

## Mental Health Resource Guide

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

#### **Community Counseling Clinic offered at Sioux Falls Psychological Services**

2109 S. Norton Avenue, Sioux Falls, SD 57105

**Website:** [www.offermehope.com](http://www.offermehope.com)      **Email:** [sfps@offermehope.com](mailto:sfps@offermehope.com)

**Phone:** 605-334-2696

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

**Services Offered:** Located in the offices of Sioux Falls Psychological Services, the Community Counseling Clinic has served the community for over 20 years by providing therapy to families, couples, and individuals with limited or no funds. Under the supervision of highly credentialed doctoral level faculty, master's degree students provide quality therapy to families, couples and individuals in a safe and confidential environment. No one is turned away due to a lack of ability to pay.

Help for those experiencing a variety of problems, including loneliness and isolation, anxiety and depression, trauma, abuse, and betrayal, anger and conflict, grief and loss, communication issues, family or lifestyle transitions, parenting difficulties, behavioral changes, relationship challenges, medical, spiritual or identity issues, separation, divorce, or remarriage, and marital affairs.

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Master's degree students, under the supervision of doctoral level faculty.

#### **Counseling Services offered at Sioux Falls Psychological Services**

2109 S. Norton Avenue, Sioux Falls, SD 57105

**Website:** [www.offermehope.com](http://www.offermehope.com)      **Email:** [sfps@offermehope.com](mailto:sfps@offermehope.com)

**Phone:** 605-334-2696

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

**Services Offered:** Offers a full range of psychological services including therapy, psychological assessments and evaluation for children, adolescents, couples, and families such as: life changes and transitions, anxiety and depression, trauma and abuse, anger and conflict, grief and loss, marital affairs, self-image and self-worth, loneliness and isolation, impact of addiction, issues related to substance abuse, behavioral therapy, chronic pain and illness, identity/gender/sexual concerns, rape or sexual abuse, medical or spiritual issues, medical conditions, and Post Traumatic Stress Disorder (PTSD).

Telemental health services available to individuals in South Dakota.

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

**Credentialed Professionals:** Douglas L. Anderson, PsyD, Lic. Psychologist, LMFT Erik Anderson, MSW, LCSW-PIP Kimberly Belben, MA, LMFT, Certified Perinatal Mental Health Therapist Samantha Booth, MA Grace Collins, MA, LPC-MH Rachel Erdman, MA, LPC Jennifer Helkenn, PhD, Lic. Psychologist Kerry Koerselman, MA, LPC-MH Jessie Lindstrom-Gallardo, MS Rachel Martens, MS Amy Martinez, MA Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP Maggie Oberg, MS, LPC Rick Slattery, MA, LPC Nicole Sobolik, MSW, LCSW Ian Stromberg, MEd, LPC Caitlin Talbert, MA, LPC-MH Audrey Thien, MA, LPC Christine Thomson, MA, LMFT Dee Wacker, MA, LPC Taylor Walton, MS Katie Woudstra, PsyD, Licensed Psychologist

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

No Physical Address, Sioux Falls, SD 57105

**Phone:** 800-430-7233

**Hours:** 24 hours a day / 7 days a week

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

**Coverage Area:** South Dakota

### **Counseling and Children's Services offered at Southeastern Behavioral Healthcare**

2000 S. Summit Avenue, Sioux Falls, SD 57105

**Phone:** 605-336-0510

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

**Services Offered:** Traditional outpatient therapy to individuals, families, children, couples, and groups. Psychiatric evaluation and services (including medication management) and psychological services. Also offering services via tele-mental health.

Services include children's case management and home-based program which provides a broad range of therapeutic services.

Early childhood mental health services: Play therapy for children; contact Tam Kerl for an appointment. Specializations in depression, anxiety, grief, parenting issues, attention deficit / hyperactivity disorder (ADD/ADHD), oppositional defiant disorder (ODD), stress management, and abuse.

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

**Credentialed Professionals:** Eric Abels, CAC, BSW Holly Ahlers, MS, CNP Karen Chesley MSW, CSW-PIP, QMHP Taylor Currey, MSW Nick Fischer, BS, CAC Kris Graham, MS, LPC, QMHP Brian Grandpre, CSW-PIP Jennifer Johnson, MS Suzanne Keizer, PsyD, MSCP, QMHP Diamond Lewis, MSW, LCSW, QMHP Emily Maddox, MSW Robert Nuss, MD Shawn Van Gerpen, MD Alayna West, MA, NCC Tutush Woldemariam, MSW, LCSW, QMHP

### **Counseling Services offered at Waystone Counseling Services**

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

**Website:** <https://waystonecounseling.clientsecure.me/> **Email:** [waystonecounseling@gmail.com](mailto:waystonecounseling@gmail.com)

**Phone:** 605-681-6429

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Chris Turbak, LPC, LAC, QMHP

### **Counseling Services offered at Sioux Falls Wellness Counseling**

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

**Website:** [www.siouxfallswellness.com](http://www.siouxfallswellness.com) **Email:** [rita@siouxfallswellness.com](mailto:rita@siouxfallswellness.com)

**Phone:** 605-610-9228

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

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

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

**Credentialed Professionals:** Rita Hansen, MA, LPC-MH, LAC, QMHP, NCC

### **Counseling Services offered at Behavior Management Counseling Services**

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

**Phone:** 605-274-1700

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

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

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

Offers groups for children:

OCD and Worry Free, a psychotherapy group for kids ages 8-13 with obsessive compulsive disorder.

Kids, Boundaries, and Manners, an 8-week learning group designed to help children understand body boundaries and personal space.

Virtual and in-office visits available.

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

**Credentialed Professionals:** Maria Egan, MS, LPC-MH, QMHP

### **Behavioral Health offered at Volunteers of America, Dakotas**

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

**Website:** [www.voa-dakotas.org](http://www.voa-dakotas.org)      **Email:** [info@voa-dakotas.org](mailto:info@voa-dakotas.org)

**Phone:** 605-334-1414

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

**Services Offered:** A full continuum of mental health and treatment for substance use disorders. Services include assessments, individual and family counseling, intensive outpatient substance use disorder treatment, residential treatment for pregnant and parenting women who face substance use disorders, transitional care and aftercare counseling for adults and adolescents, trauma-focused treatment for children/adolescents and their families impacted by traumatic events.

This can address a multitude of circumstances including COVID-related trauma, physical, sexual and emotional abuse, witness of violence, household incarceration, family substance abuse or mental illness, parent separation or divorce, medical, grief or refugee trauma, and bullying, neglect, disasters and more.

Also offers MRT (Moral Recognition Therapy), CBISA (Cognitive Behavioral Intervention Substance Abuse), and Telehealth services.

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

### **Counseling Services offered at Family Ties Christian Counseling**

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

**Website:** [familytieschristiancounseling.com](http://familytieschristiancounseling.com)      **Email:** [educator.84@hotmail.com](mailto:educator.84@hotmail.com)

**Phone:** 605-359-0034

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

**Services Offered:** Individual, couples/marriage, and family counseling. Topics covered include depression, anxiety, obsessive compulsive disorder (OCD), attention deficit/hyperactivity disorder (ADHD), adjustment disorders, bipolar, post traumatic stress (PTSD), child sexual abuse, domestic violence, marriage issues, spiritual issues, women's issues, church leadership abuse issues, Asperger's, social skills, self-esteem, bullying, and individuals whose spouses have addiction issues (porn, alcohol, etc).

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

**Credentialed Professionals:** Judy De Wit, MA, MOL, LMFT

### **Outpatient Services offered at Glory House of Sioux Falls**

4000 S. West Avenue, Sioux Falls, SD 57105

**Phone:** 605-332-3273

**Hours:** Walk-in assessments: 1:00pm - 3:00pm (CT), Tuesday; 9:00am - 11:00am (CT), Thursday Program times vary, please call for information.

**Services Offered:** Individual and group counseling for substance use disorders as well as co-occurring issues.

Offers the following evidenced based practices: Intensive Methamphetamine Treatment (IMT), Matrix Treatment and Aftercare Moral Reconciliation Therapy (MRT), Dialectical Behavior Therapy (DBT), Cognitive Behavior Interventions for Substance Abuse (CBISA), Co-occurring Aftercare, and Seeking Strength.

Walk-in assessment for substance use are available from 1:30pm - 3:00pm on Tuesday, and 9:30am - 11:00am on Thursday. Walk-in assessments are on a first come, first serve basis and will not be accepted prior to the scheduled time. Please call Kari at 605-988-9123 for questions regarding assessments.

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Reed Boysen, BS, ACT Kelly Cleveringa, MS, LAC Kristen Ganske, MS, LAC, LPC Kari Joldersma, MA, LAC Brianna Merrigan, BS, CAC Elycia Osland, BS, CAC Melissa Pinion, BS, CAC Mark Wilder, MA, CAC Alexis Yim, MA, ACT

### **Counseling Services offered at Linking the Gap Counseling**

3922 S. Western Avenue, Sioux Falls, SD 57105

**Website:** [www.linkingthegapsd.com](http://www.linkingthegapsd.com) **Email:** [contact@linkingthegapsd.com](mailto:contact@linkingthegapsd.com)

**Phone:** 605-403-4167

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

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

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

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

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

**Credentialed Professionals:** Amanada Boer, MSW Mason Kennedy, MS Nikki Roth MA, LPC-MH, LAC, LPCC, QMHP Jennifer Walker MSW, LCSW, ACT, PIP

### **Psychiatry and Psychology Clinic offered at Sanford Health**

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

**Phone:** 605-312-8700

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

**Services Offered:** Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to:

- Anxiety disorders
- Mood disorders
- Personality disorders
- Somatization disorders
- Psychosexual disorders
- Schizophrenia
- Post-traumatic stress disorders (PTSD)
- Abuse issues
- Eating disorders
- Addictions
- Dementia
- Grief and loss
- Stress management
- Executive health
- Evaluation and treatment of childhood emotional and behavioral disorders including Attention-Deficit/Hyperactive Disorders (ADD/ADHD)
- Group therapy
- Psychological testing
- Neuropsychological testing
- Couples counseling

These services are available via telemental health.

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

**Credentialed Professionals:** Joann Adney, MSW, CSW-PIP Kate Andral, Ph.D. Meghan Anfinson, LPC-MH, LAC Jennifer Assam, M.D. Abbey Bauman, M.D. Rachelle Broveleit, PA-C Becky Dornheim, MSW, CSW-PIP Sarah Flynn, MD Bruce S. Fogas, Ph.D. Gareth Ford, PA-C Kiana Haveman, MSW, CSW-PIP Jaime Hudson, Ph.D. Marie Jameson, PMHNP Nichole Johnson, NP-C Linda Kauker, PA-C Kelly Lauck, PhD, LPC-MH Christie Lueth, MSW, CSW-PIP Megen Mitchell, LPC-MH Kayla Nalan-Sheffield, Ph.D. Georgiana Nuss, MD Tanya Ochsner, Ph.D. Rebecca Palugyay, MSW, CSW-PIP Andria Petersen, NP-C Alyssa Peterson, PA-C Sandra Peynado, MD Patricia Ramse, MSW, CSW-PIP Rajesh Singh, MD Rhonda Smith, EdD Barbara Wendell-Schechter, NP-C Trevor Wolterstorff, Psy.D.

### **Behavioral Health Services offered at Lutheran Social Services - Southeast Region**

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

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

**Email:** [info@lsssd.org](mailto:info@lsssd.org)

**Phone:** 855-334-2953

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

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

Telehealth services are available for clients statewide.

**Coverage Area:** Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lake, Lincoln, McCook, Miner, Minnehaha, Moody, Sanborn, Turner, Union, and Yankton.

### **PATH Program offered at Lutheran Social Services - Southeast Region**

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

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

**Email:** [intake@lsssd.org](mailto:intake@lsssd.org)

**Phone:** 855-334-2953

**Hours:** 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturdays - Call for information



**Services Offered:** The PATH (Providing Access to Healing) Program provides school-based mental health counseling services in a partnership between LSS, local school districts, and the Sioux Empire United Way.

PATH provides confidential, individual counseling sessions at the school for kindergarten through 12th grade students. Counseling sessions are held in a private room on-site at the school during regular school hours. Every effort is made to have as minimal impact as possible on the students daily routine. Counselors use accepted therapy practices that are appropriate for the student's age and challenges. A counseling session could include talking, art, games, movement, toys, or music as therapy tools.

PATH is funded through a combination of sources including Sioux Empire United Way, insurance, and a sliding fee scale for service.

More than 40 schools in Sioux Falls, Harrisburg, Canton, Brandon Valley, Garretson, Dell Rapids, Baltic, Tea Area, Sioux Falls Catholic, West Central, and Tri-Valley are involved. Individual school participation varies.

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

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

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

**Phone:** 605-271-6979

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

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

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

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

**Credentialed Professionals:** Kimberly J. Cournoyer, EdS, LPC-MH, QMHP

### **Behavioral Health Clinic offered at Avera Behavioral Health**

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

**Phone:** 605-322-4079

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

**Services Offered:** Individual, group, couples, and family counseling for all ages. Issues covered included depression, anxiety, borderline personality disorder, bipolar disorder, anorexia, bulimia, healthy weight loss, grief, attention-deficit / hyperactivity disorder (ADD/ADHD), chronic pain, family separation, divorce, self-destructive behaviors, self-esteem, abuse issues, anger management, and/or any other mental health disorder including PTSD.

Offering neuropsychological and psychological testing, biofeedback, eye movement desensitization (EMDR), and EAP (employee assistance program) services and training.

Group therapy including borderline personality disorder treatment groups including STEPPS, STAIRWAYS, and STRIDES; Dialectical Behavioral Therapy (DBT) group; Best Me Group (social skills group for kids 6-10); and pain management group.

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

**Credentialed Professionals:** Joann Adney, MSW, CSW-PIP Dr. Donald Baum, PhD, LP Mary Beth Donrheim, MSW, CSW-PIP Mallory Frantsen, MSW, CSW, QMHP Lindsey Krueger, MSW, CSW-PIP Amber Lehman-Meyers, MSW, CSW-PIP Lawrence Ling, MSW, CSW-PIP Amy McFarland, MSW, CSW-PIP Marcus Otten, MSW, CSW, QMHP Dr. Thomas Shaffer, PhD, LP Mary Ellen Smith, LPC-MH Amanda Taylor, LCSW, QMHP Sara Van't Hul, LCSW, QMHP Dr. Nancy Wise-VanderLee, PhD, LP

### **Behavioral Health Triage Services offered at Avera Behavioral Health**

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

**Phone:** 605-322-4086

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

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

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

**Credentialed Professionals:** Joann Adney, MSW, CSW-PIP Mary Beth Donrheim, MSW, CSW-PIP Mallory Frantsen, LCSW, QMHP Dr. Aimee Kliewer, PHD Amber Lehman-Meyers, MSW, CSW-PIP Kathleen Lemme, LPC-MH Amy McFarland, MSW, CSW-PIP Nicolle Olson, LPC-MH Dr. Thomas Shaffer, PhD, LP Mary Ellen Smith, LPC-MH Dawn Soulek, MSW, CSW-PIP Amanda Taylor, LCSW, QMHP Sara Van't Hul, CSW-PIP, QMHP Dr. Nancy Wise-VanderLee, PhD, LP Noah Otten, LCSW, QMHP Wagner Silva-Larson, LCSW, QMHP Amy Shears, CSW-PIP Melissa Weise, LPC Tyler Johnson, LCSW

### **Counseling Services offered at Counseling Cafe, The**

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

**Website:** [thecounselingcafesf.com](http://thecounselingcafesf.com) **Email:** [info@thecounselingcafesf.com](mailto:info@thecounselingcafesf.com)

**Phone:** 605-271-8008

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

**Services Offered:** Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include:

- Evaluations and assessments
- Professional therapy and counseling
- Free coffee bar and baked goods for clients

Licensed clinical professionals work with individuals, couples and families.

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

**Credentialed Professionals:** Gary Hofman - EdD, LCP-MH, NCC, LAC, QMHP Zachary Seefeldt - MA, LPC-MH, LAC, NBCC, QMHP

### **Counseling Services offered at Green Oak Therapy**

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

**Website:** [www.greenoaktherapy.com](http://www.greenoaktherapy.com) **Email:** [brea@greenoaktherapy.com](mailto:brea@greenoaktherapy.com)

**Phone:** 605-467-7424

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

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

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

Has experience and understanding of Native American and Asian cultures.

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

**Credentialed Professionals:** Brea Grueneich, MS, NSS, LPC-MH, QMHP

### **Oncology Outpatient Therapy offered at Avera**

1000 E. 23rd Street, Suite 140, Avera Cancer Institute, Sioux Falls, SD 57105

**Website:** [www.avera.org/services/cancer-care/cancer-support-services](http://www.avera.org/services/cancer-care/cancer-support-services)

**Phone:** 605-322-1542

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

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

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

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

### **Counseling Services offered at Lutheran Family Service**

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

**Website:** <https://lutheranfamilyservice.org/>      **Email:** [info@lutheranfamilyservice.org](mailto:info@lutheranfamilyservice.org)

**Phone:** 605-271-1081

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

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

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

### **Counseling Services offered at WEvolve Counseling Services, LLC**

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

**Phone:** 605-212-2335

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

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

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

**Credentialed Professionals:** Kelsey Theesfeld, MSW, CSW-PIP, LAC, QMHP

### **Counseling Services offered at Wellness Collective, The**

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

**Website:** [www.wellnesscollectivesd.com](http://www.wellnesscollectivesd.com)      **Email:** [info@wellnesscollectivesd.com](mailto:info@wellnesscollectivesd.com)

**Phone:** 605-271-5640

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

**Services Offered:** Provides medical, mental health, and complementary services in one location, by providers that collaborate care, to ensure the best treatment outcomes for clients. Services are available to all people of all ages seeking healing from mental and physical injury to improve health and wellness.

Services provided are Mental Health Counseling specializing in individuals with developmental and intellectual disabilities, functional medicine, psychiatry, yoga, diet, and nutrition therapy, massage therapy, children, couples, and family counseling, art/play and yoga therapy.

Also provides telehealth counseling for individuals in SD, and psychiatry services for clients in ID, IA, KS, MI, MN, MT, ND, SD and WY.

**Coverage Area:** Sioux Empire area

**Credentialed Professionals:** Amanda Briggs Davis, CSW-PIP, QMHP Dr. Cristina Buus, PhD, LPC-MH, QMHP Derek Granum, CSW-PIP, QMHP Alyssa Howe, LPC-MH, LAC, QMHP Jenna Kvaale, LPC-MH, QMHP Alyssa Protsch-Husman, LPC-Supervisee

### **Counseling Services offered at Four Directions Counseling, Inc.**

No Physical Address, Sioux Falls, SD 57109

**Email:** [kb.fourdirections@gmail.com](mailto:kb.fourdirections@gmail.com)

**Phone:** 605-359-5709

**Hours:** Flexible appointments available including evenings and Saturdays.

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

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

**Credentialed Professionals:** Dr. Kelly Bass, DSW, CSW-PIP, ACS

### **Counseling Services offered at Beck Counseling Services**

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

**Phone:** 605-838-8910



**Hours:** 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

**Services Offered:** Helping individuals and couples walk through various complexities and challenges they face in life. Whether it's learning communication and problem solving skills, addressing infidelity, dealing with grief and loss or managing anxiety and depression - there is hope. Provides the following services: individual therapy;marital and couple's therapy;premarital;divorce;grief and loss;working through trauma from childhood abuse and neglect;family of origin;anxiety and depression.

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

**Credentialed Professionals:** Pamela Beck, LMFT, QMHP

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information.

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Sierra Halbur, LPC-Supervisee Jaici Schultz, LPC-Supervisee Morgan Tessier, MSW, CSW, QMHP

### **Counseling Services offered at Kristi Hamilton Counseling**

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

**Phone:** 605-310-4596

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Kristi Hamilton MS, LPC-MH, QMHP

### **Counseling Services offered at Robin Rossow LLC**

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

**Phone:** 605-250-1226

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

**Services Offered:** Individual counseling for adults and young adults. Specialty areas include, anxiety, trauma, depression, life change, relationship challenges, post traumatic stress (PTSD), feeling stuck, family of origin challenges, abuse issues, confidence and self-esteem challenges, fertility challenges, parenting, postpartum anxiety or depression, sports performance, and career counseling.

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

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

**Credentialed Professionals:** Robin Rossow, MS, LPC-MH, NCC, QMHP

### **Counseling Services offered at Clarity Counseling, LLC**

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

**Website:** [www.claritycounselingsf.com](http://www.claritycounselingsf.com)      **Email:** [brandy@clarity605.com](mailto:brandy@clarity605.com)

**Phone:** 605-231-9308

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

**Services Offered:** Confidential counseling services, finding clarity in the expected, unexpected, and everything in between. Serving clients 12 years of age and older on the topics of abuse, attention deficit / hyperactive disorder (ADD/ADHD), adoption, alcohol abuse, Asperger's syndrome, autism, behavioral issues, bipolar disorder, borderline personality, chronic impulsivity, codependency, coping skills, divorce, domestic abuse, domestic violence, dual diagnosis, eating disorders, family conflict, grief, infertility, infidelity, obsessive compulsive disorder (OCD), oppositional defiance (ODD), parenting, pregnancy, prenatal and postpartum, self-esteem, self-harming, sexual addiction, insomnia, weight loss, and women's issues. Treatment approaches include cognitive behavioral therapy (CBT), family systems therapy, marital therapy, interpersonal therapy, mindfulness based, motivational interviewing, and solution focused brief counseling.

Telehealth services available.

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

**Credentialed Professionals:** Brandy Bunkers, CSW-PIP

### **Counseling Services offered at Leah Weins**

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

**Phone:** 605-321-1223

**Hours:** Day hours only.

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

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

**Credentialed Professionals:** Leah Weins, MS, LMFT

### **Counseling Services offered at Talking Pointe, The**

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

**Phone:** 605-215-1309

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

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

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

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

**Credentialed Professionals:** Ashley Anson - MFT Intern Allison Parsons - NCC, LPC, QMHP

### **Counseling Services offered at Stronghold Counseling Services, Inc.**

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

**Website:** [www.strongholdcounseling.com](http://www.strongholdcounseling.com) **Email:** [info@strongholdcounseling.com](mailto:info@strongholdcounseling.com)

**Phone:** 605-334-7713

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

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

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

**Coverage Area:** South Dakota

**Credentialed Professionals:** Nick Buus, MA, LMFT Larry Dancler, MS, LPC-MH, QMHP Jennifer Fang, LMFT Supervisee Ryan Folk, LMFT Laura Garmatz, LPC Bethany Handsacker, LMFT Supervisee Spencer Kappenman, LPC Supervisee Eleanor Larsen, MA, LMFT, QMHP, LAC Elizabeth Miller, LMFT supervisee John Sivesind, EdD, Psychologist Richard Slattery, LMFT Paul Wurth, LPC

### **Counseling Services offered at Kristen Ericsson Counseling & Psychotherapy**

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

**Phone:** 605-270-1057

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

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

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

**Credentialed Professionals:** Kristen Ericsson, MS, NCC, LPC-MH, QMHP

### **Counseling Services offered at Deb Thompson Counseling**

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

**Phone:** 605-331-6359

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Deb Thompson, LPC-MH, QMHP

### **Counseling Services offered at Daniel T. Digatono**

4410 S. Tennis Lane, Sioux Falls, SD 57106

**Phone:** 605-360-3024

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

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

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

**Credentialed Professionals:** Daniel T. Digatono, MDiv, PhD, LMFT, LPC, QMHP

### **Counseling Services offered at Thrive Counseling and Evaluation**

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

**Website:** [www.thrivecounselingandevaluation.com](http://www.thrivecounselingandevaluation.com)

**Email:** [info@thrivecounselingandevaluation.com](mailto:info@thrivecounselingandevaluation.com)

**Phone:** 605-271-6582

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

**Services Offered:** Individual, family and couple's assessment and counseling for mental health and chemical dependency.

Issues treated include:

- anxiety
- depression
- mood disorders
- adjustment disorders
- substance abuse disorders
- domestic abuse/violence
- grief and loss
- trauma
- relational issues
- significant life changes

Offering sessions via telehealth.

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

**Credentialed Professionals:** Elizabeth Clayborne-Moeller, MS, LAC, LPC-MH, QMHP Vanessa Dykstra MSW, LCSW-PIP, QMHP Jessica Snedeker MS, LPC-MH, QMHP

### **Counseling Services offered at Brian VanDenHul, LLC**

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

**Phone:** 605-310-3622

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Brian VanDenHul- MSW, CSW-PIP, QMHP

### **Counseling Services offered at Ritzman Counseling Services**

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

**Website:** [www.ritzmancounseling.net](http://www.ritzmancounseling.net)      **Email:** [kmrs@midco.net](mailto:kmrs@midco.net)

**Phone:** 605-376-0369

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

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

Call for information regarding help available for transition of clients who are moving out of state for college or other reasons until they can find a local therapist. In an emergency, helps existing clients via phone or secure email, or anyone in need of immediate help.

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

**Credentialed Professionals:** Kelly Ritzman, MA, MS, NCC, RPT, LPC-MH, QMHP

### **Counseling Services offered at Carroll Institute**

310 S. First Avenue, Sioux Falls, SD 57104

**Phone:** 605-336-2556

**Hours:** 8:00am - 5:00pm (CT), Monday and Friday 8:00am - 8:00pm (CT), Tuesday - Thursday Walk in assessments for substance use: 1:00pm - 4:30pm (CT), Mondays (no assessments on holidays that fall on Monday) Morning, afternoon, and evening group, individual and family sessions available.

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

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

### **Outpatient Services Form offered at Carroll Institute**

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

**Phone:** 605-336-2556

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

**Services Offered:** Co-occurring services throughout all programming are available to address not only substance use but also mental health symptoms:

- Treatment Needs Assessment for Substance Abuse - Offers alcohol and drug assessments to determine level of care needed.

- Jail Treatment Program - Alcohol and other drug abuse treatment services with an emphasis on criminal / addictive thinking and interactive journaling. The interactive journaling process encourages people to personalize the information they acquire and to take responsibility for their own recovery. Treatment is provided in the Minnehaha County Jail.

- Adult Outpatient Treatment Program - Consists of group therapy, alcohol and other drug information, skill development and relapse prevention.

- IMT (Intensive Methamphetamine Treatment) - consists of group therapy, individual therapy, case management, residential support and aftercare services. Intensity of services changes with the length of time spent in the program. Weekly participation ranges from 2-19 hours of service a week, depending on client needs.

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

**Credentialed Professionals:** Tiffany Butler, MA, LPC Barb DeVos, MS, NCC, LPC, LAC Carrie Ishmael, ACT, PST Tracy Naughton, ACT, PST Kate Telkamp, MS, ACT Kristi VanDeRostyne, BS, CAC, CPS

### **Threat Assessment offered at Carroll Institute**

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

**Phone:** 605-336-2556

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

**Services Offered:** Threat assessment is a thorough process including interviews with student(s), family, law enforcement, and school personnel or other collateral persons; data collection to corroborate facts; and uses specific questioning to assess threat risk in situations that a person (ex. youth) has made a specific threat toward a school, individual, or group of persons and/or has brought a weapon to school. This could include if an individual has made a threat on social media. Assessors have been trained by Sigma Threat Management Associates. Schools contracted with Carroll Institute take first priority.

**Coverage Area:** Sioux Empire

**Credentialed Professionals:** Tiffany Butler, MA, LPC Barb DeVos, MS, NCC, LPC, LAC Carrie Ishmael, ACT, PST Tracy Naughton, ACT, PST Kate Telkamp, MS, ACT Kristi VanDeRostyne, BS, CAC, CPS

### **Counseling Services offered at Reverence Counseling Services, LLC**

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

**Website:** [www.reverencecounseling.com](http://www.reverencecounseling.com)      **Email:** [info@reverencecounseling.com](mailto:info@reverencecounseling.com)

**Phone:** 605-937-6654

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

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

**Coverage Area:** Sioux Falls and surrounding area

**Credentialed Professionals:** Alex Capell - MSW, LCSW Jordan Craig - MA, LPC, QMHP, NCC Annie McMillan - MSW, LCSW Jodi Merritt - MA, LPC-MH, LAC, QMHP, NCC

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

100 S. Spring Avenue, Sioux Falls, SD 57104

**Phone:** 605-271-6979

**Hours:** By appointment only.

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

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

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

**Credentialed Professionals:** Kimberly J. Cournoyer, Ed.S, LPC-MH, QMHP

### **Counseling Services offered at Tina Harp Counseling, Inc.**

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

**Phone:** 605-759-1516

**Hours:** Monday - Friday, evenings by appointment

**Services Offered:** Individual, couples and family therapy for all ages with a specialization in Eye Movement Desensitization and Reprocessing (EMDR). Areas of focus include depression, anxiety, life transitions, post traumatic stress (PTSD), sexual abuse, grief, polyamory, and lesbian, gay, bisexual, and transgender population. Telehealth services available.

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

**Credentialed Professionals:** Tina Harp, MS, QMHP, LPC-MH

### **Counseling Services offered at Jeffcoat Counseling Services, LLC**

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

**Phone:** 605-610-9156

**Hours:** By appointment only.



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

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

Offers services in person and via telehealth.

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

**Credentialed Professionals:** Wanda Jeffcoat, MS, LPC-MH, QMHP, CCMHC

### **Counseling Services offered at Guiding Light Counseling, LLC**

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

**Website:**

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

**Email:** [guidinglightcounselingsf@gmail.com](mailto:guidinglightcounselingsf@gmail.com)

**Phone:** 605-413-6835

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

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

Also trained in:

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

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

**Credentialed Professionals:** Sarah Scherr, MSW, CSW, QMHP

### **Coaching and Counseling Services offered at Known Counseling Services**

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

**Phone:** 605-368-1558

**Hours:** By appointment.

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

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

**Coverage Area:** City of Sioux Falls

**Credentialed Professionals:** Maggie Blaylock, LPC-MH, CSAT

### **Mental Health Counseling Services offered at New Idea Counseling, LLC**

5013 S. Louise Avenue, Suite 322, Sioux Falls, SD 57108

**Website:** <https://newideacounseling.com> **Email:** [anne@newideacounseling.com](mailto:anne@newideacounseling.com)

**Phone:** 605-271-2676

**Hours:** By appointment only: 9:00am - 6:00pm (CT), Monday - Thursday 9:00am - 5:00pm (CT), Friday

**Services Offered:** Areas of advanced specialty training for persons age 8-100 include: Autism/hfASD, Transgender/Gender Diverse healthcare, ADHD, anxiety, depression, and spirituality.

Also provides education in T/GD (transgender/gender diverse) care for the Sanford School of Medicine, regional healthcare systems, businesses, and professional organizations. National mentor for mental health providers working toward the specialty credential in T/GD healthcare. Counseling is by telehealth only.

Counseling is offered for clients located in South Dakota, Minnesota, Iowa, Nebraska, Massachusetts, Maryland and Virginia. A release for telehealth is part of the intake paperwork. Clients can easily access the HIPAA-compliant video portal via any phone, tablet, or computer. No special software is required.

**Coverage Area:** Located in Sioux Falls and licensed to serve clients located in South Dakota, Minnesota, Iowa, Nebraska, Maryland, Massachusetts, and Virginia via telehealth.

**Credentialed Professionals:** Anne Dilenschneider, PhD QMHP LPC-MH (SD), LMHC (IA), LMHC (MA), LCPC (MD), LPCC (MN), LIMHP/PC (NE), LPC (VA) WPATH SOC8 Certified Member WPATH Certified Mentor & Global Education Institute Faculty

### **Mental Health Counseling Services offered at Josh Reinfeld Counseling, LLC**

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

**Website:** <https://josh-reinfeld.clientsecure.me/> **Email:** [josh.reinfeld@gmail.com](mailto:josh.reinfeld@gmail.com)

**Phone:** 605-929-9866

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

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

**Coverage Area:** Lincoln and Minnehaha County.

**Credentialed Professionals:** Josh Reinfeld MSW, LCSW-PIP, CAC, QMHP, CCTP, EMDRIA certified

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

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

**Website:** [www.kimberlykeiser.com](http://www.kimberlykeiser.com) **Email:** [welcome@kimberlykeiser.com](mailto:welcome@kimberlykeiser.com)

**Phone:** 605-740-6557

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

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

Therapeutic and advocacy for lesbian, gay, bisexual, and transgender individuals.

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

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

**Credentialed Professionals:** Kimberly Keiser, MA, LPC-MH, CST Kevin Noble, MA, LMFT, QMHP, LAC Katie Wieczorek, MA, LPC, QMHP Jodi Williams, MS, LPC-MH, QMHP

### **Counseling Services offered at Sunstone Counseling, LLC**

315 N. Main Avenue, Suite 204, Sioux Falls, SD 57104

**Website:** [www.sunstonecounselingllc.com](http://www.sunstonecounselingllc.com) **Email:** [info@sunstonecounselingllc.com](mailto:info@sunstonecounselingllc.com)

**Phone:** 605-857-3347

**Hours:** Available Monday-Friday; hours vary

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

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

### **Counseling Services offered at Chamness Counseling**

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

**Website:** [www.chamnesscounseling.com](http://www.chamnesscounseling.com)      **Email:** [chamnesscounseling@gmail.com](mailto:chamnesscounseling@gmail.com)

**Phone:** 605-254-3889

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

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

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

**Credentialed Professionals:** Jeanne Chamness, MA, NCC, LPC-MH

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information.

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Megan Bartel, LCSW, MSW, QMHP Austin Halppop, MS, LPC-MH-Supervisee Ian McClure, MS, LPC-MH-Supervisee, QMHP Shannalee Mask, MSW, CSW, QMHP Caitlin Norlen, MS, LPC-MH-Supervisee, QMHP

### **Counseling Services offered at Sioux River Mental Health Services, LLC**

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

**Website:** [www.siouxrivermentalhealth.com](http://www.siouxrivermentalhealth.com)      **Email:** [siouxrivermentalhealthservices@gmail.com](mailto:siouxrivermentalhealthservices@gmail.com)

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

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

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

**Credentialed Professionals:** Justin Falon, MS, LPC-MH, LAC, QMHP

### **Counseling Services offered at Paula Lain Counseling**

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

**Phone:** 605-809-5052

**Hours:** By appointment only

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Kristine Bonde, MS, NCC, LPC - in training Ella Lueders, MSW, LCSW Mari Melhbrech, MSW, LCSW Paula Lain Smykle, MSW, LCSW-PIP Rebecca Theophilus, JD, MS, LPC-MH, NCC, QMHP

### **Counseling Services offered at Aspire Counseling, LLC**

6340 S. Western Avenue, Sioux Falls, SD 57108

**Website:** [www.aspirecounselingsd.com](http://www.aspirecounselingsd.com)      **Email:** [info@aspirecounselingsd.com](mailto:info@aspirecounselingsd.com)

**Phone:** 605-277-1422

**Hours:** 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday

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

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

Tele-health services are available statewide.

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

**Credentialed Professionals:** Lindsay Neth, MSW, CSW-PIP, LCSW-PI Kelli Willis, MSW, CSW-PIP

### **Counseling Services offered at Wellspring Therapy Center**

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

**Website:** [www.wellspringtherapysf.com](http://www.wellspringtherapysf.com)      **Email:** [wellspringtherapyoffice@gmail.com](mailto:wellspringtherapyoffice@gmail.com)

**Phone:** 605-335-1516

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

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

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

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

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

**Credentialed Professionals:** Gary Kashale, MA, LPC Connie Kolbrek, MS, EdS, LPC, QMHP Krista McKeown, MA, LMFT, QMHP Amanda Adcock Vander Lugt, PhD, Ramona Wade, MA, LMFT, QMHP Earl Witt, MA, LMFT, QMHP

### **Counseling Services offered at Evenson Counseling**

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

**Phone:** 605-777-0075

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

**Services Offered:** Individual and couple's therapy for adults of all ages. Utilizes cognitive behavioral therapy (CBT), trauma-informed therapy, mindfulness and experiential practices.

Specialties include trauma, relationship stress, infidelity, intimacy issues, history of childhood physical, emotional and sexual abuse, depression, anxiety, social phobia, obsessive compulsive disorder (OCD), anger management, emotional regulation, grief and loss, gender identity, sexual identity, and post traumatic stress disorder (PTSD).

Special interest in working with women, relationships and LGBT clients.

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

**Credentialed Professionals:** Richard Culver, LAC, LPC-MH Dr. Lori Evenson, LPC-MH, NCC Miles Fisher, LPC Reid Goeman, LPC-Supervisee Kendall Holland, LPC-Supervisee Jess Olson, LPC

### **Support and Counseling Groups offered at Compass Center, The**

1704 S. Cleveland Avenue, Suite 3, Sioux Falls, SD 57103

**Website:** <http://thecompasscenter.org/>      **Email:** [info@thecompasscenter.org](mailto:info@thecompasscenter.org)

**Phone:** 605-339-0116

**Hours:** Administrative Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 12:00noon (CT), Friday Group Hours: Meeting time changes quarterly based upon counselor and participant availability.

**Services Offered:** Provides survivors a space to share, learn, and support one another while developing an understanding of how their trauma-related experiences impact a variety of aspects in their lives. These groups are focused on empowerment, healing, and community.

Groups Include Women's Sexual Assault Psychoeducation Group, Women's Sexual Assault Peer Support Group, Art-Based Teen Trauma Group, Art-Based Young Adult Group, and Parents of Children Who Have Been Sexually Abused Support Group

Therapists are continuously assessing needed groups related to sexual assault and trauma in the community. Please contact The Compass Center for most updated list of groups being offered and start dates.

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

### **Counseling and Play Therapy Services offered at Compass Center, The**

No Physical Location, Sioux Falls, SD 57103

**Website:** <http://thecompasscenter.org/>      **Email:** [info@thecompasscenter.org](mailto:info@thecompasscenter.org)

**Phone:** 605-339-0116

**Hours:** Call for information

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

Services include:

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

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

### **Adult Services offered at Integrative Wellness**

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

**Website:** [www.integrativewellnesssd.com](http://www.integrativewellnesssd.com)      **Email:** [integrativewellness@midconetwork.com](mailto:integrativewellness@midconetwork.com)

**Phone:** 605-271-1348

**Hours:** Day and evening hours vary by therapist

**Services Offered:** Offering professional therapy for:

- depression
- addiction
- anxiety
- borderline personality disorder
- grief and loss
- trauma and abuse
- family of origin
- geriatrics
- play therapy
- parenting
- Attention Deficit / Hyperactivity Disorder (ADD/ADHD)
- blended family issues
- divorce
- custody
- sexual abuse support / counseling group for women
- gender identity and sexual orientation

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Jeanne Bunkers, MSW, LCSW-PIP Myra Eben, LPC Christine Ellis, MSW, LCSW-PIP Jennifer Gleason-Wilson, LPC Erin Nielsen Ogdahl, JD, CSW-PIP, LAC Melissa Steever, MA, LPC-MH Michelle VanDenHul, MSW, LCSW-PIP



### **Children's Services offered at Integrative Wellness**

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

**Website:** [www.integrativewellnesssd.com](http://www.integrativewellnesssd.com)      **Email:** [integrativewellness@midconetwork.com](mailto:integrativewellness@midconetwork.com)

**Phone:** 605-271-1348

**Hours:** Day and evening hours vary by therapist

**Services Offered:** Offering professional therapy for child and adolescent issues including:

- depression
- anxiety
- anger management
- grief and loss
- trauma and abuse
- behavioral issues
- play therapy
- Attention Deficit Hyperactivity Disorder (ADD/ADHD)
- blended family issues
- divorce
- custody

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Jeanne Bunkers, MSW, LCSW-PIP Myra Eben, LPC Christine Ellis, MSW, LCSW-PIP Jennifer Gleason-Wilson, LPC Erin Nielsen Ogdahl, JD, CSW-PIP, LAC Melissa Steever, MA, LPC-MH Michelle VanDenHul, MSW, LCSW-PIP

### **Counseling Services offered at Stacy Gorman, LLC**

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

**Phone:** 605-940-6422

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Stacy Gorman, MS, LPC-MH, LAC, QMHP, NCC

### **Counseling Services offered at Evergreen Counseling and Consulting Services, LLC**

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

**Phone:** 605-423-7880

**Hours:** Varies; call for appointment times.

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

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

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

**Credentialed Professionals:** Paige Thompson, CSW-PIP, LICSW, QMHP

### **Counseling Services offered at Rebecca Sather Durr Mental Health Therapist**

102 N. Krohn Place, Sioux Falls, SD 57110

**Phone:** 605-261-9298

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Rebecca Sather Durr, LCSW, PIP

### **Counseling Services offered at Moore Counseling Group**

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

**Website:** [www.moorecounselinggroup.com](http://www.moorecounselinggroup.com)

**Email:** [info@moorecounselinggroup.com](mailto:info@moorecounselinggroup.com)

**Phone:** 855-888-8627

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

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

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

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

Specializes in providing counseling for clergy and families working in ministry, as well as helping professionals in the human services and medical field.

Offers telehealth counseling through software called Google Meet to individuals in South Dakota. Preference is to do in-person intake, but can do intake online if in-person is not an option.

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

**Credentialed Professionals:** Kalena Brunsch, MS, LSC, NCC, LPC Supervisee Natasha Hinman, NCC, LPC-Supervisee Laura McCord, MS, LSC, NCC, LPC-Supervisee Stephanie Moore, MS, NCC, LPC-MH, QMHP Allison Parsons, MS, LSC, NCC, LPC

### **Counseling Services offered at Barbara RA Christensen, II Inc**

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

**Phone:** 605-362-5803

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

**Services Offered:** Christian counseling for children, adolescents, and adults specializing in depression, anxiety, family issues, divorce, grief, self-injury, adjustment, drug and alcohol, attention deficit / hyperactivity disorder (ADD/ADHD), social skills, anger, domestic violence, abuse, obsessive compulsive disorder (OCD), relationship, autism, and Asperger's syndrome.

Offering telehealth services.

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

**Credentialed Professionals:** Barbara RA Christensen, MS, NCC, LPC, LPC-MH, QMHP, LAC

### **Counseling Services offered at Restoration Counseling and Consulting, Inc.**

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

**Phone:** 605-838-9655

**Hours:** Monday - Friday, by appointment

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

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

**Credentialed Professionals:** Luanna Olthoff, MA, LPC-MH, LAC, QMHP

### **Counseling Services offered at Yellow Brick Road Counseling and Therapy**

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

**Phone:** 605-214-6855

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

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

**Coverage Area:** Eastern South Dakota

**Credentialed Professionals:** Brittani Ignato, LCSW, QMHP Dan Knutson, LMFT-supervisee Holly Merrick-Liston LPC-MH Austin Natchigall, LPC-supervisee

### **Avera Medical Group Behavioral Health offered at Avera Behavioral Health**

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

**Phone:** 605-322-5700

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

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

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

**Credentialed Professionals:** Ammar Ali, MD Vivek Anand, MD Michael Bergan, MD Vinod Bhatara, MD Samantha Bonn, LCSW QMHP Ann Bowden, MD Heather Chester-Adam, MD Nicole Christenson, MD Candice Cummings, CSW PIP, MSW Charlotte Donn, CNP Kyle A. Duke, PA C Keely Elgethun, MD Sheeba Fazili, LPC MH Sarah Flynn, MD William C. Fuller, MD Bryce Gammeter, MD Derek Granum, LCSW Hillary Hanson, MD Tracee Hofer, CNP Tomas Holtberg, PhD Wallace Jackmon, PhD Nancy Johnson, PhD Georgia Keenan, LPC-MH Garneth Kuiper, CNP Xiaofan 'Amy' Li, MD PhD Josette S. Lindahl, MD Ann M. Mack, LPC -MH Wioleta Mazurczak, MD Lynette Melby, CNP Robert F. Nuss, MD Karl Oehlke, PA-C Hannah Otten, CNP Seth Parsons, MD Meredith Powell, MD Veronica Radigan, MD David Schlagel, MD Timothy J. Soundy, MD Matthew Stanley, DO Anthony Vaca, MD Shawn VanGerpen, MD Tamara Vik, MD Jay Weatherill, MD David Whaley, MD Nancy Wilson, MD

### **Counseling Services offered at Brenda Hansen-Mayer**

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

**Phone:** 605-330-9997

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

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

**Coverage Area:** Counties of Lincoln and Minnehaha

**Credentialed Professionals:** Brenda Hansen-Mayer, MS, LPC-MH, LAC, NCC, QMHP Neurofeedback Trained & Certified Therapist in EMDR

### **Counseling Services offered at Stacey Hauck**

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

**Phone:** 605-271-9890

**Hours:** By appointment.

**Services Offered:** Professional counseling and Neurofeedback therapy for children and adults. Services offered for the treatment of depression, anxiety, PTSD, adjustment disorder, ADHD, and tinnitus.

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

**Credentialed Professionals:** Stacey Hauck, MS, NCC, LPC-MH, QMHP

### **Counseling Services offered at Pathways Counseling**

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

**Website:** [www.pathwayscounselingsd.com](http://www.pathwayscounselingsd.com) **Email:** [office@pathwayscounselingsd.com](mailto:office@pathwayscounselingsd.com)

**Phone:** 605-215-4364

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

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

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

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

**Credentialed Professionals:** Aimee Peterson, LICSW, CSW-PIP, QMHP Zane Peterson, LPC-MH, QMHP

### **Counseling Services offered at Mary T. Guth**

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

**Phone:** 605-951-8423

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

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

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

**Credentialed Professionals:** Mary T. Guth, MS, LPC-MH, LMFT, ACS

### **Therapy Services offered at Childrens Home Shelter for Family Safety**

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

**Website:** [www.chssd.org/shelter](http://www.chssd.org/shelter) **Email:** [sheltercounseling@chssd.org](mailto:sheltercounseling@chssd.org)

**Phone:** 605-338-4880

**Hours:** Call for information.

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

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

**Credentialed Professionals:** Tina Reiter, MA, LPC-Supervisee Jeanne Weyen, MA, LPC

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

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

**Website:** [www.chssd.org/shelter](http://www.chssd.org/shelter) **Email:** [sheltercounseling@chssd.org](mailto:sheltercounseling@chssd.org)

**Phone:** 605-338-4880

**Hours:** Call for information.

**Services Offered:** Support group for women who have witnessed or experienced violence in a relationship. These groups seek to provide support and feedback to women who have been emotionally, sexually, or physically abused in their relationships. Topics of discussion include: the dynamics of domestic violence, crisis issues caused by domestic violence, the impact of traumatic experiences on daily living, staying safe, self-esteem, and healthy relationships. The women's support groups are open and may be joined by anyone at any time. No pre-registration is required to attend and groups are offered free of charge.

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

**Credentialed Professionals:** Tina Reiter, MA, LPC-Supervisee Jeanne Weyen, MA, LPC

### **Counseling Services offered at Breakthrough Christian Counseling & Alternative Education Center**

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

**Website:** [www.breakthroughsfc.org](http://www.breakthroughsfc.org) **Email:** [info@breakthroughsfc.org](mailto:info@breakthroughsfc.org)

**Phone:** 605-275-2280

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

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

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

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

**Credentialed Professionals:** Jordan Kruse, LPC-Supervisee Krysta Winter, LPC-MH, QMHP

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

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

**Phone:** 605-339-0420

**Hours:** 8:20am - 5:00pm (CT), Monday - Friday; some cultural activities are held during evening hours and on weekends.

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

**Coverage Area:** Cities served: Pierre and Sioux Empire area

**Credentialed Professionals:** SaraJo Kegler, MSW, LCSW, LAC Josh Reinfeld, MSW, LCSW-PIP, CAC, QMHP, CCTP Wyatt Urlacher, MSW, LCSW-PIP, ACT

### **Counseling Services offered at Encompass Mental Health, LLC**

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

**Website:** [www.SiouxFallsCounseling.com](http://www.SiouxFallsCounseling.com)

**Email:** [info@siouxfallscounseling.com](mailto:info@siouxfallscounseling.com)

**Phone:** 605-275-0009

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

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

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

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

**Credentialed Professionals:** Caroline Beebe, LPC-MH Kalena Brunsch, LPC-Supervisee Lexi Hooyer, CSW Emily Jackson, LPC-MH Alexis Klein, LPC-MH, RPT Sara Kuehler, LPC-MH Madison Kyle, CSW-PIP Emily Learing, LMFT, RPT-S Amber Loecker, LPC Taylor McCain, LPC-Supervisee Angie Ostraat, LPC-MH, CCTP Akela Sorensen, LPC-MH Jessica Stokes, CSW-PIP

### **Counseling Services offered at Cultivate Counseling, LLC**

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

**Phone:** 605-610-9629

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

**Services Offered:** Provides individual mental health counseling for children (ages 7+), adolescents, and adults experiencing personal, relational, and psychological challenges. Experience in anxiety, depression, mood disorders, women's issues, traumatic experiences/abuse, post traumatic stress disorder (PTSD), parenting/caregiver education, life transitions, identity, culturally competent, LGBTAIQ2S+ affirming. Telehealth services available.

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Lauren Glazier CSW, QMHP

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

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

**Website:** [www.bartelscounselingservicesinc.com](http://www.bartelscounselingservicesinc.com)

**Email:** [bartelscounselingservicesinc@midconetwork.com](mailto:bartelscounselingservicesinc@midconetwork.com)

**Phone:** 605-310-0032

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



**Services Offered:** Provides integrated mental health (including addictions) assessments, early intervention, intensive outpatient treatment, and aftercare services for adults and adolescents.

Individual, couples, family therapy and treatment for concerns including addiction, anxiety, depression, mood disorders, adjustment, abuse, spiritual development, emotional and stress management, family issues, grief, trauma, personality disorders, and relational issues.

Also offers telemental health, utilizing Zoom. Clients are encouraged to check with insurance providers regarding coverage. Services can be provided via phone.

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

**Credentialed Professionals:** Sherry L. Bartels, MA, QMHP, LPC-MH, LAC, ACS, ASS, NCC Michael Digatono, MSW, CSW-PIP, LAC Jennie Mayer, MS, QMHP, LPC-MH, LAC, NCC

### **Psychiatry and Psychology Clinic offered at Sanford Health**

7511 S. Louise Avenue, Sioux Falls, SD 57108

**Phone:** 605-312-8700

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

**Services Offered:** Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to:

- Anxiety disorders
- Mood disorders
- Personality disorders
- Somatization disorders
- Psychosexual disorders
- Schizophrenia
- Post-traumatic stress disorders (PTSD)
- Abuse issues
- Eating disorders
- Addictions
- Dementia
- Grief and loss
- Stress management
- Executive health
- Evaluation and treatment of childhood emotional and behavioral disorders including Attention-Deficit/Hyperactive Disorders (ADD/ADHD)
- Group therapy
- Psychological testing
- Neuropsychological testing
- Couples counseling

These services are available via telemental health.

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

**Credentialed Professionals:** Joann Adney, MSW, CSW-PIP Kate Andal, Ph.D. Meghan Anfinson, LPC-MH, LAC Jennifer Assam, M.D. Abbey Bauman, M.D. Rachelle Broveleit, PA-C Becky Dornheim, MSW, CSW-PIP Sarah Flynn, M.D. Bruce S. Fogas, Ph.D. Gareth Ford, PA-C Kiana Haveman, MSW, CSW-PIP Jaime Hudson, Ph.D. Marie Jameson, PMHNP Nichole Johnson, NP-C Linda Kauker, PA-C Kelly Lauck, PhD, LPC-MH Christie Lueth, MSW, CSW-PIP Megen Mitchell, LPC-MH Kayla Nalan-Sheffield, Ph.D. Georgiana Nuss, MD Tanya Ochsner, Ph.D. Rebecca Palugyay, MSW, CSW-PIP Andria Petersen, NP-C Alyssa Peterson, PA-C Sandra Peynado, MD Patricia Ramse, MSW, CSW-PIP Rajesh Singh, MD Rhonda Smith, EdD Barbara Wendell-Schechter, NP-C Trevor Wolterstorff, Psy.D.

### **Counseling Services offered at Jane Webster, LLC**

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

**Website:** [jwebstercounseling.com](http://jwebstercounseling.com) **Email:** [jane@jwebstercounseling.com](mailto:jane@jwebstercounseling.com)

**Phone:** 605-261-0819

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

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

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

**Credentialed Professionals:** Jane Webster, MA, LPC-MH, LAC, QMHP

### **Counseling Services offered at Sioux Empire Christian Counseling, Inc.**

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

**Phone:** 605-271-0261

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

**Services Offered:** Individual, marital, and family counseling across the lifespan. Experience in attention deficit / hyperactivity disorder (ADD/ADHD), Asperger's syndrome, depression, anxiety, divorce adjustment, spiritual issues, blended families, affairs, abuse, past abuse, and pre-marital counseling. Also offers grief therapy and trauma focused therapy.

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

**Credentialed Professionals:** Kathryn Bates, MS, SWA, LPC Tony Boer, MSW, CSW-PIP Andrew McDade, MSW, CSW-PIP, QMHP Stacia Wakefield, LPC-MH Tyson Wiggers, CSW, QMHP, M.Div.

### **Counseling Services offered at Midwest Counseling & Evaluation Services, LLC**

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

**Website:** [www.midwestcounselingandevaluations.com](http://www.midwestcounselingandevaluations.com)

**Email:** [cfritz.mces@midconetwork.com](mailto:cfritz.mces@midconetwork.com)

**Phone:** 605-274-1944

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

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

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

Virtual and in-office sessions available.

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

**Credentialed Professionals:** Connie Fritz, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC, ACS, NCCE, NCPC, CFRC

### **Counseling Services offered at Lighting A New Way Counseling Services**

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

**Phone:** 605-361-0114

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

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

Options for Telemental health services.

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

**Credentialed Professionals:** Lisa Stellinga MS, LAC, LPCMH, QHMP Other independent practitioners are located at this address.

### **Counseling Services offered at LaVelle and Associates**

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

**Website:** <https://counselingsiouxfallssd.com>

**Email:** [lavelleassociates5024@gmail.com](mailto:lavelleassociates5024@gmail.com)

**Phone:** 605-212-3276

**Hours:** 8:00am - 5:00pm (CT), Wednesday 8:00am - 12:00noon (CT), Thursday, Saturday

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

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

**Credentialed Professionals:** Patricia LaVelle, EdS, LPC-MH, LMFT, QMHP

### **Counseling Services offered at Journey Therapy & Neurofeedback Clinic**

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

**Phone:** 605-351-1545

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

**Services Offered:** Individual, couples, children, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include depression, anxiety, traumatic experiences/abuse, post traumatic stress (PTSD), attachment challenges, parenting support, grief and loss, work and career issues, stress management, addiction and recovery, and conflict resolution. Offers BrainPaint Neurofeedback, hypnosis, Eye Movement Desensitization and Reprocessing (EMDR), Parenting group, Nurturing Parenting program, Play Therapy, adoption, parent/child relationship, and foster parent support.

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

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

**Credentialed Professionals:** Regina Brunz, MA, MFT James Cady, MA, EdS, LPC-MH Stacey Compton, NCC, QMHP, RPT, LPC-MH Tammy Lias, MA, LMFT, QMHP Amy Roth, MS, NCC, LPC-MH Jodi VandenBosch, MSW, LCSW

### **Counseling Service offered at Dakota Hope Counseling**

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

**Phone:** 605-223-5155

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

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

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

In-person and telehealth counseling appointments available.

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

**Credentialed Professionals:** Michelle Pliska, LPC-MH, QMHP, RPT

### **Counseling Services offered at Life Worth Living, LLC**

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

**Phone:** 605-646-2256

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Marquette Brandner, MS, NCC, LPCMH, LAC, QMHP

### **Mental Health Services offered at Integrated Care and Consultation, LLC**

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

**Phone:** 605-306-3240

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

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

Offers services via telehealth.

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

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

**Credentialed Professionals:** Lynn Bowers, LPC Supervisee Alexis Burket, Psych NP Beth Hall, MSW, CSW, QMHP Krystal Lohff, MSW, CSW-PIP Jessica Nelson, MSW, CSW Jessica Nelson, MSW, CSW, QMHP Tesia Nichols, MSW, CSW, QMHP, Tesia Nichols, MSW, CSW, QMHP Jennifer Pipitone, DNP Psychiatric Nurse Practitioner Tiffany Ritter, Psych NP Darcy Wiebrand, MSW, CSW, QMHP Ashley Wilcox, MSW, CSW-PIP Ashley Wilcox, MSW, CSW-PIP, QMHP Crystal Wilkinson, MSW, CSW-PIP

### **Counseling Services offered at Revival Counseling Services, Inc**

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

**Website:** [Revivalcounselingservices.org](http://Revivalcounselingservices.org)

**Email:** [Revivalcounselingservices@gmail.com](mailto:Revivalcounselingservices@gmail.com)

**Phone:** 605-359-0303

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

**Services Offered:** Individual and couples mental health and chemical dependency counseling to children, adolescents, and adults with a variety of issues including, but not limited to; depression, anxiety, obsessive compulsive disorder (OCD), physical and or sexual abuse, trauma, chemical dependency and other addictions, co-occurring disorders, family issues, behavioral issues, relationship issues, sexual identity, adjustment disorders, career issues, adoption issues, attachment issues, personality disorders, stress management, women's issues, eating disorders, post traumatic stress (PTSD), and crisis prevention. Offers EMDR (Eye Movement Desensitization and Reprocessing). Telehealth sessions available.

Also an LGBTQ+ friendly provider.

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

**Credentialed Professionals:** Erin Meyer (Stolsmark), LPC-MH, NCC, LAC, QMHP, PMH-C

### **Summit Oaks Center offered at Lutheran Social Services - Southeast Region**

621 E. Presentation Street, Sioux Falls, SD 57104

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

**Email:** [info@lsssd.org](mailto:info@lsssd.org)

**Phone:** 605-221-2346

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

**Services Offered:** Residential Treatment Facility for adolescent boys and girls ages 10-17. Services offered:

- 24-hour psychiatric residential care in therapeutic, structured environment
- Individual, group and family counseling
- Campus school
- Psychiatric services
- Case management
- After care services
- Independent living skills training

**Coverage Area:** South Dakota

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

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

**Phone:** 605-334-6004

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

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

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

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

**Coverage Area:** South Dakota

### **Counseling Services offered at Sprout Play Therapy and Counseling Services**

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

**Phone:** 605-799-6182

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

**Services Offered:** Play therapy offered to children ages 3-12 along with family counseling and parenting support. Areas of specialty include trauma, depression, anxiety, adjustment challenges, foster care placement, developmental delays and behavioral challenges. Emphasis placed on supporting the child and their caregiver(s) collaboratively in order to find success and improved functioning.

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

**Credentialed Professionals:** Emily Gislason, PhD, LPC-MH, RPT-S, QMHP, NCC Vanessa Hoogendoorn, MA, LPC-MH, QMHP, RPT Danielle McCormick - MS, LMFT supervisee Katelyn Tilstra, MS, LPC-MH, RPT, NCC, QMHP

### **Counseling Services offered at Rising Hope Counseling, LLC**

317 N. Heritage Parkway, Tea, SD 57064

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Carrie Mueller, LCSW, LAC Caitlin Norlen, MS, LPC-Supervisee Ellen Oppold, MA, LPC-MH, QMHP Hannah Vander Broek, MSW, CSW, QMHP

### **Telehealth Counseling Services offered at Therapy Lawgic**

No Physical Location, Harrisburg, SD 57032

**Phone:** 605-900-6345

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Heather Law CSW-PIP, QMHP Johanna Tietze CSW, QMHP

### **Counseling Services offered at Truth & Grace Counseling**

125 W. 1st Street, Tea, SD 57064

**Phone:** 605-777-1898

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



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

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

Telehealth sessions available.

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

**Credentialed Professionals:** Bonnie Haack, MS, NCC, LPC-MH

### **Counseling Services offered at Agape Counseling Center, LLC**

700 S. 8th Avenue, Brandon, SD 57005

**Website:** [www.agapecounselingsd.com](http://www.agapecounselingsd.com)

**Email:** [agapecounselingbrandon@gmail.com](mailto:agapecounselingbrandon@gmail.com)

**Phone:** 605-582-4722

**Hours:** 8:00am - 8:00pm (CT), Monday - Friday All sessions are by appointment only and will be determined by providers availability.

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

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

**Credentialed Professionals:** Lindsey Krueger CSW-PIP Erin Sanford MA, LPC-MH, QMHP Jeremy Sanford, CSW, QMHP Sarah Shoffner MA, CSW-PIP, QMHP Mandy Sieck, CSW-PIP Ashley Woodley, NCC, LPC, RPT

### **Counseling Services offered at New Day Counseling Services, LLC**

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

**Website:** [www.newdaysd.com](http://www.newdaysd.com)

**Email:** [newday@alliancecom.net](mailto:newday@alliancecom.net)

**Phone:** 605-582-7418

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

**Services Offered:** Client-centered, cognitive behavioral and energy based counseling for children, teens, adults, and families. For children, play therapy addresses many issues including physical, sexual and emotional abuse, grief and loss, anxiety, depression, recovery from traumatic events, divorce, and foster or adoptive situations.

Individual and family counseling for children and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Sessions often focus on exploring and shifting core beliefs through resolving past issues.

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

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

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

**Credentialed Professionals:** Kara L. Baas, MS, LPC-MH

### **Counseling Services offered at Back to Basics Counseling**

48575 267th Street, Valley Springs, SD 57068

**Website:** [back-to-basics-counseling.business.site](http://back-to-basics-counseling.business.site)

**Email:** [scarecrow@alliancecom.net](mailto:scarecrow@alliancecom.net)

**Phone:** 605-759-4290

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

**Services Offered:** Trained in Dialectical Behavior Therapy (DBT), trauma focused, and working with individuals with addictions, anxiety, depression, bi-polar, borderline personality and other diagnoses. Offers counseling services for persons tweens - senior adults. All counseling sessions are completed via telehealth.

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

**Credentialed Professionals:** Debra McClintock, LCSW-PIP, QMHP

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Lane Madsen, MA, LAC, LPC-Supervisee Danae Mutchelknaus, MS, LPC-MH, QMHP Tammy Vande Kamp, CNP, QMHP

### **Counseling Services offered at Rising Hope Counseling, LLC**

904 E. 5th Street, Canton, SD 57013

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Tara Espland, MS, LAC, LPC-MH, QMHP Janelle Fitzler, MA, LPC-Supervisee

### **Equine Assisted Counseling/Psychotherapy offered at Rock Ranch**

355 40th Avenue, Hills, MN 56138

**Website:** [www.riderockranch.org](http://www.riderockranch.org)      **Email:** [riderockranch@gmail.com](mailto:riderockranch@gmail.com)

**Phone:** 605-929-9291

**Hours:** Varies; call for information

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

**Coverage Area:** Southeastern South Dakota

**Credentialed Professionals:** Natasha Kellenberger, LMFT Brain Health Coach, Certified in Prepare and Enrich Brenda Ling, MSW, CSW-PIP, OSW-C Carissa Palmberg, MS, LPC, LAC, Eagala Certified Mental Health Practitioner

### **Counseling Services offered at Carissa Palmberg Counseling**

355 40th Avenue, Hills, MN 56138

**Phone:** 605-951-6267

**Hours:** Sessions are by appointment only.

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Carissa Palmberg, MS, LPC, LAC

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Caitlin Norlen, MS, LPC-Supervisee Linda Richardson, MA, LPC-MH-Supervisee

### **Counseling Services offered at Rising Hope Counseling, LLC**

700 S. Washington Avenue, Suite 100, Madison, SD 57042

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Jill Janecke, Founder, MS, LPC-MH Colette Tolley, MS, LPC-MH Jordan Davis, MS, LPC, QMHP Bailey Schmidt, MS, LPC Lane Madsen, MA, LAC, LPC-Supervisee

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Jordan Davis, MS, LPC, QMHP Colette Tolley, MS, LPC-MH

### **Counseling Services offered at Rising Hope Counseling, LLC**

717 E. Main Street, Vermillion, SD 57069

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Cora Youngberg, MSW, CSW

### **Counseling Services offered at Sunstone Counseling, LLC**

5 Market Street, Vermillion, SD 57069

**Website:** [www.sunstonecounselingllc.com](http://www.sunstonecounselingllc.com)      **Email:** [info@sunstonecounselingllc.com](mailto:info@sunstonecounselingllc.com)

**Phone:** 605-857-3347

**Hours:** Available Monday - Friday; hours vary

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

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

### **Counseling Services offered at Heartland Psychological Services**

116 Market Street, Vermillion, SD 57069

**Website:** [sdheartland.com](http://sdheartland.com)      **Email:** [reception@heartland.com](mailto:reception@heartland.com)

**Phone:** 605-665-0841

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

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

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

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

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

**Credentialed Professionals:** Courtney Ballard, LPC-MH Mikaela Campbell, LPC-MH Kaitlyn Conroy, MS, LPC, QMHP, NCC Michaela Eskens, MA, LPC, NCC Sherry Gaskins, MA, LCSW-PIP Tonja Koenigs, LCSW-PIP Stephanie Kramer, LCSW-PIP Danelle Pennock, PsyD Heather Salis, MSW, LCSW-PIP Diana Kautz Smallwood, MSW, LCSW Mary Sternhagen, LPC-MH

### **Counseling Services offered at Rising Hope Counseling, LLC**

230 6th Street, Hanson Middle School, Alexandria, SD 57311

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Jordan Davis, MS, LPC, QMHP

### **Counseling Services offered at Rising Hope Counseling, LLC**

230 6th Street, Hanson Elementary, Alexandria, SD 57311

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Jordan Davis, MS, LPC, QMHP

### **Counseling Services offered at Growth Collective, The**

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

**Phone:** 605-620-1745

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

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

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

**Credentialed Professionals:** Kelsey Borchard, LPC-MH, RPT Kelly Munkvold, LPC Supervisee, NCC

### **Counseling Services offered at Yellow Brick Road Counseling and Therapy**

601 4th Street, Brookings, SD 57006

**Phone:** 605-214-6855

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

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

**Coverage Area:** Eastern South Dakota

**Credentialed Professionals:** Brittani Ignato, LCSW, QMHP Dan Knutson, LMFT-supervisee Holly Merrick-Liston, LPC-MH Austin Natchigall, LPC-supervisee

### **Counseling Services offered at Rising Hope Counseling, LLC**

601 4th Street, Suite 102, Brookings, SD 57006

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Karrie Barnes, MS, LPC-MH-Supervisee Andrea Brown, MS, LAC, LPC-MH-Supervisee, QMHP Keely Delaney, MS, LPC-MH-Supervisee Brooke Rustman, MS, LPC-Supervisee Bridgett Sturzenbechler, LSW, LPC-MH, QMHP

### **Counseling Services offered at Stronghold Counseling Services, Inc.**

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

**Website:** [www.strongholdcounseling.com](http://www.strongholdcounseling.com)      **Email:** [info@strongholdcounseling.com](mailto:info@strongholdcounseling.com)

**Phone:** 605-334-7713

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

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

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

**Coverage Area:** South Dakota

**Credentialed Professionals:** Constance Birgen, EdS Richard Slattery, LMFT

### **Counseling Services offered at Rising Hope Counseling, LLC**

451 Main Street, Scotland, SD 57059

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Natasha Auch, MSW, CSW-PIP

### **Counseling Services offered at Heartland Psychological Services**

614 Broadway Avenue, Yankton, SD 57078

**Website:** [sdheartland.com](http://sdheartland.com)      **Email:** [reception@heartland.com](mailto:reception@heartland.com)

**Phone:** 605-665-0841

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



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

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

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

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

**Credentialed Professionals:** Courtney Ballard, LPC-MH Mikaela Campbell, LPC-MH Kaitlyn Conroy, MS, LPC, QMHP, NCC Michaela Eskens, MA, LPC, NCC Sherry Gaskins, MA, LCSW-PIP Tonja Koenigs, LCSW-PIP Stephanie Kramer, LCSW-PIP Danelle Pennock, PsyD Heather Salis, MSW, LCSW-PIP Diana Kautz Smallwood, MSW, LCSW Mary Sternhagen, LPC-MH

### **Counseling Services offered at Sunstone Counseling, LLC**

327 Broadway Avenue, Suite 10, Yankton, SD 57078

**Website:** [www.sunstonecounselingllc.com](http://www.sunstonecounselingllc.com) **Email:** [info@sunstonecounselingllc.com](mailto:info@sunstonecounselingllc.com)

**Phone:** 605-857-3347

**Hours:** Available Monday - Friday; hours vary

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

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

**Credentialed Professionals:** Adam Hardy, PhD, LPC-MH, LAC, QMHP, NCC

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

103 W. Maple Street, Parkston, SD 57366

**Phone:** 605-928-7907

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Sierra Hopkins, LPC-Supervisee Deborah McParland, Psy.D., QMHP

### **Counseling Services offered at Rising Hope Counseling, LLC**

104 W. Main Street, Parkston, SD 57366

**Website:** [risinghope605.com](http://risinghope605.com) **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Madi Griebel, MS, LPC-Supervisee

### **Behavioral Health Services offered at Lutheran Social Services - Southeast Region**

403 N. Lawler Street, Suite 206, 2nd Floor of Wells Fargo Bank, Mitchell, SD 57301

**Website:** <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** [info@lsssd.org](mailto:info@lsssd.org)

**Phone:** 855-334-2953

**Hours:** Monday - Friday with flexible scheduling.

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

Telehealth services are available for clients statewide.

**Coverage Area:** Counties of Bon Homme, Clay, Davison, Hanson, Hutchinson, Lake, Lincoln, McCook, Miner, Minnehaha, Moody, Sanborn, Turner, Union, and Yankton.

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Elizabeth Cope, MSW, CSW Whitney Kroupa, CSW-PIP Andrea Walcott, MSW, CSW-PIP

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

40354 210th Street, Huron, SD 57350

**Phone:** 605-352-9098

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Jesse Olsen, MSW Kristen Schroeder, MSW, CSW, QMHP

### **Counseling Services offered at Rising Hope Counseling, LLC**

110 3rd Street S.W., Suite 107, Huron, SD 57350

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for more information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Emma Landstrom, MS, LPC-MH Supervisee Bailey Zerfoss, MS, LPC-MH Supervisee

### **Counseling Services offered at Better Me Counseling and Consulting**

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

**Phone:** 605-880-0100

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

**Services Offered:** Provides mental health counseling for children, adults, families and couples. Including the following services - individual counseling, marriage counseling, divorce counseling, grief/bereavement counseling, LGBTQ counseling, child abuse counseling, child abuse survivor counseling for adults, family counseling, couples (conjoint) counseling, trauma informed therapy, cognitive behavioral therapy, adolescent/youth counseling, parent counseling, spouse/intimate partner abuse counseling, internet (tele-health) counseling, farm crisis counseling, and retirement and aging concerns.

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

**Credentialed Professionals:** Stacy Solsaa, PhD, LPC-MH, NCC, NCSC

### **Counseling Services offered at Rising Hope Counseling, LLC**

818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Brandee Bly, MS, LPC-MH -Supervisee

### **Counseling Services offered at Rising Hope Counseling, LLC**

118 S. Main Street, Suite 1, Chamberlain, SD 57325

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Jae Csongradi, MSW, CSW-PIP, QMHP Jill Janecke, Founder, MS, LPC-MH

### **Counseling Services offered at Rising Hope Counseling, LLC**

841 Jackson Street, Suite C, Burke, SD 57523

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Lesley Atkins, MSW, CSW-PIP, QMHP Jennifer Johnson, MSW, CSW-PIP, QMHP Blair Sedlacek, MSW, CSW-PIP, QMHP

### **Mental Health Services offered at Support Circle, The**

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

**Website:** [www.thesupportcircle.com](http://www.thesupportcircle.com)      **Email:** [hello@thesupportcircle.com](mailto:hello@thesupportcircle.com)

**Phone:** 605-845-2058

**Hours:** Call for information.

**Services Offered:** Providing mental health services to Northeastern South Dakota. Offers both in-person and virtual counseling options.

**Coverage Area:** Telehealth is available across South Dakota including the Mobridge and Aberdeen offices.

**Credentialed Professionals:** Rebecca Christiansen, LPC-MH, QMHP, NCC Ashely Geist, LPC-MH Natasha Valnes Jorgenson, LAC

**Counseling Services offered at Rising Hope Counseling, LLC**

426 N. Highway 281, Suite 3, Aberdeen, SD 57401

**Website:** [risinghope605.com](http://risinghope605.com)**Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)**Phone:** 605-494-1500**Hours:** Call for more information.**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** South Dakota**Credentialed Professionals:** Katie Hearnen, MA, LPC-Supervisee Morgan Jensen, MS, LPC-MH Jenny Larson, MS, LPC**Counseling Services offered at Inspire Counseling, LLC**

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

**Phone:** 605-262-0513**Hours:** 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 2:30pm (CT), Friday**Services Offered:** Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families. Also provides a Spanish speaking translator at no cost if needed. Other services include:

- individual counseling
- divorce counseling
- grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- play therapy
- trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

**Coverage Area:** South Dakota**Credentialed Professionals:** Angel Feiock M.S., LPC-MH, TF-CBT**Behavioral Health and Substance Abuse Services offered at South Dakota Urban Indian Health**

339 S. Pierre Street, Pierre, SD 57501

**Phone:** 605-224-8841**Hours:** 9:00am - 5:00pm (CT), Monday - Friday**Services Offered:** Behavioral Health Services available from licensed substance abuse and mental health counselors. Services include: chemical dependency assessments and Level 1.0 counseling, individual, couples, and family behavioral health counseling, Medication Assisted Therapy (MAT) for patients recovering from substance use disorders, EMDR (Eye Movement Desensitization Reprocessing) Therapy, and psychiatry team availability. Transportation is available for current patients if needed.**Coverage Area:** Cities served: Pierre and Sioux Empire area**Credentialed Professionals:** Ellen Durkin, CSW-PIP, QMHP Jeff Ekle, MA, LPC, LAC**Counseling Services offered at Rising Hope Counseling, LLC**

420 S. Henry Street, Pierre, SD 57501

**Website:** [risinghope605.com](http://risinghope605.com)**Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)**Phone:** 605-494-1500**Hours:** Call for information.**Services Offered:** Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.**Coverage Area:** Pierre area

**Credentialed Professionals:** Holly Garrett, Care Director, MS, LPC-MH, QMHP Cori Haag, MS, LPC-Supervisee Jill Janecke, Founder, MS, LPC-MH Patty Jonas, MS, LPC-MH, -Supervisee, QMHP Megan Schaeftbauer, MS, LPC-Supervisee

### **Mental Health Services offered at Support Circle, The**

1710 E. Grand Crossing, Mobridge, SD 57601

**Website:** [www.thesupportcircle.com](http://www.thesupportcircle.com)      **Email:** [hello@thesupportcircle.com](mailto:hello@thesupportcircle.com)

**Phone:** 605-845-2058

**Hours:** Call for information.

**Services Offered:** Providing mental health services to Northeastern South Dakota. Offers both in-person and virtual counseling options.

**Coverage Area:** Telehealth is available across South Dakota including the Mobridge and Aberdeen offices.

**Credentialed Professionals:** Jessie Brockel, LPC-MH, LPCC, QMHP, and NCC

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Jenny Larson MS, LPC-MH, QMHP

### **Residential Behavioral Health/Group Care Program offered at Wellfully**

22 Waterloo Street, Rapid City, SD 57701

**Website:** [www.wellfully.org](http://www.wellfully.org)      **Email:** [info@wellfully.org](mailto:info@wellfully.org)

**Phone:** 605-718-4870

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

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

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

**Credentialed Professionals:** W. Burke Eilers, MS. LPC-MH, LAC, CPS, QMHP, NCC Dr. Mark T. Garry, MD

### **Counseling Services offered at Esthers Rising**

Rapid City, SD 57701

**Website:** <https://esthersrisingministry.com/free23/>      **Email:** [referrals.esthersrising@protonmail.com](mailto:referrals.esthersrising@protonmail.com)

**Phone:** 605-519-8870

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

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Cathy Larsen, MS, LPC-MH, QMHP, CAC Anna Quinn, PhD

### **Counseling Services offered at Rising Hope Counseling, LLC**

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

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)



**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Lacey Dlugos, MSW, CSW-PIP Emily Holle, MSW, CSW Anissa Fuller, MSW, CSW-PIP Joshua Harris, MSW, CSW-PIP Bailey Metzger, MS, LPC-MH-Supervisee, QMHP

### **Mental Health Services offered at Support Circle, The**

No Physical Address, Rapid City, SD 57709

**Website:** [www.thesupportcircle.com](http://www.thesupportcircle.com)      **Email:** [hello@thesupportcircle.com](mailto:hello@thesupportcircle.com)

**Phone:** 605-845-2058

**Hours:** Call for information.

**Services Offered:** Providing mental health services to Northeastern South Dakota. Offers both in-person and virtual counseling options.

**Coverage Area:** Telehealth is available across South Dakota including the Mobridge and Aberdeen offices.

**Credentialed Professionals:** Christie Green, CSW-PIP

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

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

**Phone:** 605-343-5422

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

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

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

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

**Coverage Area:** South Dakota

### **Counseling Services offered at Lutheran Family Service**

825 Main Street, Deadwood, SD 57732

**Website:** <https://lutheranfamilyservice.org/>      **Email:** [info@lutheranfamilyservice.org](mailto:info@lutheranfamilyservice.org)

**Phone:** 605-271-1081

**Hours:** 9:00am to 5:00pm (MT), Monday - Friday

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

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

### **Counseling Services offered at Belle Fourche Counseling, LLC**

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

**Website:** [www.bellefourhecounseling.com](http://www.bellefourhecounseling.com)      **Email:** [info@bellefourhecounseling.com](mailto:info@bellefourhecounseling.com)

**Phone:** 605-722-8090

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

**Services Offered:** Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting.

Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through a secure video connection.

Strives to provide culturally relevant and sensitive care.

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

**Credentialed Professionals:** Allison Bensen, MS, LPC-MH Kayla Grams, LPC-MH Linnea Grosz, LPC-MH Crystal Hanson, LPC-MH, LAC Brittney Mcgraw, LPC Alicia Pritchard, LPC-SUP

### **Counseling Services offered at Rising Hope Counseling, LLC**

3105 W. Fairground Loop, Spearfish, SD 57783

**Website:** [risinghope605.com](http://risinghope605.com)      **Email:** [admin@risinghope605.com](mailto:admin@risinghope605.com)

**Phone:** 605-494-1500

**Hours:** Call for information

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Anissa Fuller, MSW, CSW-PIP Alicia Tibbs, LMFT-Supervisee

### **SAMHSA Behavioral Health Treatment Finder offered at Substance Abuse and Mental Health Services Administration**

5600 Fishers Lane, Substance Abuse and Mental Health Services Administration, Rockville, MD 20857

**Phone:** 800-662-4357

**Hours:** Website available 24 hours a day / 7 days a week

**Services Offered:** The Behavioral Health Treatment Services Locator, is a source of information related to substance abuse/addiction and/or mental health services for persons seeking treatment facilities (outside of South Dakota) in the United States or U.S. Territories.

**Coverage Area:** United States (other than South Dakota)

## **Addiction/Substance Use Services**

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

2000 S. Summit Avenue, Sioux Falls, SD 57105

**Phone:** 605-336-0510

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

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

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

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

**Credentialed Professionals:** Eric Abels, CAC, BSW Holly Ahlers, MS, CNP Karen Chesley MSW, CSW-PIP, QMHP Taylor Currey, MSW Nick Fischer, BS, CAC Kris Graham, MS, LPC, QMHP Brian Grandpre, CSW-PIP Jennifer Johnson, MS Suzanne Keizer, PsyD, MSCP, QMHP Diamond Lewis, MSW, LCSW, QMHP Emily Maddox, MSW Robert Nuss, MD Shawn Van Gerpen, MD Alayna West, MA, NCC Tutush Woldemariam, MSW, LCSW, QMHP

### **Counseling Services offered at Psychiatric Services, LLC**

2116 S. Minnesota Avenue, Suite 5, Sioux Falls, SD 57105

**Email:** [clientservices@strivingtoimprove.org](mailto:clientservices@strivingtoimprove.org)

**Phone:** 605-697-5352

**Hours:** 8:00am - 5:00pm (CT), Wednesday

**Services Offered:** Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

**Coverage Area:** Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner.

**Credentialed Professionals:** Brenda L. Johnson, CNP

### **Counseling Services offered at Balance Point, LLC**

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

**Phone:** 605-524-8910

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

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

**Coverage Area:** Southeastern South Dakota

**Credentialed Professionals:** Jordan Jenkins, MSW, LCSW, OSW-C, QMHP

### **Counseling Services offered at Clear Path Counseling**

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

**Phone:** 605-215-1701

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

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

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Jennifer Wiese, MA, LPC-MH, LAC, QMHP

### **Counseling Services offered at Family Service, Inc.**

2210 S. Brown Place, Sioux Falls, SD 57105

**Website:** [www.sdfsi.org](http://www.sdfsi.org)      **Email:** [support@sdfsi.org](mailto:support@sdfsi.org)

**Phone:** 605-336-1974

**Hours:** 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 7:00pm (CT), Tuesday 8:00am - 7:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday Saturday appointments are sometimes available and limited.

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

Can provide counseling via telehealth for individuals. Preference is to have an in-person intake session, but Family Service, Inc. recognizes that this is not always an option. If the in-person session is not an option for clients, then will work with the individual to complete the intake via telehealth.

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

**Credentialed Professionals:** Victor Bien, LPC Todd Herrboldt, MSW, LCSW-PIP Jessica Kaiser, LMFT Wendy Kajer, LPC Ruth Kaspar, LCSW-PIP Benson Langat, CSW Abby Lawrence, LCSW Mariah Mogck, LPC Connie Nelson, MA, LPC-MH, LAC Paul Ritter, LPC-MH Angie Zirpel, MS, LPC-MH, LAC

### **Outreach Center offered at Keystone Treatment Center**

3800 S. Kiwanis Avenue, Sioux Falls, SD 57105

**Website:** [www.keystonetreatment.com](http://www.keystonetreatment.com)      **Email:** [info@keystonetreatment.com](mailto:info@keystonetreatment.com)

**Phone:** 605-335-1820

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

**Services Offered:** An intensive, outpatient, 12-step recovery-based center for alcohol and drugs. Services are provided by certified chemical dependency counselors are available by appointment.

Specific services include Assessments (walk-in assessments available), day and evening treatment programs, a separate adolescent program, 12 hour DUI class, Intensive Methamphetamine Treatment (IMT) - offered with state approval only, and a Recovery Maintenance Group.

This office is located close to the SAM (Sioux Area Metro) Orange bus route.

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

**Credentialed Professionals:** Dr. Marcia Nelsen - Medical Director Fred Fodness, CAC

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

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

**Phone:** 605-331-5724

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

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

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

**Credentialed Professionals:** Contact Darcy Jensen, Director, for list of mental health professionals available to provide services

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

622 S. Minnesota Avenue, Sioux Falls, SD 57104

**Website:** [www.choicesrecovery.com](http://www.choicesrecovery.com)

**Email:** [frontdesk@choicesrecovery.com](mailto:frontdesk@choicesrecovery.com)

**Phone:** 605-334-1822

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

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

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

**Credentialed Professionals:** Heather Mousel, MSW, CSW, LAC

### **Addiction Recovery Program offered at Avera Behavioral Health**

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

**Phone:** 605-322-5700

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

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

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

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

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

**Coverage Area:** Eastern South Dakota

**Credentialed Professionals:** Joseph Block, LAC Alyssa Dahl, LCSW, LAC, QMHP Elisa Lewis, MS, LPC, NCC, LAC Melissa Roby, MS, LPC, LAC, QMHP Linda Rush, LPC, LAC, QMHP Lana Smith, MA, LMFT, QMHP, LAC Dylan Strand, CAC Sherri Schroeder, CAC

### **Counseling Services offered at Midwest Health Management Services**

4109 S. Carnegie Circle, Sioux Falls, SD 57106

**Phone:** 605-275-4711

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

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

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

**Credentialed Professionals:** Sherry Grismer, MA, LAC, LPC Sue Harris, MA, LAC, LPC-MH, QMHP Amanda McKnelly, MS, LAC Maria Picientino, MA, LAC, LPC-MH, QMHP

### **Counseling Services offered at Counseling Resources**

4109 S. Carnegie Circle, Sioux Falls, SD 57106

**Phone:** 605-331-2419

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

**Services Offered:** Provides the following services:

- Substance use evaluations
- DUI education
- Individual therapy
- Couples therapy
- Outpatient substance abuse treatment
- Gambling counseling/treatment
- Cognitive behavioral therapy

**Coverage Area:** Eastern South Dakota

**Credentialed Professionals:** Sue Harris, MA, LPC-MH, LAC Amanda McKnelly, MS, LAC Maria Piacentino, MA, LPC-MH, QMHP, LAC

### **Counseling Services offered at Renew Counseling Services LLC**

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

**Phone:** 605-777-0588

**Hours:** 9:00am - 8:00pm (CT), Mondays 8:00am - 8:00pm (CT), Tuesdays 9:00am - 5:00pm (CT), Thursdays 9:00am - 11:00am (CT), Saturdays Flexible in hours as needs present. Phone will be answered Monday - Friday and messages will be returned within a few hours Monday - Sunday.

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

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

**Credentialed Professionals:** Kim Questad, MS, NCC, LPC-MH, Board Certified Supervisor In process of completing a certification in Behavioral Health for elderly.

### **Counseling Services offered at First Step Counseling Services**

4320 S. Louise Avenue, Suite 200, Sioux Falls, SD 57106

**Website:** [www.takeyourfirststep.com](http://www.takeyourfirststep.com)      **Email:** [frontdesk@takeyourfirststep.com](mailto:frontdesk@takeyourfirststep.com)

**Phone:** 605-361-1505

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

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

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

**Credentialed Professionals:** Kristina Boheman, CAC Nicholas Parmley, ACT Lou Ann Tietjen, LAC

### **Prevention Programming offered at Carroll Institute**



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

**Phone:** 605-336-2556

**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday 8:00am - 8:00pm (CT), Tuesday - Thursday 8:00am - 4:30pm (CT), Friday

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

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

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

**Credentialed Professionals:** Tiffany Butler, MA, LPC Barb DeVos, MS, NCC, LPC, LAC Carrie Ishmael, ACT, PST Tracy Naughton, ACT, PST Kate Telkamp, MS, ACT Kristi VanDeRostyne, BS, CAC, CPS

### **Substance Use Counseling Services offered at BAART Programs**

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

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

**Phone:** 605-332-3236

**Hours:** 5:30am - 2:00pm (CT), Monday - Friday 7:15am - 10:00am (CT), Saturday

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

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

**Credentialed Professionals:** Richard Farnham, MD Debra Nelson, MA, LAC Erin Steensma, LAC, CCTT

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

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

**Website:** [www.siouxfalls.gov/health-safety/health-services/falls-community-health](http://www.siouxfalls.gov/health-safety/health-services/falls-community-health)

**Phone:** 605-367-8793

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

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

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

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

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

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

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

**Website:** [www.siouxfalls.gov/health-safety/health-services/falls-community-health](http://www.siouxfalls.gov/health-safety/health-services/falls-community-health)

**Phone:** 605-367-8793

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

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

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

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

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

### **Counseling Services offered at Mindful DBT**

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

**Phone:** 605-496-7272

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

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

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

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

**Coverage Area:** Sioux Empire and surrounding areas including Minnesota.

**Credentialed Professionals:** Mickenna Andersen, MSW, CSW, CAC, QMHP Amber Chan, LPC- MH, LBC-DBT, DBT-PE, QMHP Taylor Hoogveen, MSW, CSW, LGSW, QMHP

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

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

**Website:** [www.siouxfalls.gov/health-safety/health-services/falls-community-health](http://www.siouxfalls.gov/health-safety/health-services/falls-community-health)

**Phone:** 605-367-8793

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

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

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

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

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

### **Counseling Services offered at Restored To New Life Services**

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

**Website:** [www.restoredtonewlifeservices.com](http://www.restoredtonewlifeservices.com)      **Email:** [restoredtonewlifeservices@gmail.com](mailto:restoredtonewlifeservices@gmail.com)

**Phone:** 605-271-7712

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

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

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

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

**Credentialed Professionals:** Johnny Ray, MSW, LCSW-PIP, LAC, QMHP, SAP

### **Medication Assisted Treatment Program offered at Avera Behavioral Health**

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

**Phone:** 605-322-5700

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

**Services Offered:** Provides Medication Assisted Treatment for opioid addiction.

**Coverage Area:** Eastern South Dakota

**Credentialed Professionals:** Vivek Anand, MD Hannah DeVries, MD

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

No Physical Address, Sioux Falls, SD 57104

**Website:** [www.helplinecenter.org/wp-content/uploads/HELP479-Substance-Use-Disorder-Guide\\_WEB.pdf](http://www.helplinecenter.org/wp-content/uploads/HELP479-Substance-Use-Disorder-Guide_WEB.pdf) **Email:** [substanceuse@helplinecenter.org](mailto:substanceuse@helplinecenter.org)

**Phone:** 800-920-4343

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

**Services Offered:** Resource Guide: Supporting your Loved One with a Substance Use Disorder. This publication was developed by the Helpline Center in partnership with the South Dakota Department of Social Services. For more information, call the Resource Hotline for 24/7 support at 800-920-4343.

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

For more information, visit [AvoidOpioidSD.com](http://AvoidOpioidSD.com) or Text 'opioid' to 898211.

**Coverage Area:** South Dakota

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

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

**Website:** [www.siouxfalls.gov/health-safety/health-services/falls-community-health](http://www.siouxfalls.gov/health-safety/health-services/falls-community-health)

**Phone:** 605-367-8793

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

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

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

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

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

### **Residential Program offered at Tallgrass Recovery and Sober Living Homes**

27048 Tallgrass Avenue, Sioux Falls, SD 57108

**Phone:** 605-368-5559

**Hours:** 24 hours a day / 7 days a week

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

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

Scholarships available.

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

### **Sober Living Home offered at Tallgrass Recovery and Sober Living Homes**

27048 Tallgrass Avenue, Sioux Falls, SD 57108

**Phone:** 605-368-5559

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Sober living homes utilizing:

- The Big Book of Alcoholics Anonymous and the way of life contained therein.
- Self-governing sober living homes that provide a safe living environment in early recovery with continued emphasis on applying the 12-steps of recovery to daily life over a period of 3 - 12 months.
- Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share the mission of advocacy for and implementation of the 12-step approach to recovery.
- An alternative to medical treatment models for the recovery of alcoholism and chemical dependency

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

### **Inpatient Adult Treatment offered at Keystone Treatment Center**

1010 E. 2nd Street, Canton, SD 57013

**Website:** [www.keystonetreatment.com](http://www.keystonetreatment.com)

**Email:** [info@keystonetreatment.com](mailto:info@keystonetreatment.com)

**Phone:** 855-845-6750

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

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

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

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

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

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

**Credentialed Professionals:** Dr. Terri Clark MD, Nursing Director Matt Lynch - Clinical Supervisor Matt Manley - Counselor III Mental Health Counselor Dr. Marcia Nelsen, MD Medical Director Melanie Olson - Counselor III Women's Unit Supervisor

### **Counseling Services offered at Psychiatric Services, LLC**

306 4th Street, Suite G, Brookings, SD 57006

**Email:** [clientservices@strivingtoimprove.org](mailto:clientservices@strivingtoimprove.org)

**Phone:** 605-988-8366

**Hours:** 8:00am - 5:00pm (CT), Monday, Tuesday, and Thursday

**Services Offered:** Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

**Coverage Area:** Counties served: Brookings, Lincoln, McCook, Minnehaha, and Turner.

**Credentialed Professionals:** Brenda L. Johnson, CNP

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

1028 Walnut Street, Yankton, SD 57078

**Phone:** 605-665-4606

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

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

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

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

Two forms of MAT are offered at LCBHS:

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

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

**Coverage Area:** South Dakota

### **Stepping Stones offered at Dakota Counseling Institute**

901 S. Miller, Mitchell, SD 57301

**Website:** [www.dakotacounseling.net](http://www.dakotacounseling.net)

**Email:** [info@dakotacounseling.net](mailto:info@dakotacounseling.net)

**Phone:** 605-995-8180

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

**Services Offered:** Stepping Stones is a 24-hour a day, co-ed, treatment center serving Mitchell and the surrounding communities.

Stepping Stones is fully accredited with the State of South Dakota and works with individuals from all walks of life, offering a wide variety of treatment experiences including Treatment Needs Assessments, Detoxification, Intensive Inpatient and Outpatient Treatment, First Offender DUI Courses, Adolescent and Adult Aftercare, Adolescent Treatment, Anger Management, Moral Recognition Therapy (MRT), Relapse Prevention Courses, Parenting classes, Strengths Group, CBISA, and Readiness group for Federal probationers.

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

### **Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute**

901 S. Miller, Mitchell, SD 57301



**Website:** [www.dakotacounseling.net](http://www.dakotacounseling.net)

**Email:** [info@dakotacounseling.net](mailto:info@dakotacounseling.net)

**Phone:** 605-995-8180

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

**Services Offered:** Strives to respond to the needs of individuals in the Mitchell area affected directly or indirectly by mood-altering chemical use or dependency through professional prevention services, education, assessment, intervention, counseling, referral, group and individual therapy, social detoxification, transitional living and continued care.

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

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

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

**Phone:** 605-622-5800

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

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

**Coverage Area:** South Dakota and surrounding states

**Credentialed Professionals:** Addiction Counselor Trainees, Certified Addiction Counselor, Licensed Addiction Counselor

### **Treatment Program offered at Rosebud Sioux Tribe**

#7 Hospital Lane, Alcohol Treatment Center, Rosebud, SD 57570

**Phone:** 605-747-2342

**Hours:** 24 hours a day / 7 days a week

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

**Coverage Area:** Located in Rosebud, but serving South Dakota

**Credentialed Professionals:** License Addiction Counselor & Alcohol/Drug Counselor II, Certified Alcohol Counselor

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

12451 Highway 1806, Mobridge, SD 57601

**Website:** [www.ihs.gov/greatplains/healthcarefacilities/greatplainsyrct/](http://www.ihs.gov/greatplains/healthcarefacilities/greatplainsyrct/)

**Email:** [lavon.booth@ihs.gov](mailto:lavon.booth@ihs.gov)

**Phone:** 605-845-7181

**Hours:** 24 hours a day / 7 days a week

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

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

### **Recovery Support Services offered at Aneptu Luta Otipi**

North Route, Kyle, SD 57752

**Phone:** 605-455-2331

**Hours:** 9:00am - 4:00pm (MT), Monday - Friday

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

**Coverage Area:** Pine Ridge Reservation

**Credentialed Professionals:** Michael Brooks, MS Michael Christensen, CAC Sharon Green, MS, LAC, LPC Peggy Janis, CAC Favian Kennedy, MSW Raulin Martin, MS, LAC Kristi Shultz, MS, LAC

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

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

**Website:** [www.pennco.org/sheriff/](http://www.pennco.org/sheriff/) **Email:** [ccadp@pennco.org](mailto:ccadp@pennco.org)

**Phone:** 605-394-6128

**Hours:** Administrative hours: 8:00am - 5:00pm (MT) Monday - Friday Detox open: 24 hours a day / 7 days a week. Walk-in assessment hours: 8:00am - 4:00pm (MT), Monday - Friday. 4 slots available daily. First come first serve.

**Services Offered:** Residential and intensive group outpatient treatment and specialized programming including Intensive Methamphetamine Treatment program (IMT), Intensive outpatient treatment, 12-hour DUI class, Moral Reconciliation Therapy (MRT), Cognitive Behavioral Intervention for Substance Abuse program (CBISA), treatment needs assessments, social-setting detox, emergency/involuntary commitments and Pivot Point referrals.

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

**Credentialed Professionals:** Peri Decory, ACT Lisa Fredsall, CSW-PIP, CAC Christie Hurtig, ACT Josh Lagge, ACT Brent Lamley, LAC Alisha Lascellas, ACT Tonya Lore, MS, LAC Amy McGlade, MA, LAC Sara Maher, CAC Deanna Nolan, LAC Bailey Quinn, ACT Dawn Riter, ACT Nikki Rohman, ACT Lori Sargent, CCDCI Amanda Whelchel, LAC Casey Woods, ACT Tommi Young Bull Bear, ACT

### **Residential Addiction Recovery Center offered at Wellfully**

22 Waterloo Street, Rapid City, SD 57701

**Website:** [www.wellfully.org](http://www.wellfully.org) **Email:** [info@wellfully.org](mailto:info@wellfully.org)

**Phone:** 605-718-4870

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

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

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

**Credentialed Professionals:** Dr. Susan Howard

### **Full Circle offered at West River Mental Health**

350 Elk Street, Rapid City, SD 57701

**Phone:** 605-343-7262

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

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

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

### **Residential Treatment Program offered at New Dawn Center**

19271 SD Highway 79, Vale, SD 57788

**Phone:** 605-309-5105

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

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

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

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

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

**Credentialed Professionals:** Sara Ellington, MS, NCC, ACT Kara Graveman, MS, LAC, CPS

### **Student Services offered at Augustana University**

2001 S. Summit Avenue, Sioux Falls, SD 57197

**Phone:** 605-274-0770

**Hours:** Administrative hours: 8:00am - 5:00pm (CT), Monday - Friday Campus Safety: 24 hours a day / 7 days a week

**Services Offered:** Augustana University offers a variety of support services to its students including:

- Campus Safety:
  - (605) 274-4014
  
- Emergency Notification System
- Student Counseling Services:
  - (605) 274-5215
  
- Student Health Services:
  - (605) 274-5552
  
- Childcare Services:
  - (605) 274-4701
  
- Residential Life On-Call Director:
  - (605) 310-3045
  
- Dining Services:
  - (605) 274-4800
  
- Disability Services:
  - (605) 274-4631
  
- Tutoring:
  - (605) 274-4131
  
- Writing Assistance Center:
  - (605) 274-5441

**Coverage Area:** Campus of Augustana University, and surrounding area

### **Student Services offered at University of Sioux Falls**

1101 W. 22nd Street, Sioux Falls, SD 57105

**Website:** [www.usiouxfalls.edu](http://www.usiouxfalls.edu)      **Email:** [admissions@usiouxfalls.edu](mailto:admissions@usiouxfalls.edu)

**Phone:** 605-331-5000

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

**Services Offered:** University of Sioux Falls offers a variety of support services to its students including Campus Safety, Safe Walk Program, student counseling services, veteran benefits, residential life, disability services, dining services and tutoring.

**Coverage Area:** Campus of University of Sioux Falls, and surrounding area

### **CHOICES Residential Services offered at Volunteers of America, Dakotas**

1309 W. 51st Street, Sioux Falls, SD 57105

**Website:** [www.voa-dakotas.org/services/choices-residential-services](http://www.voa-dakotas.org/services/choices-residential-services)      **Email:** [info@voa-dakotas.org](mailto:info@voa-dakotas.org)

**Phone:** 605-444-6200

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

**Services Offered:** CHOICES Residential Services program serves adolescents and adults who have intellectual and developmental disabilities and behavioral/emotional or psychiatric disorders. Components of the program include residential services, independent living training, educational services, and therapeutic and psychiatric services (individual and group therapy).

**Coverage Area:** Sioux Empire area

### **Heuermann Counseling Clinic offered at Family Service, Inc.**

2210 S. Brown Place, Sioux Falls, SD 57105

**Website:** [www.sdfsi.org](http://www.sdfsi.org)      **Email:** [support@sdfsi.org](mailto:support@sdfsi.org)

**Phone:** 605-336-1974

**Hours:** 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 7:00pm (CT), Tuesday 8:00am - 7:00pm (CT), Thursday 8:00am - 5:00pm (CT), Friday Saturday appointments are sometimes available and limited.

**Services Offered:** A free counseling service that is staffed by MSW student interns, credentialed, licensed and experienced therapists who provide short-term counseling for uninsured people who are having temporary difficulties.

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Victor Bien, LPC Todd Herrboldt, MSW, LCSW-PIP Jessica Kaiser, LMFT Wendy Kajer, LPC Ruth Kaspar, LCSW-PIP Benson Langat, CSW Abby Lawrence, LCSW Mariah Mogck, LPC Connie Nelson, MA, LPC-MH, LAC Paul Ritter, LPC-MH Angie Zirpel, MS, LPC-MH, LAC

### **Sanford Women's - Mental Health Services offered at Sanford Health**

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

**Phone:** 605-328-7700

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday Session times vary; call for information

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

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

**Credentialed Professionals:** Karla Harmon, CSW-PIP, QMHP Susan Wicks, MSW, CSW-PIP

### **Therapy offered at Lifescape**

1020 W. 18th Street, Sioux Falls, SD 57104

**Website:** <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

**Phone:** 605-444-9700

**Hours:** 7:30am - 6:00pm (CT), Monday - Friday

**Services Offered:** Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence; visual motor/perception; torticollis treatment; serial casting; behavior management; and screenings and evaluations of Autism.

**Coverage Area:** Located in Sioux Falls and Rapid City.

**Credentialed Professionals:** Call for information on behavioral health professionals.

### **Sanford Women's - Mental Health Services offered at Sanford Health**

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

**Phone:** 605-328-7700

**Hours:** 7:00am - 5:00pm (CT), Monday - Friday Nights and weekends available upon request

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

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

**Credentialed Professionals:** Karla Harmon, CSW-PIP, QMHP Susan Wicks, MSW, CSW-PIP

### **Unplanned Pregnancy Support and Help offered at Many Hearts Unplanned Pregnancy Support**

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

**Website:** <https://many-hearts.com/>      **Email:** [love@many-hearts.com](mailto:love@many-hearts.com)

**Phone:** 515-571-9964

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

**Services Offered:** Caseworkers work with women who are going through an unplanned pregnancy. Support services are available to clients at no-cost.

Includes: options counseling, evidence-based decision making, adoption planning, adoption parent selection, parenting preparedness program & courses, before & after birth support, mental health counseling, Medicaid & WIC applications, transportation assistance, case management, job application & resume writing, help with difficult family or partner communication, community & state resource connection, and referrals related to housing, substance use, and domestic violence.

**Coverage Area:** South Dakota

**Credentialed Professionals:** Virginia Strubbe, CSW-PIP, OSW-C Mark VandeBraak, Ph.D, FT, MT-BC

### **Behavioral Health Services offered at Center for Family Medicine**

1115 E. 20th Street, Sioux Falls, SD 57105

**Website:** [www.centerforfamilymed.org](http://www.centerforfamilymed.org)      **Email:** [info@c4fm.org](mailto:info@c4fm.org)

**Phone:** 605-339-1783

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

**Services Offered:** Mental health services including individual, marital, and family therapy. Specializing in brief therapy for psychological problems associated with medical illness. Also offers Medication Assisted Therapy (MAT).

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Andrea Haubert, LPC, QMHP

### **Counseling Services offered at Ronda Maass**

4410 S. Tennis Lane, Sioux Falls, SD 57106

**Phone:** 605-212-4019

**Hours:** 9:00am - 5:00pm (CT), Tuesday - Thursday 9:00am - 3:00pm (CT), Friday All sessions are by appointment.

**Services Offered:** Counseling services for individuals, couples and families. Areas of care include anxiety, blended families, career changes, caregiver support, communication, depression, divorce, grief and loss, identity, infertility, life transition and adjustments, parenting, stress, women's health and wellness through the life span.

Therapeutic approaches include Cognitive Behavioral Therapy, Brief Solution Focused Therapy, and Christian Counseling.

In office and telehealth services are available.

**Coverage Area:** South Dakota, Northwest Iowa & Southwest Minnesota.

**Credentialed Professionals:** Ronda J. Maass, MA, LPC-MH, QMHP

### **Counseling Services offered at Parts of You Therapy**

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

**Phone:** 605-550-2655

**Hours:** 9:00am - 6:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

**Services Offered:** Services include: individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, Dialectical Behavioral Therapy (DBT), brain spotting and internal family systems, and telemental health counseling.

Areas of focus include teenagers, adults, anxiety, depression, suicidal ideation, impulsivity, self harm, personality disorders, life transitions, relationship concerns, coping skills, and stress.

**Coverage Area:** Individual and group therapy sessions for Sioux Falls area residents. Telehealth services throughout South Dakota.

**Credentialed Professionals:** Crosby Swanson, NCC, MS, LPC-MH, QMHP

### **Children's Connection offered at Family Connection**

421 W. 7th Street, Sioux Falls, SD 57104

**Website:** [www.sdfamilyconnection.org](http://www.sdfamilyconnection.org)      **Email:** [info@sdfamilyconnection.org](mailto:info@sdfamilyconnection.org)

**Phone:** 605-357-0777

**Hours:** Office hours: 9:00am - 4:00pm (CT), Monday - Friday



**Services Offered:** Children's Connection, a United Way Agency, works with the Sioux Falls School District to provide group counseling services to children with an incarcerated loved one. Family Connection, through the Children's Connection program, is working to break the generational cycle of incarceration.

The program will involve group counseling and other appropriate services with an emphasis on providing support, education and other positive coping skills. The goal is to provide a safe place for children to talk and know they are not alone.

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

### **Family and Individual Services offered at Resolutions for Families, LLC**

6116 S. Lyncrest Avenue, Suite 102, Sioux Falls, SD 57108

**Website:** [www.sdresolutions.com](http://www.sdresolutions.com)      **Email:** [info@sdresolutions.com](mailto:info@sdresolutions.com)

**Phone:** 605-657-1491

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday Please contact directly to schedule a time to meet with staff as lobby is not staffed. Available to provide services in-person and remotely.

**Services Offered:** Individual, family, and couples therapy to all ages including children, adolescent, as well as married, never married, separating, or divorcing families. Areas of focus include work and career adjustment, stress management, grief and loss, parenting skills, conflict management, custody, co-parenting education, custody evaluations, parenting time, divorce, community supervised visitation (for children, elderly and disabled individuals requiring supervision), financial, and Ag mediation. Alcohol and/or drug testing to include hair follicle testing, nail testing, urinalyses, breathalyzer and PEth blood testing. Guardianship and Conservatorship.

**Coverage Area:** South Dakota and Southwest Minnesota

**Credentialed Professionals:** Stacy Dixon, MA, LMFT Rachel Kuchta, MA, LICSW Shanna Moke, MA, CFLE Erin Trefz, Supervision Coordinator, Mediator, Guardian/Conservator

### **Counseling Services offered at Lourdes Center, The**

523 N. Duluth Avenue, Sioux Falls, SD 57104

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com)      **Email:** [tlc@sfcatholic.org](mailto:tlc@sfcatholic.org)

**Phone:** 605-988-3775

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

**Services Offered:** Licensed, professional counseling for adults and children. All areas of counseling are available, including individual, marriage, and family.

**Coverage Area:** Cities of Aberdeen, Sioux Falls, Watertown, and Yankton

**Credentialed Professionals:** Alison Conemac, CSW Magdalena Steffen, CSW-PIP Mary Weber, LPC-LMFT

### **Counseling Services offered at Janel M. Schmidt Inc.**

5000 S. Broadband Lane, Suite 107, Sioux Falls, SD 57108

**Phone:** 605-275-2277

**Hours:** Monday - Friday; call for appointment.

**Services Offered:** Providing clients a safe place to grow strong through services including individual counseling, family counseling, marriage counseling, divorce counseling, grief/bereavement counseling, cognitive behavioral therapy (CBT), adolescent/youth counseling, complex PTSD counseling, and eye movement desensitization and reprocessing (EMDR).

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Janel M. Schmidt, MS, LPC-MH

### **Counseling Services offered at Alexander Therapy & Consulting, PLLC**

No Physical Address, Sioux Falls, SD 57103

**Phone:** 605-206-9301

**Hours:** 9:00am - 9:00pm (CT), Monday and Tuesday 9:00am - 3:00pm (CT), Wednesday

**Services Offered:** Provide a safe and compassionate space for people from all walks of life to work through various mental health struggles so they can live a more vibrant and healthy life. Specializes in LGBTQ+ topics and sex therapy, however, also addresses mental health concerns such as depression, anxiety, trauma, parenting difficulties, and grief.

**Coverage Area:** South Dakota via telehealth

**Credentialed Professionals:** Cherise C. Alexander, LMFT

### **Moore Thriving Communities offered at Moore Counseling Group**

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

**Website:** [www.moorecounselinggroup.com](http://www.moorecounselinggroup.com) **Email:** [info@moorecounselinggroup.com](mailto:info@moorecounselinggroup.com)

**Phone:** 855-888-8627

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

**Services Offered:** Individual counseling, family counseling, couples counseling, group counseling, advocacy, and life coaching services.

Topics covered include: trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, grief, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges.

Available at reduced rates based on low-income application and financial hardship application process.

**Coverage Area:** Madison and Sioux Falls areas

**Credentialed Professionals:** Kalena Brunsch, MS, LSC, NCC, LPC Supervisee Natasha Hinman, NCC, LPC-Supervisee Laura McCord, MS, LSC, NCC, LPC-Supervisee Stephanie Moore, MS, NCC, LPC-MH, QMHP Allison Parsons, MS, LSC, NCC, LPC

### **Biblical Counseling Services offered at New Haven**

1915 E. 8th Street, Suite 102, Sioux Falls, SD 57103

**Website:** [www.newhavensf.org](http://www.newhavensf.org) **Email:** [info@newhavensf.org](mailto:info@newhavensf.org)

**Phone:** 605-274-1556

**Hours:** 9:30am - 6:00pm (CT), Monday - Thursday 9:30am - 1:00pm (CT), Friday Closing can be adapted to needs of person asking for help.

**Services Offered:** Offers help and insight in the following areas - marital relationships, addictions, family relationships, pregnancy counseling, depression, stress, and eating disorders.

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

### **Counseling Services offered at Abide Counseling Services, LLC**

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

**Website:** [www.abidecounselingservice.com](http://www.abidecounselingservice.com) **Email:** [abidecounselingservices@gmail.com](mailto:abidecounselingservices@gmail.com)

**Phone:** 605-988-8125

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

**Services Offered:** Addresses the following - marital and premarital counseling, anxiety, depression, life transitions, grief, women's issues, post partum concerns, mood disorders, and couples counseling.

Offers telehealth services.

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

**Credentialed Professionals:** Anna Beard, MA, LPCMH, QMHP

### **Internal Medicine Women's offered at Avera**

6215 S. Cliff Avenue, Suite 215, Sioux Falls, SD 57108

**Phone:** 605-322-5890

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

**Services Offered:** Primary care and preventive care for adult women. Provides services such as allergy injections, basic testing including EKG's for conditions of arteries and veins, bone density screening, care for common and specialized illnesses and injuries such as fractures, drug screening and substance abuse evaluations, immunizations, health screenings, laboratory services, stress tests, x-rays, ultrasound procedures, lesion removal, dermatology services, wound care, osteopathic manipulative treatment, pulmonary care, routine prenatal care, regular health maintenance exams and checkups, physicals required for the workplace or pre-surgical preparation, and hormone replacement,

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

**Coverage Area:** Sioux Falls area

### **Adolescent Group Therapy Program offered at Avera Behavioral Health**

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

**Website:** [www.averabehavioralhealth.org](http://www.averabehavioralhealth.org) **Email:** [adolescentoutpatient@avera.org](mailto:adolescentoutpatient@avera.org)

**Phone:** 605-322-4057

**Hours:** Meeting time: meets weekly, once a week for 12 weeks (45 minute groups) Office hours: 8:00am - 5:00pm (CT), Monday - Friday

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Heidi Thomas, LCSW | Clinical Therapist, QMHP, CCTP

### **Adolescent Partial Hospitalization Program offered at Avera Behavioral Health**

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

**Phone:** 605-322-4056

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

**Services Offered:** Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adolescent outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

Partial Hospital Program (PHP): Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 5 days per week, 4 hours per day.

Intensive Outpatient Program (IOP): The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

**Coverage Area:** Eastern South Dakota

**Credentialed Professionals:** Megan Gayer, MSW, CSW Danielle Gundermann, LPC Miranda Lang, CSW Lea Long, CSW-PIP Kelsey Sjaarda, CSW-PIP, Program Manager

### **Applied Behavior Analysis offered at Catalyst Behavior Solutions**

1105 W. Russell Street, Sioux Falls, SD 57104

**Website:** <https://catalystbehavior.com/> **Email:** [intake@cataylstbehavior.com](mailto:intake@cataylstbehavior.com)

**Phone:** 605-824-0223

**Hours:** Office Hours: 8:00am - 5:30pm (CT), Monday - Friday

**Services Offered:** Offers ABA-based therapy programs to help kids of all abilities learn and grow. Treatment plans are family-centered, individualized, and backed by science.

**Coverage Area:** Sioux Falls area

### **Counseling Services offered at Embark Mental Health**

3240 E. Bison Trail, Suite 200, Sioux Falls, SD 57108

**Website:** [www.embarkmentalhealth.com](http://www.embarkmentalhealth.com) **Email:** [info@embarkmentalhealth.com](mailto:info@embarkmentalhealth.com)

**Phone:** 605-961-4746

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

**Services Offered:** Provides mental health therapy services in the Sioux Falls area for individuals, families, and couples dealing with life's challenges. Offers individual, marriage, grief/bereavement, family, couples, adolescent/youth, parent, and telehealth counseling. Also provides mental health screening and cognitive behavioral therapy.

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Brittany Tennant - QMHP, LPC-MH, NCC Sarah Varilek - LPC-MH, NCC, QMHP Nicole Velgersdyk - LPC-MH, NCC, QMHP

### **Counseling Services offered at LifeGate Christian Counseling**

6820 W. 26th Street, Sioux Falls, SD 57106

**Website:** [www.lifegatechristiancounseling.com](http://www.lifegatechristiancounseling.com) **Email:** [lifegatechristiancounseling@gmail.com](mailto:lifegatechristiancounseling@gmail.com)

**Phone:** 605-929-1060

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

**Services Offered:** Individual, couple, and family therapy. Providing emotionally focused individual and couples therapy. Also providing Eye Movement Desensitization and Reprocessing (EMDR).

Also, able to provide counseling via telehealth. Services only available to clients in South Dakota and Texas. This service is not covered by/available to patients on Medicare/Medicaid.

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

**Credentialed Professionals:** Larry Porter, PhD, LMFT

### **Therapy offered at Lifescape**

7220 W. 41st Street, Sioux Falls, SD 57106

**Website:** <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

**Phone:** 605-444-9700

**Hours:** 7:30am - 6:00pm (CT), Monday - Friday

**Services Offered:** Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence;visual motor/perception;torticollis treatment;serial casting;behavior management;and screenings and evaluations of Autism.

**Coverage Area:** Located in Sioux Falls and Rapid City.

### **Counseling Services offered at Bethesda Christian Counseling Midwest, Inc.**

400 S. Sycamore Avenue, Suite 105-3, Suite 105-3, Sioux Falls, SD 57110

**Website:** [www.bethesdachristiancounseling.org](http://www.bethesdachristiancounseling.org) **Email:** [info@bethesdachristiancounseling.org](mailto:info@bethesdachristiancounseling.org)

**Phone:** 605-334-3739

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

**Services Offered:** A Christian counseling agency staffed by professionally trained and licensed clinicians.

Provides individual, marriage, and family outpatient therapy for all regardless of gender, race, or creed. Services also include church health. Provides various prevention education programs to churches and civic organizations on an as-requested basis and medication evaluation and management.

**Coverage Area:** Cities of Sioux Falls and Mitchell

**Credentialed Professionals:** James Chiu, MD Joseph R. Goraj, MSW, CSW William Huisken, MSW, CSW-PIP David Nehring, PhD Jeane Nelson, MS, LPC-Supervisee Barbara Roehrich, LPC-MH

### **Counseling Services offered at Crawford Counseling**

Canton, SD 57013

**Email:** [crawford.GC.3@hotmail.com](mailto:crawford.GC.3@hotmail.com)

**Phone:** 605-558-1067

**Hours:** 10:00am - 6:00pm (CT), Tuesday, Wednesday, Thursday, Friday

**Services Offered:** Individual, family, and group counseling for adolescents - adults. Specializing in life transitions, coping with medical diagnoses, grief and loss, abuse issues, borderline personality disorder, depression, anxiety, panic disorder, and bipolar disorder. Therapies include art for obsessive compulsive disorder (OCD), anxiety, and grief.

**Coverage Area:** Counties of Lincoln and Minnehaha;also licensed in Iowa

**Credentialed Professionals:** Ginny Crawford, MSW, CSW-PIP, CDBT

### **Teen and Family Reconciliation Program offered at Hope Harbor**

101 E. South Street, Parker, SD 57053

**Website:** [www.hopeharbormn.org](http://www.hopeharbormn.org) **Email:** [office@hopeharbormn.org](mailto:office@hopeharbormn.org)

**Phone:** 605-297-1697

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

**Services Offered:** Hope Harbor is committed to restoring families through a loving, bible-based, Christ-centered family program.

Client base includes:

- Teens ages 12-17
- Females in the Marshall, MN location; males in the Parker, SD location
- Reside within a reasonable weekly driving distance of the location
- Mild to moderate emotional and/or behavioral problems
- No alcohol or drug dependency
- No active suicidal threats
- No history of sexual offense or perpetration
- Not currently pregnant
- Must commit to program duration of 12-15 months.

Requirements are not limited to this list. Exceptions made on a case-by-case basis.

Hope Harbor's small, family style program is an alternative option for families seeking help for their teen; providing counseling, education, life skills training, spiritual growth opportunities, and parenting classes.

Program is Bible-based, Christ-centered, and interdenominational. Minnesota location is licensed by the State of Minnesota Department of Human Services and South Dakota home operates as a non-accredited private school that provides housing. Also provides individual and family biblical counseling, group teaching, instruction needed to continue academic training, life skills training, development of leisure skills, and opportunities for spiritual growth.

Provides workshops for schools and communities dealing with the topic of relational aggression, cyberbullying, human trafficking, social media safety and more.

**Coverage Area:** Within a reasonable weekly travel distance of placing location due to requirement of weekly on-site sessions and visits for parents. Includes Minnesota, South Dakota, North Dakota, Nebraska, Wisconsin and Iowa

### **Counseling Services offered at Lourdes Center, The**

610 W. 23rd, Suite 6D, Yankton, SD 57078

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com)      **Email:** [tlc@sfcatholic.org](mailto:tlc@sfcatholic.org)

**Phone:** 605-988-3775

**Hours:** 9:00am - 1:00pm (CT), Monday, Tuesday, & Thursday

**Services Offered:** Licensed, professional counseling for adults and children. All areas of counseling are available, including individual, marriage, and family.

**Coverage Area:** Cities of Aberdeen, Sioux Falls, Watertown, and Yankton

### **Post-Secondary Education offered at Mitchell Technical College**

1800 E. Spruce Street, Mitchell, SD 57301

**Website:** [www.mitchelltech.edu](http://www.mitchelltech.edu)      **Email:** [questions@mitchelltech.edu](mailto:questions@mitchelltech.edu)

**Phone:** 605-995-3025

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

**Services Offered:** The Center for Student Success provides the following services to Mitchell Tech students:

- Help with academic coursework, including tutoring, study aids, etc.
- Coaching for students to help them work through academic, personal, and career-related challenges
- Counseling services related to mental health and personal concerns
- Advising and academic success plans
- Disability and Learning Services
- Guidance on career decisions, internship selection, job searches, resumes, and interviews
- Information about off-campus resources, such as housing, healthcare, transportation, financial sources, student discounts, available memberships, childcare and other support services.

Mitchell Tech also offers general education courses relevant in the technical world.

**Coverage Area:** Located in Mitchell, SD, serving students from the state, region, and all U.S. states.



### **Teen and Family Reconciliation Program offered at Hope Harbor**

Marshall, MN 56258

**Website:** [www.hopeharbormn.org](http://www.hopeharbormn.org)

**Email:** [office@hopeharbormn.org](mailto:office@hopeharbormn.org)

**Phone:** 507-537-4525

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

**Services Offered:** Hope Harbor is committed to restoring families through a loving, bible-based, Christ-centered family program.

Client base includes:

- Teens ages 12-17
- Females in the Marshall, MN location; males in the Parker, SD location
- Reside within a reasonable weekly driving distance of the location
- Mild to moderate emotional and/or behavioral problems
- No alcohol or drug dependency
- No active suicidal threats
- No history of sexual offense or perpetration
- Not currently pregnant
- Must commit to program duration of 12-15 months.

Requirements are not limited to this list. Exceptions made on a case-by-case basis.

Hope Harbor's small, family style program is an alternative option for families seeking help for their teen; providing counseling, education, life skills training, spiritual growth opportunities, and parenting classes.

Program is Bible-based, Christ-centered, and interdenominational. Minnesota location is licensed by the State of Minnesota Department of Human Services and South Dakota home operates as a non-accredited private school that provides housing. Also provides individual and family biblical counseling, group teaching, instruction needed to continue academic training, life skills training, development of leisure skills, and opportunities for spiritual growth.

Provides workshops for schools and communities dealing with the topic of relational aggression, cyberbullying, human trafficking, social media safety and more.

**Coverage Area:** Within a reasonable weekly travel distance of placing location due to requirement of weekly on-site sessions and visits for parents. Includes Minnesota, South Dakota, North Dakota, Nebraska, Wisconsin and Iowa

### **Drug and Alcohol Treatment Center offered at Our Home, Inc.**

40354 210th Street, Huron, SD 57350

**Phone:** 605-352-9098

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

**Services Offered:** This program serves male and female youth with a primary diagnosis of substance dependency disorder. Treatment philosophy recognizes substance dependency as a chronic and progressive illness. Treatment includes 12-step groups, Alcoholics Anonymous, and Narcotic Anonymous groups within a therapeutic milieu. Treatment is completed in approximately 45 days.

**Coverage Area:** Located in Huron, but serving youth residents of South Dakota

**Credentialed Professionals:** Samantha Kirton, ACT Seth Knight, ACT Oran Williams, CAC

### **Counseling Services offered at Lourdes Center, The**

309 2nd Ave. S.E., Watertown, SD 57201

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com)

**Email:** [tlc@sfcatholic.org](mailto:tlc@sfcatholic.org)

**Phone:** 605-988-3775

**Hours:** 10:00am - 4:00pm (CT), Tuesday

**Services Offered:** Licensed, professional counseling for adults and children. All areas of counseling are available, including individual, marriage, and family.

**Coverage Area:** Cities of Aberdeen, Sioux Falls, Watertown, and Yankton

### **Counseling Services offered at Lourdes Center, The**

10 Railroad Avenue S.W., Suite 211, Aberdeen, SD 57401

**Website:** [www.thelourdescenter.com](http://www.thelourdescenter.com)      **Email:** [tlc@sfcatholic.org](mailto:tlc@sfcatholic.org)

**Phone:** 605-988-3775

**Hours:** 9:00am - 4:00pm (CT), Monday - Wednesday

**Services Offered:** Licensed, professional counseling for adults and children. All areas of counseling are available, including individual, marriage, and family.

**Coverage Area:** Cities of Aberdeen, Sioux Falls, Watertown, and Yankton

### **Educational Directory (Elementary, Intermediate, Middle and High Schools) offered at South Dakota Department of Education**

No Physical Address, Pierre, SD 57501

**Website:** <https://doe.sd.gov/ofm/edudir.aspx>

**Email:** [doe@state.sd.us](mailto:doe@state.sd.us)

**Phone:** 605-773-3134

**Hours:** See website for details.

**Services Offered:** Visit the South Dakota Educational Directory to get details about any elementary, intermediate, middle, high school or alternative program within South Dakota.

**Coverage Area:** South Dakota

### **Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota**

1330 Jolly Lane, Rapid City, SD 57703

**Phone:** 605-343-2811

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

**Services Offered:** Providing coordination of care to increase positive mental health and healing.

Outpatient individual, group and family counseling is offered with many specialties in therapeutic methods.

Psychiatric Services provide evaluations and medication management for youth and adolescents, working with therapy and case-management teams.

**Coverage Area:** South Dakota

**Credentialed Professionals:** Melanie Coleman, CSW, QMHP Nichole D. Knepp, MSED, NCC, LPC, QMHP, SW, LPC-MH Supervisee Amy Marker, MSW Jennifer Wallace, CSW, QMHP Dr. Brian Wilson, OD

### **Therapy offered at Lifescape**

7110 Jordan Drive, Rapid City, SD 57702

**Website:** <https://www.lifescapesd.org/outpatient-therapy-behavioral-health/>

**Phone:** 605-791-7400

**Hours:** 7:30am - 5:30pm (MT), Monday - Friday

**Services Offered:** Specialized therapy (including occupational, speech, behavior and physical therapies) and psychology services for individuals of all ages in Sioux Falls. Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence; visual motor/perception; torticollis treatment; serial casting; behavior management; and screenings and evaluations of Autism.

**Coverage Area:** Located in Sioux Falls and Rapid City.

**Credentialed Professionals:** Call for information on behavioral health professionals.

### **Clinical Outpatient Therapy Services offered at Children's Home Society of South Dakota**

5301 U.S. Highway 16, Rapid City, SD 57701

**Phone:** 605-343-2811

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

**Services Offered:** Providing coordination of care to increase positive mental health and healing.

Outpatient individual, group and family counseling is offered with many specialties in therapeutic methods.

Psychiatric Services provide evaluations and medication management for youth and adolescents, working with therapy and case-management teams.

**Coverage Area:** South Dakota

**Credentialed Professionals:** Melanie Coleman, CSW, QMHP Nichole D. Knepp, MEd, NCC, LPC, QMHP, SW, LPC-MH  
Supervisee Amy Marker, MSW Jennifer Wallace, CSW, QMHP Dr. Brian Wilson, OD

### **Oyate Health Center - Behavioral Health Program offered at Great Plains Tribal Leaders Health Board**

3200 Canyon Lake Drive, Rapid City, SD 57702

**Phone:** 605-718-5095

**Hours:** Outpatient Clinic Hours: 8:00am - 4:30pm (MT), Monday - Friday Urgent care: 7:00am - 7:00pm (MT), Monday - Sunday Pediatric after hours urgent care appointments available

**Services Offered:** Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services: comprehensive assessment, outpatient child/adult counseling and psychiatric services, medication management, group and family counseling, community support and education, telepsychiatry consultation, and dual diagnosis treatment. Also offers sweat lodge, please call to schedule.

**Coverage Area:** Located in Rapid City

### **Suicide and Crisis Prevention Hotlines offered at Trevor Project, The**

West Hollywood, CA 90069

**Website:** [www.thetrevorproject.org](http://www.thetrevorproject.org)

**Email:** [info@thetrevorproject.org](mailto:info@thetrevorproject.org)

**Phone:** 866-488-7386

**Hours:** All services 24 hours a day / 7 days a week

**Services Offered:** Trevor Lifeline - The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24), available at 866-488-7386.

TrevorChat - A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors 24/7. Visit [trevorchat.org](http://trevorchat.org) to start.

TrevorText - A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention 24/7. Text START to 678678 to begin.

**Coverage Area:** United States

### **LGBT National Youth Talkline offered at LGBT National Help Center**

2261 Market Street, Suite 296, San Francisco, CA 94114

**Website:** [www.lgbthotline.org](http://www.lgbthotline.org)

**Email:** [help@lgbthotline.org](mailto:help@lgbthotline.org)

**Phone:** 888-843-4564

**Hours:** 1:00pm - 9:00pm (PT), Monday - Friday 9:00am - 2:00pm (PT), Saturday

**Services Offered:** Provides assistance to lesbian, gay, bisexual, transgender, and questioning individuals for those under the age of 25. Offering peer counseling and resources in cities and towns across the US.

Online chat available at: [www.LGBThotline.org/chat](http://www.LGBThotline.org/chat)

**Coverage Area:** United States

## **Faith Based Therapy**

### **Care Center offered at Center of Hope**

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57103

**Website:** [www.centerofhopesf.org](http://www.centerofhopesf.org)

**Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

**Phone:** 605-334-9789

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

**Services Offered:** The Care Center is the hub of many resources at the Center of Hope. Services provided include computers and phone/fax - Guests can use, at no charge, for resume and employment/job searching; and Pastoral Care - Individuals can receive one on one counseling with the pastoral team, including getting connected with the Earn-Your-Way program.

Weekly programs include:

- Wednesday
- 9:30am - 11:00am, - Women's Coffee Break and Men's Life Bible study groups (During the school year)
- Tuesday
- 9:30am - Transition to Transformed Bible Study, lead by Center of Hope staff at the Bishop Dudley Hospitality House

**Coverage Area:** Sioux Falls area

### **Prison Transition Mentorship Program offered at Center of Hope**

1905 E. 8th Street, Empower Campus, Sioux Falls, SD 57103

**Website:** [www.centerofhopesf.org](http://www.centerofhopesf.org)      **Email:** [info@centerofhopesf.org](mailto:info@centerofhopesf.org)

**Phone:** 605-334-9789

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

**Services Offered:** A temporary employment opportunity for those transitioning out of prison. While employed at Center of Hope, workers will meet one-on-one with pastoral staff to learn how to be emotionally, spiritually, and financially healthy.

Limited placements available. No sex or violent offenders.

**Coverage Area:** Sioux Falls Metro

## **Family and Marriage Therapy**

## **Older Adult Issues/Life Transitions**

### **Hospice offered at Sanford Health**

1320 W. 17th Street, Sioux Falls, SD 57104

**Website:** [www.sanfordhealth.org/locations/sanford-hospice-sioux-falls](http://www.sanfordhealth.org/locations/sanford-hospice-sioux-falls)

**Phone:** 605-404-4800

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

**Coverage Area:** 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

### **Hospice offered at Sanford Health**

2710 W. 12th Street, Sioux Falls, SD 57104

**Website:** [www.sanfordhealth.org/locations/sanford-hospice-sioux-falls](http://www.sanfordhealth.org/locations/sanford-hospice-sioux-falls)

**Phone:** 605-312-5500

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

**Services Offered:** Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

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Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

**Coverage Area:** 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

### **Counseling Services offered at Arise Counseling**

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

**Phone:** 605-202-2882

**Hours:** By appointment only

**Services Offered:** Individual and couple counseling. Treatment of depression, anxiety, bipolar disorder, mood disorders, stress management, life transitions, health problems, aging, boundaries, self-esteem, coping skills and grief. Telehealth is available for existing clients. A brief phone interview would be necessary to determine if new patients would be eligible for telehealth services.

**Coverage Area:** Sioux Empire area

**Credentialed Professionals:** Jennifer Anderson, CSW-PIP, QMHP

### **Avera@Home - Hospice Care offered at Avera**

4509 S. Prince of Peace Place, Sioux Falls, SD 57103

**Website:** <https://www.avera.org/avera-at-home/>      **Email:** [centralintake@avera.org](mailto:centralintake@avera.org)

**Phone:** 605-322-7705

**Hours:** 9:00am - 5:00pm (CT), Monday - Friday On-call services are available during after-hours.

**Services Offered:** Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

**Coverage Area:** East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

### **Hospice Care offered at Amedisys, Inc.**

6009 W. 41st Street, Suite 4, Kirkwood Plaza, Sioux Falls, SD 57106

**Phone:** 605-338-2066

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Provides hospice care for those facing a terminal illness. A personalized care plan may include nursing care, pain and symptom management, hospice aids, emotional and spiritual support, and more. Also provides support for loved ones including social work services, respite care and bereavement counseling.

**Coverage Area:** Counties of Aurora, Bon Homme, Brookings, Brule, Buffalo, Charles Mix, Clay, Davison, Douglas, Hamlin, Hand, Hanson, Hutchinson, Hyde, Jerauld, Kingsbury, Lake, Lyman, McCook, Miner, Minnehaha, Moody, Sanborn, Turner, Union, and Yankton



### **Hospice offered at Sanford Health**

848 E. Cherry Street, Vermillion, SD 57069

**Website:** [www.sanfordhealth.org/locations/sanford-hospice-sioux-falls](http://www.sanfordhealth.org/locations/sanford-hospice-sioux-falls)

**Phone:** 605-677-3880

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

**Services Offered:** Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

**Coverage Area:** 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

### **Avera@Home - Hospice Care offered at Avera**

1115 W. 9th Street, Yankton, SD 57078

**Website:** <https://www.avera.org/avera-at-home/>      **Email:** [centralintake@avera.org](mailto:centralintake@avera.org)

**Phone:** 605-668-8327

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

**Coverage Area:** East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

### **Avera@Home - Hospice Care offered at Avera**

1115 E. 5th Avenue, Mitchell, SD 57301

**Website:** <https://www.avera.org/avera-at-home/>      **Email:** [centralintake@avera.org](mailto:centralintake@avera.org)

**Phone:** 605-995-2268

**Hours:** 8:00am - 4:30pm (CT), Monday - Friday Services available 24 hours a day / 7 days a week

**Services Offered:** Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

**Coverage Area:** East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

### **Hospice offered at Sanford Health**

110 W. Beebe Avenue, Suite 1, Chamberlain, SD 57325

**Website:** [www.sanfordhealth.org/locations/sanford-hospice-sioux-falls](http://www.sanfordhealth.org/locations/sanford-hospice-sioux-falls)

**Phone:** 605-734-0180

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

**Services Offered:** Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

**Coverage Area:** 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

### **Hospice offered at Sanford Health**

245 S. Main Street, Winner, SD 57580

**Website:** [www.sanfordhealth.org/locations/sanford-hospice-sioux-falls](http://www.sanfordhealth.org/locations/sanford-hospice-sioux-falls)

**Phone:** 605-842-7170

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

**Services Offered:** Sanford Hospice is a specially trained team that is committed to providing our patients with quality end-of-life care. Our interdisciplinary team understands and is sensitive to the needs of our patients and their loved ones. Our team is comprised of nurses, medical director, social workers, dietitians, volunteers and chaplains.

Hospice services can be provided wherever that patient calls home. This includes inpatient hospice, hospice cottages, nursing homes, assisted livings, and other long term care facilities. Hospice cottages, a unique way to care for a terminally-ill patient who is unable to remain in their home for care, are available, as well.

Ava's House features 16 adult patient rooms and 4 pediatric patient rooms. Services include 24-hour room service menu for patients, aromatherapy, grief/bereavement counseling, music enrichment, pain management, pet therapy, spiritual and social support, and remembrance items and activities for the family.

Visit the website for more information about Ava's House:

<https://www.sanfordhealth.org/locations/avas-house-by-sanford-health>

**Coverage Area:** 60-mile radius of Sioux Falls, including the Counties of Brookings (portions), Clay (portions), Hanson (portions), Hutchinson (portions), Lake, Lincoln, McCook, Miner (portions), Minnehaha, Moody, Turner, Union (portions), and Yankton (portions) in South Dakota.

### **Avera@Home - Hospice Care offered at Avera**

706 S. Main Street, Aberdeen, SD 57401

**Website:** <https://www.avera.org/avera-at-home/>      **Email:** [centralintake@avera.org](mailto:centralintake@avera.org)

**Phone:** 605-622-5200

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

**Services Offered:** Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

**Coverage Area:** East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

### **Avera@Home - Hospice Care offered at Avera**

801 E. Sioux, Pierre, SD 57501

**Website:** <https://www.avera.org/avera-at-home/>      **Email:** [centralintake@avera.org](mailto:centralintake@avera.org)

**Phone:** 605-224-3218

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday with on-call services available

**Services Offered:** Hospice Care is special care for patients who have a diagnosis of a terminal illness or a significant decline in overall health. Hospice care can be set up at home, in long-term care facilities or assisted living, or hospice centers. Hospice professionals are specially trained to manage pain and symptoms with palliative medicine at the end of life so patients are comfortable, yet alert and able to enjoy each day to the fullest extent possible.

**Coverage Area:** East River South Dakota plus counties of Buffalo, Lyman, and Stanley.

### **Grief Support and Resources offered at First Candle**

49 Locust Avenue, Suite 104, New Canaan, CT 6840

**Website:** [www.firstcandle.org](http://www.firstcandle.org)      **Email:** [info@firstcandle.org](mailto:info@firstcandle.org)

**Phone:** 800-221-7437

**Hours:** Office hours: 9:00am - 5:00pm (ET), Monday - Friday Grief hotline: 24 hours a day / 7 days a week

**Services Offered:** A national non-profit committed to ending SIDS and other sleep-related infant deaths while providing bereavement support to families who have lost a baby due to these causes as well as stillbirth and miscarriage.

Grief support offered via phone calls and online support groups.

**Coverage Area:** Working with local organizations throughout the country, we are educating new and expectant parents on the importance of providing a safe sleep environment for their baby. And for those families who have tragically lost a baby, we offer bereavement support and counsel.

## **Other/General**

### **Anger Management for Adults offered at Lutheran Social Services - Southeast Region**

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

**Website:** <https://lsssd.org/what-we-do/behavioral-health-services/>      **Email:** [info@lsssd.org](mailto:info@lsssd.org)

**Phone:** 605-444-7500

**Hours:** Call for more information.

**Services Offered:** 6-week class to learn how to better manage and express anger. Individual counseling also available.

**Coverage Area:** Sioux Falls area

### **Counseling Services offered at Midwest Wellness Institute, PLLC**

4308 S. Arway Drive, Sioux Falls, SD 57106

**Website:** [www.mwihealth.org/](http://www.mwihealth.org/)      **Email:** [office@mwihealth.org](mailto:office@mwihealth.org)

**Phone:** 605-573-2000

**Hours:** 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.

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

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

**Coverage Area:** South Dakota

**Credentialed Professionals:** Lacey Feltman, MSN, LNHA, PMHNP-BC Robert W Giebink, M.D., Psychiatrist Kristin Gilbertson, MS, LPC, QMHP Adrian Jones, PMHNP-BC Darla Miles, PMHNP-BC Britney Ohrlund - DNP, APRN, PMHNP-BC Clay Pavlis, M.D., Psychiatrist, Board Certified Psuchiatriist through American Academy of Psychiatry and Neurology Kyla Peterson, CSW Shjade Smith, PMHNP-BC Diane Teadtke, PMHNP-BC Brittany Thammavongkeo, LCSW, QMHP, CAC Dr. Mary M. Wegner, Board Certified Adult Psychiatrist through American Academy of Psychiatry and Neurology Kristen Winterringer, PMHNP-BC

### **Counseling Services offered at Clear Minded Counseling**

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

**Website:** [www.clearmindedcounseling.com](http://www.clearmindedcounseling.com)

**Email:** [ellykeller@clearmindedcounseling.com](mailto:ellykeller@clearmindedcounseling.com)

**Phone:** 605-681-3345

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

**Services Offered:** Provides evidence-based interventions including DBT, CBT, TF-CBT, CPT, and ERP.

Specializes in Parent-Child Interaction Therapy (PCIT), an evidenced based therapy for parents and their children age 2 - 7 who have emotional and behavioral issues. It focuses on building the parent child relationship while also coaching parents on how to manage their child's behavior.

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

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

**Credentialed Professionals:** Jody Bockorny, MS, LPC-MH Megan Cooper, MSW, CSW-PIP, PCIT Certified Therapist Karissa Jensen, PhD, LP, NCSP, PCIT Certified Therapist Elly Keller, MA, LPC-MH, NCC, PCIT Certified Therapist Ashley McGuire, MA, LPC-MH, RPT, PCIT Certified Therapist Jaime Milbridge-Scott, MA, LMFT, PCIT Certified Therapist Rachael Moe, MA, LPC-MH Dustin Rhoades, MSW, CSW-PIP Kirsten Simonton, MD, FAAP, PCIT Certified Therapist Jennifer Spivey, MA, LPC-MH, MT-BC, NCC, PCIT Certified Therapist

### **CARE offered at Southeastern Behavioral Healthcare**

600 S. Cliff Avenue, Sioux Falls, SD 57104

**Phone:** 605-336-0503

**Hours:** Office Hours: 8:00am - 4:00pm (CT), Monday - Friday Clubhouse: 9:00am - 3:00pm (CT), Monday - Friday

**Services Offered:** Provides a full range of treatment and rehabilitation services for adults with severe mental illness. The goal is to prevent hospitalization and to provide support and education; which, in turn, promote optimal levels of independence in living and working in the community. Services include psychiatric and medication management services, CARE (continuous assistance with recovery and empowerment), case management, supportive counseling, assisted living, vocational services, homeless outreach program, and IMPACT (individualized mobile program for assertive community treatment) services. Client groups include DBT (Dialectical Behavior Therapy) and MRT (Moral Reconciliation Therapy).

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

**Credentialed Professionals:** Holly Ahlers, CNP Karen Chesley, MSW, LCSW-PIP, QMHP Diana Cruz, BS, ACT Deb Faini, MS, ACT Krystal Flom, MSW, LCSW Robert Fredrickson, MS, LPC, QMHP Audrey Fuks, CNP Marissa Hastings, MA, LAC, NCC Amy Hollingshead, MA, LAC, CCDCII Loreaa Krull, BS, ACT Xiaofan Amy Li, MD Angie Peck, BS, LAC\_ Tiyah Spaans, MA, LAC Trent Uthe, BA, ACT Nykell Vroman, BS, ACT Tyler Zenz, MA, LAC

### **Project Family Connect offered at Family Connection**

421 W. 7th Street, Sioux Falls, SD 57104

**Website:** [www.sdfamilyconnection.org](http://www.sdfamilyconnection.org)

**Email:** [info@sdfamilyconnection.org](mailto:info@sdfamilyconnection.org)

**Phone:** 605-357-0777

**Hours:** Office hours: 9:00am - 4:00pm (CT), Monday - Friday

**Services Offered:** Provides free counseling for families coping with the stresses associated with imprisonment or reintegration into the family and society.

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

### **Coyote Clinic offered at Avera**

300 N. Dakota Avenue, Suite 117, , SD 57104

**Phone:** 605-322-6800

**Hours:** 9:00am - 5:00pm (CT), Monday - Friday AveraNow is available online 24 hours a day / 7 days a week. Mental health services: 5:30pm - 7:00pm (CT), 1st Wednesday of every month Physical health needs: 5:30pm - 7:00pm (CT), every Tuesday evening

**Services Offered:** Sponsored by The University of South Dakota Sanford School of Medicine medical students under the supervision of internal medicine physicians, provide health care with the goal is to provide health care to uninsured patients over the age of 18 while providing a learning opportunity for medical students. Offers care of any acute medical problems and also offers STD testing and free flu shots.

Psychiatry services also available during two appointment times (5:30pm and 6:30pm). The first clinic of each month will be for seeing new patients at these appointments while the second clinic will be for follow-up and seeing established patients.

This clinic also offers prescription assistance.

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

### **Medical Clinic 69th and Cliff offered at Avera**

6215 S. Cliff Avenue, Sioux Falls, SD 57108

**Phone:** 605-322-3300

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

**Services Offered:** Provides family medicine, OB/GYN, pediatrics, behavioral health, and mammography.

**Coverage Area:** Sioux Falls area

### **Coaching and Counseling Services offered at Glow - Glorious Lifestyle Optimal Weight**

1601 E. 69th Street, Suite 103, Sioux Falls, SD 57108

**Website:** <https://glowapproach.com/> **Email:** [DrLyn@glowapproach.com](mailto:DrLyn@glowapproach.com)

**Phone:** 605-373-9066

**Hours:** 9:30am - 5:00pm (CT), Monday - Thursday

**Services Offered:** Specializing in food and weight issues; areas of expertise covers the full spectrum of disordered eating. Focuses on compulsive / emotional eating and weight loss coaching. Services provided include individual counseling / coaching, groups, and personalized small groups, classes, and workshops.

Offering telehealth services. Prefer first session in person.

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

**Credentialed Professionals:** Lyn Shroyer, EdD, Licensed Psychologist, Certified Integrative Nutrition Health Coach

### **Psychiatry Services offered at Silver Lining Integrative Psychiatry**

510 S. Valley View Road, Suite 2, Sioux Falls, SD 57106

**Website:** <https://silverliningintegrativepsychiatry.com/> **Email:** [Intake@Silverliningintegrativepsychiatry.com](mailto:Intake@Silverliningintegrativepsychiatry.com)

**Phone:** 605-558-0107

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

**Services Offered:** Provides counseling services to adolescents and adults struggling with anxiety, ADD/ADHD, depression, panic, bipolar disorders, and post-traumatic stress disorder (PTSD) in order to bridge the gap while patients are finding long-term counselors.

Services offered include medication management, adult psychiatry, adolescent psychiatry, and geriatric psychiatry.

Offers services in-person in Aberdeen, Sioux Falls, and Yankton plus serving statewide via telehealth.

**Coverage Area:** Aberdeen, Sioux Falls, and Yankton for face-to-face services, but serving South Dakota via telehealth.

**Credentialed Professionals:** Nicole Altman, CNP-PMHNP Thyra Crissey, CNP-PMHNP Jamie Karstens, CNP-PMHNP Taylor Roberts, CNP-PMHNP Veronica Sherwood, CNP- PMHNP

### **Counseling Services offered at Archway Counseling and Wellness**

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

**Phone:** 605-202-5956

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

**Services Offered:** Offering individual counseling services to children, adolescents, and adults using Cognitive Behavioral Therapy in office or by telehealth. Services include grief counseling, perinatal counseling, and anxiety counseling.

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Allison Steinwand, MS, LPC-MH, QMHP, PMH-C



### **Adult Residential Living Facility offered at Lewis & Clark Behavioral Health Services**

3111 Shirley Bridge Avenue, Yankton, SD 57078

**Phone:** 605-665-3401

**Hours:** Services provided 24 hours a day / 7 days a week

**Services Offered:** Cedar Village Assisted Living Facility is a therapeutic place designed to provide permanent supported housing for individuals who are homeless because of severe and persistent mental illness.

**Coverage Area:** South Dakota

### **Psychiatry Services offered at Silver Lining Integrative Psychiatry**

100 Douglas Avenue, Yankton, SD 57078

**Website:** <https://silverliningintegrativepsychiatry.com/>

**Email:** [Intake@Silverliningintegrativepsychiatry.com](mailto:Intake@Silverliningintegrativepsychiatry.com)

**Phone:** 605-558-0107

**Hours:** Mondays by appointment only

**Services Offered:** Provides counseling services to adolescents and adults struggling with anxiety, ADD/ADHD, depression, panic, bipolar disorders, and post-traumatic stress disorder (PTSD) in order to bridge the gap while patients are finding long-term counselors.

Services offered include medication management, adult psychiatry, adolescent psychiatry, and geriatric psychiatry.

Offers services in-person in Aberdeen, Sioux Falls, and Yankton plus serving statewide via telehealth.

**Coverage Area:** Aberdeen, Sioux Falls, and Yankton for face-to-face services, but serving South Dakota via telehealth.

**Credentialed Professionals:** Jamie Karstens, CNP-PMHNP

### **Psychiatry Services offered at Silver Lining Integrative Psychiatry**

224 1st Avenue S.E., Aberdeen, SD 57401

**Website:** <https://silverliningintegrativepsychiatry.com/>

**Email:** [Intake@Silverliningintegrativepsychiatry.com](mailto:Intake@Silverliningintegrativepsychiatry.com)

**Phone:** 605-558-0107

**Hours:** Call to schedule an appointment via telehealth (in person availability coming soon).

**Services Offered:** Provides counseling services to adolescents and adults struggling with anxiety, ADD/ADHD, depression, panic, bipolar disorders, and post-traumatic stress disorder (PTSD) in order to bridge the gap while patients are finding long-term counselors.

Services offered include medication management, adult psychiatry, adolescent psychiatry, and geriatric psychiatry.

Offers services in-person in Aberdeen, Sioux Falls, and Yankton plus serving statewide via telehealth.

**Coverage Area:** Aberdeen, Sioux Falls, and Yankton for face-to-face services, but serving South Dakota via telehealth.

### **Counseling and Support Groups offered at CancerCare**

275 7th Avenue, New York, NY 10001

**Website:** [www.cancercare.org](http://www.cancercare.org)

**Email:** [info@cancercare.org](mailto:info@cancercare.org)

**Phone:** 212-712-8400

**Hours:** 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday

**Services Offered:** Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers. Online support groups are available, 24 hours a day, 7 days a week.

**Coverage Area:** United States, Puerto Rico and U.S. Territories

## **Psychiatry and Medication Management**

### **Medication Management and Psychotherapy offered at Concordia Mind Health**

5000 S. Minnesota Avenue, Suite 201, Sioux Falls, SD 57108

**Website:** [www.concordiamindhealth.com](http://www.concordiamindhealth.com)      **Email:** [concordiamindhealth@gmail.com](mailto:concordiamindhealth@gmail.com)

**Phone:** 605-400-9975

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

**Services Offered:** Provides medication management and psychotherapy for ages 5 and up. Providers consist of a psychiatrist and two nurse practitioners. In person appointments, as well as telehealth services available. Spravato treatments offered at the clinic site. Transcranial magnetic stimulation (TMS) also available.

Mental health services include, but are not limited to the following:

- depression
- anxiety
- panic
- insomnia
- alcohol abuse
- personality disorders
- opioid abuse
- binge eating
- etc.

**Coverage Area:** Sioux Falls and surrounding area; licensed in Minnesota and Iowa; South Dakota via telemental health.

**Credentialed Professionals:** Afton Artz, CNP Dr. James Chiu, MD Revel Degen, CNP

### **Adult Partial Hospital and Intensive Outpatient offered at Avera Behavioral Health**

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

**Phone:** 605-322-4056

**Hours:** Partial Hospital Program: 8:00am - 4:00pm (CT), Monday - Friday

**Services Offered:** Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

Partial Hospital Program (PHP): Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary. 5 days per week, 4 hours per day.

Intensive Outpatient Program (IOP): The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

**Coverage Area:** Eastern South Dakota, Northwest Iowa, and Southwestern Minnesota

**Credentialed Professionals:** Megan Gayer, MSW, CSW Danielle Gundermann, LPC Miranda Lang, CSW Lea Long, CSW-PIP Kelsey Sjaarda, CSW-PIP, Program Manager

### **Inpatient Units offered at Avera Behavioral Health**

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

**Phone:** 605-322-4065

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Inpatient treatment with units dedicated for children, adolescents, adults and seniors with acute psychiatry needs.

A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns. Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia. Group therapies focus on developing coping skills through expressive therapies and behavioral therapy.

**Coverage Area:** South Dakota, Iowa, and Minnesota

**Credentialed Professionals:** Inpatient Therapists: Nicola Park, LPC-MH, LAC Thomas Otten, MA, LPC-MH

### **Medication Management for Mental Health offered at Rapid City Mental Health Professionals, LLC**

3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702

**Website:** [www.rapidcitymentalhealth.com](http://www.rapidcitymentalhealth.com)      **Email:** [office@rapidcitymentalhealth.com](mailto:office@rapidcitymentalhealth.com)

**Phone:** 605-716-3555

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

**Services Offered:** Culturally sensitive mental health care for adults and adolescents. Focuses on medication management, mental health screenings for a variety of mental health issues, spravato (eskatamine) for treatment resistant depression, and photobiomodulation therapy (light bed treatment).

**Coverage Area:** South Dakota and Wyoming

**Credentialed Professionals:** Jennifer Erdman, CNP, PMHNP Amy Newstrom, DNP, PMHNP, LP-C Rachel Waddell CNP, PMHNP

## Psychological Testing

### Detox and Mental Health Crisis Stabilization offered at The Link

132 N. Dakota Avenue, Sioux Falls, SD 57104

**Phone:** 605-275-1000

**Hours:** 24 hour a day / 7 days a week

**Services Offered:** Medically Monitored Withdrawal Management:

- Individuals in need of medically monitored detoxification treatment for substance use disorders may participate in our 10-bed program. Individuals may be admitted voluntarily or involuntarily under an Emergency Detainment or Involuntary Drug and Alcohol Committal (IVC). During a short-term stay (approximately 3-7 days), we will provide medical stabilization to support a safe withdrawal and provide recommendations for continued care and treatment after discharge.

Sobering Observation for Intoxicated Individuals:

- Individuals under the influence of alcohol or other mood-altering substances who are in need of observation and support in order to reach a safe level of sobriety may participate in our sobering observation program. Prior to discharge, we will offer connections to community resources and provide education regarding available substance use treatment options.

Mental Health Crisis Stabilization:

- Individuals experiencing a mental health crisis, who are not actively suicidal and are not violent, and would benefit from short-term stabilization may participate in our 3-bed program; length of stay can be up to 23 hours. Prior to discharge, we will work with individuals to develop a crisis response plan and offer recommendations for ongoing community and mental health support. If an individual is determined to be in need of a higher level of care to safely manage their mental health symptoms, we will assist them with a referral to higher level of care.

**Coverage Area:** Counties of Lincoln and Minnehaha

### Behavioral Health Urgent Care offered at Avera Behavioral Health

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

**Phone:** 605-322-4065

**Hours:** Open 24 hours a day / 7 days a week

**Services Offered:** Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

**Coverage Area:** Eastern South Dakota

**Credentialed Professionals:** Ammar Ali, MD Vivek Anand, MD Michael Bergan, MD Vinod Bhatara, MD Samantha Bonn, LCSW QMHP Ann Bowden, MD Heather Chester-Adam, MD Nicole Christenson, MD Candice Cummings, CSW PIP, MSW Charlotte Donn, CNP Kyle A. Duke, PA C Keely Elgethun, MD Sheeba Fazili, LPC MH Sarah Flynn, MD William C. Fuller, MD Bryce Gammeter, MD Derek Granum, LCSW Hillary Hanson, MD Tracee Hofer, CNP Tomas Holtberg, PhD Wallace Jackmon, PhD Nancy Johnson, PhD Georgia Keenan, LPC-MH Garneth Kuiper, CNP Xiaofan 'Amy' Li, MD PhD Josette S. Lindahl, MD Ann M. Mack, LPC -MH Wioleta Mazurczak, MD Lynette Melby, CNP Robert F. Nuss, MD Karl Oehlke, PA-C Hannah Otten, CNP Seth Parsons, MD Meredith Powell, MD Veronica Radigan, MD David Schlagel, MD Timothy J. Soundy, MD Matthew Stanley, DO Anthony Vaca, MD Shawn VanGerpen, MD Tamara Vik, MD Jay Weatherill, MD David Whaley, MD Nancy Wilson, MD

### **Assessment and Referral offered at Avera Behavioral Health**

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

**Phone:** 605-322-4065

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

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

**Coverage Area:** Eastern South Dakota

### **Dells Area Hospital offered at Avera**

909 N. Iowa Avenue, Dell Rapids, SD 57022

**Phone:** 605-428-5431

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

**Services Offered:** Featured health services include emergency and trauma, hospice, laboratory, nutrition, pain management, pharmacy, therapy and rehabilitation, radiology and imaging, respiratory and pulmonary care, sleep medicine, telemedicine, wellness care, preventive care, and women's health.

**Coverage Area:** Counties of Lake, McCook, Minnehaha, and Moody.

### **Flandreau Hospital offered at Avera**

214 N. Prairie Street, Flandreau, SD 57028

**Phone:** 605-997-2433

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Featured health services include diabetes and endocrinology, emergency and trauma, heart and vascular care, infectious disease and public health, laboratory, nutrition, pain management, pharmacy, radiology and imaging, respiratory and pulmonary care, sleep medicine, telemedicine, wellness and preventive care, women's health, and wound care.

**Coverage Area:** Counties of Brookings, Lake, Minnehaha, and Moody.

### **Acute Program offered at Human Services Center**

3515 N. Broadway Avenue, Yankton, SD 57078

**Website:** <http://dss.sd.gov/behavioralhealth/hsc/>

**Email:** [infoHSC@state.sd.us](mailto:infoHSC@state.sd.us)

**Phone:** 605-668-3100

**Hours:** The facility is open 24 hours a day/7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

**Services Offered:** Provides for initial assessment and stabilization of adult psychiatric patients. During the 12-15 day average length of stay, the program initiates and develops treatment and discharge plans.

The program promotes and facilitates the patients independent functioning in daily activities. Emphasis is on providing care, treatment and rehabilitation services that will enable the patients to return to and function in the community at the earliest possible time.

The Acute Program is Medicare approved by the Health Care Financing Administration. The Intensive Treatment Unit is available for adults and adolescents who require short term intensive monitoring.

**Coverage Area:** South Dakota

### **Geriatric Program offered at Human Services Center**

3515 N. Broadway Avenue, Yankton, SD 57078

**Website:** <https://dss.sd.gov/behavioralhealth/hsc/>

**Email:** [infoHSC@state.sd.us](mailto:infoHSC@state.sd.us)

**Phone:** 605-668-3100

**Hours:** Office hours: 8:00am - 4:30pm (CT), Monday - Friday, except Holidays The facility is open 24 hours a day / 7 days a week Crisis assessments are done/accepted through an ER or community mental health center.

**Services Offered:** Provides diagnostic and therapeutic services of medical and psychiatric natures to persons with physical conditions requiring nursing home care and psychiatric conditions requiring in-patient hospitalization.

Services are delivered in such a way as to allow the patients maximum opportunity to function as independently as possible in activities of daily living. The goal is for the patients to reside in the least restrictive environment, including return to an appropriate community setting.

This program operates with 3 units located in Spruce Terrace and Willow Terrace I buildings.

**Coverage Area:** South Dakota

### **Crisis Drop in Center offered at Human Service Agency**

119 19th Street N.E., Watertown, SD 57201

**Phone:** 605-886-0123

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis or having thoughts of self-harm.

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

### **Halfway House and Detox Center offered at Human Service Agency**

119 19th Street N.E., Watertown, SD 57201

**Phone:** 605-884-0650

**Hours:** 24 hours a day / 7 days a week

**Services Offered:** A therapeutic place of residence for persons suffering from substance use disorders and mental illness. Offering dignity and serenity to continue the journey of recovery, healing, and wholeness.

Serenity Hills offers 3 distinct programs:

-Social setting detoxification

-Halfway house combines a strong AA 12-step philosophy with a multi-disciplinary team approach, including professional addiction, psychiatric and mental health care.

-Crisis intervention/Appropriate Regional Facility/Safe Rooms for individuals experiencing mental health crisis and/or having thoughts of self-harm.

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

## **Suicide Prevention Resources**

### **Hope Squad offered at Helpline Center**

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

**Website:** [www.helplinecenter.org/school-resources-hope-squad](http://www.helplinecenter.org/school-resources-hope-squad)

**Email:** [hopesquad@helplinecenter.org](mailto:hopesquad@helplinecenter.org)

**Phone:** 605-274-8789

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

**Services Offered:** An evidence-based, peer-to-peer suicide prevention program. Members of Hope Squad are nominated by their classmates as trustworthy and supportive peers with whom others feel comfortable. They are trained by Hope Squad advisors on how to notice, support, and intervene with peers who may be at risk.

The main goals of the Hope Squad program are promoting a school and community culture of safety, connectedness, mental wellness, anti-bullying, and reducing mental health stigma. It reduces the risk of youth suicide through education, training, and peer intervention. They also respond to peer-to-peer disclosure of suicide risk.

Hope Squad is present in schools nationally and internationally.

**Coverage Area:** South Dakota



### **988 Suicide & Crisis Lifeline offered at Helpline Center**

No Physical Address, Sioux Falls, SD 57105

**Hours:** Office hours: 8:00am - 5:00pm (CT), Monday - Friday 24 hours a day / 7 days a week / 365 days a year

**Services Offered:** Suicide prevention and crisis intervention service available to anyone in suicidal crisis or emotional distress. Callers to the 988 Suicide & Crisis Lifeline are routed to the nearest accredited crisis center in the caller's area. The Lifeline's Crisis and Text/Chat Service routes visitors to a network of crisis centers accredited in providing online emotional support.

The Helpline Center's Suicide and Crisis Support is an accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need.

Services include call, text, chat 988 to connect with a 988 Crisis Counselor, grief support for individuals who have lost a loved one to suicide, and professional suicide awareness and prevention training.

**Coverage Area:** South Dakota

### **Prevention Trainings offered at Helpline Center**

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

**Website:** [www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/help@helplinecenter.org](http://www.helplinecenter.org/suicide-and-crisis-support/training-programs-offered-by-helpline-center/help@helplinecenter.org)

**Email:**

**Phone:** 605-339-4357

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

**Services Offered:** ASIST is an Applied Suicide Intervention Skills Training designed to provide a practical face-to-face intervention model for caregivers to use when encountering a person at-risk of suicide. CEUs and undergraduate and graduate credit are available for this training.

Means Safety Training - Means safety is a critical component of suicide prevention that focuses on limiting access to lethal means, thereby reducing the risk of self-harm and suicide. It acknowledges that restricting access to potentially harmful items or methods can play a pivotal role in preventing impulsive and irreversible actions.

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis until appropriate professional, peer or family support can be engaged. This course prepares participants to provide Mental Health First Aid to those in need. Specialized version for law enforcement available.

Safety Planning - Learn how to help someone at risk develop a set of concrete strategies to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. Target audience would be any behavioral health or health staff.

QPR (Question, Persuade and Refer) are three steps anyone can learn to help prevent suicide. QPR is an emergency response to someone in crisis and can save lives. Participants learn about the nature of suicidal communications, what forms these communications take and how they may be used as a stimulus for a QPR intervention.

Youth Mental Health First Aid is a course emphasizing the importance of early intervention and reviewing the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. It is intended for anyone 16 years or older.

Critical Incidence Training for Police Agencies - CIT is a training provided to law enforcement personnel on appropriate emergency response to someone in crisis that can help save lives. Additionally, participants learn directly from a suicide attempt survivor about what responses may and may not be perceived as helpful, and hear from a suicide loss survivor about the collateral impact of suicide.

Customized presentations on suicide information, crisis and prevention are available upon request.

**Coverage Area:** South Dakota

### **Suicide Survivor Services offered at Helpline Center**

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

**Website:** <https://loss.helplinecenter.org/>

**Email:** [griefsupport@helplinecenter.org](mailto:griefsupport@helplinecenter.org)

**Phone:** 800-273-8255

**Hours:** SAS Education/Support Classes are 7:00pm - 8:30pm (CT), on Tuesdays for 10 consecutive weeks. SAS In Person Support Group: 7:00pm - 8:30pm (CT), 3rd Thursday of each month SAS Virtual Support Group: 6:00pm - 7:30pm (CT), 2nd Wednesday of each month

**Services Offered:** - Surviving After Suicide (SAS) Education/Support Class

- Surviving After Suicide (SAS) Education/Support Class Designed to help people who have lost a loved one to suicide express and understand the troubling and powerful grief, stigma, pain, and guilt they experience. It is a nine week education class and support group for survivors of suicide. Each class will focus on a unique aspect of survivor grief and includes a component in which group members share and support each other. The class is offered three times a year in January, April, and September. Registration is required.

- Surviving After Suicide (SAS) Support Group

- A monthly support group for people who have lost someone to suicide. Survivor information packets are also available at no cost. The focus is on survivors connecting and supporting each other. Any survivor age 18 and over is welcome to attend.

Registration is not required for this support group. It is an open/on-going group.

- 1 group will be available:

- In person - 7:00pm - 8:30pm, 3rd Thursday of each month

- Virtual - 6:00pm - 7:30pm, 3rd Wednesday of each month

- Surviving After Suicide Events

- Supportive events are open to anyone over 18 who has been impacted by a suicide loss. Various activities throughout the year including: Suicide Prevention Week; National Survivors of Suicide Loss Day (Saturday before Thanksgiving); etc. Email or call to get on invite list for events.

- If you would like to get in touch with someone, please complete the Suicide Services Request Form .

- Local Outreach to Suicide Survivors (LOSS) Program

- The LOSS program responds to survivors of suicide immediately after the death of the loved one.

- Staff provide immediate assistance to new suicide survivors by making an outreach visit to their home (in the Sioux Falls area) or making a support phone call (anywhere in South Dakota). This visit and/or call provides support, comfort, and education about being a survivor of suicide.

Individuals needing immediate crisis care should call 9-8-8.

Standard message and data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to: <http://www.preventionpaystext.com/policies/>

**Coverage Area:** South Dakota

### **Survivors Joining for Hope offered at Lost&Found**

319 N. Main Avenue, Suite 1, Sioux Falls, SD 57104

**Website:** <https://resilienttoday.org/programs/survivors-joining-for-hope/>

**Phone:** 605-215-0676

**Hours:** Call or email for appointment.

**Services Offered:** Provides peer support and financial assistance to individuals and families who have lost a loved one to suicide.

Examples consist of financial assistance for grief counseling, burial expenses, clean-up costs, legal fees, and other suicide-related expenses.

The Program Coordinator supports clients with referrals and resources to additional financial assistance programs and/or therapeutic support if needed.

Also provides peer and emotional support and resource referrals for a year. Peer support is provided through telehealth meetings and check-ins.

**Coverage Area:** Coordinator located in Spearfish, SD, but serves clients statewide via telehealth.

### **Sioux Falls Chapter offered at Compassionate Friends, The**

3801 E. 26th Street, Meeting location: Westminster Presbyterian, Sioux Falls, SD 57103

**Website:** [www.compassionatesf.org](http://www.compassionatesf.org) **Email:** [Contact@compassionatesf.org](mailto:Contact@compassionatesf.org)

**Hours:** Meeting time: 7:15pm - 8:45pm (CT), 1st Tuesday of the month (except for December)

**Services Offered:** A support group for those who have experienced the death of a child, grandchild, or sibling at any age, for any reason.

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

### **CC AmeriCorps offered at Community Action for Veterans**

1600 W. Russell Street, #305, Sioux Falls, SD 57104

**Website:** [www.sdvets.org](http://www.sdvets.org)      **Email:** [info@sdvets.org](mailto:info@sdvets.org)

**Phone:** 605-910-4045

**Hours:** Call for information.

**Services Offered:** Providing social and emotional support to student veterans transitioning from military service to college life by connecting them to a new generation of social workers trained to deliver culturally responsive care. The program emphasizes the vital relationship between community and people and is built on three foundational pillars: transition assistance, suicide prevention through peer mentorship, and community engagement.

CC AmeriCorps members are social work interns from the University of South Dakota (USD). They earn educational credit by completing the field hours required for graduation. Through their work, these interns contribute to building a sustainable network of care for military-connected students.

**Coverage Area:** Sioux Falls area

**Credentialed Professionals:** Jill Baker, MSA, MSW, CSW

### **Mental Health First Aid offered at SDSU Extension**

1910 W. Kemp Avenue, Watertown Regional Center, Watertown, SD 57201

**Website:** <https://www.mentalhealthfirstaid.org/>      **Email:** [whitney.reetz@sdstate.edu](mailto:whitney.reetz@sdstate.edu)

**Phone:** 605-882-5140

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

**Services Offered:** Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges.

SDSU Extension provides Mental Health First Aid courses to adults, teens, and youth.

**Coverage Area:** South Dakota

### **SAVE Suicide Prevention Training offered at Suicide Awareness Voices of Education**

7900 Xerxes Avenue S., Suite 810, Minneapolis, MN 55431

**Website:** [www.save.org](http://www.save.org)      **Email:** [admin@save.org](mailto:admin@save.org)

**Phone:** 952-946-7998

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

**Services Offered:** A proprietary 3-tiered suicide prevention training model that can be adapted for any occupation. Tailoring training to the audience ensures that the content is directly relevant to their needs, job roles, and challenges. This relevance increases engagement and the likelihood of participants applying what they've learned.

**Coverage Area:** United States

### **Bereavement Support - National Office offered at Compassionate Friends, The**

PO Box 46, Wheaton, IL 60187

**Website:** [www.compassionatefriends.org](http://www.compassionatefriends.org)      **Email:** [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

**Phone:** 877-969-0010

**Hours:** National Office hours: 9:00am - 5:00pm (CT), Monday - Friday Support group times vary by location. See Compassionate Friends Chapter Locator on website.

**Services Offered:** The Compassionate Friends (TCF) is a national nonprofit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no individual membership fees or dues are charged. All bereaved family members are welcome.

Founded in England in 1969, TCF was established in the United States in 1972, with 501(c)(3) not-for-profit incorporation in 1978, under which provision the organization's more than 650 local chapters also operate. TCF operates as separate entities in at least 30 countries around the world.

- Regular meetings of local chapters provide a caring environment in which bereaved parents, siblings, and grandparents can work through their grief with the help of others who have been there. Monthly, more than 17,000 attend chapter meetings.
- Outreach is provided to more than 182,000 bereaved family members and professionals each month through chapter newsletters, websites, Facebook Pages, special programs including regional conferences, concurrent walks, phone calls, letters, e-mails, and personal visits.
- Educational information on grief following the death of a child and the work of TCF is provided to the community through publicity, speaking engagements, and the distribution of materials.
- Virtual chapters through an Online Support Community supply support, encouragement, and friendship. There are general bereavement sessions as well as more specific sessions. This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child.

**Coverage Area:** United States

### **Prevention and Advocacy Services offered at American Association of Suicidology**

No Physical Address, Washington, DC 20036

**Website:** [www.suicidology.org](http://www.suicidology.org)      **Email:** [info@suicidology.org](mailto:info@suicidology.org)

**Phone:** 888-977-3868

**Hours:** 8:30am - 4:30pm (CT), Monday - Friday

**Services Offered:** To empower all toward resilient lives, inspiring hope and preventing suicide through the advancement of suicidology.

We accomplish this mission by directing efforts to Advance Suicidology as a science; encouraging, developing, and disseminating scholarly work in suicidology. To encourage the development and application of strategies that reduce the incidence and prevalence of suicidal behaviors. Compile, develop, evaluate and disseminate accurate information about suicidal behaviors to the public. Foster the highest possible quality of suicide prevention, intervention and postvention to the public. Publicize official AAS positions on issues of public policy relating to suicide. Promote research and training in suicidology.

Founded in 1968 by Edwin S. Shneidman, PhD, AAS promotes research, public awareness programs, public education and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

AAS, a not-for-profit organization, encourages and welcomes both individual and organizational members.

**Coverage Area:** United States

## **Telemental Health**

### **Post-High School and Therapy Services offered at Teachwell Solutions**

715 E. 14th Street, Sioux Falls, SD 57104

**Website:** <http://teachwell.org>      **Email:** [info@teachwell.org](mailto:info@teachwell.org)

**Phone:** 605-367-7680

**Hours:** 7:30am - 4:00pm (CT), Monday - Friday

**Services Offered:** A non-profit education co-op created by South Dakota public schools. Specializes in alternative education, special education programming, education-related therapy and supported transition services

Teachwell Transitions - Helps individuals with disabilities navigate life changes with confidence. It prepares students for life after high school and help young adults in their search for meaningful employment. The team of special education professionals, counselors and success coaches work with community partners to create a supportive environment that helps each person succeed.

Teachwell Therapy Services - Experienced team of professional therapy providers, providing schools and families with a powerful resource to address a wide range of individual learning needs. Provides the following:

- Speech-Language Therapy
- Occupational Therapy
- Physical Therapy
- School Psychology
- Applied Behavior Analysis Therapy
- Assistive Technology Consultation and Services

**Coverage Area:** South Dakota

### **Cognitive Behavioral Group Therapy offered at Transformation Project, The**

500 N. Western Avenue, Sioux Falls, SD 57104

**Website:** [www.transformationprojectsd.org](http://www.transformationprojectsd.org)

**Email:** [admin@transformationprojectsd.org](mailto:admin@transformationprojectsd.org)

**Phone:** 605-610-8579

**Hours:** Hours vary. Please call or email

**Services Offered:** Provides a supportive and affirming environment to address LGBTQ-related stress, depression, and anxiety. Participants engage in sessions to learn coping strategies, build emotional resilience, and connect with peers. The program is hybrid, offering both in-person and virtual options, and is facilitated by trained professionals.

A screening process ensures participants are a good fit, with an emphasis on readiness and safety. Sessions focus on topics such as mindfulness, cognitive flexibility, and emotional regulation, fostering a pathway to mental wellness.

**Coverage Area:** South Dakota and a 40-mile radius

**Credentialed Professionals:** Maisy Anderson, BSW Brianna Heppler, LMFT-S

### **Pharmacy Services offered at CVS Pharmacy**

3600 S. Louise Avenue, Target, Sioux Falls, SD 57106

**Phone:** 605-254-1100

**Hours:** 9:00am - 8:00pm (CT), Monday - Friday 9:00am - 6:00pm (CT), Saturday 10:00am - 6:00pm (CT), Sunday

**Services Offered:** Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) Screening and Treatment, Chronic Disease Self Management Program, Birth Control and Family Planning, and Smoking Cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

**Coverage Area:** Counties of Lincoln, Meade, Minnehaha, and Pennington.

### **Pharmacy Services offered at CVS Pharmacy**

1021 S. Highline Place, Target, Sioux Falls, SD 57110

**Phone:** 605-333-5601

**Hours:** 9:00am - 8:00pm (CT), Monday - Friday 9:00am - 6:00pm (CT), Saturday and Sunday

**Services Offered:** Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) Screening and Treatment, Chronic Disease Self Management Program, Birth Control and Family Planning, and Smoking Cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

**Coverage Area:** Counties of Lincoln, Meade, Minnehaha, and Pennington.

### **Pharmacy Services offered at CVS Pharmacy**



1415 Eglin Street, Target, Rapid City, SD 57701

**Phone:** 605-341-8621

**Hours:** 9:00am - 1:30pm; 2:00pm - 9:00pm (MT), Monday - Sunday

**Services Offered:** Offers prescription delivery and pickup, immunization shots, and walk-in and virtual care options. Also offers Sexually Transmitted Infection (STI) Screening and Treatment, Chronic Disease Self Management Program, Birth Control and Family Planning, and Smoking Cessation.

Rapid City and Sioux Falls - S. Louise Avenue location are a medication disposal site.

**Coverage Area:** Counties of Lincoln, Meade, Minnehaha, and Pennington.