay, MSW, CSW-PIP

Linda Kauker, PA-C

Rachelle Broveleit, PA-C

James Wick, EdD

Rhonda Smith, EdD

Services Offered: Individualized treatment including psychiatric and psychological evaluations; individual, couple, and 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, abuse issues, eating disorders, addictions, dementia, grief and loss, stress management, executive health, and the evaluation and treatment of childhood emotional and behavioral disorders including Attention Deficit/Hyperactive Disorders.

Additional Location:

Sanford 34th and Kiwanis Family Medicine

2701 S. Kiwanis Avenue

Sioux Falls SD, 57105

Phone: (605) 328-4700 (scheduling)

Mental Health Professionals:

Danhong Zhao, MD

Sarah Konrady, PhD

2014 Sioux Falls Mental Health Resource Guide

Sanford Women's

5019 S. Western Avenue, Suite 200

Sioux Falls, SD 57108

Phone: (605) 328-9700

E-Mail Address: karla.harmon@sanfordhealth.org **Internet Address:** womens.sanfordhealth.org

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

Fees: Accepts insurance; Sanford EAP provider

Mental Health Professionals:

Vanessa Ferguson, PhD

Karla Harmon, CSW-PIP, QMHP

Services Offered: Adult and couples therapy; specialties in post partum emotional response continuum, depression, anxiety, life changes, and adjustments.

Additional Location:

Medical Building 3

1500 W. 22nd Street, Suite 301

Sioux Falls, SD 57105

Phone: (605) 328-7700

Sioux Empire Christian Counseling, Inc.

2000 S. Sycamore Avenue, Suite 101

Sioux Falls, SD 57110

Phone: (605) 271-0261

Fax: (605) 271-0263

E-Mail Address: tonyboer.secc@midconetwork.com **Internet Address:** www.siouxempirechristiancounseling.com

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

Fees: \$115.00 per hour; most insurance and Medicaid accepted

Mental Health Professionals:

Tony Boer, MSW, CSW-PIP, QMHP

Ken Smith, MA, LPC

Jane Webster, LPC-MH

Jason Van Ruler, MA

Services Offered: Children's, adult, individual, marital, and family counseling. Experience in ADHD, Asperger's disorder, depression, anxiety, marital therapy, divorce adjustment, spiritual issues, step-families, affairs, past abuse, pre-marital counseling, court evaluations, ABEL sexual interest assessments, and treatment groups.

Sioux Falls Psychological Services

2109 S. Norton Avenue

Sioux Falls, SD 57105

Phone: (605) 334-2696

Fax: (605) 339-9944

E-Mail Address: sfps@sfseminary.edu

Internet Address: www.sfpspsychological.org

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

Fees: For service rendered; also accepts insurance, Medicare, and SD Medicaid

Mental Health Professionals:

Ann Marie Rossing, MA, LMFT, QMHP

Michael Wheaton, MA, LMFT, QMHP

Stephanie Strickland, MDiv, MFT, RN

Brian Eclov, MS, EdS, LPC, NCC

Robyn Shores Foster, LSW

Gretchen Hartmann, MA, LMFT

Douglas L. Anderson, PsyD, LMFT

Kimberly Belben, MA, MFT

Anne Dilenschneider, PhD, DMin

Dee Wacker, RN, MA, LPC

Pam Beck, MA, LMFT, QMHP

Rachael Anderson, MA

Jennifer Helkenn, PhD

Sara Kuehler, MA

Robin Duncan, PhD

Megan Miller, MA

Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP

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

Sioux Falls VA (Department of Veteran Affairs) Health Care System

2501 W. 22nd Street

Sioux Falls, SD 57117

Mailing Address: PO Box 5046, Sioux Falls, SD 57109

Phone: (605) 336-3230

Hours: 8:00am - 4:30pm, Monday - Friday / 24-hour emergency services

Fees: No fees to eligible veterans; eligibility must be established before treatment services can be offered

Mental Health Professionals:

Board Certified Psychiatrists

Clinical Social Workers

Clinical and Counseling Psychologists

Addiction Therapists

Psychiatric Nurses and Case Managers

Services Offered: Provides a variety of services to eligible veterans that include an addictions treatment program, inpatient services, outpatient mental health, psychiatry primary care, and smoking cessation. Also provides specialized services for patients with Post-Traumatic Stress Disorder (PTSD).

Sorenson, Dianna Spies

4608 S. Briarwood Avenue

Sioux Falls, SD 57103

Phone: (605) 332-7601

E-Mail Address: drdianna@sio.midco.net

Hours: Variable upon request including evenings and weekends

Fees: Variable depending on services

Mental Health Professional:

Dianna Spies Sorenson, PhD, RN, CNS

Services Offered: Individual, group, and family therapy including: treatment of post-traumatic childbirth experiences, conflict resolution, problem solving, interpersonal communication and healthy relationships, crisis intervention, self-esteem/self-perception, eating disorders, depression, anxiety, parenting, step-families, health promotion and illness prevention, stress management and biofeedback, life transitions, developmental changes, and addictive processes. Experience working as a case manager to assist clients to work within and between health care providers and health care systems.

South Dakota Urban Indian Health

711 N. Lake Avenue

Sioux Falls, SD 57104

Phone: (605) 339-0420

Internet Address: www.sduih.org

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

Fees: Insurance is accepted; if not available, payment will be based on the individual's ability to pay

Mental Health Professional:

Kate Zimmerman, CCDCII

Services Offered: Individual, family, couples, and group therapy for children and adults. Substance abuse counseling, individual aftercare, and treatment needs assessments are also offered. Groups include: Beyond Trauma.

Southeastern Behavioral HealthCare - Community Support Services (formerly 5th Street Connection)

100 W. 5th Street

Sioux Falls, SD 57104

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

Phone: (605) 336-0503

Fax: (605) 335-0973

Internet Address: www.directionsforlife.org

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

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

2014 Sioux Falls Mental Health Resource Guide

Mental Health Professionals:

Karen Chesley, MSW, LCSW-PIP, QMHP
Diane Cogley, CSW-PIP, LMFT, QMHP
April Bolton, MA, NCC, LPC

Paul Frazier, MD
Benita Timpe, CNP

Services Offered: 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.

Southeastern Behavioral HealthCare - Counseling and Children's Services

2000 S. Summit Avenue
Sioux Falls, SD 57105

Phone: (605) 336-0510 or 1-866-258-6954

Internet Address: www.directionsforlife.org

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

Fees: Based on family income; private insurance, Medicaid, and Medicare accepted

Mental Health Professionals:

David J. Ermer, MD
Shawn VanGerpen, MD
Paul Frazier, MD
James Cady, MA, NCC
Dana Irvine, BA, BSW
Andrea Eben, MSW, CSW
Sara Thoms, MS, NCC, LPC
Angela Nolz, NCC, LPC, ACT
Kris Graham, MS, LPC, QMHP

Matthew Wolthuisen, MA, LPC-MH, QMHP, NCC
Nicole Velgersdyke, MS, NCC, LPC, QMHP, CRC
Kristin Hanzlik, PMHRN-BC, LNC
Diane Cogley, CSW-PIP, LMFT, QMHP
Rebecca Sather-Durr, MSW, LCSW, PIP
Joy Parker, MS, LPC-MH, QMHP, NCC
Kristy Ekhoﬀ-Speck, MA, LPC, QMHP
Sarah Varilek, MA, NCC, LPC, QMHP
Heidi Jans, MS, NCC, LPC, QMHP

Services Offered: Provides traditional outpatient therapy from masters-level counselors to individuals, families, children, couples, and groups as well as psychiatric evaluations and medication management. Additionally, children's case management/home-based provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Specializations in depression, anxiety, grief, parenting issues, attention-deficit hyperactivity disorder, oppositional defiant disorder, stress management, and abuse are noted. Other services include play therapy, Employee Assistance Programs, and educational presentations. CCS serves Lincoln, Turner, McCook, and Minnehaha counties.

Sozo Counseling Care, Inc.

Located in Destiny Family Medical Clinic
2701 S. Minnesota Avenue, Suite 3
Sioux Falls, SD 57105

Phone: (605) 339-3378

E-Mail Address: info@sozocounselingcare.com

Internet Address: sozocounselingcare.com

Hours: Days and evenings by appointment

Fees: Sliding fee scale available; Medicaid and most insurance accepted

Mental Health Professional:

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

Services Offered: Individual, couple, family, and group counseling. Focus on Mind-Body-Spirit connection, depression, anxiety, stress, blended families, chronic illness, workplace issues, trauma, grief, post-abortion stress, spiritual/Christian concerns, Eye Movement Desensitization and Reprocessing (EMDR), and inner healing prayer methods. Services offered to adults, and seniors. Employee Assistance Program (EAP) services, educational workshops, professional training and development also offered.

Stronghold Counseling Services, Inc.

4300 S. Louise, Suite 201

Sioux Falls, SD 57106

Phone: (605) 334-7713 or 1-866-802-0003**E-Mail Address:** info@strongholdcounseling.com**Internet Address:** www.strongholdcounseling.com**Hours:** 9:00am - 8:00pm, Monday - Thursday / 8:00am - 2:00pm, Friday / By appointment, Saturday**Fees:** Arranged with individual therapist; insurance claims filed**Mental Health Professionals:**

Kristiana Benson, MA, LMFT, QMHP

Nick Buus, MA, LMFT, QMHP

Earl Witt, MA, LMFT, QMHP

Jan Sanford, MA, LPC-MH, QMHP

Amanda Briggs, MSW, CSW-PIP

Kerry Ford, MSW, CSW

Eleanor Larsen, MA, LMFT, QMHP, LAC

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

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

Linda Mabee, MS, LPC-MH, QMHP, NCC

Marlene Ruff, MA, LPC, LMFT, QMHP

Larry Dancler, MS, LPC-MH, QMHP

Services Provided: Assessments and therapy for individuals, groups, families, children, adolescents, and adults. The following concerns are addressed: alcohol abuse/addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent/child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Suicide Crisis and Support Services

1000 N. West Avenue, Suite 310

Sioux Falls, SD 57104

Phone: 1-800-273-TALK (8255) or Dial 211 or (605) 339-4357**E-Mail Address:** help@helplinecenter.org**Internet Address:** www.helplinecenter.org**Hours:** 24 hours a day / 7 days a week**Fees:** None**Mental Health Professional:**

Lori Montis, MA

Services Offered: The Helpline Center provides a variety of suicide and crisis support services. These include providing direct crisis intervention services through the National Suicide Prevention Lifeline (1-800-273-TALK) for the entire state of South Dakota. Other services include suicide prevention trainings, a one hour training to increase awareness and recognize, intervene and refer persons at-risk of suicide (QPR) and a two-day suicide intervention skills training (ASIST). The Helpline Center also provides direct services to survivors of suicide (persons who have lost a loved one to suicide). These services include a nine-week class, a monthly support group, a children's grief group, a newsletter, informational packets and an outreach team. The Helpline Center is accredited by the American Association of Suicidology.

Tallgrass Recovery & Sober Living Homes**Mailing Address:** 2601 S. Minnesota Avenue, Suite 105-378, Sioux Falls, SD 57105-4750**Phone:** (605) 368-5559**E-Mail Address:** jswenson@tallgrassrecovery.org**Internet Address:** www.tallgrassrecovery.org**Hours:** 24 hours a day**Fees:** Call for information**Mental Health Professionals:**

Call for more information regarding licensed/credentialed professionals

Services Offered: Residential campus utilizing the Big Book of Alcoholics Anonymous and the way of life contained therein. Self-governing Sober Living Homes that provide a safe living environment in early recovery with continued emphasis on applying the 12-steps of recovery to daily life over a period of 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 our mission of advocacy for and implementation of the 12-step approach to recovery. An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.

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Tina Harp Counseling, Inc.

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

Phone: (605) 759-1516

Fax: (605) 370-6698

E-Mail Address: tina@tinaharp.com

Internet Address: www.tinaharp.com

Hours: Monday - Friday by appointment

Fees: Accepts most private insurances and Medicaid

Mental Health Professional:

Tina Harp, MS, QMHP, LPC-MH

Services Offered: Individual, adult, adolescent, child, couples, and family therapy counseling with emphasis in the areas of depression, anxiety, life transitions, PTSD, sexual abuse, grief, and LGBT population.

Vet Center

3200 W. 49th Street

Sioux Falls, SD 57106

Phone: (605) 330-4552

E-Mail Address: brian.wallin@va.gov

Internet Address: va.gov/rcs/

Hours: 8:00am - 4:30pm, Monday - Friday / 8:00am - 8:00pm, Tuesday / Or by appointment

Fees: None

Mental Health Professionals:

Brian Wallin, MA

Ruth Kaspar, MSW

Nicholas Rinehart, PhD

Orlando George, BA

Morris Patzlaff, LMFT

Services Offered: Provides a broad range of counseling, outreach and referral services to veterans and their families in order to help these veterans make a satisfactory post-war readjustment to civilian life. Counseling for combat (wartime) veterans with readjustment issues, PTSD, marriage or family issues, and military sexual assault or harassment. Provides referrals to job searches, veterans benefits, and basic needs.

Volunteers of America, Dakotas - Heisler Chemical Dependency Treatment Program

1401 W. 51st Street

Sioux Falls, SD 57105

Mailing Address: PO Box 89306, Sioux Falls, SD 57109-9306

Phone: (605) 334-1414 or 1-800-365-8336

Fax: (605) 335-3121

E-Mail Address: info@voa-dakotas.org

Internet Address: www.voa-dakotas.org

Hours: Vary, depending on services

Fees: Fixed and sliding fee scale depending upon service; funds available for those meeting income guidelines; most insurances accepted

Mental Health Professionals:

Timothy Soundy, MD

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

Chris Sandvig, BA, CCDCII

Melissa Eccher, MA, ACT

Denis Kronaizl, BSW, LAC

Teresa Peratt, CAC

Jessica Nieman, LAC

Michelle Mattern, MsED, ACT

Carolyn Meyeraan, RN

Mindy Mashek, BA, LAC

Bruce Fogas, PhD

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

Volunteers of America, Dakotas - Lifemarks Counseling & Mediation Services

1401 W. 51st Street

Sioux Falls, SD 57105

Mailing Address: PO Box 89306, Sioux Falls, SD 57109-9306

Phone: (605) 332-6128 for appointments or (605) 334-1414 for 24-hour crisis line

E-Mail Address: info@voa-dakotas.org **Internet Address:** www.voa-dakotas.org

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

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

Mental Health Professionals:

Bruce S. Fogas, PhD

Shawn VanGerpen, MD

Stephan Langenfeld, EdD

Michelle McClintic, MSW-PIP

Gretchen Starnes, MA, LPC, QMHP

Irina Goubanova, MS, QMHP

Darcy Lassegard, MSW, PIP

Nicole Burger, LPC, CCDCIII

Laura Phen, Ed.S, LPC-MH, RPTS, ACS

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

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

WellSpring Therapy Center

6901 S. Lyncrest Place, Suite 105

Sioux Falls, SD 57108

Phone: (605) 335-1516

Fax: (605) 731-0896

E-Mail Address: wellmona@aol.com

Internet Address: www.wellspringtherapysf.com

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

Fees: Accepts insurance and private pay

Mental Health Professionals:

Ramona Wade, MA, LMFT, QMHP

Connie Kolbrek, MS, EdS, LPC, QMHP

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

Krista McKeown, MA, LMFT, QMHP

Services Offered: Provides individual, couple, and family therapy for the treatment of various family adjustment problems and psychological disorders across the life span including children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, aging challenges, chronic and terminal illness, anxiety, depression, PTSD, play therapy with children, parent education and EMDR therapy.

Williamson, Lori

6116 S. Lyncrest Avenue, Suite 101

Sioux Falls, SD 57108

Phone: (605) 214-3454

E-Mail Address: lori@loricounseling.com

Internet Address: www.loricounseling.com

Hours: 2:00pm - 8:00pm, Tuesday / 5:50pm - 8:30pm, Thursday / 9:00am - 2:00pm, Saturday

Fees: Sliding scale, accepts some insurance

Mental Health Professional:

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

Services Offered: Individual, couple and family therapy for depression, anxiety, grief/loss, women's issues, premarital, marital and family conflict and parenting issues. Able to assess for alcohol and chemical dependency issues.



SUICIDE AWARENESS WALK & 5K

Saturday, June 21

All proceeds support local
suicide prevention and survivor services.

8:30_{A.M.}
Registration

9:00_{A.M.}
Walk & 5K Starts

Falls Park
Sioux Falls, SD

To register:
helplinecenter.org or Dial 211



connect • prevent • support

“Making Lives better by giving support, offering hope and creating connections all day every day.”

211 Community Resources

Information, Referral, & Crisis Line • 24 Hours
Social Services • Government Information • Community Information
Financial Assistance • Donation Information • Shelter • Food
Substance Abuse • Crisis Intervention • Counseling • Support Groups • & More

Child Care Resources

Resources & Referrals for Parents & Providers • Access to Current Child Care Openings • Dial 211

Volunteer Services

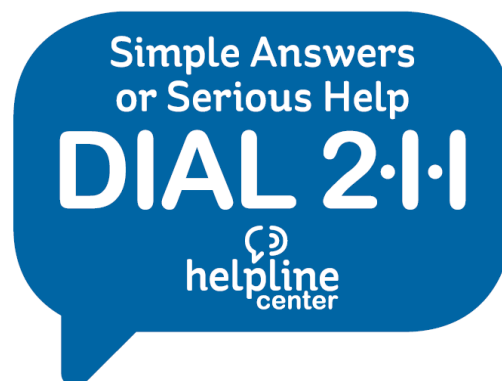
Over 350 Volunteer Opportunities for Families, Groups and Individuals at over 150 Agencies
Volunteer Solutions Database at www.helplinecenter.org • Dial 211 for personalized assistance
• Serve & Learn Student Association (SALSA)

Suicide and Crisis and Support

1-800-273-TALK • 24 Hours
Crisis Intervention • Suicide Prevention Training • Suicide Information
Support for family & friends who have lost a loved one to suicide

Helpline Center Directories

Parent & Family Resource Guide • Mental Health Resource Guide
Basic Needs Resource Guide • Online Databases www.helplinecenter.org



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

Helpline Center • 1000 N. West Avenue • Suite 310 • Sioux Falls, SD 57104-1314 • Dial 211 or (605) 339-4357

2014
Mental Health Resource Guide



1000 N. West Avenue, Suite 310
Sioux Falls, SD 57104

Dial 211 or 605-339-4357

helplinecenter.org



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