



Mental Health Guide Brookings 2021

Call 211
Visit helplinecenter.org
Text Your Zip Code to 898211

ABOUT THE BROOKINGS AREA MENTAL HEALTH GUIDE

Welcome to the 2021 Brookings Area Mental Health Guide. The Brookings Area Mental Health Guide is produced as an initiative of the Brookings Area United Way in partnership with the City of Brookings and Brookings County. It 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 Brookings area.

There are two ways to find a specific resource:

By **Organizational Index** on page 5

By **Service Category** on page 6

Online at www.helplinecenter.org/brookings

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.

Please contact the Helpline Center to inquire about getting a new organization added or making changes to a current one.



1st Edition May 2018
2nd Edition March 2019
3rd Edition February 2020
4th Edition February 2021

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

With this information in mind, select two or three 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 does she or he most frequently use?
- * How will therapeutic goals be established?
- * How will you know when therapy is complete?

After talking with a potential practitioner, ask yourself:

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

Glossary of Abbreviations - Degrees

This is a key to abbreviations of professional accreditations and certifications used throughout this guide.

AA	Associate of Arts
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
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
RN	Registered Nurse
RN-BC	Registered Nurse, Board Certified

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
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
LPN	Licensed Practical Nurse
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.

NCC	National Certified Counselor
NCCE	Nationally Certified Custody Evaluator
NCGC	National Certified Gambling Counselor
NCE	National Certified Counselor
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

Organizational Index

This Guide is available to search online under the 211 Helpline tab at:

www.helplinecenter.org/brookings

Alcoholics Anonymous	Page 12
Avera Behavioral Health Outpatient Services	Page 7
Avera Medical Group	Page 7
Avera Behavioral Health Triage Services	Page 12
Brookings Behavioral Health & Wellness	Page 7
Brookings County Sheriff	Page 12
Brookings Counseling Solutions, LLC	Page 8
Brookings Empowerment Project	Page 12
Brookings Hospital	Page 12
Brookings Police Department	Page 12
Circle of Encouragement Counseling	Page 8
Clear Perspectives Counseling Associates	Page 8
Helpline Center - 211 Resources	Page 8, 9
Helpline Center - Suicide and Crisis Support	Page 9
Lighthouse Counseling Services	Page 9
Lutheran Social Services	Page 9, 10
NAMI Brookings	Page 12
Narcotics Anonymous	Page 12
New Perspectives Counseling, LLC	Page 10
Psychiatric Services, LLC	Page 10
Rita Olson's Counseling & Mediation	Page 10
Sandra Diedrich, MS, LPC-MH	Page 10
Sanford Health Brookings Clinic	Page 11
South Dakota QuitLine	Page 12, 13
South Dakota Resource Hotline for Substance Use	Page 13
South Dakota State University—Counseling Services	Page 11

Service Category Index

ABUSE / TRAUMA COUNSELING (for children and/or adult victims and survivors)

Avera Behavioral Health Outpatient Services	Page 7
Lutheran Social Services	Page 9, 10
Psychiatric Services, LLC	Page 10

ADDICTION / SUBSTANCE USE SERVICES

Alcoholics Anonymous.....	Page 12
Brookings Behavioral Health & Wellness	Page 7
Narcotics Anonymous.....	Page 12
Sanford Health Brookings Clinic	Page 11
South Dakota Resource Hotline for Substance Use	Page 13

CHILDREN / ADOLESCENT THERAPY

Avera Behavioral Health Outpatient Services	Page 7
Brookings Behavioral Health & Wellness	Page 7
Brookings Counseling Solutions, LLC	Page 8
Circle of Encouragement Counseling.....	Page 8
Clear Perspectives Counseling Associates	Page 8
Lighthouse Counseling Services.....	Page 9
New Perspectives Counseling, LLC.....	Page 10
Rita Olson's Counseling & Mediation	Page 10
Uckert Counseling	Page 11

FAITH-BASED THERAPY

Lutheran Social Services	Page 9, 10
Sandra Diedrich, MS, LPC-MH	Page 10

GENERAL SUPPORT SERVICES

Alcoholics Anonymous.....	Page 12
Avera Behavioral Health Triage Services.....	Page 12
Brookings County Sheriff	Page 12
Brookings Empowerment Project.....	Page 12
Brookings Hospital.....	Page 12
Brookings Police Department	Page 12
Helpline Center - 211 Resources	Page 8, 9
NAMI Brookings.....	Page 12
Narcotics Anonymous.....	Page 12
South Dakota QuitLine.....	Page 12, 13

PSYCHIATRY AND MEDICATION MANAGEMENT

Brookings Behavioral Health & Wellness	Page 7
--	--------

SUICIDE SURVIVOR SUPPORT SERVICES

Helpline Center - Suicide and Crisis Support	Page 9
--	--------

Avera Behavioral Health Outpatient Services

601 4th Street, Suite 101

Phone: (605) 322-4079

Website: www.avera.org

Hours: Appointments available as needed, evening hours available.

Fees: Accepts Medicaid, Medicare; private pay; all private insurance, and has EAP contracts with multiple employers.

- Outpatient therapy providing individual, couple/marriage, teen, and family counseling on topics including, but not limited to grief, depression, and anxiety.
- School-Based outpatient therapy providing individual, family and parent/teacher consultations within the Brookings Public School Districts.
- Group-based therapy providing psycho-education related to the needs of therapists' caseloads to help increase supportive and therapeutic environments and skills.

Behavioral Health Professionals:

Nikki Eining, CSW-PIP, QMHP

Elizabeth Milton, LPC-MH

Else Munsterteiger, CSW-PIP, QMHP

Avera Medical Group

400 22nd Street

Phone: (605) 697-9500

Website: www.Avera.org/Clinics/Brookings

Fax: (605) 697-9673

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

Urgent Care: 5:00pm - 7:00pm, Monday – Friday / 9:00am - 12:00noon, Saturday, Sunday

Fees: Call for information

Coordinated Care Team can help identify resource supports for community and primary healthcare needs; facilitation and connection to long-term counseling services to meet mental health needs, and clinic based counseling for interim or short-term support needs.

Behavioral Health Professional: Brenda Karch, MSW, LCSW

Brookings Behavioral Health & Wellness

211 4th Street

Phone: (605) 697-2850

Website: www.brookingsivycenter.org

Fax: (605) 697-2874

Office hours: 8:00am - 5:00pm, Monday - Friday; Phone answered 24 hours a day / 7 days a week;

Fees: All major insurance accepted. Fees discussed at first session. Most services available at reduced cost.

- Comprehensive Child/Adolescent/Family Services: outpatient therapy, psycho-educational and support groups, home-based therapy and support
- Comprehensive Adult/Family Services: outpatient therapy, community based case management
- Adult/Adolescent/Family Substance Abuse (focused) Services: a full array of state-sanctioned outpatient education, intervention and prevention
- Medical Services: outpatient psychiatric
- Emergency Services: 24/7/365 mental health crisis support available

Behavioral Health Professionals:

Andrea Brown, MS, ACT

Madeline Carroll-Schaal, PA-C

Tracy Chapman, LPC, QMHP

Keely Delany, MS

Robin Erz, LAC

Autumn Garr, BA

Lindsay Hawks, RN

Dan Kelley, MS, NCC

Rachel Larsen, BS, ACT

Amber Leafstedt, MA, LAC

Michael Moeller, MD

Emma Qurashi, BS

Brooke Rustman, BS, BSN

Bridgett Sturzenbecher, LSW, LPC, QMHP

Amy Ward, LPC-MH, QMHP

Brookings Counseling Solutions, LLC

1304 Main Avenue S.

Phone: (605) 999-6162

Website: www.brookingscounselingsolutions.com

Fax: (605) 942-7300

E-mail: office@srbservice.com

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

Fees: Accepts Medicaid, Medicare, most Employee Assistance (EAP) and insurance. Self-pay option is available.

Offers treatment needs assessments for people with addictions and mental health issues and individual, couple, family, and group counseling for ages 3 and up. All genders welcome.

Experience helping people of all ages who have experienced trauma and the symptoms that result from trauma (self-injury, low self-worth, depression, and anxiety, etc.) and other life changes.

Offers telehealth services.

Behavioral Health Professionals:

Melissa Klemm, NCC, LAC, LPC-MH, QMHP Erin Stearns, CSW-PIP, QMHP

Circle of Encouragement Counseling

1514 12th Street S.

Phone: (605) 691-7630

E-mail: encourage@brookings.net

Fax: (605) 692-4906

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

Fees: Intake \$175.00; Hourly \$150.00; Accepts most major insurance and Medicaid; Individual payment arrangement by mutual agreement.

Provides individual therapy and consultation/training services in the following areas: anxiety, behavioral concerns, depression, divorce, grief and loss, life transitions, parenting, school issues, and workplace management. Primary emphasis is working with children, adolescents, and families.

Behavioral Health Professionals:

Debra A. Butman-Perkins, MS, NCC, LPC-MH, QMHP, RPT-S

Clark G. Perkins, MEd, NCC, LPC, RPT-S

Clear Perspectives Counseling Associates

1451 6th Street

Phone: (605) 651-7416

Fax: (605) 692-8997

Hours: 9:00am - 6:00pm, Monday – Thursday / Friday by appointment only

Fees: Accepts most insurances and EAP policies; out of pocket services are available upon request.

Provides mental health counseling services to individuals, couples, groups, and families. Works with a wide range of client populations experiencing issues including, but not limited to; anxiety, depression, mood disorders, life stage changes, adjustment issues, relationship problems, behavior issues, substance abuse and recovery, grief, trauma, parenting and discipline, educational/vocational concerns, and more. Offers EMDR (Eye Movement Desensitization and Reprocessing) and brainspotting for trauma treatment and recovery.

Behavioral Health Professionals:

Brandi Brintnall, LPC-MH

Heidi Evers, MS, LPC-MH

Alicia Sterud, MA, LPC-MH

Helpline Center – 211 Resources

Phone: Call 2-1-1

Website: www.helplinecenter.org

Helpline Center – 211 Resources - Cont'd

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

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

Fees: None

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](#).

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

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. Services include: grief support for individuals who have lost a loved one to suicide; professional suicide awareness and prevention training; Text4Hope – Serving all high schools in South Dakota, teens may text icare to 898211 to talk with a caring staff member from the Helpline Center; 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

Lighthouse Counseling Services

628 Main Avenue, Suite B

Phone: (605) 690-4645

E-mail: lighthousecounselingservices@outlook.com

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

Fees: Sliding scale as needed

Offers mental health services for adults, couples, children (including adolescents), and families. Specialties include: anxiety, depression, mood disorders, relationship issues, family therapy, children/adolescents, autism, post-traumatic stress disorder (PTSD), military service or Veteran issues. Helps clients address and treat behavioral, educational, and relationship issues. Trauma specialist certified in prolonged exposure therapy and cognitive processing therapy. Offering telehealth services.

Behavioral Health Professional:

Michelle Ruesink, LPC, LPC-MH, QMHP, CAS (Certified Autism Specialist)

LSS (Lutheran Social Services) - Behavioral Health Services

752 22nd Avenue

Phone: (855) 334-2953

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

Fax: (605) 444-7500

E-mail: info@lsssd.org

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

Fees: Sliding fee scale \$29.00 - \$163.00, based on family income; accepts most insurance, Medicaid, and Medicare. For victims of crime and victims of abuse, free counseling may be

LSS (Lutheran Social Services) - Behavioral Health Services - Cont'd

available; call for information.

Offers a variety of counseling services for individuals, families, couples, or groups, including: Individual, couples, and family therapy; group therapy and education groups; mental health assessments and evaluations; counseling for victims of crime (including all types of child abuse); EAP (Employee Assistance Program) counseling; functional family Therapy; cognitive behavioral intervention for substance abuse (CBISA), moral reconnection therapy (MRT) and drug court services.

Behavioral Health Professionals:

Vicki Albers, LAC Robyn Amiotte, MS, LPC-MH, QMHP Becky Currier, LAC

New Perspectives Counseling, LLC

1451 6th Street

Phone: (605) 864-6946

Website: www.clearreflections-counseling.com

Fax: (605) 692-8997

E-mail: new.perspectives@hotmail.com

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

Fees: \$175.00 intake assessment; \$160.00 per 50-minute session after intake. Accepts most major insurances including Medicaid.

Provides individual and/or family therapy in the areas of anxiety, depression, stress management, behavioral issues, school issues, divorce, grief and loss, life transitions, parent education, and trauma. Primary emphasis is working with children, adolescents, and families. Also, provides treatment using brainspotting techniques. Telehealth services are available.

Behavioral Health Professional:

Brandi Brintnall, MA, NCC, LPC-MH

Psychiatric Services, LLC - Brookings

306 4th Street, Suite G

Phone: (605) 697-5352

Website: www.strivingtoimprove.com

Fax: (605) 610-1561

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

Fees: Call for information

Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Behavioral Health Professional:

Brenda L. Johnson, CNP

Rita Olson's Counseling & Mediation

1727 Teton Pass

Phone: (605) 692-1614

Hours: 8:00am - 9:00pm, Tuesday / 8:00am - 6:00pm, Wednesday, Thursday / Other times as needed

Fees: \$150.00 per session; insurance; EAP company affiliation

Offers individual, couple, and family counseling; mediation services including divorce, child custody, and conflict resolution. Services provided to adults and children above the age of 8.

Behavioral Health Professional:

Rita Olson, MS, LPC-MH, LMFT, QMHP

Sandra Diedrich, MS, LPC-MH

306 4th Street, Suite C

Sandra Diedrich, MS, LPC-MH - Cont'd

Phone: (605) 690-9062

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

Fees: No insurance accepted; sliding fee scale based on household income; financial assistance available.

Christian Counseling - Provides individual, couples (including premarital & divorce recovery), and family therapy in a setting where clients' Christian beliefs will be integrated into the therapeutic process. Topics covered include addressing depression, anxiety, stress management, trauma and multi-cultural concerns. Services offered include; individual counseling, family counseling, marriage counseling, divorce counseling, mental health screening, faith based counseling, grief/bereavement counseling, cognitive behavioral therapy, dialectical behavior therapy, sliding fee scale counseling, hoarding counseling, child abuse survivor counseling for adults and telehealth counseling.

Behavioral Health Professional: Sandra Diedrich, MS, NCC, LPC, LPC-MH, QMHP

Sanford Health Brookings Clinic

922 22nd Avenue S.

Phone: (605) 697-1900

Website: www.sanfordhealth.org

Clinic hours: 8:00am - 5:00pm, Monday – Friday

Acute Care hours: 4:30pm - 8:30pm, Monday – Friday / 8:00am - 12:30pm, Saturday

Fees: Accepts most insurance, Medicare, and Medicaid

Behavioral health counseling provides brief therapy for individuals, including mental health assessment, crisis intervention and referrals for children, couples and families. Psycho-social support for individual with chronic or newly diagnosed health conditions and wellness support.

Behavioral Health Professional: Jacalyn Hopp, CSW-PIP, QMHP

South Dakota State University - Student Health Center and Counseling Services

1440 N. Campus Drive

Phone: (605) 688-4157

Website: www.sdstate.edu/wellness-center/counseling-services

Hours: Call for information

E-mail: sdsu.shc@sdstate.edu

Fees: None

Offers a wide range of confidential services to currently enrolled SDSU students. These services include, but are not limited to individual and group counseling, crisis intervention, and self-help resources.

Behavioral Health Professionals:

Andrea Boglic, MS, NCC

Polly Davis, MS, LPC, MCC

Meagan Florestano, MS

Gabriel Hertler, NCC, LPC-MH, QMHP

Jessica McLaughlin, LPC-MH, QMHP

Ashley Rausch, LPC

Greg Wasberg, PhD/Org

Uckert Counseling

619 5th Avenue, Suite 3

Phone: (605) 592-5300

Website: www.uckertcounseling.com

Fax: (605) 696-7977

E-mail: uckertcounseling@gmail.com

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

Fees: Insurance accepted; accepts cash, checks and credit cards.

Provides mental health counseling to individuals. Areas of specialty include using accelerated resolution therapy for anxiety, trauma, and other issues. Other areas of interest include adjustments and women's issues. Also offering sessions via telehealth.

Behavioral Health Professional: Andrea L. Uckert, LPC-MH, QMHP

General Support Services:

Emergency Services

Brookings County Sheriff
Brookings Police Department
Brookings Hospital

315 7th Avenue
307 3rd Avenue
300 22nd Avenue

Emergency Dial: 9-1-1

(605) 696-8300
(605) 692-2113
(605) 696-9000

Alcoholics Anonymous

135 1st Avenue S. (Clubhouse)

Phone: (605) 692-6070

Hours: Vary; call for information

Fees: None

Website: www.area63aa.org

A voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership.

Avera Behavioral Health Triage Services

2412 S. Cliff Avenue, Sioux Falls, SD

Phone: (605) 322-4086

Website: www.avera.org/services/behavioral-health/

Hours: 8am – 5pm, Monday - Friday

Fees: Able to bill most insurances; willing to work with patient for financial assistance needs.

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

Behavioral Health Professionals:

Joann Adney, MSW, CSW-PIP
Mary Beth Donrheim, MSW, CSW-PIP
Lindsey Krueger, MSW, CSW-PIP
Lawrence Ling, MSW, CSW-PIP
Marcus Otten, LCSW, QMHP
Dr. Thomas Shaffer, PhD, LP
Amanda Taylor, LCSW, QMHP
Dr. Nancy Wise-VanderLee, PhD, LP

Dr. Donald Baum, PhD, LP
Mallory Frantsen, LCSW, QMHP
Amber Lehman-Meyers, MSW, CSW-PIP
Amy McFarland, MSW, CSW-PIP
Josh Reinfeld, LCSW, QMHP
Mary Ellen Smith, LPC-MH
Sara Van't Hul, LCSW, QMHP

Brookings Empowerment Project

600 Main Avenue, 2nd Floor

Hours: Email for information

Fees: None

Website: <https://www.empowerbrookings.org/>

Email: bep.57006@gmail.com

Empowers caregivers and individuals with persistent mental illness with resources and support. Provides education on mental illness, therapies and referrals to mental health providers as well as caregiver support groups.

NAMI Brookings

Meeting location: Brookings Hospital, private dining room or conference room

300 22nd Avenue

Phone: (605) 271-1871

Website: www.namisouthdakota.org

NAMI Brookings - Cont'd

Toll Free: (800) 551-2531

E-mail: namisd@midconetwork.com

Fees: Fees are not required to join, however, there are dues one can pay if they choose to; no one is excluded.

Offers practical support, useful education and understanding to people who are living and coping with neurobiologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness. Family-To-Family Classes are held twice a year usually in Winter/Spring and Fall.

Narcotics Anonymous

8th and Main (First Lutheran Church)

Phone: (605) 412-4357

Website: www.sdrna.com

Hours: 7:30pm, Thursday

E-mail: webservant@sdna.com

Fees: None

A non-profit support group made up of men and women for whom drugs has become a major problem. The only requirement for attending is the desire to stop using. There are no leaders and no fees. All are welcome.

South Dakota QuitLine

Phone: (866) 737-8487

Website: www.sdquitline.com

Fax: (605) 322-3858

Hours: 7:00am - 11:00pm, Monday – Friday / 8:00am - 5:00pm, Saturday

Fees: None

Provides over-the-phone coaching from trained professionals who will schedule regular follow-up calls over several weeks to offer support. Can also provide participants with free quit-tobacco products such as nicotine patches, gum, or lozenges or prescription medication. Postpartum program for those who have quit smoking during pregnancy. Providing additional relapse prevention calls and potential to receive gift card incentives. The Kickstart Kit is a quit guide and two weeks of patches, gum, or lozenges that can be ordered at www.sdquitline.com.

South Dakota Resource Hotline for Substance Use

Phone: (800) 920-4343

Website: www.avoidopioids.com or www.onmeth.com

Hours: 24 hours a day / 7 days a week

Fees: None

The hotline provides a place where individuals are able to reach out for information on treatment resources and support. An additional service provided through the hotline is Care Coordination. Care Coordinators are trained specialists whom provide support for those living with substance use disorders or their family members. They are especially helpful when it comes to knowing what options are available and for taking the first steps toward recovery.

helpline center



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

211 Helpline

- Information, Referral, and Crisis Helpline • Free • 24-hours a day
- Social Services • Government Information • Community Information
 - Financial Assistance • Donation Information • Food • Shelter
 - Online searchable database with over 4,500 programs

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