Sioux Falls Mental Health Resource Guide

2014

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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?
Abbreviations for professional accreditations and certifications.

Acronyms 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
MSc: Master of Science
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
PsD: 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 inattentiveness, 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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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
- Jennifer Albrecht, MAT, LPC-MH, LAC
- Greg Brostad, MS, LPC-MH, QMHP, LAC
- Lana Smith, MA, LMFT, QMHP, LAC
- Malia Holbeck, MSW, LCSW, LAC
- Jill Viedt, MS, LPC, LAC
- Leah Rath, MA, LPC, LAC
- Craig Kindrat, MS, LPC, LMFT, LAC
- Melissa Roby, MS, LPC, 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.

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
www.helplinecenter.org
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
- Sarabhu Jauhari, MD
- Garneth Kuiper, CNP
- Carol Kuntz, PsyD
- Grace LaFollette, CNP
- Matthew Malone, DO
- Wioleta Mazurczakm, MD
- Brenda Nour, PhD
- Karl Oehlke, PA-C
- Meredith Powell, MD
- Michael Reiners, MD
- Timothy Soundy, MD
- Constanse 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.
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, MSW, CSW-PIP  
Joseph R. Goraj, MSW, CSW  
David Nehring, PhD  
William Huisken, MSW, CSW-PIP  
Denise Pulido, MSW, LCSW-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  
**Fees:** Sliding fee scale; state assistance available  
**Mental Health Professionals:**  
Gary Tuschen, BA  
Debbie Klasi, BA, LAC  
Janice Falk, BS, LAC  
Debra Zavitz, BA, LCP  
Tonya Honomichl, BS, CAC  
Tiffany Butler, MA, LPC  
Rachael Miedema, MA, ACT  
Kassy Karly, BA, ACT  
Gary Tuschen, BA, LAC  
Debbie Klasi, BA, LAC  
Janice Falk, BS, LAC  
Debra Zavitz, BA, LCP  
Tonya Honomichl, BS, CAC  
Tiffany Butler, MA, LPC  
Rachael Miedema, MA, ACT  
Kassy Karly, BA, ACT  
**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

Changes and Choices Recovery for Women
310 S. 1st Avenue
Sioux Falls, SD 57104
Phone: (605) 332-9257

Fees: Sliding fee scale; state assistance available
Mental Health Professionals:
   Steve Fodness, BS, LAC
   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
   Taylor Mattke, BS, CAC, CPS
   Kristi VanDeRostyne, BS, CAC, CPS
   Tiffany Butler, MA, LPC
   Kara Likness, MS, NCC, LAC

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
   Christina Vander Woude, MSW
   Marnie Schieffer, CSW
   Ronda J. Maass, LPC-MH
   Kathleen Crowley, LPC-MH
   Margi Culhane, RN
   Brandi Brintnall, LPC-MH
   Fran Van Bockel, LPC-MH
   Alicia Rife, CSW
   Patricia Schwan, LPC-MH
   Bonnie Deen, LPC-MH

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.
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
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        Stacee 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.
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
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
   Tandra Baker, LPC-MH, QMHP, LAC
   Stacy Schepel, CSW-PIP
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
   Latanda Salmen, MSW-PIP
   Jeni Rae Peters, MS, LPC-MH
   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 McClanahan, 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

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
www.helplinecenter.org
Mental Health Professionals:

<table>
<thead>
<tr>
<th>Name</th>
<th>Degree/Certification</th>
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<tbody>
<tr>
<td>T.R. Maves</td>
<td>MS, LPC, LAC</td>
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<tr>
<td>Dave Johnson</td>
<td>MS, LPC</td>
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<tr>
<td>Jenni Busse</td>
<td>MS, LPC, LAC</td>
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<td>Nathan Weber</td>
<td>BS, ACTS</td>
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<td>Kelly Cleveringa</td>
<td>MS, LAC</td>
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<td>Robin Erz</td>
<td>BS, LAC</td>
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<td>Mischa Ludwig</td>
<td>BS, CAC</td>
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<td>Kendall Hill</td>
<td>MS, CDCT</td>
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<tr>
<td>Sally Holiday</td>
<td>MS, LAC</td>
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<tr>
<td>Chris Turbak</td>
<td>MA, LAC</td>
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<tr>
<td>Linda Atkinson</td>
<td>LAC</td>
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<tr>
<td>Kari Joldersma</td>
<td>BS, CAC</td>
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<tr>
<td>Nicole Dvorak</td>
<td>MS, LAC</td>
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<tr>
<td>Willard Dathe</td>
<td>BS, LAC</td>
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</tbody>
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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: stacyrgorman@hotmail.com
Internet Address: www.stacygormancounseling.com

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

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

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.
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 Glew-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

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
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
E-Mail Address: rbrown@crchealth.com
Internet Address: www.keystonetreatment.com
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
- Christine Knapp, CSW-PIP
- Stacy Dixon, LMFT, QMHP
- Jari Johnson, MA, LMFT, QMHP
- Amber Chan, MS, LPC-MH, NCC
- Stacy Schepel, CSW-PIP
- Tandra Steskal-Baker, LPC-MH, QMHP, CCDCIII, TFTdx
- Stacy Gorman, MS, LPC-MH, NCC, QMHP, CCDCIII
- Brenda Hansen-Mayer, LPC-MH, QMHP, CCDCIII
- Diane Johnson-Mitchell, LPC-MH, QMHP
- Shanna Moke, MA, CFLE

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: lightinganneway.com
Hours: Monday - Friday / Some evenings available
Fees: Comparable rates; insurance and Medicaid accepted
Mental Health Professionals:
  Kristine Weires, LCSW
  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  Internet Address: www.lsssd.org
E-Mail Address: mel.harrington@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
**2014 Sioux Falls Mental Health Resource Guide**

**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
**Phone:** (605) 582-7418
**Mailing Address:** PO Box 782 Brandon, SD 57005
**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
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, MSEd, LPC, QMHP

1-800-273-TALK (8255)
National Suicide Prevention Lifeline
www.helplinecenter.org
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, MSEd, 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
  Linda Kauker, PA-C
  Steven Cochran, MD
  Rachelle Broveleit, PA-C
  Rajesh Singh, MD
  James Wick, EdD
  Becky Palugyay, MSW, CSW-PIP
  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
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.sfpsychological.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 Ecol, 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@siio.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
Mental Health Professionals:
Karen Chesley, MSW, LCSW-PIP, QMHP      Paul Frazier, MD
Diane Cogley, CSW-PIP, LMFT, QMHP      Benita Timpe, CNP
April Bolton, MA, NCC, LPC

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      Matthew Wolthuizen, MA, LPC-MH, QMHP, NCC
Shawn VanGerpen, MD      Nicole Velgersdyke, MS, NCC, LPC, QMHP, CRC
Paul Frazier, MD      Kristin Hanzlik, PMHRN-BC, LNC
James Cady, MA, NCC      Diane Cogley, CSW-PIP, LMFT, QMHP
Dana Irvine, BA, BSW      Rebecca Sather-Durr, MSW, LCSW, PIP
Andrea Eben, MSW, CSW      Joy Parker, MS, LPC-MH, QMHP, NCC
Sara Thoms, MS, NCC, LPC      Kristy Ekhoff-Speek, MA, LPC, QMHP
Angela Nolz, NCC, LPC, ACT      Sarah Varilek, MA, NCC, LPC, QMHP
Kris Graham, MS, 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.
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

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/res/

Hours: 8:00am - 4:30pm, Monday - Friday / 8:00am - 8:00pm, Tuesday / Or by appointment
Fees: None

Mental Health Professionals:
  Brian Wallin, MA
  Nicholas Rinehart, PhD
  Morris Patzlaff, LMFT
  Ruth Kaspar, MSW
  Orlando George, BA

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 Sondy, MD
  Chris Sandvig, BA, CCDCII
  Denis Kronaizl, BSW, LAC
  Jessica Nieman, LAC
  Carolyn Meyeraan, RN
  Bruce Fogas, PhD
  Amy Hartman, MA, NCC, LPC-MH, ACS, QMHP, LAC
  Melissa Eccher, MA, ACT
  Teresa Peratt, CAC
  Michelle Mattern, MsED, ACT
  Mindy Mashek, BA, LAC

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 Lassegad, 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
Siox 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.
helpline center
STEP FORWARD TO PREVENT SUICIDE

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
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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