



Behavioral Health Guide Black Hills

2021

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ABOUT THE BLACK HILLS BEHAVIORAL HEALTH GUIDE

Welcome to the 2020 Black Hills Behavioral Health Guide. The Guide is produced as an initiative of the Human Services Collaborative and is funded by the John T. Vucurevich Foundation. This guide was established to help the consumer more readily identify and select licensed and credentialed practitioners and agencies that provide a variety of behavioral health services in the Black Hills area. It provides the community with easily accessible information about the services that are listed.

Organizations and / or behavioral health practitioners are listed in alphabetical order.

There are four additional ways to find a specific resource:

By Location. . .

Search alphabetically in the **Location Index** beginning on VI for providers in your city or the city closest to you.

By Service Category...

Search by the following service categories: Abuse Issues (for children and/or adult victims and survivors), Addiction / Substance Abuse, Children / Adolescent, Faith Based, Older Adult Issues, Psychiatry and Medication Management, Psychological Testing, and Suicide Survivor Support. The **Service Category Index** begins on VIII.

By Name...

Search alphabetically by last name of the person you are seeking in the **Practitioner Name Index** on pages XI. Listed to the right of their name is the page number for the organization with which they are associated.

Online...

Search online at www.helplinecenter.org/guides for information at your fingertips.



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

SELECTING A BEHAVIORAL HEALTH PRACTITIONER

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SELECTING A BEHAVIORAL HEALTH PRACTITIONER

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

- * What are the critical issues for which you are seeking help and what results you hope to see?
- * What type of counseling do you think would be most helpful (i.e. inpatient, outpatient, group therapy, etc.)?
- * Is there a certain therapeutic approach that you think would work well (or not) for your concerns?
- * What time of the day or week would be best for your appointment?
- * Is there coverage offered by your insurance, health care plan, or employer that can offset some or all of the cost of treatment?

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

- * What therapeutic approaches and techniques do they most frequently use?
- * How will therapeutic goals be established?
- * How will you know when therapy is complete?

After talking with a potential practitioner, ask yourself:

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

Glossary of Abbreviations - Degrees

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

AA	Associate Degree
BA	Bachelor of Arts
BFA	Bachelor of Fine Arts
BS	Bachelor of Science
BSW	Bachelor of Social Work
DMin	Doctor of Ministry
DO	Doctor of Osteopathy
DSW	Doctorate in Social Work
EdD	Doctor of Education
EdS	Education Specialist
JD	Juris Doctorate
LCSW	Licensed Clinical Social Worker
LCSW-PIP	Licensed Clinical Social Worker– Private Practice
MA	Master of Arts
MAT	Master of Arts in Teaching
MBA	Master of Business Administration
MD	Doctor of Medicine
MDiv	Masters in Divinity
MEd	Master of Education
MOL	Masters in Organizational Leadership
MS	Master of Science
MSEd	Master of Science in Education
MSSA	Master of Science in Social Administration
MSW	Master of Social Work
PhD	Doctor of Philosophy
PsyD	Doctor of Psychology
RD	Registered Dietitian

Glossary of Abbreviations - Certifications and Licenses

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

ABN	American Board of Professional Neuropsychology
ACA	American Counseling Association
ACS	Approved Clinical Supervisor
ACT	Addiction Counselor Trainee
AP/RN-BC	Advanced Practice Registered Nurse, Board Certified
ASS	Approved Supervisor Status
ATR	Registered Art Therapist
BCaBA	Board Certified Assistant Behavior Analyst
BCBA	Board Certified Behavioral Analyst
BCPCC	Board Certified Professional Christian Counselor
CAC	Certified Addictions Counselor
CAS	Certified Autism Specialist
CBIS	Certified Brain Injury Specialist
CCATP	Certified Clinical Anxiety Treatment Professional
CCDCI	Certified Chemical Dependency Counselor, Level 1
CCDCII	Certified Chemical Dependency Counselor, Level 2
CCDCIII	Certified Chemical Dependency Counselor, Level 3
CCM	Certified Case Manager
CCMHC	Certified Clinical Mental Health Counselor
CCSII	Certified Clinical Supervisor
CCTP	Certified Clinical Trauma Professional
CCTT	Certified Corrective Thought Therapist
CDBT	Certified in Dialectical Behavioral Therapy
CEAP	Certified Employee Assistance Professional
CFLE	Certified Family Life Educator
CHPN	Certified Hospice and Palliative Nurse
CNL	Clinical Nurse Leader
CNP	Certified Nurse Practitioner
CNS	Clinical Nurse Specialist
CPS	Certified Prevention Specialist
CRC	Commission on Rehabilitation Counselor Certification
CST	Certified Sex Therapist
CSW	Certified Social Worker
CSW-PIP	Certified Social Worker - Practitioner in Private Practice
CT	Certified Thanatology
DBTC	Dialectical Behavior Therapy Certified
DBT sp.	Adapted Dialectical Behavior
EAGALA	Equine Assisted Growth and Learning Association
EAP	Equine Assisted Psychotherapy
ICADC	Internationally Certified Alcohol and Drug Counselor
LAC	Licensed Addiction Counselor
LBA	Licensed Behavior Analyst
LCPC	Licensed Clinical Professional Counselor
LCSW	Licensed Certified Social Worker
LCSW-PIP	Licensed Certified Social Worker - Practitioner in Private Practice
LCW	Licensed Clinical Social Worker
LGSW	Licensed Graduate Social Worker
LICSW	Licensed Independent Clinical Social Worker
LMFT	Licensed Marriage & Family Therapist
LMHP	Licensed Mental Health Professional
LN	Licensed Nutritionist
LP	Licensed Psychologist
LPC	Licensed Professional Counselor
LPCC	Licensed Professional Clinical Counselor
LPC-MH	Licensed Professional Counselor - Mental Health
LSW	Licensed Social Worker
MAC	Master Addiction Counselor
MFT	Marriage and Family Therapy
MSW-PIP	Master of Social Work - Practitioner in Private Practice
MT-BC	Music Therapist - Board Certified

Glossary of Abbreviations - Certifications and Licenses

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

NCGC	National Gambling Counselor Certification
NCPC	Nationally Certified Parent Coordinator
NCSC	National Certified School Counselor
NP-C	Nurse Practitioner Certified
OSW-C	Oncology Social Work Certified
PA-C	Physician's Assistant Certified
PMHNP	Psychiatric Mental Health Nurse Practitioner
PMHNP-BC	Board Certified Advanced Practice Psychiatric Mental Health Nurse Practitioner
QMHP	Qualified Mental Health Practitioner
RBT	Registered Behavior Technician
RPT	Registered Play Therapist
RPT-S	Registered Play Therapist Supervisor
RTC	Reality Therapy Certification
SAP	Substance Abuse Professional
SDCA	South Dakota Counseling Association
SEP	Somatic Experiencing Practitioner
SWA	Licensed Social Worker Associate
WPATH	World Professional Association for Transgender Health

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A Center For Training And Restoration

4831 Mountain Springs Court, Rapid City

Phone: (605) 484-0576

Fax: (605) 415-1197

Hours: 9:00am - 7:00pm, By appointment only

Fees: Sliding scale.

Website: www.ACenterForTrainingAndRestoration.com

E-mail: eleite101@gmail.com

Services Offered: Addiction and mental health counseling and education for culturally diverse groups of people. Counseling services include: individual; substance use; faith based; eye movement desensitization and reprocessing (EMDR); family systems therapy; grief; terminal illness; spouse/intimate partner abuse and child abuse survivor counseling for adults. Offers a series of video workshops on addiction and grief as well as a workshop on post-traumatic stress disorder (PTSD). Telehealth services available.

Behavioral Health Professional: Evelyn Leite, MHR, LPC

Abourezk Counseling

2020 W. Omaha Street, Rapid City

Phone: (605) 863-2881

Fax: (605) 342-5170

Hours: 10:00am - 6:00pm, Tuesday - Friday

Fees: Accepts most insurances, including Medicaid.

Website: www.abourezkcounseling.com

Services Offered: Individual therapy for ages 12 and up. Topics discussed include: anxiety, depression, trauma, post-traumatic stress disorder (PTSD), chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues. Telehealth services available.

Behavioral Health Professional: Lena Abourezk, MS, LPC-MH, NCC

Action for the Betterment of the Community

1807 Williams Street, Sturgis

Phone: (605) 347-2991

Fax: (605) 269-4733

Hours: 8:00am - 7:00pm, Monday / 8:00am - 5:00pm, Tuesday – Friday / Meeting time: 11:30am - 1:00pm, 2nd Thursday of each month

Fees: Sliding scale.

Website: <http://sturgisabc.wix.com/sturgisabc>

Services Offered: Substance use/abuse services (for youth); individual counseling; assessments; outpatient counseling; intensive outpatient counseling; prevention programming in the middle schools and communities; after school program for grades 1st-8th and a summer program; classes / workshops; Positive Action LifeSkills; Safe Dates; Prime for Life; Prime Solutions; TruThought/Corrective Thinking; and Tobacco Class.

Behavioral Health Professionals: Licensed Addiction Counselors, Certified Addiction Counselors

Addiction Recovery Centers of the Black Hills - Rapid City

1520 Haines Avenue, Suite 6, Rapid City

Phone: (605) 716-7841

Fax: (605) 519-1987

Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 2:00pm, Friday / On-call staff available: 24 hours a day / 7 days a week

Fees: State funding and sliding fee scale available.

Website: <http://www.arcbh.org/>

Services Offered: Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include needs assessments (regarding mental health, substance abuse, and gambling); intensive outpatient treatment; after care; moral reconnection therapy (MRT); cognitive behavioral intervention substance abuse (CBISA); individual and group counseling; and 12-hour DUI classes. Along with individual and group counseling, provides Medication Assisted Treatment (MAT) using FDA approved medication to reduce cravings. Telehealth services available.

Behavioral Health Professionals:

Barb Almich, ACT

Diana Boyle, MS, LPC, NCC

Stacey Curns, BS, ACT

Priscilla Engen, ACT

Steve Mauch, BA, LAC

Shelley Pierce, MPS, ACT

Lanna Baken, ACT

Julie Birner, MSW, MA, CSW, LAC, QMHP

Jade Doering, ACT

Uriah Glynn, ACT

Heidi Nagle, BA, ACT

Fe Rorie, MA, ACT

Mac Baker, ACT

Lynette Eiseman, BS, AC

Madison Harrington, BS, ACT

Tyler O'Sullivan, BS, ACT

Colleen Zimmerman, BA, ACT

Addiction Recovery Centers of the Black Hills - Custer

14 Mount Rushmore Road, Suite C, Custer

Phone: (605) 673-2844

Hours: Office Hours: 12:30pm - 8:30pm, Tuesday – Thursday / On-call staff available: 24 hours a day / 7 days a week

Fees: State funding and sliding fee scale available.

Services Offered: Behavioral health services for adults and adolescents focusing on addiction and co-occurring disorders. Services include walk-in needs assessments (regarding mental health, substance abuse, and gambling), intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes. Telehealth services available.

Addiction Recovery Centers of the Black Hills - Hot Springs

646 Jennings Avenue, Suite 2, Hot Springs

Phone: (605) 745-6300

Hours: 8:00am - 5:00pm, Monday – Friday; On-call staff available: 24 hours a day / 7 days a week

Fees: State funding and sliding fee scale available.

Services Offered: Behavioral health services for adults and adolescents focusing on addiction and co-occurring disorders. Services include walk-in needs assessments (regarding mental health, substance abuse, and gambling), intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes. Telehealth services available.

Bach Counseling Services, LLC

2218 Jackson Boulevard, Suite 13, Rapid City

Phone: (605) 431-4106

Website: www.bachcounseling.com

Hours: 12:00noon - 5:00pm, Monday; 10:00am - 6:00pm, Tuesday - Friday

Fees: Initial Session \$200.00; 60 minute sessions \$150.00; accepts insurance including Wellmark BC/BS, Dakotacare, Avera, Sanford, Humana, Medicaid, United HealthCare, First Choice (Western Providers).

Services Offered: Specializing in anxiety, depression, mood disorders, bipolar disorder, attention deficit / hyperactivity disorder (ADD/ADHD), trauma, post-traumatic stress (PTSD), chronic pain, life-altering health issues, communication and relationship concerns, stress management, grief and loss, abuse issues and identity development / LGBTQ counseling.

Behavioral Health Professional: Mahala Bach, LPC-MH, QMHP

Barse Counseling, LLC

811 E. St. Andrew Street, Suite 6, Rapid City

Phone: (605) 388-2258

E-mail: barsecounseling@gmail.com

Website: barsecounseling.com

Hours: 8:00am - 5:00pm, Monday – Thursday; 9:00am - 11:30am, Friday

Fees: \$100.00 - \$190.00 per session. Accepts insurance including: Avera Health Plans; BlueCross/BlueShield; First Choice of the Midwest; Optum, Sanford Health Plan; and TLC Advantage.

Services Offered: Helps provide navigation for children, teens, and adults through difficult life circumstances, emotional and behavioral problems, communication and relational conflicts, and social and self-esteem/self-confidence issues. Specializes in helping decrease/eliminate problems with depression, anxiety, women's issues, anger management, acting out behaviors, and life transitions, including separation and divorce, and grief and loss through: individual counseling; family counseling; sand tray therapy; play therapy; cognitive behavioral therapy (CBT); psycho-educational therapy and Bibliotherapy. Telehealth services available.

Behavioral Health Professional: Lynnette Barse, MS, LPC, QMHP

Behavior Management Systems Rapid City - Main Office

350 Elk Street, Rapid City

Phone: (605) 343-7262

Website: www.BMSCares.org

Fax: (605) 343-7293

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Evenings by appointment

Full Circle hours: 24 hours a day / 7 days a week

Fees: Accepts most insurance, Medicare, Medicaid, and Title 19. Other funding may be available depending on eligibility.

Behavior Management Systems Rapid City - Main Office—Cont'd

Services Offered:

- Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women's issues.
- Family Pathways (Family Outreach Services) counselors provide intensive counseling and support services for children in community locations such as home or school.
- Full Circle is 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 Medication Assisted Treatment (MAT).
- Psychiatric Services provides assessments and medication management.

Behavioral Health Professionals:

Randy Allen, CSW-PIP, QMHP	June Anderson, LPC, QMHP
Tammy Arens Beauchamp, CSW-PIP, QMHP	Teri Corrigan, CSW-PIP, QMHP
Aimee Janvrin, LPC, QMHP	Lisa Kautzman, RN, CNP, QMHP
Jessica Koupal, RN, CNP, QMHP	Nancy Middleton, CSW, QMHP
Peggy O'Connor, RN	Amber Roduner, LPC-MH
Jim Ruhe, CSW-PIP, QMHP	Jeff Wahl, LPC-MH, QMHP

Behavior Management Systems Rapid City - Mainstream Office

111 North Street, Rapid City

Phone: (605) 343-0650

Website: www.BMSCares.org

Fax: (605) 342-3692

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

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

Services Offered: For adults with severe mental illness (SMI) including: CARE - Continuous Assistance, Rehabilitation, and Education; IMPACT - Individualized and Mobile Program of Assertive Community Treatment; Psychiatric Services - assessments and medication management; Transitional - residential program for people who have been released from a mental health institution or low intensity correctional institution.

Behavioral Health Professionals:

Aimee Janvrin, LPC-MH, QMHP	Lisa Kautzman, RN, CNP, QMHP	Peggy O'Connor, RN
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Behavior Management Systems Hot Springs Office

3 Canyon View Circle, Hot Springs

Phone: (605) 745-6222

Website: www.BMSCares.org

Fax: (605) 745-4930

Hours: 8:00am - 5:00pm, Monday – Thursday / 8:00am - 4:00pm, Friday / Evenings by appointment

Fees: Accepts most insurance, Medicare, and Medicaid. Other funding may be available depending on eligibility.

Services Offered: Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women's issues. Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school. Psychiatric Services include assessments and medication management. CARE (Continuous Assistance, Rehabilitation, and Education) services for adults with severe mental illness.

Behavioral Health Professionals:

Matt Gordon, LPC, QMHP	Lisa Kautzman, RN, CNP, QMHP
Kim McNemar, LPC-MH, QMHP	Shauna Smith, LPC, QMHP

Behavior Management Systems Spearfish Office

623 Dahl Road, Spearfish

Phone: (605) 642-2777

Website: www.BMSCares.org

Fax: (605) 642-9356

Behavior Management Systems Spearfish Office—Cont'd

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Evenings by appointment / Phone answered: 24 hours a day / 7 days a week

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

Services Offered: Outpatient counseling for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women's issues. Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school. Psychiatric Services include assessments and medication management. CARE - Continuous Assistance, Rehabilitation, and Education services for adults with severe mental illness.

Behavioral Health Professionals:

Carmen Heaphy, LPC, QMHP
Shannon Howard, LPC-MH, QMHP
Lisa Kautzman, RN, CNP, QMHP
Rachel Pettersen, LPC-MH, QMHP

Sarah Hewitt, MS, LPC, QMHP
Kenda Huseby, RN, CNP, QMHP
Peggy O'Connor, RN

Belle Fourche Counseling, LLC

515 National Street, Suite 103, Belle Fourche

Phone: (605) 722-8090

Hours: 8:00am - 5:00pm, Monday - Friday / Available evenings and weekends by appointment.

Fees: Sliding fee scale (\$65.00 - \$200.00); accepts most private insurance.

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. Telehealth services available.

Behavioral Health Professionals:

Allison Bensen, MS, LPC-MH
Linnea Grosz, LPC-MH

Kayla Grams, LPC-MH
Sarah Hewitt, LPC

Karen Griffith, LPC

Black Hills Center for Healing and the Advancement of Psychotherapy

2525 W. Main Street, Suite 303A6, Rapid City

Phone: (605) 440-2287

Website: bhchap.com

Fax: (605) 791-2086

Hours: By appointment.

Fees: In network with most regional plans; out of pocket costs depend on copay/deductible. Not all insurances reimburse for telehealth, so out of pocket payment may be required.

Services Offered: Individual therapy for adults and couples, specializing in trauma, including dissociative functioning and complex trauma. Integrative trauma treatment approaches, featuring eye movement desensitization and reprocessing (EMDR), somatic psychotherapies, along with a mindfulness and self compassion practice focus for core healing. Specialty programs and retreats available. Telehealth services/counseling available.

Behavioral Health Professional: Elizabeth Ostolozaga, CSW-PIP, QMHP, EMDR

Black Hills Children's Home

24100 S. Rockerville Road, Rapid City

Phone: (605) 343-5422

Website: www.chssd.org

Fax: (605) 343-1411

Hours: 24 hours a day / 7 days a week

Fees: Call for information

Services Offered: For boys and girls, ages 4-14 years old, who exhibit emotional disorders and/or behavioral problems. The average length of diagnostic assessment period is thirty days. The average length of stay for residential treatment is twelve to fourteen months. The Special Education Day School Program specializes in the education and treatment of children with emotional and behavioral disorders. Initial assessment includes psychiatric evaluation, psychological evaluation, educational testing, family/social assessment, abuse assessment, therapeutic activities assessment, and speech/language screening.

Behavioral Health Professionals:

Sue Andrews, MA, LSW
Elizabeth Keizer, MSW, CSW

Matthew Boyce, LAC
Rachel Walton, MSW, CSW

Black Hills Counseling Services

1238 Main Street, Suite 4, Sturgis

Phone: (605) 720-8090

E-mail: bhcounseling1@vastbb.net

Hours: 9:00am - 5:00pm, Monday – Friday / by appointment only

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

Services Offered: Individual, couples, and family counseling (ages 10 and up). Specializing in family and/or co-parenting mediation, development of co-parenting plans, critical incident stress management, and training on various mental health issues including abuse, stress management and workplace issues.

Behavioral Health Professional: Jeff DeKraai, MS, LPC-MH, QMHP

Black Hills Psychiatry Associates

528 Quincy Street, Rapid City

Phone: (605) 348-5401

Fax: (605) 348-7319

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

Fees: \$100.00 psychotherapy (45 min), \$275.00 psychiatric evaluation, \$90.00 medication checks (15 min).

Services Offered: Psychiatric services including medication evaluation and management. Individual, family, and marital counseling.

Behavioral Health Professionals:

Roberta Bobbi Kramlich, MA, LP

R. P. Renka, MD

Thomas G. Terry, MA, LMFT, LPC

Black Hills Psychology

115 N. 7th Street, Suite 6, Spearfish

Phone: (605) 645-0100

Website: www.blackhillspychology.com

Fax: (605) 717-1009

Hours: 9:00am - 5:00pm, Monday - Friday

Fees: Fees differ for each health professional; accepts most insurance.

Services Offered: Psychiatric evaluations, prescription medication management, psychological testing, and comprehensive therapy services including eye movement desensitization and reprocessing (EMDR) and biofeedback. Psychological testing and evaluation services available for issues including autism spectrum, learning disorders, attention deficit / hyperactive disorder (ADD/ADHD), bipolar, anxiety, depression, ability and achievement, IQ, memory, bariatric surgery evaluations, and court-ordered evaluations. Specializing in therapeutic services for depression, life-transition, behavioral issues, divorce, premarital, families, relationship issues, parenting, work-life balance, LGBTQ, grief and loss, serious and chronic disease, postpartum depression, infertility, stress management, eating disorders, physical disability, abuse issues, and chronic pain. Also offering telehealth services.

Behavioral Health Professionals:

Mark Britzman, EdD, LP

Michele Clodfelder, LPC-MH, EAP

Emilia Flint, PhD, LP

Tara Ginter, LPC-MH

Cherise Lerew, PhD, LP

Adam Opbroek, MD

Jacob Seidel, LPC-MH

Terry Trucano, CSW-PIP

Shannon Maxwell, PsyD, LP

Rita Van Norman, CSW-PIP

Bosworth Therapy & Consultation Services, Inc.

420 Quincy Street, Rapid City

Phone: (605) 343-7755

Fax: (605) 716-0650

E-mail: galvin63@yahoo.com

Hours: 10:00am - 7:00pm, Monday - Friday / 10:00am - 1:00pm, Saturday

Fees: 1st session - \$150.00; 2nd session - \$135.00-\$170.00 depending on length of session; accepts most insurance.

Services Offered: Individuals, couples, and family therapy, play therapy, mediation, and custody evaluations. Also offering telehealth services.

Behavioral Health Professional: Thomas M. Bosworth, MSW, CSW-PIP, RPT

The Brain Injury Rehabilitation Center

803 Soo San Drive, Rapid City

Phone: (605) 343-7297

Fax: (605) 721-9858

Website: <http://blackhillsworks.org/who-we-are/our-affiliates/brain-injury-rehabilitation-center/>

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

Fees: Vary, depending on service and funding options.

Services Offered: Provides brain injury rehabilitation in a community setting, services include; case management, cognitive retraining, speech therapy, 24-hour care, independent living training, employment training and

The Brain Injury Rehabilitation Center - Cont'd

placement, and neuropsychological evaluation. Counseling services available include individual, family, and group formats focusing on the specific needs of people with traumatic brain injury and any co-occurring issues such as substance abuse, physical abuse, depression, anxiety, and grief and loss.

Behavioral Health Professionals: Dr. Justine Ashokar, PhD Michael Huxford, PsyD

Bridgewater Behavioral Health, LLC

902 Columbus Street, Rapid City

Phone: (605) 791-1514

Website: www.bridgewaterbehavioralhealth.com

Fax: (844) 831-2349

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

Fees: Accepts most insurance, discount for self-pay.

Services Offered: Providing individual and family therapy for those who are struggling with behavioral, emotional, social, developmental, and situational difficulties including post-traumatic stress (PTSD), depression, anxiety, trauma, personality disorders, bipolar disorder, and relationship difficulty. Specializing in somatic experiencing sensorimotor psychotherapy, dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), person-centered therapy, eye movement desensitization and reprocessing (EMDR), and Adlerian therapeutic techniques.

Behavioral Health Professionals:

Genni L. Goschke, PsyD, SEP

Chantal M. Peterson, PsyD

Eric D. Traub, PsyD

Catholic Social Services Rapid City - Counseling Services

529 Kansas City Street, Suite 100, Rapid City

Phone: (605) 348-6086

Website: www.cssrapidcity.com

Fax: (605) 348-1050

E-mail: css@cssrapidcity.com

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

Fees: Sliding scale.

Services Offered: Individual, couple and family counseling for issues related to trauma, abuse, substance abuse prevention, relationships, unplanned pregnancy, adoption and parenting. Offers telehealth counseling services for rural South Dakotans to have access to an outpatient therapist via smart phone, tablet or computer. Call to schedule a session via confidential/secure HIPAA compliant video technology. Employee assistance program (EAP) - can provide trainings, classes/groups or counseling for employees. Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide. Variety of educational workshops available. Other programs include: Lakota Circles of Hope, Disaster Relief and Uplifting Parents. CSS is offering free counseling services to ranchers and producers facing stress, family conflict; persistent worry; depression; irritability; or relying on substances to manage.

Behavioral Health Professionals:

Angie Banley, MA, LPC, QMHP

Charlie Hartpence, MS

John Olenyik, MDiv, LPC, QMHP

Norma Runner, MA, LPC, QMHP

James T. Kinyon, MS, LPC-MH, QMHP, LMFT

Catholic Social Services Spearfish - Counseling Services

814 W. King Street, Spearfish

Phone: (605) 348-6086

Website: www.cssrapidcity.com

Fax: (605) 348-1050

E-mail: css@cssrapidcity.com

Hours: Varies / call to make an appointment

Fees: Sliding fee scale, accepts most insurance.

Services Offered: Provides individual, marital, and family counseling with a focus on addiction recovery (including evaluations), abuse, healthy relationships, unplanned pregnancy, adoption, and birth parents. Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide. Variety of educational workshops available.

Behavioral Health Professional: Angie Banley, MA, LPC, QMHP

Choices Counseling

809 S. Street, Suite 210, Rapid City

Phone: (605) 209-3688

Hours: 10:00am - 4:00pm, Tuesday - Thursday

Fees: \$165.00 per hour; accepts most insurance.

Services Offered: Adolescent and adult counseling for crisis, trauma, depression, anxiety, marital issues, adoption, stress management, and grief and loss.

Behavioral Health Professional: Charlie Lindgren, MEd, LPC-MH

Christian Counseling & Ministries of the Black Hills

624 6th Street, Suite 207, Rapid City

Phone: (605) 342-9333

Website: www.ccmbh.com

Fax: (605) 342-9333

Hours: By appointment.

Fees: Sliding fee scale (\$20.00 - \$150.00)

Services Offered: Individual, couples, and family counseling for all ages regarding issues of depression, anxiety, grief and loss, recovery, stress, crisis, relationship issues, anger, forgiveness, communication, self-concept, learning disabilities, attention deficit / hyperactive disorder (ADD/ADHD), parenting, and spiritual direction. Also, provides tele-counseling (via phone). Preferred that inquiring clients attend the intake appointment in person.

Behavioral Health Professionals:

Dadra Avery, MS, LPC

Sandi Ohlen, MS, LPC

June Reilly, MS, LPC-MH

Chrysalis Association, LLC

403 National Street, Suite 1, Rapid City

Phone: (605) 341-8647

Website: www.chrysalisassociation.com

Fax: (605) 341-0489

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

Fees: \$120.00 - \$170.00 per session

Services Offered: Psychological assessments for attention deficit / hyperactive disorder (ADD/ADHD), learning disorders, and all other psychiatric conditions. Individual treatment for anxiety, depression, post-traumatic stress (PTSD), trauma, personality disorders, and marital issues. Custody, competency, and forensic evaluations available. Therapeutic approaches include cognitive behavioral (CBT) and reprocessing therapy. Specialized services for sex offenders and non-adjudicated individuals with psychosexual issues.

Behavioral Health Professionals:

Lesley Dzintars, LPC-MH, QMHP

Dewey J. Ertz, EdD

Michael Williams, Ph.D.

Dr. William Moss, PsyD

Erika LaHood-Burns, CSW-PIP, QMHP

Michelle Veneklasen, MS, NCC, LAC, QMWP, LPC-MH

Compass Point, The - Spearfish

710 E. Colorado Boulevard, Suite A, Spearfish

Phone: (605) 642-7093

Website: www.thecompasspoint.org

Fax: (605) 722-3931

Hours: 8:00am - 5:00pm, Monday – Thursday / 8:00am - 12:00noon, Friday

Fees: Sliding fee scale/Indigent funding for those who qualify.

Services Offered: Offers screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include moral reconnection therapy class, continued care, and adolescent diversion classes. Also offers cognitive behavioral interventions for substance abuse (CBISA) and MRT treatment.

Behavioral Health Professionals:

Jeanie Montgomery, MS, LAC

AshLee Pray, BS, CAC

Ashley Siebrasse, BS, ACT

Bonnie Sorzano, BS, ACT

Compass Point, The - Sturgis - Outpatient

1807 Williams Street, Sturgis

Phone: (605) 347-3003

Website: www.TheCompassPoint.org

Fax: (605) 347-4944

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

Fees: Sliding fee scale.

Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Moral reconnection therapy class, DUI classes, continuing care and adolescent diversion classes. A family program is available to family members and friends affected by the substance use of another. Compass Point also offers cognitive behavioral interventions for substance abuse (CBISA) and MRT treatment.

Behavioral Health Professionals:

Gloria Burtzlaff, MS, ACT

Jean Earl, BS, ACT

Michelle Teeslink, MS, LAC

Compass Point, The - Sturgis - Inpatient

1807 Williams Street, Sturgis

Phone: (605) 347-3003

Website: www.TheCompassPoint.org

Fax: (605) 347-4944

Hours: 24 hours a day / 7 days a week

Fees: Sliding fee scale.

Services Offered: 28-day medically monitored inpatient treatment for adults with a family component.

Behavioral Health Professionals: Georgia Bissonette, BS, ACT Heather Ochocki, MA, LAC

Crisis Care Center

321 Kansas City Street, Rapid City

Phone: (605) 391-4863

Website: www.crisiscarecenter.org

Fax: (605) 791-0434

Hours: 24 hours a day / 7 days a week / 365 days a year, no appointment needed.

Fees: Accepts most insurance including Medicaid and Medicare; income-based grants available.

Services Offered: Crisis stabilization for adults, 18 years and older, who are experiencing a mental health or substance abuse crisis. Program features include: voluntary program, CCC is not a locked facility; medical triage screening at intake to determine the needed level of care; opportunity to speak with a qualified mental health professional (QMHP). Length of stay: up to 24 hours. Collaborative recovery oriented stabilization plan; immediate counseling services; referrals to community agencies including detox, inpatient services, and community based Counseling; limited transportation available to the Crisis Care Center via local law enforcement; telephone crisis support and follow up. Goals of the Crisis Care Center: Provide the community with crisis options other than inpatient psychiatric care, incarceration, and involuntary admission to detox services to match the level of need with the level of care. Improve access to after crisis follow-up and mental health and substance abuse treatment. Improve service integration and coordination amount agencies and providers to help individuals better navigate complex systems. Improve awareness about and access to services to assist people in entering the health care system for mental health and substance abuse services prior to entering a crisis state.

Behavioral Health Professionals:

Randy Allen, CSW-PIP, QMHP

Heather Armstrong, LPC, QMHP

Russ Conti, CSW-PIP, QMHP

Crossroads Counseling Services

809 South Street, Suite 306, Rapid City

Phone: (605) 430-9521

Hours: 11:00am - 6:00pm, Tuesday - Thursday

Fees: \$115.00 per 45-minute session; some fee reduction for uninsured.

Services Offered: Individual counseling for ages 8 through 62. Therapeutic approaches include client centered, existential, and cognitive-behavioral. Christian counseling is also offered. Therapy techniques include EMDR, sand tray therapy, play therapy, art therapy, behavior modification, and short-term solution-focused therapy. Telehealth available. All sessions via Doxy.me and must have an iPhone or Android phone. Some phone only sessions are available also.

Behavioral Health Professional: Beverly D. Dafler, LPC-MH, EdS, NCC

Dakota Hills Counseling, Inc.

623 Quincy Street, Suite 102, Rapid City

Phone: (605) 390-1029

Website: www.dakotahillscounselinginc.com

Fax: (605) 716-9491

Hours: 9:00am - 5:00pm, Monday - Friday

Fees: \$170.00; accepts most insurance including Medicare.

Services Offered: General counseling services for adults, families, and couples.

Behavioral Health Professional: Eileen Spellacy-Leir, CSW-PIP, ACSW

Enso Mental Health, LLC

717 5th Street, Spearfish

Phone: (605) 519-5850

Website: www.ensomh.com

Fax: (605) 699-8373

Hours: 8:00am - 5:00pm, Monday - Thursday / 8:00am-12:00noon, by appointment only

Fees: \$210.00 for initial session; \$180.00 for regular counseling session. Insurance accepted: Avera Health Plans, BlueCross and BlueShield, Cigna, DAKOTACARE, Medicaid, Optum, Sanford Health Plan, Wellmark.

Services Offered: Specializes in working with adults and teens on a variety of concerns including couples therapy, grief and loss, trauma, anxiety, depression, general wellness and health, and parenting. Provides individual

Enso Mental Health, LLC - Cont'd

therapy and marriage/couples therapy. Also, provides faith based counseling; bereavement counseling; cognitive behavioral therapy (CBT); terminal illness counseling; LGBTQ Counseling; gender identity counseling; hoarding counseling and domestic violence counseling. Able to offer sessions via telehealth. Prefer first session in person.

Behavioral Health Professionals:

Shannon Howard, MA, LPC-MH, QMHP, NCC JoAnna Prewitt, MS, LPC-MH, QMHP, NCC

Family Solutions Center

2650 Jackson Boulevard, Rapid City

Phone: (605) 359-9491

Website: www.familysolutionscenter.net

E-mail: fsckathy.sazama@yahoo.com

Hours: 8:00am - 6:00pm, Monday - Friday by appointment only

Fees: Initial interview \$250.00. Individual Therapy \$175.00. Marriage Counseling \$125.00.

Services Offered: Specializing in individual (including adolescents), couples, and family therapy. Works with issues of depression, anxiety, fertility, eating disorders, abuse and victimization, anger management, conflict resolution, dependency and codependency, parent/child conflict, woman's issues, grief and loss, and business conflicts. Trained in systems therapy.

Behavioral Health Professional: Kathy Sazama, MS, LMFT, QMHP

Funk Counseling

526 Main Street, Spearfish

Phone: (605) 722-0795

Website: www.funkcounseling.com

Fax: (605) 722-0795

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

Fees: \$150.00 initial assessment; \$125.00 per session

Services Offered: Provides individual counseling to children, adolescents and adults. Specialized training in cognitive behavioral therapy (CBT), experiential, and directive play therapy. Also offers trauma based training for children. Telehealth sessions available. Prefer first session in person.

Behavioral Health Professional: Rebecka Funk, MA, LPC-MH

Gammeter & Associates LLC

810 Mountain View Road, Rapid City

Phone: (605) 431-8876

Website: www.sdemdr.com

Fax: (605) 786-5941

Hours: 12:00noon - 6:00pm, Tuesday - Friday

Fees: Medicaid, Tricare, Most Insurances, Sliding Scale.

Services Offered: Works with children and adults, specializing in helping heal the impact of trauma. Offers trauma focused cognitive behavioral therapy, art therapy, and eye movement desensitization and reprocessing (EMDR).

Behavioral Health Professional: Barbara K. Gammeter, BA, MS, LPC-MH, TFCBT, EMDR, QMHP, NBCC

Gaylen Bendewald

1719 W. Main Street, Suite 305, Rapid City

Phone: (605) 360-6566

Website: www.gaylenbendewald.com

E-mail: gaylenbendewald@gmail.com

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

Fees: \$100.00 - \$125.00 depending on income and insurance coverage.

Services Offered: Individual and couples counseling with a focus on issues of communication, conflict, sexual issues, anxiety, or depression.

Behavioral Health Professional: Gaylen Bendewald, MSW, CSW-PIP

Gossamer Threads Counseling

811 E. Saint Andrew Street, Suite 12, Rapid City

Phone: (605) 209-5513

Website: gossamerthreadscounseling.com

E-mail: gossamerthreadscounseling@gmail.com

Hours: 9:00am - 5:00pm, Monday - Thursday

Fees: \$109.00 Individual or Family Session (1 hour); \$39.00 Group Session (1.5 hours).

Services Offered: Providing narrative therapy for adults and families, a relational therapy that seeks to collaboratively resolve problems and create new possibilities. Areas of special emphasis include: identity concerns and identity development (including LGBTQ+ identities); family dynamic questions; trouble in relationships; recovery from

Gossamer Threads Counseling - Cont'd

abuse or trauma (including religious trauma); marginalization or discrimination; complications in grieving; difficulties with mood, stress, and spiritual development.

Behavioral Health Professional: Jessica Hubner, MS, LPC

Greg Swenson, PhD

929 Kansas City Street, Suite 201, Rapid City

Phone: (605) 341-5436

Website: <http://gregswensonphd.net/>

Fax: (605) 721-5436

Hours: 9:00am - 5:00pm, Monday - Thursday

Fees: \$200.00 initial session; \$135.00 subsequent sessions; \$135.00/hour psychological evaluation; some insurances accepted.

Services Offered: Providing individual and marriage counseling from a Christian perspective, and psychological evaluations. Internet counseling available depending on insurance/third party payment or private pay.

Behavioral Health Professional: Greg Swenson, PhD, Licensed Psychologist

Grief Recovery Method, Coaching, and Training

24651 Whitetail Ridge Road, Hermosa

Phone: (303) 590-4403

Hours: By appointment or response to announcement of a Support Group beginning.

Fees: Sliding scale

Services Offered: The Grief Recovery Method (GRM) is an evidence-based and practice informed program that has been shown to effectively influence components of grief and grief recovery. The GRM program helps reduce grief by teaching griever's new skills on how to cope and process grief; how to confront old myths or unhelpful patterns of grieving; how to examine the ways in which grief has impacted their life through detailed assignments and exercises; and how to let go of pain from loss through the timely identification of apologies, forgiveness, and significant emotional statements, all within a helpful, supportive environment. There are four programs; 8 weeks support group, 7 weeks one on one, 4 weeks Helping Children Deal with Loss, and 6 weeks for Pet Loss. Services can be offered by Skype and Zoom. Contact by phone or email to discuss process and procedure.

Behavioral Health Professional:

Margie Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Method Specialist ®.

Harbor House Counseling

925 9th Street, Rapid City

Phone: (605) 645-9898

Website: www.harborhousecounseling.com

E-mail: harborhouse3@gmail.com

Hours: Flexible hours available by appointment.

Fees: Sliding fee scale

Services Offered: Providing individual and group counseling, aftercare and relapse prevention and smoking cessation. Life management workshops, creative arts therapy, emotional freedom therapy (tapping), vision board workshops. Dedicated to treating the whole person with traditional and alternative therapies.

Behavioral Health Professional: Patricia Burnham, LAC

Haven Counseling LLC

3213 W. Main Street, Suite 437, Rapid City

Phone: (605) 863-2498

Website: www.havencounselingllc.com

Fax: (605) 646-2321

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

Fees: Intake session \$175.00; subsequent sessions \$125.00.

Services Offered: Individual counseling for those 18 and older. Areas of focus include: adjustment to living with a brain injury; caregiver concerns and fatigue; adjustment to change and life transitions; grief and loss; depression; anxiety; self-esteem; ADHD; wellness and self-care; women's issues; communication; and stress management. Telehealth sessions available.

Behavioral Health Professional: Koral Olson, MS, LPC, NCC, CBIS

Heartspace Counseling, LLC

24349 Abe Place, Keystone

Phone: (605) 484-6030

Website: <http://sdheartspace.com>

Heartspace Counseling, LLC - Cont'd

E-mail: sdheartspacecounseling@gmail.com

Hours: 11:00am - 7:30pm, Tuesday and Wednesday

Fees: Individual or family therapy - \$120.00 per session; group therapy - email to request information.

Services Offered: Specializing in eating disorders, trauma, depression, anxiety, couples, life changes, spirituality, and aging. Group therapy for youth and adults with disordered eating. Conducts telemental health when necessary using VSee. First appointment preferred face to face, but not required.

Behavioral Health Professional: Susan Kay Lorenzen, MA, MS, LPC-MH, NCC, ACS

Helpline Center – 211 Resources

Phone: Call 2-1-1

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

Hours: 24 hours a day / 7 days a week / 365 days a year

Fees: None

Services Offered: Information, referral, and crisis helpline that provides resource information on non-profit, social service, and government programs, along with providing crisis intervention services. When you dial 2-1-1, you talk to real people trained to help and connect you to the right resources, organizations, or people. We answer calls 24 hours a day / 7 days a week. Our database of information grows every day and contains only the most reliable information. To help you search for help, we have an [online resource database](#) with a guided and keyword search, as well as many [resource guides](#). Helpsheets are short informational documents, and HelpLists allow users to create customized lists.

Helpline Center - Suicide and Crisis Support

Phone: (800) 273-8255(TALK)

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

Hours: 24 hours a day / 7 days a week / 365 days a year

Fees: None

The Helpline Center is the leading organization in South Dakota for suicide prevention and response. If you or someone you know is having suicidal thoughts, please call (800) 273-8255 anytime, day or night, to find the understanding, caring support and hope you need. Our Suicide and Crisis Support is an accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need. Also offers: a crisis texting program for every high school student in South Dakota; grief support for individuals who have lost a loved one to suicide; and professional suicide awareness and prevention training.

Behavioral Health Professionals: Janet Kittams, MA, LPC Sheri Nelson, MA, LAC

Heynen Health & Wellness Services

809 South Street, Rapid City

Phone: (605) 390-8332

Website: www.heatherheyne.com/

E-mail: info@heatherheyne.com

Hours: By appointment

Fees: Most insurance accepted; Sliding fee scale.

Services Offered: In-office mental health counseling and therapy to help navigate through mental and emotional stresses, alleviate anxiety and depression, and reach daily and life goals. Assessment and goal-setting. Online or in-office life coaching, counseling, consulting. Helps facilitate processes for individuals to reach goals in life through practical direct direction, emotion management, habit change, and skill building.

Behavioral Health Professional: Heather Heynen, LPC-MH, QMHP, NCC

HOPE Counseling Center

1245 Sherman Street, Hot Springs

Phone: (605) 745-5334

Fax: (605) 745-6256

E-mail: hope.counseling@live.com

Hours: By appointment

Fees: Insurance filing

Services Offered: Offering a supportive, collaborative relationship to develop and meet meaningful goals through: individual counseling; family counseling; marriage counseling; play therapy; mental health screening; grief/bereavement counseling; adolescent and youth counseling; parent counseling; spouse/intimate partner abuse counseling; lifespan integration therapy; and telehealth services.

Behavioral Health Professional: Alison Ritterbush, LPC-MH, QMHP

Isaacs Behavioral Health, LLC

2650 Jackson Boulevard, Suite 18, Rapid City

Phone: (605) 877-2010

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

Fees: Sliding scale

Services Offered: Individual psychotherapy for: PTSD, trauma, depression, anxiety, loss-grief, mood disorders, addictions, self-esteem, identity and relationship issues, and eating disorders. Group Psychotherapy: twice a year facilitates a Survivor Strong Group for females that have suffered sexual & physical abuse; 10-11 week duration 1/week for 2 hours. Loss/Grief Groups available. Therapies used: eye movement desensitization and reprocessing (EMDR), motivational interviewing (MI), cognitive behavior therapy (CBT), rational emotive behavioral therapy (REBT), and dialectical behavior therapy (DBT).

Behavioral Health Professional: Nicholas W. Isaacs, CSW-PIP, LAC, QMHP

Jean Hoem, MS, LPC-MH, QMHP, INC

550 N. 5th Street, Rapid City

Phone: (605) 348-6365

Fax: (605) 348-9408

Hours: 10:00am - 5:00pm (MT), Monday - Friday

Fees: Evaluations: \$200.00; Psychotherapy: \$185.00/60minute; cash fee: \$100.00/60minute.

Services Offered: Offering individual, family, and couples psychotherapy.

Behavioral Health Professionals:

Jean Hoem, MS, LPC-MH, QMHP

Jim Kienitz, MSW, CSW-PIP

Charles J. Lord, MD

Jetson Counseling

1301 W. Omaha Street, Suite 220, Rapid City

Phone: (605) 718-5500

Website: www.jetsoncounseling.com

E-mail: dave@jetsoncounseling.com

Hours: 10:00am - 6:00pm, Monday, Wednesday / 8:00am - 5:00pm, Tuesday / 8:00am - 6:00pm, Thursday

Fees: Call for information

Services Offered: Individual, couples, marriage, family, group counseling, and workshops focusing on areas such as co-dependency, trauma, sexuality, depression, anxiety, sexual abuse trauma, mild traumatic brain injury, relationship issues, boundaries, and financial therapy / coaching. Corporate and business consulting for team building, time management, strategic planning, and more. Face-to-face and internet options available. Internet counseling/tele-therapy is offered via Zoom and other modalities the client wishes to use.

Behavioral Health Professional: David Jetson, LPC-MH, LCPC, QMHP

Journey Counseling Services, LLC - Rapid City

811 Columbus Street, Rapid City

Phone: (605) 988-8131

Website: www.journeycounselingservices.com

Fax: (605) 988-8141

E-mail: info@journeycounselingservices.com

Hours: 9:00am - 8:00pm, Monday, Tuesday, Thursday / 9:00am - 5:00pm, Friday / Available by appointment only.

Evening appointments available.

Fees: Vary depending on services; accepts most insurance; payment plan if needed.

Services Offered: Individual, couple, and family therapy for a wide range of mental and behavioral health concerns including anxiety, depression, marital distress, divorce, blended families, parenting challenges, and grief. Sensitive to indigenous culture through training and direct experience. Telehealth sessions available.

Behavioral Health Professional: Michael Wheaton, MA, LMFT, QMHP

Kelly Marker

623 Quincy Street, Suite 102, Rapid City

Phone: (605) 381-4608

Fax: (605) 716-9491

Hours: 9:00am - 5:00pm, Tuesday - Thursday / 9:00am - 1:00pm, Friday

Fees: Accepts a variety of insurance.

Website: gossamerthreadscounseling.com

Services Offered: Provides outpatient counseling services for individuals ages 14 through adulthood. Specialties include: anxiety; trauma; stress; grief; adolescent issues; compassion fatigue and burnout among professionals. Telehealth services available for new and existing clients only through the COVID-19 public health emergency. Call or email for information.

Behavioral Health Professional: Kelly Marker, MS, LPC-MH

Knuppe Counseling

2650 Jackson Boulevard, Suite 11, Rapid City

Phone: (605) 390-7055

E-mail: knuppecounseling@gmail.com

Website: www.psychologytoday.com/us/therapists/knuppe-counseling-llc-rapid-city-sd/335735

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

Fees: \$100.00 - \$160.00/hour; sliding scale based on income.

Services Offered: Working with individuals, couples and families of all ages with a variety of challenges. Specialty training in family therapy, helping families dealing with challenging behaviors, and communication problems. Offers group therapy for parenting. Trauma focused cognitive behavioral therapy (CBT) trained.

Behavioral Health Professional: Triscell Knuppe, LCSW-PIP

The Life Counseling and Coaching

526 Main Street (lower level), Spearfish

Phone: (605) 639-5641

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

Fees: \$150.00 initial diagnostic assessment; \$125.00 psychotherapy.

Services Offered: Provides individual and couples counseling for adults struggling with symptoms of anxiety, depression, grief and trauma as well as difficulties with parenting, relationships and professional burn-out. Offers life and success coaching. Telemental health services available.

Behavioral Health Professional: Tracy Hunt, LPC-MH

LifeStages Counseling, LLC

811 E. Saint Andrew Street, Suite 3, Rapid City

Phone: (605) 388-2163

Website: www.lifestageshelp.com

Fax: (605) 653-5517

Hours: 9:00am - 5:30pm, Monday - Friday

Fees: \$110.00 - \$190.00 / Insurance accepted: SD Medicaid (Title 19), Blue Cross Blue Shield, Avera Health Plans, First Choice of the Midwest, Dakotacare, TLC, Sanford Health Plans, Sliding Fee Scale.

Services Offered: Provides counseling to children, adolescents, and their families in the Black Hills area. Issues that are addressed include: ADHD, adoption and foster care, adjustment to life situations, anxiety, anger management, behavioral concerns, coping skills, depression, family conflict, FASD, oppositional defiance, parenting, suicidal ideation, stress management, and trauma (including emotional, physical, and sexual abuse). Telehealth available and determined on a case by case basis.

Behavioral Health Professional: Janet K. Kuske, MA, LPC-MH, QMHP

Lifeways, Inc.

1010 9th Street, Suite 2, Rapid City

Phone: (605) 716-6555

Website: www.lifeways.us

Fax: (605) 484-7261

Hours: 8:00am - 5:00pm, Monday – Friday / Parent component: Evenings and Saturdays

Fees: Sliding scale.

Services Offered: In-school prevention and intervention services for all students in the Rapid City and Custer Area middle and high schools; research-based classroom curriculum, individual and group support/education sessions, peer to peer mentoring, individual screening and referral. For all students (public, private and home-schooled), and for students who are experiencing problems with substance abuse; intervention programs, outpatient intensive treatment, in-school recovery support and continued care. Out of school services/afterschool include: individual counseling, alcohol/drug assessments, intensive outpatient treatment and family support/education, continued care groups, and evidenced based trauma counseling for youth impacted by trauma. All services are available virtually.

Behavioral Health Professionals:

Michelle Ames, BS, CAC

Kelsey Hansen, MA, LAC

Danielle Meyer, BS, CAC

Paula Wilkinson Smith, LAC, CPS

Kristina Benter, LAC

Kathleen Kovarik, ACT, PHD

Rebecca Stucke, BS, ACT

Michele Brink-Gluhosky, CAC

Paula Long Fox, MS

Belinda Wickham, BS, ACT

Lisa Porisch Counseling

3421 W. Main Street, Rapid City

Phone: (605) 468-1865

Website: lisaporischcounseling.com

Fax: (605) 467-7829

E-mail: hello@lisaporischcounseling.sprucecare.com

Hours: 8:00am - 2:30pm, Monday - Friday

Lisa Porisch Counseling - Cont'd

Fees: No sliding scales, not grant funded.

Services Offered: Helps clients transform personal challenges and create a more balanced life. Offers the following services: individual counseling; divorce counseling; grief/bereavement counseling; terminal illness counseling; child abuse survivor counseling for adults; family counseling; play therapy; cognitive behavioral therapy (CBT); parent counseling; and internet (telehealth) counseling.

Behavioral Health Professional: Lisa Porisch, LPC-MH, RPT-S

Living Graciously Therapy

824 Columbus Street, Suite 403, Rapid City

Phone: (605) 209-5540

Website: childrenpsychology.com

Hours: 9:00am - 6:00pm, Monday - Friday

Fees: \$170.00 per hour

Services Offered: Certified school psychologist providing mental health and educational testing. Trained in evidence-based cognitive behavior therapy (CBT) and treats anxiety and trauma. Provides individual, couples, and family counseling.

Behavioral Health Professional: Judith Kennedy, LMFT-QMHP, School Psychologist

LSS Rapid City - Behavioral Health Services

2920 Sheridan Lake Road, Rapid City

Phone: (855) 334-2953

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

Fax: (605) 348-0477

E-mail: info@lsssd.org

Hours: 8:00am - 7:00pm, Monday – Tuesday; 8:00am - 6:00pm, Wednesday – Thursday; 8:00am - 5:00pm, Friday or by appointment

Fees: Sliding fee scale \$29.00 - \$168.00, based on family income; accepts most insurance, Medicaid, and Medicare. For victims of crime and victims of sexual abuse, special reduced cost services may be available; call for information.

Services Offered: 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 assessments and counseling; functional family therapy; moral reconnection therapy (MRT); moral reconnection therapy domestic violence (MRT-DV); aggression replacement training (ART); cannabis youth treatment (CYT); EAP (Employee Assistance Program) counseling; and culturally sensitive services.

Behavioral Health Professionals:

Deborah French, LPC-MH

Sarah Lux, CSW

Rachel Shepherd, CSW-PIP

Melissa Good, LAC, LPC

Lyndsey Lytle, MS

Susan Wheeler, LPC-MH, LAC

Stacy Hayford, LPC

Diana Mueller, LPC

James Spratt, MS

LSS Spearfish - Canyon Hills Center

2519 Windmill Drive, Spearfish

Phone: (605) 559-3500

E-mail: info@lsssd.org

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

Fax: (605) 221-2346

Hours: 8:00am - 5:00pm, Monday – Friday / Residential program: 24 hours a day / 7 days a week

Fees: Call for information

Services Offered: Provides psychiatric residential treatment center licensed to serve boys and girls ages 10-17 years old, who have emotional, behavioral, and educational challenges. Offers specialized education program; extensive outdoor recreation; opportunities for community involvement. Evidence-based programming including cognitive behavior therapy (CBT) groups.

Behavioral Health Professionals:

Allison Bensen, MS, LPC

Janna Swanson, MA, LPC

Shawn Van Gerpen, MD

Cherise Lerew, PhD

Alicia Tibbs, SWA

Michelle Williamson, MS, LPC

Manlove Brain + Body Health

636 Saint Anne Street, Rapid City

Phone: (605) 348-8000

Website: www.manlovehealth.com

Fax: (605) 716-2023

E-mail: office@manlovegroup.com

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

Fees: Evaluations \$361.00; Follow-up appointment (20 minutes) \$129.00 Follow-up appointment (30 minutes) \$187.00

Services Offered: General psychiatric services including evaluations and medication management. Treating

Manlove Brain + Body Health - Cont'd

psychiatric illnesses including depression, anxiety, attention deficit hyperactivity disorder (ADHD), developmental disorders and psychotic illnesses including schizophrenia and schizoaffective disorder. Offers transcranial magnetic stimulation (TMS) and Ketamine/Spravato for treatment of resistant depression.

Behavioral Health Professionals:

Kay Foland, CNP

Gregory Howard, PhD, MSW, CSW-PIP

Amy Newstrom, CNP

Laura Schirber, CNP

Lindsey Hansen, CNP

Stephen P. Manlove, MD

Kimberly Oberloh, CNP

Amanda VanConant, CNP

Thomas Jewitt, MD

Leslie Moss, CNP

Angela Ratzch, CNP

Mindfulness Matters Behavioral Health, LLC

3421 W. Main Street, Suite 101, Rapid City

Phone: (605) 718-0488

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

Fax: (605) 309-8033

Hours: 9:00am - 4:00pm, Monday - Thursday

Fees: Accepts most insurance and accepts self-pay.

Services Offered: Provides individual and family therapy to children, adolescents, and adults with experience in anxiety, mood, ADHD, depression, trauma, grief, sexual abuse, domestic violence, low self-esteem, self-harm behaviors, anger management, assisting children affected by divorce, behavior management, attachment issues, personality disorders, and autism spectrum disorders. Specialties include trauma work utilizing trauma focused cognitive behavioral therapies, play therapy, and dialectical behavioral therapy (DBT).

Behavioral Health Professional: Kambra Deitz, MSW, LCSW-PIP, RPT-S

Monument Health Behavioral Health Center

915 Mountain View Road, Rapid City

Phone: (605) 755-7200

Website: www.monument.health

E-mail: info@monument.health

Hours: Outpatient clinic: 8:30am - 5:00pm, Monday – Friday / Inpatient treatment: 24 hours a day / 7 days a week

Visiting hours child and adolescent unit: 5:00pm - 7:00pm, Monday - Friday / 3:00pm - 7:00pm, Sunday

Visiting hours adult unit: 6:00pm - 8:00pm, Monday - Friday / 3:00pm - 8:00pm, Saturday - Sunday

Fees: Vary; call for information.

Services Offered: A psychiatric hospital located on the west side of Rapid City. Offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns.

- Inpatient Treatment: Available for patients ages 5 and older. All patients will be psychiatrically assessed and treated by a licensed and board-certified psychiatrist. Additionally, experienced nurses and patient care technicians provide individual specialized attention 24 hours a day, 7 days a week.
- Inpatient Services: Specialized services include group and individual therapy, diagnostic testing, psychological evaluations, and family therapy. Recreational therapists provide a healing and therapeutic environment. Chemical Dependency Specialists perform detailed evaluations and treatment planning for patients struggling with addiction. Intensive case management is available to coordinate external services for the hospitalized patient. The hospital's clergy is available upon patient request or a patient's own spiritual leader is welcome to provide comfort.
- Hospitalization Process: If hospitalization is required, patients are provided a full physical examination and medical evaluation at the Rapid City Monument Hospital Emergency Department prior to hospitalization. Please proceed to the Emergency Department first or if emergent treatment is needed, call local law enforcement or 911.
- Outpatient Clinic: Offers individual and family counseling services for patients of all ages as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

Behavioral Health Professionals:

Carrie Bossman, CSW-PIP

Dr. Mark Garry, MD

Dr. Kirsten Butz, MD

Dr. Harry Hamlyn, MD

Stacy Danielson, PA

Dr. Susan Howard, MD

New Dawn Center

19271 SD Highway 79, Vale

Phone: (605) 456-2968

Website: <https://newdawncentervales.wixsite.com/newdawncenter>

Fax: (605) 456-3949

E-mail: newdawn@sdplains.com

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

Fees: \$5.00/day for those who qualify for EBT. \$10.00/day for those not able to qualify for EBT.

New Dawn Center - Cont'd

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. 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.

Behavioral Health Professionals:

Seth Courtney, MS, ACI, NCC
Kara Graveman, MS, LAC, CPS

Sara Ellington, MS, NCC, ACT

New Trails Ministry

11455 Elliot Road, Custer

E-mail: info@newtrailsministry.org

Website: <https://newtrailsministries.org>

Fax: (605) 299-1984

Hours: 10:00am - 6:00pm, Tuesdays and Thursdays / Monday, Wednesday and Friday by appointment only.

Fees: Sliding fee scale.

Services Offered: Primarily a clergy retreat ministry specializing in wilderness sabbaticals for pastors to promote wellness and resiliency. Offers professional counseling on a limited schedule through an office in Custer, SD. Providing a place where helping professionals can find support to deal with the challenges of caring. Also faith based professional counseling services on a limited schedule.

Behavioral Health Professional: Rodney Veldhuizen, LMFT-QMHP

Oyate Health Center – Behavioral Health (formerly known as Sioux San)

3200 Canyon Kaje Drive, Rapid City

Phone: (605) 355-2500

Website: www.GPTCHB.org

Fax: (605) 355-2510

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

Fees: No fees (for services or prescriptions) for federally recognized tribal members only.

Services Offered: 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; Dual diagnosis treatment. To schedule time for the Sweat Lodge contact: Jacqueline Arpan at (605) 719-5408 or Sheila Red Thunder at (605) 355-2376.

Behavioral Health Professionals:

Rebecca Leslie, MS

Brittney Vollmer, NP-C

Pennington County Sheriff's Office - Addiction Treatment Services

321 Kansas City Street, Suite 110, Rapid City

Phone: (605) 394-6128

Website: www.pennco.org/sheriff/

Fax: (605) 394-6890

E-mail: ccadp@pennco.org

Hours: 8:00am - 5:00pm, Monday – Friday / Detox open: 24 hours a day / 7 days a week. **Please note - Substance use assessments are not scheduled. However, clients can come at 8:00am and assessments are first come, first serve with 2-4 walk-in appointments daily.

Fees: Varying, call for information. State funding available for those meeting eligibility requirements.

Services Offered: Residential and intensive group outpatient treatment and specialized programming including: intensive methamphetamine treatment program (IMT), and opiate day treatment; intensive outpatient treatment; 12-hour DUI class; moral reconnection therapy (MRT); cognitive behavioral intervention for substance abuse program (CBISA); treatment needs assessments; social-setting detox; emergency/involuntary commitments; crisis care screening and interventions.

Residential treatment services are provided at 321 Kansas City Street, Rapid City, SD 57701.

Behavioral Health Professionals:

Peri Decory, ACT
Josh Lagge, ACT
Tonya Lore, MS, LAC
Deanna Nolan, LAC
Nikki Rohman, ACT
Casey Woods, ACT

Lisa Fredsall, CSW-PIP, CAC
Brent Lamley, LAC
Amy McGlade, MA, LAC
Bailey Quinn, ACT
Lori Sargent, CCDCI
Tommi Young Bull Bear, ACT

Christie Hurtig, ACT
Alisha Lascellas, ACT
Sara Maher, CAC
Dawn Riter, ACT
Amanda Whelchel, LAC

Practical Christian Counseling, Inc.

1351 Jolly Lane, Rapid City

Phone: (605) 484-7089

Website: www.practicalcc.com

Fax: (605) 721-9345

Hours: 11:00am - 9:00pm, Tuesday, Thursday / 11:00am - 6:00pm, Wednesday / 11:00am - 5:00pm (MT), Friday

Fees: \$80.00 per hour

Services Offered: Counseling from a biblically Christian worldview. Services include counseling for couples, marriage, marriage preparation, parenting, family, adolescents, depression, anxiety, grief, anger, crisis management, decision making, male sex addiction, gambling addiction, self-esteem, adjustment, life/professional coaching. Therapies include cognitive behavioral therapy (CBT), solution-focused, emotionally-focused couples, person-centered, Biblical, and prayer. Offering telehealth sessions.

Behavioral Health Professional: Scott Wiley, MS, LPC, LPC-MH-SUPV, NBCC

Project Recovery

625 Flormann Street, Rapid City

Phone: (605) 340-1234

E-mail: info@project-recovery.org

Website: www.project-recovery.org

Fax: (855) 526-0199

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

Fees: Sliding fee scale

Services Offered: Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions) physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine. Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a "whole-patient" approach to treatment for substance use disorders (SUD). Medical Staff provide; MAT services, HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals. Recovery Coaches provide peer one-on-one visits. Social Workers provide medication assistance programs and patient advocacy & resource connections.

Behavioral Health Professional: Jennie Brehm, PA

Psychological Associates of the Black Hills, LLC

1818 W. Fulton Street, Suite 201, Rapid City

Phone: (605) 348-6500

Website: www.pabh.org

Fax: (605) 341-7409

E-mail: officemanager@rushmore.com

Hours: 8:00am - early evenings, Monday - Friday

Fees: Vary; accepts most insurance.

Services Offered: Counseling for individuals, couples, groups, and families for all ages. Other services include play therapy, psychological assessments, psychotherapy, relationship counseling and limited neuropsychological assessments. This office is able to provide telehealth to anyone in the state of South Dakota. There is paperwork that must be completed and signed prior to the first appointment.

Behavioral Health Professionals:

Peg Kelsey, PhD, Psychologist

Jennifer Kozel, PhD, Psychologist

Trisha Miller, PhD, Psychologist

Mark Perrenoud, PhD, Psychologist

Lynette Quast, PhD, Psychologist

Rapid City Counselors

528 Kansas City Street, Rapid City

Phone: (605) 299-9100

Website: rapidcitycounselors.com

Fax: (605) 250-5159

E-mail: admin@rapidcitycounselors.com

Hours: 8:00am - 6:00pm, Monday – Friday / 10:00am - 4:00pm, Saturday

Fees: Accepts insurances, self-pay, and federal program mental health coverages.

Services Offered: Seeking to inspire and renew individual adults, children, adolescents, and couples to identify concerns and issues within themselves and their relationships that impede healthy life areas of functioning and connective relationships. Specialties include: trauma; anxiety; depression; self-esteem issues; conflict management; mediation; personality disorders; bipolar; and sexual identity concerns. Modalities of treatment encompass: cognitive behavior therapy (CBT); eye movement desensitization and reprogramming (EMDR); emotional freedom techniques (EFT, Tapping); virtual reality therapy (VR); brain tap; acceptance & commitment therapy (ACT); Gottman couples techniques; Christian counseling; play therapy; parent-child interactive therapy (PCIT); and sand tray therapy. Other techniques specific to the individual, adolescent, children, family, and couples needs.

Behavioral Health Professionals:

Kris Jeakins, MS, LPC-MH, NCC, QMHP

Shelsta Kaufmann, MA

Stacy L Keyser, MS, LPC-MH, NCC, QMHP

Silver See, MA

Rapid City Vet Center

21 E. Omaha Street, Rapid City

Phone: (605) 348-0077

Website: www.vetcenter.va.gov

Fax: (605) 348-0878

Hours: 8:00am - 4:30pm, Monday, Tuesday, Thursday and Friday / 8:00am - 7:00pm, Wednesday

Fees: None

Services Offered: Outpatient mental health counseling center providing 100% free services to eligible Veterans, Active Duty Service Members, and their families. Part of the US Department of Veterans Affairs but separate from the VA Medical Centers, with separate and confidential medical records. Offering individual, group, and couples counseling both in Rapid City and at a number of Community Access Points in the Black Hills. Also, a referral service and can point Veterans in the right direction for any information they may need in terms of accessing benefits, enrolling in VA health care, etc. Specialty is helping Veterans readjust successfully into civilian life, and provides counseling for a wide range of problems, from mental health issues like PTSD, depression, and anxiety to life stressor issues such as work-related or relationship difficulties. Also provides free bereavement counseling for loved ones of service members who died while on Active Duty or Veterans who died by suicide.

Behavioral Health Professionals:

Adriane Cox, CSW-PIP

Mike Kohler, CSW-PIP

Red Horse Healing

11424 Chimney Canyon Road, Piedmont

Phone: (605) 441-2038

Website: redhorsehealing.net

E-mail: Contact@redhorsehealing.net

Hours: Call for information

Fees: \$90.00 - \$120.00

Services Offered: Equine-assisted psychotherapy for individuals, families, and groups. Specialize in trauma focused cognitive behavioral therapy, solution focused therapy, and youth with problematic sexual behaviors. Telehealth available.

Behavioral Health Professional: Bridget Williams, MS, LPC-MH, QMHP

ROADS Outpatient Treatment Program

103 E. Omaha Street, Rapid City

Phone: (605) 348-8026

Fax: (605) 388-8902

E-mail: roadsoutpatient@gmail.com

Hours: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 12:00noon, Friday

Fees: Self-pay; state funding; and Title 19.

Services Offered: Outpatient counseling (for chemical dependency and co-occurring disorders) for adults 18 years and older including intensive outpatient treatment, continued care, moral reconnection therapy (MRT), cognitive behavioral groups, and assessments.

Behavioral Health Professionals:

Danielle Colichesi, CAC

Linda Pratt, LAC

Barbara Samson, CAC

Roger Schriver, LAC

Peter M. Sweitzer, M.Ed., LPC, LAC

Scovel Psychological and Counseling Services, LTD

2902 W. Main Street, Rapid City

Phone: (605) 721-8822

Website: www.scovelpsychological.com

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

Fees: \$175.00 psychotherapy; \$220.00 psychological assessment intake; psychological testing \$150.00 per hour; various insurances accepted.

Services Offered: Individual, couples and family counseling/ psychotherapy, forensic testing and psychological testing (personality, intelligence, achievement and neuropsychological). Groups include a grief group, COVID support group, adolescent support group, and chronic pain groups. Offering telehealth.

Behavioral Health Professionals:

Kay Ermish, LCSW-PIP

Michael E. Forgy, LCSW-PIP

Adria Hagg, LCSW-PIP

Peggy Heuston, LPC-MH, QMHP

Shannon Maxwell, Psy. D.

Caitlin Nissen, LPC-MH, QMHP

Jan Sanford, LPC-MH, QMHP

Kari A. Scovel, Ph. D., LP, LPC-MH, QMHP

Scott V. Sternhagen, Ph. D.

Beth Trennepohl, LPC, QMHP

Tamara Ulmer, LCSW, LPC-MH, QMHP

Sharon K. Hansen

27003 U.S. Highway 385, Hot Springs

Phone: (605) 890-0580

E-mail: jshansen@goldenwest.net

Hours: 8:00am - 12:00noon, Monday, Tuesday

Fees: \$100.00 / hour

Services Offered: Evaluation, individual psychotherapy, family therapy, play therapy, and anger management. Focus areas include depression, anxiety, stress, coping skills, relationship issues, abuse and domestic violence, and post-traumatic stress (PTSD).

Behavioral Health Professional: Sharon K. Hansen, MA, CNS, LMFT

Spirals Counseling, LLC

623 Quincy Street, Suite 102, Rapid City

Phone: (605) 381-5277

Website: www.spiralscounseling.com

Fax: (605) 716-9491

Hours: 10:00am - 5:00pm, Monday - Thursday

Fees: Accepts many insurance companies; initial intake - \$171.00; following sessions - \$167.00.

Services Offered: Counseling and psychotherapy for individuals, couples, families and adolescents 14 years and older. Areas of focus include premarital and marriage counseling, perinatal and postpartum, grief and loss, anxiety, depression, trauma and post-traumatic stress (PTSD), mind-body connection, mindfulness, stress management, and assertiveness skills. Therapeutic techniques offered include eye movement desensitization and reprocessing (EMDR), systemic family therapy, progressive counting (PC) exposure therapy. Telemental Health/Video appointments are available for individuals and couples living in South Dakota (as long as the client has access to high-speed Internet and connect without interruption). A confidential environment is critical for individuals seeking Telemental health services.

Behavioral Health Professional: Lynell Rice Brinkworth, MA, LMFT

Suzette Wasvick Counseling Services

280 Main Street, Suite 9, Hill City

Phone: (605) 390-8791

Website: wasvickcounseling.com

Fax: (605) 791-0122

E-mail: sw.counselingservices@yahoo.com

Hill City Office Hours: Monday and Thursday

Rapid City Office Hours: Tuesday, Wednesday and Friday

Fees: Accepts most insurance and Medicaid; \$200.00 for initial intake; \$180.00 for individual sessions; \$180.00 for family sessions.

Services Offered: Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post-traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, internal family systems (IFS), and other issues. Provides play therapy, cognitive behavior therapy (CBT), and dialectical behavior therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth. Rapid City location: 2218 Jackson Boulevard, Suite 13

Behavioral Health Professional: Suzette Wasvick, MS, LPC-MH, QMHP, RPT-S

Thomas L. Collins, LCSW

909 St. Joseph Street, Suite 503, Rapid City

Phone: (605) 342-0300

E-mail: tlccsw@aol.com

Fax: (605) 342-0300

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

Fees: \$110.00 / hour.

Services Offered: Child custody evaluations, parent coordinator services, adoption home studies, and child advocacy services.

Behavioral Health Professional: Thomas L. Collins, LCSW

Thorn Counseling

1301 W. Omaha Street, Suite 220, Rapid City

Phone: (605) 716-9944

E-mail: jetsonea@yahoo.com

Fax: (605) 718-0413

Hours: 9:00am - 6:00pm, Monday - Friday

Fees: \$180.00 / hour; all insurance accepted (except Tricare and Medicare)

Services Offered: Individual, marital, family, and group counseling for depression, anxiety, marital issues, and trauma.

Behavioral Health Professional: Liz Thorn, LPC-MH, LMFT, QMHP

Torno Mediation and Mental Health Services

730 South Street, Rapid City

Phone: (605) 718-3613

Website: www.tornommhs.com

Hours: By appointment

Fees: Accepts most insurance and Medicaid; cash discount.

Services Offered: Court approved divorce and custody mediator, parent coordinator, and custody evaluator. Individual, couples, and family counseling with expertise in blended families, marriage, family counseling, play therapy, trauma, child abuse, post-traumatic stress (PTSD), and sexual assault.

Behavioral Health Professional: Melanie Torno, MS, LPC-MH, QMHP, EMDR, TF-CBT

VA Black Hills Health Care System, Fort Meade

113 Comanche Road, Fort Meade

Phone: (605) 347-2511

Website: www.blackhills.va.gov

Fax: (800) 743-1070

Hours: 8:00am - 5:00pm, Monday – Friday / Nurse Advice Line: Evenings, weekends, and Holidays

Residential care: 24 hours a day / 7 days a week

Fees: Sliding fee scale for eligible Veterans only.

Services Offered: General medical and surgical, primary, nursing home, and rehabilitative care. Behavioral health services including: addictive disorder services; compensated work therapy; residential post-traumatic stress (PTSD) program; mental health intensive case management; inpatient psychiatric services; and outpatient psychiatric services.

Behavioral Health Professional: Lisa Foodim, LCSW, CCM, MAC

VA Black Hills Health Care System, Fort Meade - Polytrauma/TBI Clinic

113 Comanche Road, Fort Meade

Phone: (605) 347-2511, Ext. 17033

Website: www.blackhills.va.gov

Fax: (844) 698-2311

Hours: 7:30am - 4:00pm, Monday – Friday / Nurse Advice Line: Evenings, weekends, and Holidays

Fees: Vary; call for information.

TBI evaluation and education for Veterans. Speech-Language, Occupational, Physical evaluations and therapies. Neurological evaluations. Psychological services and Caregiver Supports.

Behavioral Health Professionals: Michelle Hough, LICSW

VA Black Hills Health Care System, Hot Springs

500 N. 5th Street, Hot Springs

Phone: (605) 745-2000

Website: www.blackhills.va.gov

Fax: (800) 764-5370

Hours: 8:00am - 5:00pm, Monday – Friday / Nurse Advice Line: evenings, weekends, and holidays Residential care: 24 hours a day / 7 days a week

Fees: Call for eligibility information.

Services Offered: General medical and surgical, primary, nursing home and rehabilitative care. Behavioral Health Services include: addictive disorder services (ADS) - outpatient and short and long-term residential treatment; transitional residence / halfway house; compensated work therapy; residential post-traumatic stress (PTSD) program; mental health intensive case management; inpatient and outpatient psychiatric services. The Suicide Prevention Coordinator has gun locks available.

Behavioral Health Professional: Lisa Foodim, LCSW, CCM, MAC

Wellfully - Residential Addiction Recovery Center

22 Waterloo Street, Rapid City

Phone: (605) 718-4870

Website: www.wellfully.org

Fax: (605) 718-4878

E-mail: info@wellfully.org

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

Fees: Call for information; Medicaid can help cover some costs; accepts private insurance and self-pay options.

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. Offers free assessment; treatment planning; mental health evaluation; group therapy; family involvement; individual therapy; aftercare planning; aftercare groups; 12-step groups; advocacy; and referrals.

Behavioral Health Professional: Dr. Mark Garry, MD

Wellfully - Residential Behavioral Health/Group Care Program

22 Waterloo Street, Rapid City

Phone: (605) 718-4870

Website: www.wellfully.org

Fax: (605) 718-4878

E-mail: info@wellfully.org

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

Fees: Call for information

Services Offered: Residential behavioral/group care program for abused and neglected youth offers youth 24-hour supervision. Offers 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.

Behavioral Health Professionals:

W. Burke Eilers, MS, LPC-MH, LAC, CPS, QMHP, NCC

Dr. Mark T. Garry, MD

Youth & Family Services Counseling Center

202 E. Adams Street, Rapid City

Phone: (605) 342-4789

Website: www.youthandfamilyservices.org

Fax: (605) 399-0833

E-mail: wehelpkids@youthandfamilyservices.org

Hours: 8:00am - 6:00pm, Monday – Thursday / 8:00am - 5:00pm, Friday

Fees: \$95.00/hour session; accepts most insurances; sliding fee scale available.

Services Offered: Crisis intervention, assessments, counseling, and case management services that help young people and their families overcome challenges and pave the way for an improved quality of life. Support to individuals suffering from mental health issues, alcohol and drug abuse, child abuse and neglect, domestic violence, and crime victimization. Support is also provided to individuals struggling with personality development and relationship issues. Therapists specialize in: individual, family, and group therapy; play, art, and sand therapy; marriage and relationship counseling; treatment for depression, anxiety, and behavior issues; trauma; stress and anger management; chemical dependency treatment and prevention; level 1 alcohol and drug evaluation and treatment; suicide crisis Intervention; treatment for youth with problematic sexual behaviors; additional services; parenting classes; mind-body workshops; domestic violence program. Seeking Safety Women's Group: females 18 years), wanting to recover from the negative effects of substance use and/or traumatic stress/PTSD. Individuals do not have to have a substance use disorder nor suffer from post-traumatic stress disorder (PTSD) to find healing in this group. State-accredited, 12-hour DUI classes; mental health consultations and trainings; Equine Assisted Therapy Group; mental health evaluations; and child abuse survivor program. Telehealth sessions available; prefer 1st session in person.

Behavioral Health Professionals:

Stephanie Beard, MSW, CSW

Jodi Burke, MSW, CSW-PIP, QMHP, LAC

Jennifer Freyensee, MA, LPC

Cathy Larsen, MS, LPC-MH, QMHP, CAC

Valerie Lick, MS

Maureen Murray, MA, LPC-MH, LAC

Jennifer Peters, MA, LPC-MH, QMHP

Sierra Toms, MA

Bridget Williams, MS, LPC-MH, QMHP

Youth & Family Services Youth Trauma Center

202 E. Adams Street, Rapid City

Hours: 8:00am - 6:00pm, Monday – Thursday / 8:00am - 5:00pm, Friday

Fees: Call for information

Services Offered: Works to increase identification of youth and families who have been exposed to traumatic stress and shorten the time it takes to get them into effective treatment programs. Offers free screenings to children who may be experiencing traumatic stress, and then, if information warrants, a full assessment will be scheduled. Youth and families who are identified as experiencing traumatic stress will be referred to appropriate treatment providers. Treatments available at YFS include: trauma-focused cognitive behavioral therapy; child parent psychotherapy; equine therapy; problematic sexual behavior-cognitive behavioral therapy; prolonged exposure therapy; dialectical behavior therapy (DBT); integrative treatment for complex trauma; and motivational interviewing. Also assists community mental health providers' expansion of trauma-focused knowledge and skills through education, training, and collaboration.

Behavioral Health Professionals:

Stephanie Beard, MSW, CSW

Jodi Burke, MSW, CSW-PIP, QMHP, LAC

Jennifer Freyensee, MS, LPC

Cathy Larsen, MS, LPC-MH, QMHP, CAC

Valerie Lick, MS

Maureen Murray, MA, LPC-MH, LAC

Jennifer Peters, MA, LPC-MH, QMHP

Sierra Toms, MA

Bridget Williams, MS, LPC-MH, QMHP

Suicide Prevention Resources

Black Hills Survivors of Suicide

Meeting location: First Congregational Church - 1200 Clark Street, Rapid City, SD 57701

Phone: (605) 721-7720

Website: <http://www.frontporchcoalition.org/>

Hours: Meeting time: 10:00am - 12:00noon, 4th Saturday of each month

Fees: None

Services Offered: A monthly support group for those who have lost a family member or friend to suicide. Goals are to help survivors better understand and cope with their situation, create an atmosphere of acceptance and support where survivors can share feelings with each other and learn from each other and to encourage survivors in the re-growth of self-esteem and develop a better attitude toward life. Please call the meeting facilitator before attending to discuss the group's guidelines and get answers to any questions. Group is facilitated by a peer who volunteers with the local outreach to suicide survivors (LOSS) team.

Front Porch Coalition

504 E. Monroe, Rapid City, SD 57701

Phone: (605) 348-6692

Website: www.frontporchcoalition.org

E-mail: office@frontporchcoalition.org

Hours: Office Hours: 8:00am - 5:00pm, Monday – Friday / 10:00am - 12:00noon, 4th Saturday of the month: Suicide survivors support group at First Congregational UCC Church at 1200 Clark Street in Rapid City. Call for support group times and more information for the eight week closed suicide survivors support group. Call or visit website for meeting updates and/or additional more frequent meeting times.

Fees: No fees for the support group; call for information on trainings.

Services Offered: Neighbors working together to promote mental health and to prevent suicide while providing support to those who have lost someone to suicide. Provides a LOSS Support Group for survivors of a loss to suicide. The LOSS (Local Outreach to Suicide Survivors) Team responds with law enforcement to provide immediate help and support to families and friends immediately after discovering the loss of their loved one to suicide. Offers a variety of suicide prevention training, including Mental Health First Aid for both youth and adult, including those specific for first responder/law enforcement, veterans, military members, and their families, older adults, higher education populations, and rural populations. Provides suicide prevention, intervention, and postvention training to community members, parents, teachers, first responders, behavioral health providers.

Helpline Center – Suicide and Crisis Support

Phone: (800) 273-8255

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

Hours: 24 hours a day / 7 days a week / 365 days a year

Fees: None

Services Offered: The Helpline Center is the leading organization in South Dakota for suicide prevention and response. If you or someone you know is having suicidal thoughts, please call (800) 273-8255 anytime, day or night, to find the caring support you need. Suicide and Crisis Support services include: A crisis texting program for teens at over 40 high schools in South Dakota; Grief support for individuals who have lost a loved one to suicide; Professional suicide awareness and prevention training; An accredited suicide prevention, intervention and after-care organization, delivering the hope and understanding you need.

Behavioral Health Professionals:

Janet Kittams, MA, LPC

Sheri Nelson, MA, LAC



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

211 Community Resources

- Information, Referral, and Crisis Helpline • Free • 24-hours a day
- Social Services • Government Information • Community Information
 - Financial Assistance • Donation Information • Food • Shelter
- HelpLists—customized lists of resources
- HelpSheets—informational documents on variety of subjects
 - Resource Database—over 4,500 searchable programs
- Community Calendar—Helping events, and continuing ed opportunities

Suicide and Crisis Support

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

Volunteer Connections

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

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

Helpline Center • 1000 N. West Avenue, Suite 310 • Sioux Falls, SD 57104
• Visit www.helplinecenter.org • Dial 211 • Text your zip code to 898211