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Mental Health Guide Sioux Falls

2021

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ABOUT THE SIOUX FALLS MENTAL HEALTH GUIDE

Welcome to the 2021 Sioux Falls Mental Health Guide. This Guide is produced in partnership with Avera Health. 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 Sioux Falls area.

There are three ways to find a specific resource:

By **Service Category** beginning on Page VI

By **Organizational Index** beginning on Page X

Online at www.helplinecenter.org/sfmhg

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.

211 Helpline Features



- Informational documents on a variety of subjects
 - www.helplinecenter.org/helpsheets



- Customizable lists of resources
 - www.helplinecenter.org/helplist

Community Calendar

- Information on basic needs events
- Continuing ed and professional training opportunities
 - www.helplinecenter.org/community-events

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 used throughout this guide, of 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
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

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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www.helplinecenter.org/guides

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Abide Counseling Services, LLC

6809 S. Minnesota Avenue, Suite 102

Phone: (605) 988-8125

Website: www.abidecounselingservice.com

Fax: (605) 362-5803

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

Fees: Sliding scale; Medicaid and most insurances accepted. Private pay \$40.00 - \$130.00 based on sliding scale.

Services Offered: Addresses the following: marital and premarital counseling; anxiety; depression; life transitions; grief; women's issues; post-partum concerns; mood disorders; and couples counseling. Offering telehealth services.

Behavioral Health Professional: Anna Beard, MA, LPC

Agapé Counseling Center, LLC

700 S. 8th Avenue

Phone: (605) 582-4722

Website: www.agapecounselingsd.com

Fax: (605) 582-3197

E-mail: agapecounselingbrandon@gmail.com

Hours: 7:30am - 9:00pm, Monday - Friday / Evenings and weekends by appointment only

Fees: To be discussed during appointment.

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

Behavioral Health Professionals:

Brea Grueneich MA, LPC

Erin Sanford MA, LPC-MH, QMHP

Jennifer Zervas, MA, NCC, LPC, LAC, QMHP

Arise Counseling

1524 S. Summit Avenue

Phone: (605) 202-2882

Website: arisecounselingsiouxfalls.com/

Hours: By appointment only

Fees: Private pay and insurance accepted.

Services Offered: Individual and couple counseling. Treatment of depression, anxiety, bipolar disorder, mood disorders, stress management, life transitions, health problems, aging, boundaries, self-esteem, coping skills and grief. Telehealth is available for existing clients. A brief phone interview would be necessary to determine if new patients would be eligible for telehealth services.

Behavioral Health Professional: Jennifer Anderson, CSW-PIP, QMHP

Avera Addiction Care Center

6140 S. Curae Lane

Phone: (605) 504-2222

Website: www.avera.org/addiction

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

Fees: Call for information

Services Offered: A voluntary 28-day residential treatment center that uses a variety of evidence-based, individualized approaches to treat alcohol and drug addiction, such as cognitive behavioral therapy and motivational interviewing. Offers medical stabilization and Medication Assisted Treatment (MAT). All therapists are co-certified in addiction and mental health, and psychiatrists will regularly round at the center. Programming also includes a robust family component.

Behavioral Health Professionals: Call for list of practitioners.

Avera Cancer Institute - Integrative Medicine Clinic

1000 E. 23rd Street

Phone: (605) 322-3241

Website: www.avera.org/services/cancer-care/cancer-support-services/

Fax: (605) 322-4377

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

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Avera Cancer Institute - Integrative Medicine Clinic - Cont'd

Fees: Fee for services vary, Insurance billing

Services Offered: Oncology outpatient therapists offer counseling for people with cancer at any stage of treatment or recovery. Addressing issues of: adjustment to illness; fear of reoccurrence; cancer induced distress; anxiety; depression; life legacy; advance care planning; grief, and bereavement. Also available to see any family or support members of the individual for counseling. Support groups include: A Time To Heal for Breast Cancer (available online only): 12-week psychosocial rehabilitation group offered 2 times / year. No charge for class or materials-donation only. Telehealth available for any individual with cancer or their support person. May be in active treatment or out of treatment.

Behavioral Health Professionals:

Brenda Ling, MSW, CSW-PIP, OSW-C, PFA

Avera McKennan Behavioral Health Center - Assessment and Referral

4400 W. 69th Street, Suite 100

Phone: (605) 322-4065

Website: www.averabehavioralhealth.org

Fax: (800) 691-4336

Hours: 24 hours a day / 7 days a week. A message may be left if call is not able to be answered immediately. A staff will respond to messages as soon as possible.

Fees: None

Services Offered: Program provides free assessments 24-hours a day for mental health problems to determine an appropriate level of care.

Avera McKennan Behavioral Health Center - Adolescent Group Therapy Program

4400 W. 69th Street

Phone: (605) 322-4057

Website: www.averabehavioralhealth.org

Fax: (605) 322-5142

E-mail: adolescentoutpatient@avera.org

Hours: Meeting time: meets weekly, once a week for 12 weeks (45 minute groups)

Office hours: 8:00am - 5:00pm, Monday - Friday

Fees: Call for information

Services Offered: Psychotherapy group meeting for adolescents age 13 to 18 (still in school), facilitated by a trained mental health professional. Group uses a combination of cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and coping skills to help adolescents develop strategies to manage daily stress and emotional and behavioral difficulties.

Behavioral Health Professionals:

Ann Flynn Crowe, MSW, CSW-PIP

Marcus Otten, MSW-QMHP

Avera McKennan Behavioral Health Center – Adult Grief Services

4400 W. 69th Street, Suite 100

Phone: (605) 322-4074

Website: www.averabehavioralhealth.org

Fax: (605) 322-4060

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

Group Hours: 9:00am - 12:00noon, Saturdays / Call for group dates

Fees: None for groups; individual sessions are \$80.00

Services Offered: A professionally directed program designed to help adults navigate through any type of grief process in a small group and/or individual setting. Additionally, offers a grief group specifically for those who have experienced an infant loss. Offers telehealth services.

Behavioral Health Professional: Dr. Mark Vande Braak, PhD, FT (Fellow in Thanatology)

Avera McKennan Behavioral Health Center - Adult Partial Hospital and Intensive Outpatient

4400 W. 69th Street, Suite 100

Phone: (605) 322-4056

Website: www.averabehavioralhealth.org

Fax: (605) 322-4009

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

Fees: None for assessment; accepts most insurance including Medicaid and Medicare.

Services Offered: Clients receive help with depression, anxiety, behavioral problems,

Avera McKennan Behavioral Health Center - Adult Partial Hospital and Intensive Outpatient—Cont'd

adjustment issues, grief and loss, as well as other mental health issues. An adult outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Partial Hospital Program (PHP): serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary; 5 days per week, 4 hours per day. Intensive Outpatient Program (IOP): goal is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs. Generally, 7-11 hours of structured programming per week consisting of counseling and education groups.

Behavioral Health Professionals:

Lea Long, MSW, CSW-PIP
Kelsey Sjaarda, MSW, CSW-PIP

Chelsea Oppold, MSW, CSW

Avera McKennan Behavioral Health Center - Inpatient Units

4400 W. 69th Street, Suite 100

Phone: (605) 322-4065

Website: www.averabehavioralhealth.org

Fax: (605) 322-4060

Hours: 24 hours a day / 7 days a week

Fees: Assessment determines the right level of care, and the costs associated with each level of care will be explained. Insurance accepted including Medicare and Medicaid.

Services Offered: Inpatient treatment with units dedicated for children, adolescents, adults and seniors with acute psychiatry needs. A treatment team, headed by a psychiatrist, works to evaluate current symptoms and develop a positive treatment plan to address concerns. Treatment services include, but are not limited to depression, anxiety, addictive disorders, bipolar disorder, personality disorders, and schizophrenia. Group therapies focus on developing coping skills through expressive therapies and behavioral therapy.

Behavioral Health Professionals:

Ann Flynn-Crowe, MSW, CSW-PIP
Jennifer Wiese, MA, NCC, LPC-MH, LAC

Chelsea Oppold, MSW, CSW

Avera Medical Group Behavioral Health Clinic

2412 S. Cliff Avenue, Suite 200

Phone: (605) 322-4079

Website: www.avera.org

Fax: (605) 322-4080

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

Fees: Accepts most insurance including Medicare and Medicaid.

Services Offered: Individual, group, couples, and family counseling for all ages. Issues covered include depression; anxiety; borderline personality disorder; bipolar disorder; anorexia; bulimia; healthy weight loss; grief; attention-deficit / hyperactivity disorder (ADD/ADHD); chronic pain; family separation; divorce; self-destructive behaviors; self-esteem; abuse issues; anger management, and/or any other mental health disorder including PTSD. Offering neuropsychological and psychological testing, biofeedback, eye movement desensitization (EMDR), and EAP (employee assistance program) services and training. Group therapy including borderline personality disorder treatment groups including STEPPS, STAIRWAYS, and STRIDES; dialectical behavioral therapy (DBT) group; Best Me Group (social skills group for kids 6-10); and pain management group.

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, MSW, CSW, QMHP
Dr. Thomas Shaffer, PhD, LP

Dr. Donald Baum, PhD, LP
Mallory Frantsen, MSW, CSW, QMHP
Amber Lehman-Meyers, MSW, CSW-PIP
Amy McFarland, MSW, CSW-PIP
Josh Reinfeld, MSW, CSW
Mary Ellen Smith, LPC-MH

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Avera Medical Group Behavioral Health Clinic—Cont'd

Amanda Taylor, LCSW, QMHP

Sara Van't Hul, LCSW, QMHP

Dr. Nancy Wise-VanderLee, PhD, LP

Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program

2412 S. Cliff Avenue, Suite 100

Phone: (605) 322-4079

Website: www.avera.org

Fax: (605) 322-4080

Hours: 8:00am - 8:00pm, Monday – Thursday / 8:00am - 5:00pm, Friday / Various daytime and evening group programming available.

Fees: Vary with services provided. Accepts most insurance including Medicare. Not able to accept Medicaid. Patients can cash pay for services but it is a fixed rate and not sliding fee scale.

Services Offered: Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties. Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment. Court-approved provider for chemical dependency assessments, counseling and treatment services. Adolescents can be seen for chemical dependency evaluations and individual therapy. Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties. Dual-credentialed therapists licensed in mental health and addictions. Telemedicine counseling services including CD assessments and individual therapy. Anyone can participate in this service but must be present at one of the following Avera clinics to participate: Flandreau, Chamberlain, Kennebec, or Scotland. Uses Avera polycom system.

Behavioral Health Professionals:

Joseph Block, LAC

Natausha Deurmier, LCSW, CAC

Alyssa Domel, MA, LPC, NCC, LAC

Malia Holbeck, MSW, LCSW-PIP, LAC

Elisa Lewis, MS, LPC, NCC, LAC, QMHP

Melissa Roby, MS, LPC, LAC

Linda Rush, LPC, LAC

Lana Smith, MA, LMFT, QMHP, LAC

Avera Medical Group Health Care Clinic - Coyote Clinic

300 N. Dakota, Suite 117

Phone: (605) 322-6800

Website: www.avera.org

Hours: 5:30pm - 7:00pm, 2nd and 4th Tuesday of each month.

Fees: None for office visit

Services Offered: Sponsored by The University of South Dakota Sanford School of Medicine. Medical students under the supervision of internal medicine physicians provide health care with the goal of providing health care to uninsured patients over the age of 18 while providing a learning opportunity for medical students. Psychiatry services available during two appointment times (5:30pm and 6:30pm). The first clinic of each month will be for seeing new patients at these appointments while the second clinic will be for follow-up and seeing established patients. This clinic also offers prescription assistance.

Behavioral Health Professionals: Veronica Radigan, MD

Avera Medical Group Internal Medicine Women's

6215 S. Cliff Avenue, Suite 215

Phone: (605) 322-5890

Website: www.avera.org

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

Fees: Call for information

Services Offered: Counseling focused on individualized mental health treatment for adults and adolescents. Specialties in eating disorders, depression, anxiety, women's issues, life changes and adjustments, and medical nutrition therapy.

Behavioral Health Professional: Mary Dressing, LPC-MH, RD, LN

Avera Medical Group Midwest Psychiatric Medicine

4400 W. 69th Street, Suite 500

Phone: (605) 322-7580

Website: www.avera.org

Fax: (605) 322-7579

Hours: 8:00am - 5:00pm, Monday – Thursday / 8:00am - 4:30pm, Friday

Fees: Accepts most insurance.

Services Offered: Provides diagnosis and management of psychiatric disorders in children, adolescents, and adults. Treatment areas include depression, anxiety, bipolar disorder, schizophrenia, attention disorders (ADD/ADHD), and dementia.

Behavioral Health Professionals:

Berne Bahnson, MD

Lezlee Gregunson-Lund, PhD

Scott Schneider, MD

Laura Withorne-Maloney, CNP

Connie Graber, PsyD

Patrick McNeil, MSW

Tony Sorensen, PsyD

Avera Medical Group University Psychiatry Associates

4400 W. 69th Street, Suite 1500

Phone: (605) 322-5700

Website: www.avera.org

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

Fees: Accepts most insurance including Medicare and Medicaid

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

Behavioral Health Professionals:

Ammar Ali, MD

Michael Bergan, MD

Samantha Bonn, LCSW, QMHP

Heather Chester-Adam, MD

Candice Cummings, CSW-PIP, MSW

Kyle A. Duke, PA-C

Sheeba Fazili, LPC MH

William C. Fuller, MD

Derek Granum, LCSW

Tracee Hofer, CNP

Wallace Jackmon, PhD

Georgia Keenan, LPC-MH

Xiaofan 'Amy' Li, MD, PhD

Ann M. Mack, LPC--MH

Lynette Melby, CNP

Karl Oehlke, PA-C

Seth Parsons, MD

Veronica Radigan, MD

David Schlagel, MD

Matthew Stanley, DO

Shawn VanGerpen, MD

Jay Weatherill, MD

Nancy Wilson, MD

Vivek Anand, MD

Vinod Bhatara, MD

Ann Bowden, MD

Nicole Christenson, MD

Charlotte Donn, CNP

Keely Elgethun, MD

Sarah Flynn, MD

Bryce Gammeter, MD

Hillary Hanson, MD

Tomas Holtberg, PhD

Nancy Johnson, PhD

Garneth Kuiper, CNP

Josette S. Lindahl, MD

Wioleta Mazurczak, MD

Robert F. Nuss, MD

Hannah Otten, CNP

Meredith Powell, MD

Amber M. Reints, PMHNP

Timothy J. Soundy, MD

Anthony Vaca, MD

Tamara Vik, MD

David Whaley, MD

Back to Basics Counseling

48575 267th Street, Valley Springs, SD 57068

Phone: (605) 757-7025

E-mail: scarecrow@alliancecom.net

Website: back-to-basics-counseling.business.site/

Back to Basics Counseling—Cont'd

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

Fees: Sliding scale.

Services Offered: Trained in dialectical behavior therapy (DBT), trauma focused, and working with individuals with addictions, anxiety, depression, bi-polar, borderline personality and other diagnoses. Offers counseling services for tweens - senior adults. Can meet people at their home, in the community or by telehealth.

Behavioral Health Professional: Debra McClintock, LCSW-PIP, QMHP

Barbara RA Christensen, II Inc

6809 S. Minnesota Avenue, Suite 102

Phone: (605) 362-5803

Website: www.barbarachristensencounseling.com

Fax: (605) 212-0835

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

Fees: Sliding fee scale, check with insurance for telehealth.

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

Behavioral Health Professional: Barbara RA Christensen, MS, NCC, LPC, LPC-MH, QMHP, LAC

Bartels Counseling Services, Inc.

6330 S. Western Avenue, Suite 140

Phone: (605) 310-0032

Website: www.bartelscounselingservicesinc.com

Fax: (605) 271-0200

E-mail: bartelscounselingservicesinc@midconetwork.com

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

Fees: Accepts most insurance; sliding fee scale; state funding assistance for those who qualify.

Services Offered: Individual, couples, groups, and family assessment, therapy, and treatment for concerns including: addiction; anxiety; depression; mood disorders; adjustment; abuse; spiritual development; emotional and stress management; family issues; grief; trauma; personality disorders, and relational issues. Provides addiction assessments, early intervention, intensive outpatient treatment, and aftercare services for adults and adolescents. Also offering telemental health, utilizing Zoom. Clients are encouraged to check with their insurance providers regarding coverage; if allowed, services can be provided via phone. No restrictions if self-pay.

Behavioral Health Professionals:

Sherry L. Bartels, MA, QMHP, LPC-MH, LAC, ACS, ASS, NCC

Jennie Mayer, MS, QMHP, LPC-MH, LAC, NCC

Beck Counseling Services

2121 W. 63rd Place, Suite 400

Phone: (605) 838-8910

Fax: (888) 432-1575

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

Fees: Initial Intake: \$225.00; Regular session: \$155.00; Extended session: \$185.00; accepts all major insurances.

Services Offered: Helping individuals and couples walk through various complexities and challenges they face in life. Whether it's learning communication and problem solving skills, addressing infidelity, dealing with grief and loss or managing anxiety and depression - there is hope. Provides the following services: individual counseling; marriage counseling; couples counseling; divorce counseling; faith based counseling; grief counseling; parent counseling; child abuse survivor counseling for adults; and family of origin work.

Behavioral Health Professional: Pamela Beck, LMFT, QMHP

Behavior Care Specialists, Inc.

1105 W. Russell Street

Phone: (605) 271-2690

Website: www.behaviorcarespecialists.com

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Behavior Care Specialists, Inc.—Cont'd

Fax: (605) 271-3956

E-mail: BCSSiouxFalls@behaviorcarespecialists.com

Hours: 8:00am - 6:00pm, Monday, Tuesday, Thursday, Friday / 8:00am - 4:00pm, Wednesday / Saturday by appointment only.

Fees: \$80.00 - \$153.00/hour.

Services Offered: Provides the following services: behavioral treatment utilizing the principles of applied behavior analysis (ABA); consultation; parent training; in-services/trainings; functional behavioral assessment; and out of district placement for school districts. Offers telehealth services.

Behavioral Health Professionals:

Charles Joey Clarke, MA, RBT

Natasia Eastman, BS, BCaBA

Nicole Hoefert, BS, RBT

Lonna Quiram, MS, BCBA

Miranda Smith, BS, RBT

May Dang, BS, RBT

Jennifer Erickson, MA, BCBA, LBA

Debra Kindelspire, BFA, BCaBA

Christie Reit, MS, BCBA, LBA

Riley Wolles, BS, RBT

Behavior Management Counseling Services

3610 S. Western Avenue, Suite 2

Phone: (605) 274-1700

Website: www.mariaegancounseling.com

Fax: (605) 274-1704

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

Fees: Accepts most insurance and Medicaid (South Dakota and Iowa)

Services Offered: Offering individual, couples, group, and family therapy for all ages. Specializing in work with children and adolescents. Utilizes play therapy, parent/ child interactive therapy, behavior modification, cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT). Experience working with those suffering from depression, generalized and separation anxiety, school refusal, social phobia, and obsessive compulsive disorder (OCD). Other areas include social skills training, behavior problems, emotional regulation, selective mutism, trichotillomania (hair pulling), grief and loss, post-traumatic stress (PTSD), attention deficit / hyperactivity disorder (ADD/ADHD), Asperger's and autism spectrum, pediatric bipolar disorder, mood disorders, and disruptive mood dysregulation. Virtual and in-office visits available. Offering groups for children: "OCD and Worry Free", a psychotherapy group for kids ages 8-13 with obsessive compulsive disorder; "Kids, Boundaries, and Manners", an 8-week learning group designed to help children understand body boundaries and personal space.

Behavioral Health Professional: Maria Egan, MS, LPC-MH, QMHP

Bethesda Christian Counseling Midwest, Inc.

400 S. Sycamore Avenue, Suite 105-3

Phone: (605) 334-3739

Website: www.bethesdachristiancounseling.org

Fax: (605) 334-7552

E-mail: info@bethesdachristiancounseling.org

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

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

Services Offered: Provides individual, marriage, and family outpatient therapy for all regardless of gender, race, or creed. Services also include church health and psychological testing. Provides various prevention education programs to churches and civic organizations on an as-requested basis. Medication evaluation and management.

Behavioral Health Professionals:

Joseph R. Goraj, MSW, CSW

William Huisken, MSW, CSW-PIP

Barbara Roehrich, LPC-MH

Cassandra Heuer, PMHNP

David Nehring, PhD

Brenda Hansen-Mayer

1601 E. 69th Street, Suite 202

Phone: (605) 330-9997

Website: www.bhmtherapy.com

Fax: (605) 330-9998

Hours: 9:00am - 4:00pm, Monday - Thursday / 9:00am - 3:00pm, Friday

Fees: Accept BCBS South Dakota, Avera, Sanford, Dakotacare Insurance.

Brenda Hansen-Mayer—Cont'd

Services Offered: Counseling issues: trauma and stressor related problems; recovery support and relapse prevention; and relationship problems. Eye movement desensitization & reprocessing (EMDR) therapy available as well as the following assessments: treatment needs assessment; court mandated assessment; mental health assessment; and substance use assessment.

Behavioral Health Professional:

Brenda Hansen-Mayer, MS, LPC-MH, LAC and Certified EMDR Therapist

Burroughs Counseling and Consultation, LLC

5032 S. Bur Oak Place, Suite 205

Phone: (605) 206-7474

Website: www.burroughscounseling.com

Fax: (605) 271-1671

Hours: 8:00am - 8:00pm, Monday - Saturday, or by appointment.

Fees: \$120.00 - \$180.00/session; sliding scale fee available and accepts all major insurances. Can work with individuals of all financial backgrounds.

Services Offered: Provides individual, family, group, marital/couple, and play therapy services using eye movement desensitization and reprocessing (EMDR) and dialectical behavioral therapy (DBT). Bilingual (Spanish) therapy is available. Has a commitment to seeing a client within 24 hours of receiving a referral. Also, providing telehealth services to patients across South Dakota.

Behavioral Health Professionals:

Andrew Burroughs, LPC-MH

Megan Engdahl, CSW-PIP

Brooke Greenig, LCSW

Christopher Pudwill, CSW-PIP

Robyn Shores Foster, CSW-PIP

Chuck Voegeli, LPC-MH

Karen Dreier, LCSW

Mike Falconer, CSW-PIP

Lindsay Neth, CSW-PIP

Tally Salisbury, LPC-MH

Ashley Termansen, CSW-PIP

Carissa Palmberg Counseling

363 40th Avenue, Hills, MN 56138

Phone: (605) 951-6267

Website: www.riderockranch.org/equine-assisted-psychotherapy

Hours: Sessions are by appointment only.

Fees: Visit website for details.

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

Behavioral Health Professional:

Carissa Palmberg, MS, LPC, LAC, Eagala (Equine Assisted Growth And Learning Association) Certified

Carroll Institute - Substance Abuse Treatment

310 S. 1st Avenue

Phone: (605) 336-2556

Website: www.carrollinstitute.org

Fax: (605) 339-3345

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

Walk-in assessments for substance use: 12:30pm - 3:00pm, Friday.

Fees: Sliding fee scale.

Services Offered: Co-occurring services throughout all programming are available to address not only substance use but also mental health symptoms: Treatment Needs Assessment for Substance Abuse - Offers alcohol and drug assessments to determine level of care needed; Jail Treatment Program - Alcohol and other drug abuse treatment services with an emphasis on criminal / addictive thinking and interactive journaling. The interactive journaling process encourages people to personalize the information they acquire and to take responsibility for their own recovery. Treatment is provided in the Minnehaha County Jail; Adult Outpatient Treatment Program - Consists of group therapy, alcohol and other drug information, skill development and

Carroll Institute - Substance Abuse Treatment—Cont'd

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

Behavioral Health Professionals:

Earv Archambeau, BS, ACT
Sara Cady, BS, MSW, ACT
Shane Gerlach, BS, CAC
Kristi Jacobsma, AA, CAC
Sara Jerke, BS, CAC
Alicia Levesque, BS, MS, ACT
Jessica Nieman, LAC
Allison Thompson, BA, MS, ACT
Caroline Vernon, MA, ACT

Tiffany Butler, MA, LPC, QMHP
Barb Devos, MS, LPC, LAC, QMHP
Andrea Haubert, BS, MS, NCC, ACT
Tanya Janes, BS, ACT
Crystal Kapperman, BA, MA
Mindy Mashek, BA, LAC
Kate Telkamp, BS, MA, ACT
Kristi VanDeRostyne, BS, CAC, CPS
Michelle Worden, MA, LAC

Carroll Institute - Prevention Programming

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

Fees: Call for information

Services Offered: Prevention programs including: Project Awareness - Prevention programming for all ages. Presentations of a variety of issues dealing with alcohol and other drugs. Individual and family counseling. Counselors spend time weekly in area schools (K-12) and working with students individually and in groups. Able to do alcohol and other drug assessments and referrals. Speakers available for all types of groups and organizations. Staff are trained in Life Skills Training; Diversion Program - Alcohol and other drug abuse prevention and treatment for young adults 18-20 years of age; Intensive Prevention Program - The Intensive Prevention Program is a 16-hour program that meets four evenings a week. The goals of the group are education about the physical and social consequences of alcohol and other drug use, problem solving skills, and identification of individual and family problems associated with the chemical use. The program is run in a group format, and each individual treatment plan is developed by the counseling staff. Individual counseling and family therapy are available for those in need of these services.

Behavioral Health Professionals:

Tiffany Butler, MA, LPC
Kate Telkamp, MS, ACT

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

Carroll Institute Residential Services - Arch

516 W. 12th Street

Phone: (605) 332-6730

Fax: (888) 254-4543

Hours: 24 hours a day / 7 days a week

Fees: Sliding fee scale.

Services Offered: Provides residential programming to adult males and females who meet criteria and are struggling with substance use. Program goals include: recovery oriented programming, client centered treatment planning, relapse prevention, employment, transition planning, life skills, and drug testing.

Behavioral Health Professionals:

Joshua Duncan, MDiv, ACT
Rachael Miedema, MS, LPC, LAC
Michelle Worden, MA, LAC

Kassandra Dunn, MA, LAC
Benjamin Scott, ACT

Catholic Family Services Sioux Falls - Counseling Program

523 N. Duluth Avenue

Phone: (605) 988-3775

Fax: (605) 988-3875

Hours: 8:30am - 5:00pm, Monday – Friday / Tuesday evening by appointment.

Website: www.sfcatholic.org

E-mail: cfs@sfcatholic.org

Catholic Family Services Sioux Falls - Counseling Program—Cont'd

Fees: \$132.00 per 1-hour session; \$99.00 per 45-minute session; sliding fee scale, accepts most insurance, Medicaid, and employee assistance programs; some grants available.

Services Offered: Counselors strive to empower adults, children, couples, and families to find solutions to difficult situations or issues in a confidential, professional, caring, and Christian atmosphere. Counselors are trained to deal with any issue in a variety of ways.

Behavioral Health Professionals:

Katelynn Beldin, MA
Bonnie Deen, LPC-MH, QMHP, NCC
Marnie Schieffer, CSW-PIP
Fran Van Bockel, LPC-MH

Janell Christenson, AP, RN-BC, LAC, CT, CHPN
Kaylor Ridl, MSW, LCSW
Patricia Schwan, LPC-MH, LMFT
Mary Weber, LMFT

Center For Family Medicine

1115 E. 20th Street

Phone: (605) 339-1783

Fax: (605) 367-7157

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

Fees: For mental health services: accepts most insurance, and Medicaid. If needed patients can apply for financial assistance.

Services Offered: Mental health services including individual, marital, and family therapy. Specializing in brief therapy for psychological problems associated with medical illness.

Behavioral Health Professionals:

Daniel Felix, PhD, LMFT

Mary Jones, LMFT

Website: www.centerforfamilymed.org

E-mail: info@c4fm.org

Chamness Counseling

326 E. 8th Street, Suite 106E

Phone: (605) 254-3889

E-mail: chamnesscounseling@gmail.com

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

Fees: \$150.00 per hour; some insurance accepted.

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

Behavioral Health Professional: Jeanne Chamness, MA, NCC, LPC

Website: www.chamnesscounseling.com

Children's Home Society - Residential Treatment

801 N. Sycamore Avenue

Phone: (605) 334-6004

Fax: (605) 343-5422

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

Fees: Residential tuition and school tuition.

Services Offered: A 24-hour residential and psychiatric treatment center serving emotionally disturbed and learning disabled children between the ages of 4-13. This program also provides special education services and intensive therapy for children and families who are experiencing difficulty at home, in school, or in the community. Services include day school and residential programs, evaluation services, family supportive services, consultation and training services. Madsen House is designed to provide comprehensive psychiatric diagnosis and assessments, as well as short-term treatment for children ages 4-13 with emotional and behavioral problems. Madsen House Intensive Unit is an 8-bed unit for children ages 7-13 who have severe or chronic emotional and behavioral disorders. Treatment includes psychiatric care, adaptive management, individual, group and family therapy and academic programming. Childcare teams consist of three counselors and one team coordinator, creating a ratio of one staff for every two children.

Behavioral Health Professionals: Call for information on mental health professionals available to provide services.

Website: www.chssd.org

Children's Inn - Therapy

409 N. Western Avenue

Phone: (605) 338-4880

Fax: (605) 336-9511

Hours: Individual counseling is available by appointment.

Fees: None

Services Offered: Individual, child and family therapy is available to victims of domestic violence, stalking, sexual assault or child abuse. Therapy offered includes crisis counseling for women and children in shelter and ongoing therapy for individuals from the community who have been or are currently a victim of abuse. Therapy services are offered free of charge.

Behavioral Health Professionals:

Jody Bockorny, MS, LPC-MH, NCC

Website: www.chssd.org/childrensinn

E-mail: childrensinn@chssd.org

Alicen Hauck, MS, NCC

Children's Inn - EMPOWER

Hours: Groups are held during the school year in various middle and high schools.

Fees: None

Services Offered: Monthly group for adolescents who have experienced hurtful dating relationships. Group focus includes: providing support to teens; creating awareness of healthy and unhealthy characteristics; gender role norms in society; attitudes and behaviors associated with dating violence; and teaching and practicing conflict management skills, decision making and communication skills.

Children's Inn – LGBTQ Support Group

Hours: Group is held weekly, for 8 weeks at a time.

Fees: None

Services Offered: Support for LGBTQ individuals who have endured abuse in their relationships. An 8-sessions support group for victims and survivors of domestic violence, with meetings held weekly. All adults with diverse gender identities and sexual orientations are welcome. Educational information is provided, as well as open discussion about personal experiences. This is a closed group, so registration is required by contacting the group facilitator.

Children's Inn – Men's Support Group

Hours: Group is held weekly, for 8 weeks at a time.

Fees: None

Services Offered: Men's Support Group is a group to provide support for men who have endured abuse within their relationships. It is an 8-week group that provides support for male victims and survivors of domestic violence. The group includes educational information, as well as open discussion about personal experiences.

Children's Inn – Women's Support Group

Hours: Support Group meeting times: 6:30pm - 8:00pm, Monday / 6:30pm - 8:00pm, Thursday / 12:00noon - 1:30pm, Friday

Fees: None

Services Offered: Support group for women who have witnessed or experienced violence are offered several times a week. These groups seek to provide support and feedback to women who been emotionally, sexually, or physically abused in their relationships.

Choices Recovery Services, Inc.

5009 S. Bur Oak Place

Phone: (605) 334-1822

Fax: (605) 334-1823

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

Fees: Sliding fee scale; state funding available for those who qualify

Services Offered: Intensive outpatient treatment for alcohol, drug, and gambling addictions including evaluation, individual counseling, aftercare and relapse prevention, and first offender DUI classes.

Website: www.choicesrecoveryservices.org

E-mail: frontdesk@choicesrecoveryservices.org

Choices Recovery Services, Inc.—Cont'd

Behavioral Health Professionals:

David Goodell, CAC

Heather Mousel, BS, CAC

Clarity Counseling, LLC

108 E. 38th Street, Suite 700

Phone: (605) 231-9308

Fax: (605) 569-7946

Hours: 11:00am - 6:00pm, Tuesday / 9:00am - 5:00pm, Wednesday - Friday

Fees: Accepts most insurance, Medicaid, and private pay.

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

Behavioral Health Professional: Brandy Bunkers, CSW-PIP

Clear Minded Counseling

3701 W. 49th Street, Suite 204A

Phone: (605) 681-3345

Fax: (605) 679-6435

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

Fees: Cost varies by type of session and duration; accepts variety of insurance (including South Dakota Medicaid) and self-pay; insurance copays and self-pay are due at time of service.

Services Offered: Individual counseling and parent-child interaction therapy (PCIT). PCIT is an evidenced based therapy for parents and their children age 2 to 7 who have emotional and behavioral issues. It focuses on building the parent-child relationship while also coaching parents on how to manage their child's behavior. Both traditional therapy and parent-child interaction therapy can be conducted through telehealth.

Behavioral Health Professional: Eilly Keller, MA, LPC-MH, NCC

Community Counseling Clinic

2109 S. Norton Avenue (Located in the offices of Sioux Falls Psychological Services)

Phone: (605) 334-2696

Fax: (605) 339-9944

Hours: 8:30am - 8:00pm, Monday – Thursday / 8:30am - 12:00noon, Friday

Fees: Range from \$25.00 down (based on ability to pay).

Services Offered: Provides therapy to families, couples, and individuals with limited or no funds. Under the supervision of highly credentialed doctoral level faculty, master's degree students from Sioux Falls Seminary provide quality therapy to families, couples and individuals in a safe and confidential environment. No one is turned away due to a lack of ability to pay. Help for those experiencing a variety of problems, including: loneliness and isolation; anxiety and depression; trauma, abuse, and betrayal; anger and conflict; grief and loss; communication issues; family or lifestyle transitions; parenting difficulties; behavioral changes; relationship challenges; medical, spiritual, or identity issues; separation, divorce, or remarriage; and marital affairs.

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

Website: www.claritycounselingsf.com

E-mail: brandy@clarity605.com

Website: www.clearmindedcounseling.com

Website: www.offermehope.com

E-mail: sfps@sfseminary.edu

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Compass Center, The - Counseling and Play Therapy Services

1704 S. Cleveland Avenue, Suite 3

Phone: (605) 339-0116

Fax: (605) 336-3874

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

Fees: None

Website: thecompasscenter.org/

E-mail: info@thecompasscenter.org

Services Offered: Assisting survivors of violence through the healing process, by serving both male and female victims of violence, beginning at age 3. Services include: ongoing one-on-one, or group therapy with a LPC level counselor or graduate counseling intern under supervision of a licensed counselor (includes counseling for PTSD); advocacy at the hospital, courthouse or police station; assistance with safety planning; help filing protection orders or victims' compensation applications; community connections (information, support or assistance in obtaining necessary resources); free counseling for adult caregivers of children affected by sexual and/or domestic violence. Free child therapy for children ages 3-12 who are survivors of sexual and/or domestic violence. Through play, children: process traumatic experiences in a safe environment; express themselves and feel understood; facilitate their own decision-making process; relieve feelings of stress and anxiety; and learn new social skills. Sessions vary in length based on the child's age level and individual needs. Offers telehealth services.

Behavioral Health Professionals:

Maranda Ehrenfried, MA, LPC

Michele Johnson, RN, MA, LPC, CCTP

Briana Halse, MA, RPT, LPC

Kelsey Kruse, MA, LPC, CCTP

Concordia Mind Health

5000 S. Minnesota Avenue, Suite 300

Phone: (605) 400-9975

Fax: (605) 271-6166

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

Fees: Accepts private health insurance and self-pay options.

Services Offered: Provides medication management and psychotherapy for adults and adolescents by appointment, to meet the scheduling needs of the patient. Telemental health, Spravato treatment options, and medication-assisted treatment (MAT) options available.

Behavioral Health Professionals:

James Chiu, MD

Cassandra Heuer, PMHNP-BC

Conrad Counseling & Consulting, LLC

5024 S. Bur Oak Place, Suite 214

Phone: (605) 361-8876

Website: www.conrad15.wix.com/counselandconsult

Fax: (605) 271-0104

E-mail: ccconsulting2016@gmail.com

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

Fees: Accepts most insurance and private pay with cash discount.

Services Offered: Individual, couples, and family therapy for all ages. Specializing in therapeutic approaches including cognitive-behavioral (CBT), acceptance and commitment therapy (ACT), solution-focused, intensive family services (IFS), eye movement desensitization and reprocessing (EMDR), and integrated eye movement desensitization and reprocessing (IEMDR) for chronic pain. Assisting clients facing depression, anxiety, abuse, grief, post-traumatic stress (PTSD), life transition, self-esteem, anger management, attention deficit/hyperactive disorder (ADD/ADHD), and women's issues. Counseling supervision and consultation available.

Behavioral Health Professionals:

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

Matt Wolthuizen, MA, LPC-MH, NCC, QMHP

Heidi Jans, MS, LPC-MH, NCC, QMHP

Counseling Resource

4109 S. Carnegie Circle

Phone: (605) 331-2419

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

Website: www.counselingresourcessiouxfalls.com

Counseling Resource—Cont'd

Fees: Sliding fee scale

Services Offered: Substance use evaluations; DUI education; individual therapy; couples therapy; outpatient substance abuse treatment; gambling counseling/treatment; and cognitive behavioral therapy.

Behavioral Health Professionals:

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

Amanda McKnelly, MS, LAC

Maria Piacentino, MA, LPC-MH, QMHP, LAC

Crawford Counseling

62 Park Lane

Phone: (605) 558-1067

E-mail: crawford.GC.3@hotmail.com

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

Fees: Accepts most insurance; reduced self-pay rates; no-cost intern counseling.

Services Offered: Individual, family, and group counseling for adolescents through adults.

Specializing in treatment for school refusal, divorce, life transitions, coping with medical diagnoses, grief and loss, abuse issues, borderline personality disorder, depression, anxiety, panic disorder, hoarding, and bipolar disorder. Therapies include art for obsessive compulsive disorder (OCD), anxiety, and grief.

Behavioral Health Professional: Ginny Crawford, MSW, CSW-PIP, CDBT

Dakota Psychological Services

309 W. 43rd Street, Suite 101

Phone: (605) 334-4549

Fax: (605) 334-4549

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

Fees: Varies; accepts some insurance.

Services Offered: Individual counseling, youth and adolescent counseling, cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT). Evaluations available include: violence risk assessment, psychological, forensic, and psychosexual evaluations. Specialized services offered: sexual problems and treatment (group and individual), sexual addiction, pornography addictions, sexual paraphilia, and sexting addiction treatment.

Behavioral Health Professionals:

David W. Kauffman, Ph.D

Wade McIntyre, LPC-MH

Joseph Welch, LPC-MH

Daniel T. Digatono

4410 S. Tennis Lane

Phone: (605) 360-3024

Fax: (605) 362-5601

Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 6:00pm, Friday / 9:00am - 2:00pm, Saturday

Fees: Sliding fee scale.

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

Behavioral Health Professional: Daniel T. Digatono, MDiv, PhD, LMFT, LPC, QMHP

Darla Huffman Counseling Services

6809 S. Minnesota Avenue, Suite 102

Phone: (605) 370-4442

Fax: (605) 362-5803

Hours: 8:00am - 5:00pm, Monday – Friday / Other hours available

Fees: Insurance is accepted and filed. Copay, deductible and coinsurance, if applicable, is the responsibility of the client.

Services Offered: Counseling for individuals, families and couples, working with, but not limited to issues such as depression, anxiety, illness, bereavement, trauma, and abuse. Can provide counseling via telehealth services (face to face via videoconferencing). Intake information is required prior to first therapy

Website: www.darlahuffmancounseling.com

E-mail: darlahuffman@outlook.com

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Darla Huffman Counseling Services—Cont'd

session, so typically, clients come in person for initial appointment, but can be done via phone. The session is typically a 55-minute session, much like those who come in for an in person session.

Behavioral Health Professional: Darla Huffman, LPC-MH

Deb Thompson Counseling

3220 W. 57th Street, Suite 100A

Phone: (605) 331-6359

Website: www.debthompsoncounseling.com/

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

Fees: Most insurance accepted.

Services Offered: Individual, couples and family therapy.

Behavioral Health Professional: Deb Thompson, LPC-MH, QMHP

Dianna Spies Sorenson

4608 S. Briarwood Avenue

Phone: (605) 201-4159

Hours: Vary upon request including evenings and weekends.

Fees: Vary depending on services

Services Offered: Individual, group, and family therapy for issues including post traumatic childbirth, conflict resolution, problem solving, interpersonal communication, healthy relationships, crisis intervention, self-esteem, self-perception, eating disorders, depression, anxiety, parenting, blended families, health promotion and illness prevention, stress management, life transitions, addictive processes, and end-of-life counseling. Experienced in biofeedback and case management for clients working within and between health care providers and health care systems.

Behavioral Health Professional: Dianna Spies Sorenson, PhD, MBA, CNS, CNL, RN

Discover Wellness

5708 S. Remington Place, Suite 400

Phone: (605) 250-1226

Website: www.discoverwell.co

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

Fees: Fees vary, some insurance accepted.

Services Offered: Individual counseling for adults and young adults. Specialty areas include anxiety, trauma, depression, life change, relationship challenges, post-traumatic stress (PTSD), feeling stuck, family of origin challenges, abuse issues, confidence and self-esteem challenges, fertility challenges, parenting, postpartum anxiety or depression. Therapies available include, but are not limited to eye movement desensitization and reprocessing (EMDR), cognitive behavior therapy (CBT), mindfulness based cognitive therapy (MBCT), and solution focused brief therapy. Telehealth services available.

Behavioral Health Professional: Robin Rossow, MS, LPC-MH, NCC, QMHP

Emerald Psychological Services

5032 S. Bur Oak Place, Suite 120

Phone: (605) 362-2617

Website: www.emeraldpsych.net

Fax: (605) 362-2654

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

Fees: Vary based on services provided.

Services Offered: Dedicated to providing comprehensive mental health services including medication management, substance abuse counseling, cognitive behavioral therapy, psychological assessments and testing, and therapeutic treatment programs.

Behavioral Health Professionals:

Jeremy Johnson, PhD

Lynette Melby, CNP

Encompass Mental Health, LLC

5000 S. Minnesota Avenue, Suite 400

Phone: (605) 275-0009

Website: www.SiouxFallsCounseling.com

Fax: (877) 992-0016

Encompass Mental Health, LLC—Cont'd

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

Fees: Initial assessment \$200.00; Individual therapy \$155.00; Individual play therapy \$155.00.

Services Offered: Provides play therapy for children with behavior challenges, counseling for women looking for balance and happiness in life and consultation for child care programs to improve the quality of their programs and promote positive behaviors of the children in their care. Telehealth available. First session takes place in person. Following sessions would be moved to telehealth.

Behavioral Health Professionals:

Caitlin Borges, CSW-PIP

Holly Kelly, LPC, RPT

Emily A. Learing, MA, LMFT, RPT

Angie Hoheisel, NCC, LPC-MH, QMHP

Sara Kuehler, LPC

Rachel Thyberg, CSW-PIP, RPT

Evenson Counseling

5024 S. Bur Oak Place, Suite 113B

Phone: (605) 777-0075

Fax: (888) 977-2561

Website: www.evensoncounseling.com

Hours: By appointment 12:00noon - 5:00pm, Monday / 9:00am - 5:00pm, Tuesday - Thursday / 9:00am - 12:00noon, Friday / Online scheduling is available.

Fees: Accepts most insurance.

Services Offered: Individual and couples therapy for adults of all ages. Utilizes cognitive behavioral therapy (CBT), trauma-informed therapy, mindfulness and experiential practices. Specialties include trauma, relationship stress, infidelity, intimacy issues, history of childhood physical, emotional and sexual abuse, depression, anxiety, social phobia, obsessive compulsive disorder (OCD), anger management, emotional regulation, grief and loss, gender identity, sexual identity, and post-traumatic stress disorder (PTSD). Special interest in working with women, relationships, and LGBT clients.

Behavioral Health Professional: Dr. Lori Evenson, LPC, QMHP, NCC

Family Service, Inc. - Counseling Services

2210 S. Brown Place

Phone: (605) 336-1974

Fax: (605) 336-9031

Website: www.sdfsi.org

E-mail: support@sdfsi.org

Hours: 8:00am - 6:00pm, Monday, Wednesday / 8:00am - 7:00pm, Tuesday / 8:00am - 8:00pm, Thursday / 8:00am - 5:00pm, Friday / Saturday appointments are sometimes available and limited.

Fees: Sliding scale

Services Offered: Counseling services include helping individuals and families learn to recognize problems, communicate needs, and change behaviors. Specialized programs include treatment for depression, anxiety, bi-polar, PTSD grief, trauma, life stress and adjustment disorders. Can provide counseling via telehealth for individuals. Preference is to have an in-person intake session, but Family Service, Inc. recognizes that this is not always an option. If the in-person session is not an option for clients, then will work with the individual to complete the intake via telehealth.

Behavioral Health Professionals:

Mary Eggleston M.S.Ed, LPC, LMFT, QMHP, LAC

Wendy Kajer, LPC

Connie Nelson, MA, LPC-MH, LAC

Paul Ritter, LPC-MH

Sarah Shoffner, CSW-PIP, QMHP

Jodi Williams LPC-MH, QMHP

Jeanne Carol Carlsen, DNP, LMFT, CNP, PMHNP-BC

Todd Herrboldt, MSW, LCSW-PIP

Benson Langat, CSW

Erika Peterson, CSW-PIP

Shelley Sandbulte, Licensed Psychologist

Paula Lain Smykle, LCSW-PIP

Angie Zirpel, MS, LPC-MH, LAC

Family Service, Inc. - Employee Assistance Program

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

Fees: By contract

Services Offered: The employee assistance program (EAP) is a benefit offered by employers and Family Services to provide confidential help to employees and their families. EAP offers services

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Family Service, Inc. - Employee Assistance Program—Cont'd

outside the workplace to assist with personal problems before job performance is affected. The EAP program also specializes in substance abuse professional evaluations for D.O.T. regulated employers. These services are available to contracted companies.

Family Ties Christian Counseling

3500 S. Phillips Avenue, Suite 121

Phone: (605) 359-0034

Website: www.familytieschristiancounseling.com/

E-mail: educator.84@hotmail.com

Hours: 2:00pm - 6:00pm, Monday, Tuesday and Thursday / 9:00am - 12:00noon, Friday by appointment only

Fees: \$210.00 for initial visit; \$190.00 for follow up.

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

Behavioral Health Professional: Judy De Wit, MA, MOL, LMFT

First Step Counseling Services

4320 S. Louise Avenue, Suite 200

Phone: (605) 361-1505

Website: www.takeyourfirststep.com

Fax: (605) 361-0481

E-mail: frontdesk@takeyourfirststep.com

Hours: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday / Groups available: 6:00pm - 9:00pm, Monday - Wednesday or 8:00am - 4:00pm, Saturday

Fees: Fixed rates; call for information.

Services Offered: Offers comprehensive diagnostic evaluations and a variety of programs to fit individual needs, from education, individual counseling, outpatient treatment, intensive outpatient and aftercare.

Behavioral Health Professionals:

Tara Clayton, CAC

Misty Lemburg, ACT

Lou Ann Tietjen, LAC

Four Directions Counseling, Inc.

PO Box 87941

Phone: (605) 359-5709

Website: www.fourdirectionscounselinginc.com/

E-mail: kb.fourdirections@gmail.com

Hours: Flexible appointments available including evenings and Saturdays.

Fees: Sliding fee scale; contracts.

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

Behavioral Health Professional: Dr. Kelly Bass, DSW, CSW-PIP, ACS

Glory House of Sioux Falls - Outpatient Services

4000 S. West Avenue

Phone: (605) 332-3273

Website: www.glory-house.org

Fax: (605) 332-6410

E-mail: asaugstad@glory-house.org

Hours: Walk-in assessments: 1:00pm - 3:00pm, Tuesdays / 9:00am - 11:00am, Thursdays / Program times vary, please call for information.

Fees: Vary according to services; no copay if qualifies for division funding; accepts insurances including Sanford and Medicaid.

Services Offered: Individual and group counseling for substance use disorders as well as co-occurring issues. Offers the following evidenced based practices: intensive methamphetamine treatment (IMT), matrix treatment and aftercare (this is specifically used for methamphetamine treatment), moral reconnection therapy

Glory House of Sioux Falls - Outpatient Services—Cont'd

(MRT), cognitive behavior interventions for substance abuse (CBISA), co-occurring aftercare, seeking strength, and telehealth services. Sessions will all be provided via Zoom. Clients will have an initial meeting to consent to paperwork and be mailed releases to sign and return to Glory House with a stamped envelope. Upon return of some vital releases, services will be set up to attend through Zoom. Walk-in assessment for substance use available during office hours.

Behavioral Health Professionals:

Kelly Cleveringa, MS, LAC
Kristen Ganske, MS, ACT
Brianna Merrigan, BS, ACT
Melissa Pinion, BS, ACT
Diana Yedwabnick, BS, ACT

Kari Joldersma, MA, LAC
T.R. Maves, MS, LAC, LPC
Elycia Osland, BS, ACT
Mark Wilder, MA, ACT

Glory House of Sioux Falls - Residential Program

Fax: (605) 988-9127

Hours: 24 hours a day / 7 days a week

Fees: Vary; depending on funding source.

Services Offered: Residential treatment facility, accredited through the State of South Dakota. Offers residential housing for individuals recovering from a substance use disorder and offers treatment services which includes group and individual counseling along with case management services.

glow - glorious lifestyle . optimal weight

1601 E. 69th Street, Suite 103

Phone: (605) 373-9066

Website: www.glowapproach.com

E-mail: DrLyn@glowapproach.com

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

Fees: Accepts most insurance, Medicaid, and Medicare. Initial evaluation \$250.00, additional sessions \$200.00.

Services Offered: Specializing in food and weight issues; areas of expertise cover the full spectrum of disordered eating including anorexia, bulimia, binge-eating disorder, compulsive / emotional eating, orthorexia, pre- and post-bariatric surgery psychological consultation and counseling, body-image issues, and weight loss coaching. Services provided include individual coaching / counseling, groups and personalized small groups, classes and workshops. Offering telehealth services. Prefer first session in person.

Behavioral Health Professional: Lyn Shroyer, EdD, Licensed Psychologist, Certified Integrative Nutrition Health Coach

Great Plains Psychological Services

4105 S. Carnegie Place

Phone: (605) 323-2345

Website: www.gppssf.com

E-mail: gppssf@aol.com

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

Fees: Varies; accepts most insurance; Medicaid.

Services Offered: Individual, group, couples, marriage, and family therapy for all ages. Specializing in adoption home studies, critical incident stress debriefing, mediation services and employee assistance program services. Evaluations available include psychological, forensic, competency, pre-surgical, and psychosexual. Covering topics such as attention deficit / hyperactivity disorder (ADD/ADHD), anxiety, depression, anger management, stress management, psychosexual, problems with sexuality, physical abuse, sexual abuse, grief and loss issues, substance abuse, oppositional defiant youth (ODD), and chronic pain. While most insurance is covering Telehealth during the COVID-19 pandemic, patients should check with insurance to make sure; some insurance companies will waive co-pays. Visit www.gppssf.com and download the intake and tele-health forms and then call the office to make a ZOOM appointment.

Behavioral Health Professionals:

Kimberly J. Cournoyer, EdS, LPC-MH

Irina Goubanova, MS, LPC, QMHP

Great Plains Psychological Services—Cont'd

Norma Haan, MSSA, CSW-PIP
Tara Olson-Larson, MA, LPC-MH
Carolyn Roths, MEd, LPC-MH
David Sundem, MS, LPC-MH

Stephan Langenfeld, EdD, LP
Scott Pribyl, EdD, LP
Clint Sperle, MA, LPC-MH
Jeff Trammell, MSW, CSW-PIP

Helpline Center – 211

Phone: Call 2-1-1

Fax: (605) 332-1333

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.

Website: www.helplinecenter.org

E-mail: help@helplinecenter.org

Helpline Center - Suicide and Crisis Support

Phone: (800) 273-8255

Fax: (605) 332-1333

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 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. Services include: 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

Website: www.helplinecenter.org

E-mail: help@helplinecenter.org

Sheri Nelson, MA, LAC

Heuermann Counseling Clinic

2210 S. Brown Place

Phone: (605) 336-1974

Fax: (605) 336-9031

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

Fees: None

Services Offered: A free counseling service that is staffed by MSW student interns, credentialed, licensed and experienced therapists who provide short-term counseling for uninsured people who are having temporary difficulties.

Behavioral Health Professionals: Call for list of licensed/credentialed staff

Website: www.sdfsi.org

E-mail: support@sdfsi.org

Integrated Care and Consultation, LLC

5117 S. Crossing Place, Suite 3

Phone: (605) 306-3240

Fax: (605) 271-3376

Hours: Negotiable hours; night and weekend appointments are available.

Fees: \$150.00 - \$250.00/session; accepts Medicaid.

Services Offered: Mental health services with a holistic approach. Experience in working with children, adults, marital counseling, family sessions, group sessions, Native Americans, Veterans, depression, anxiety, PTSD, life coaching, etc. Offers services via telehealth.

Behavioral Health Professional: Krystal Lohff, CSW-PIP, QMHP

Website: yourintegratedcare.com/

Integrative Wellness

5000 S. Minnesota Avenue, Suite 200

Phone: (605) 271-1348

Fax: (605) 610-1477

Hours: Day and evening hours vary by therapist

Fees: Accepts most insurance, Medicaid, Medicare, and private pay.

Services Offered: Professional therapy for depression; addiction; anxiety; borderline personality disorder; grief and loss; trauma and abuse; family of origin; geriatrics; play therapy; parenting; attention deficit / hyperactivity disorder (ADD/ADHD); blended family issues; divorce; custody; and sexual abuse support / counseling group for women. Offering professional therapy for child and adolescent issues including: depression; anxiety; anger management; grief and loss; trauma and abuse; behavioral issues; play therapy; attention deficit hyperactivity disorder (ADD/ADHD); blended family issues; divorce; and custody.

Behavioral Health Professionals:

Jeanne Bunkers, MSW, LCSW-PIP

Christine Ellis, MSW, LCSW-PIP

Jennifer Gleason-Wilson, LPC

Melissa Steever, MA, LPC-MH

Website: www.integrativewellnesssd.com

E-mail: integrativewellness@midconetwork.com

Myra Eben, LPC

Kristin Gedstad, M.Ed, LPC, LMFT, QMHP

Erin Nielsen Ogdahl, JD, CSW-PIP, LAC

Michelle VanDenHul, MSW, LCSW-PIP

Jane Webster, LLC

2000 S. Sycamore Avenue, Suite 101

Phone: (605) 261-0819

Fax: (605) 271-0263

Hours: Afternoon and evening appointments.

Fees: Accepts most insurance and Medicaid; \$175.00/hour without insurance.

Services Offered: Provides individual, couples and family counseling. Treatment specialization includes: therapy for depression and anxiety; couples counseling; family counseling; parenting support; counseling with adolescents; grief counseling; work and career issues; stress management; conflict resolution; spiritual concerns; and eye movement desensitization and reprocessing (EMDR). Offering telehealth services.

Behavioral Health Professional: Jane Webster, MA, LPC-MH, LAC, QMHP

Website: www.jwebstercounseling.com/

Janel M. Schmidt Inc.

5000 S. Broadband Lane, Suite 107

Phone: (605) 275-2277

Fax: (605) 275-2279

Hours: Monday - Friday; call for appointment.

Fees: Call for information; will submit insurance.

Services Offered: Providing clients a safe place to grow strong through services including: individual counseling; family counseling; marriage counseling; divorce counseling; grief/bereavement counseling; cognitive behavioral therapy (CBT); adolescent/youth counseling; complex PTSD counseling; and eye movement desensitization and reprocessing (EMDR).

Behavioral Health Professional: Janel M. Schmidt, MS, LPC-MH

Website: janelschmidt.com/

Journey Therapy & Neurofeedback Clinic

1500 S. Sycamore, Suite 200

Phone: (605) 351-1545

Fax: (605) 838-8545

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

Fees: Vary depending on services; accepts most insurance; will work out payment plan if needed; Medicaid.

Services Offered: Individual, couples, and family counseling. Staff tailors treatment to support growth and healing. Treatment specializations include: depression; anxiety; traumatic experiences/abuse; post-traumatic stress (PTSD); attachment challenges; parenting support; grief and loss; work and career issues; stress management; addiction and recovery, and conflict resolution. Offers BrainPaint Neurofeedback,

Website: www.journeysupport.net

Journey Therapy & Neurofeedback Clinic—Cont'd

hypnosis, eye movement desensitization and reprocessing (EMDR), parenting group, nurturing parenting program, adoption, parent/child relationship, and foster parent support. Working with clients to determine what is best for their situation regarding telehealth.

Behavioral Health Professionals:

James Cady, MA, EdS, NCC, LPC-MH
Amy Roth, MS, NCC, LPC-MH

Tammy Lias, MA, LMFT, QMHP
Jodi VandenBosch, MSW, LCSW

Kannan Clinic

6709 S. Minnesota Avenue, Suite 202

Phone: (605) 271-3900

Fax: (605) 271-3902

Hours: 9:30am - 4:00pm, Monday – Thursday / Friday by appointment.

Fees: Accepts most insurance.

Services Offered: A non-hospital owned or affiliated clinic specializing in biologically-oriented psychiatric assessment, treatment, and management for adult and geriatric patients. Expertise includes the management of a broad spectrum of mental illnesses including depression, bipolar disorder, Alzheimer's disease, dementias, anxiety and panic attacks, obsessive compulsive disorder (OCD), schizophrenia and thought disorders, Parkinson's disease, and other conditions. During a new patient evaluation, the doctor might discover an underlying issue (i.e. insomnia) and if needed, will make appropriate referrals.

Behavioral Health Professional: Hari D. Kannan, MD

KeySolutions Employee Assistance Program (EAP)

3800 S. Kiwanis Avenue

Phone: (605) 334-5850

Fax: (605) 335-3282

Hours: 8:00am - 5:00pm, Monday – Thursday / 8:00am - 3:00pm, Friday / Crisis/Safety after-hours phone support available 24 hours a day / 7 days a week.

Fees: None to employees with KeySolutions service agreement.

Services Offered: Offers guidance in a wide variety of areas including relationship and family concerns, emotional health, workplace issues, drug and/or alcohol abuse, gambling and financial counseling.

Behavioral Health Professionals:

Beth Hall, MA, MSW

Website: www.keysolutionseap.com

E-mail: info@keysolutionseap.com

Tami Haug-Davis, MS, LPC, CEAP

Keystone Treatment Center - Outpatient Treatment

3800 S. Kiwanis Avenue

Phone: (605) 335-1820

Fax: (605) 335-3282

Hours: 8:00am - 5:00pm, Monday – Thursday; 8:00am - 4:00pm, Friday / Treatment group hours: 9:00am - 12:00noon, Monday - Thursday (AM group); 6:00pm - 9:00pm, Monday - Thursday (PM group)

Fees: No fees for adolescent assessments. Accepts insurance, private pay, Title 19, State and State of Minnesota Rule 25. SD State Funding: If a resident of South Dakota needs treatment and does not have insurance or has limited financial means, the person may qualify for state funding.

Services Offered: An intensive, outpatient, 12-step recovery based for alcohol, drugs, or gambling. Services are provided by certified chemical dependency counselors and psychologists are available by appointment. Specific services include: assessments/walk-in assessments may be available during regular business hours depending upon staff availability; day and evening treatment programs; a separate adolescent program; 12-hour DUI class; and intensive methamphetamine treatment (IMT). This office is located along the SAM (Sioux Area Metro) bus route, with bus stop in front of building.

Behavioral Health Professionals:

Phyllis Bauerle, LAC

E.R. Regier, MD

Kimberly Keiser and Associates, LLC

6320 S. Western Avenue, Suite 150

Phone: (605) 274-0095

Website: www.kimberlykeiser.com

Kimberly Keiser and Associates, LLC—Cont'd

Fax: (605) 271-0951

E-mail: welcome@kimberlykeiser.com

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

Fees: Accepts most health insurance policies; will make certain fee exceptions with cash pay; call for more information.

Services Offered: Committed to providing healing and restoration to individuals, couples, and groups experiencing personal, relational, sexual, and psychological issues. Specializing in sexual dysfunctions, sexual pain disorders, sexual abuse recovery, paraphilia's, sexuality after cancer, sexual addiction, infidelity recovery, reproductive health, infertility counseling, and trauma therapy. Therapeutic and advocacy for lesbian, gay, bisexual, and transgender individuals. General mental health counseling topics covered include; coping skills, bipolar disorder, dissociative disorders, personality disorders, obsessive compulsive disorder (OCD), borderline personality, depression, anxiety, chronic pain, self-esteem, co-dependency, relationship dynamics, divorce, abuse, anger management, trauma, post-traumatic stress (PTSD), grief and loss, life transition, suicidal ideation, dual diagnosis, crisis management, and addictions.

Behavioral Health Professionals:

Cherise C. Alexander, MA, LMFT

Carrie Dau, MA, LPC, QMHP

Rebecca Jung, MSW, LCSW, QMHP

Kelsey Thorpe, MSW, CSW, QMHP

Andrew Weckman, MA, LPC-MH, CAC, NCC, QMHP

Nicholas Breuer, MA, NCC, LPC, QMHP

Jessica Harm, BA

Kimberly Keiser, MA, LPC-MH, CST

Known Counseling Services

5024 S. Bur Oak Place, Suite 206

Phone: (605) 368-1558

Website: www.knowncounselingservices.com

Hours: By appointment.

Fees: \$125.00 per hour

Services Offered: Believes that there is hope for everyone and that part of healing can come from connected relationships in which we are known and accepted. Services provided: individual counseling; marriage counseling; divorce counseling; faith based counseling; grief/bereavement counseling; cognitive behavioral therapy (CBT); adolescent/youth counseling; terminal illness counseling; parent counseling; domestic violence/spouse/intimate partner abuse counseling; child abuse survivor counseling for adults; internet counseling (telemental health); and group counseling.

Behavioral Health Professional: Maggie Blaylock, LPC, CSAT

Kristen Ericsson Counseling & Psychotherapy

600 N. Main Avenue, Suite 150

Phone: (605) 270-1057

Website: www.kristenericsson.com

Fax: (605) 231-5559

Hours: 8:00am - 3:00pm, Monday - Friday

Fees: Insurance; private pay; reduced cash rate for those experiencing financial hardships and for those who don't have insurance coverage or a high deductible.

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

Behavioral Health Professional: Kristien Ericsson, MS, NCC, LPC-MH, QMHP

Kristi Hamilton Counseling

3220 W. 57th Street, Suite 100A

Phone: (605) 310-4596

Website: www.kristihamiltoncounseling.com

Fax: (605) 653-3166

Hours: 9:00am - 6:00pm, Monday - Friday / Evening and Saturday hours available upon request.

Kristi Hamilton Counseling—Cont'd

Fees: Accepts most insurances and Medicaid.

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

Behavioral Health Professional: Kristi Hamilton MS, LPC-MH, QMHP

LaVelle and Associates

5024 S. Bur Oak Place, Suite 212

Phone: (605) 275-2001

Fax: (605) 275-2019

Hours: 9:00am - 5:00pm, Monday – Thursday / 9:00am to 1:00pm, Friday / Some evenings by appointment.

Fees: \$185.00 per session; accepts most insurance and Medicaid; sliding fee scale for uninsured on a case-by-case basis.

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

Behavioral Health Professional: Patricia LaVelle, EdS, LPC-MH, LMFT, QMHP

Leah Weins, MS, LMFT - Marriage & Family Therapy

4410 S. Tennis Lane

Phone: (605) 321-1223

Fax: (605) 362-5601

Hours: Day and evening hours.

Fees: Sliding scale and insurance.

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

Behavioral Health Professional: Leah Weins, MS, LMFT

LifeGate Christian Counseling

6820 W. 26th Street

Phone: (605) 929-1060

Fax: (605) 370-5330

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

Fees: Most major insurance plans accepted; sliding fee scale for those without insurance coverage.

Services Offered: Providing emotionally focused individual, family and couples therapy. Also able to provide counseling via telehealth. Services only available to clients in South Dakota and Texas. This service is not covered by/available to patients on Medicare/Medicaid.

Behavioral Health Professional: Larry Porter, PhD, LMFT

LifeScape - Therapy

7110 Jordan Drive

Phone: (605) 444-9700

Fax: (605) 791-7400

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

Fees: Based on service; call for information.

Services Offered: Specialized therapy (including occupational, speech and physical therapies) and psychology services for individuals of all ages. Utilizes applied behavior analysis. Free screenings for autism (for children 4 and under), and visual challenges (for children of all ages). Therapists provide specialized treatments in assistive technology, seating and positioning, feeding and swallowing, augmentative communication, sensory integration, pediatric bowel and bladder incontinence; visual motor/perception; torticollis treatment; serial casting; behavior management; and diagnosis and treatment of Autism. Offers

Website: www.lavellecounseling.com

E-mail: lavelleassociates5024@gmail.com

Website: www.leahweins.com

Website: www.lifegatechristiancounseling.com

E-mail: lifegatechristiancounseling@gmail.com

Website: www.lifescapesd.org/services/therapy/

LifeScape - Therapy—Cont'd

telehealth services.

- LifeScape Rehabilitation Center 1020 W. 18th Street Sioux Falls, SD 57104
- Autism & Child Development Center 7220 W. 41st Street Sioux Falls, SD 57106

Behavioral Health Professionals: Call for information on behavioral health professionals.

Lighting A New Way Counseling Services

1500 S. Sycamore Avenue, Suite 102

Phone: (605) 361-0114

Fax: (605) 332-1723

Hours: Daytime and evening available, Monday - Friday; by appointment only.

Fees: Comparable rates; accepts most insurance and Medicaid.

Services Offered: Individual, couples, and family therapy provided for adults and adolescents. Specialties include the treatment of depression, anxiety, trauma, grief and loss, abuse, ADD/ADHD and post-adoption family and attachment coaching. Also, does workshops on various topics. Discuss with individual therapist options for telemental health services.

Behavioral Health Professionals: Lisa Stellinga MS, LAC, LPCMH, QHMP

And other independent practitioners are located at this address.

Website: www.lightinganewway.com

E-mail: carol@lightinganewway.com

LSS (Lutheran Social Services) - Behavioral Health Services

705 E. 41st Street, Suite 100

Phone: (605) 444-7631

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

Fax: (605) 344-7690

E-mail: info@lsssd.org

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

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 services may be available; call for information.

Services Offered: Offers a variety of counseling services including: individual, couples, and family therapy; group therapy and education groups; mental health assessments and evaluations; mediation; counseling for victims of crime (including all types of child abuse); substance abuse assessment and counseling; functional family therapy; moral reconnection therapy (MRT); moral reconnection therapy-domestic violence (MRT-DV); cognitive behavioral interventions for substance abuse (CBISA); cannabis youth treatment (CYT); aggression replacement therapy (ART); parent coordination; employee assistance program (EAP) counseling; and culturally sensitive services.

Behavioral Health Professionals:

April Bolton, LPCMH

Carolina Garcia, MS

Rachael Moe, LPCMH

Chad Nielson, LAC

Janet Opoien-Twedt, LPCMH

Caitlyn Slack, MSW

Tricia Warner, CSWPIP

Zee Zere, CSW

Jackie Foster, MA

Jill Jonnes- Kucca, MS

Scott Moeller, LPCMH, LMFFT

Michelle Novak, LPCMH

Nicole Roth, LPCMH, LAC

Jen Walker, LAC

Nathan Weber, LAC

LSS (Lutheran Social Services) PATH Program

Phone: (855) 334-2953

Hours: During school hours.

E-mail: intake@lsssd.org

Fees: Sliding fee available. Call for information.

Services Offered: PATH (Providing Access to Healing) Program provides school-based mental health counseling services in a partnership between LSS, local school districts, and the Sioux Empire United Way. PATH provides confidential, individual counseling sessions at the school for kindergarten through 12th grade students. Counseling sessions are held in a private room on-site at the school during regular school hours. Every effort is made to have as minimal impact as possible on the student's daily routine. Counselors use accepted therapy practices that are appropriate for the student's age and challenges. A counseling session could include talking, art, games, movement, toys, or music as therapy tools. More than 40 schools in Sioux Falls, Harrisburg, Canton, Brandon Valley, Garretson,

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LSS (Lutheran Social Services) PATH Program—Cont'd

Dell Rapids, Baltic, Tea Area, Sioux Falls Catholic, West Central, and Tri-Valley are involved.

Behavioral Health Professionals: Call for list of licensed/credentialed staff

Mary T. Guth

1601 E. 69th Street, Suite 202

Phone: (605) 951-8423

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

Fees: Accepts most insurance and Medicaid.

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

Behavioral Health Professional: Mary T. Guth, MS, LPC-MH, LMFT, ACS

Midwest Counseling & Evaluation Services, LLC

6209 E. Silver Maple Circle, Suite 2

Phone: (605) 274-1944

Website: www.midwestcounselingandevaluations.com

Fax: (605) 274-1945

Hours: 9:30am - 5:30pm, Monday and Wednesday / 9:30am - 6:30pm, Tuesday and Thursday / 9:30am - 2:30pm, Friday / Telehealth services also offered.

Fees: Accepts most insurance, Medicaid, EAP and self-pay.

Services Offered: Providing mental health and addiction recovery services (including dual diagnosis) to children, adolescents, adults, couples, and families. Services include mental health/addiction assessments and screenings, and treatment services for adjustment disorders; anger management; anxiety; attention deficit hyperactivity disorder (ADHD); Asperger's syndrome; behavior problems; depression; grief; oppositional defiant disorder; obsessive compulsive disorder; parent-child conflicts; post-traumatic stress; separation and divorce; family issues; social skills training and stress management. South Dakota court approved treatment provider to offer alcohol and drug assessments/evaluations and screenings that are available including individual 1st offender DUI education, intensive outpatient services and aftercare for the First and Second Courts. Also offers an employee assistance program (EAP); Cognitive Behavior Therapy (CBT); behavior modification; clinical supervision; reunification therapy; psychological evaluation/screenings; custody evaluations, parent coordination, moral reconnection therapy (MRT), substance use prevention, assessments for substance use disorders, psychological assessments and individual sessions. Offering services via telehealth.

Behavioral Health Professional:

Connie Fritz, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC, ACS, NCCE, NCCPC

Midwest Health Management

4109 S. Carnegie Circle

Phone: (605) 275-4711

Website: www.mwhms.com

Fax: (605) 275-4715

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

Fees: Determined by profession

Services Offered: Provides support, direction and oversight for professionals who are experiencing potentially impairing mental health and substance use related illnesses. Gives assurance, hope, and inspires clients to engage and be successful in the recovery process.

Behavioral Health Professionals:

Amanda McKnelly, MS, LAC

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

Maria Pacientino, MA, LAC, LPC-MH, QMHP

Sherry Grismer, MA, LAC, LPC

Midwest Wellness Institute, PLLC

4308 S. Arway Drive

Phone: (605) 573-2000

Website: www.mwihealth.org/

Fax: (605) 573-2002

E-mail: mwihealth.org@gmail.com

Midwest Wellness Institute, PLLC—Cont'd

Hours: 8:00am - 5:00pm, Monday – Friday / Office staff works remotely some days; please call before stopping in.

Fees: Psychiatry: psychological assessments, new patients, cash pay \$250.00 for up to 60 minutes. Psychiatry medication management: existing patients, cash pay \$120.00 for up to 20 minutes. Suboxone treatment clinic: new patients, cash pay \$250.00 for up to 60 minutes. Suboxone treatment follow up: existing patients, cash pay \$150.00 for up to 30 minutes. Forensic psychiatry services: varies, free estimate given upon request.

Services Offered: Finds innovative ways to improve lives with a team of mental health providers. Offers psychiatric evaluations, medication management, and individual psychotherapy at the Sioux Falls clinic, with telehealth options available. The buprenorphine-certified providers offer customized treatment plans with Suboxone for opioid addiction. NeuroStar TMS for a FDA-cleared, non-drug, and safe treatment for depression. Also brings psychiatric care and medication management to underserved areas through telehealth and on-site clinics, hospitals and correctional facilities through contracted care. The mental health team works with QTC, LHI, and VES to provide Veteran Comp & Pension Evaluations. Services include: individual psychotherapy counseling; correctional rehabilitation; mental health screening; psychological assessments; adolescent psychiatry; adult psychiatry; geriatric psychiatry; medication management; medication-assisted treatment (MAT) for opioid addiction; independent psychiatric evaluations; and forensic psychiatry.

Behavioral Health Professionals:

Kristin Gilbertson, MS, LPC, QMHP
Darla Miles, PMHNP-BC
Clay Pavlis, M.D., Psychiatrist
Diane Teadtke, PMHNP-BC

Brittany Kennedy, PMHNP-BC
Susana Njuakom, PMHNP-BC, FNP-BC
Dione Rowe, DNP, PMHNP-BC
Paula Tofte, PMHNP-BC

Mindful DBT, LLC

6810 S. Lyncrest Avenue, Suite 201

Phone: (605) 321-9906

Website: www.sdmindfuldbt.com

Hours: 9:00am - 8:00pm, Monday - Friday

Fees: Accepts most major insurances; cannot accept Medicaid or Medicare.

Services Offered: Provides DBT programs for adults and adolescents ages 13 - 17 that struggle with depression, PTSD, self-harming behaviors and borderline personality disorder. Also, provides telehealth for DBT group and individual sessions.

Behavioral Health Professionals:

Amber Chan, LPC- MH, QMHP, Certified DBT Therapist
Kassandra Frey, CSW, QMHP
Simone D. Webster, CSW, QMHP

Moore Counseling Services

5421 W. 41st Street, Suite 207

Phone: (855) 888-8627

Website: www.moorecounselinggroup.com

Fax: (605) 427-0831

E-mail: info@moorecounselinggroup.com

Hours: 8:00am - 5:00pm, Tuesday - Friday / Saturday - Monday accepting crisis/emergency appointments only.

Fees: \$75.00/50 minute counseling session; \$37.50/30 minute counseling session; \$105.00 for initial 80 minute counseling intake assessment (first appointment). \$40.00/50minute life coach/advocacy session; \$20/30 minute life coach/advocacy session. Low-income based rates and free sessions are also available for those that qualify for these services through non-profit Moore Thriving Communities. Insurance Plans Accepted: Aetna, Avera, Beacon, Blue Cross Blue Shield, Cigna, DakotaCare, Medica, Midlands Choice, MultiPlan, Regional Health, Sanford, Tricare, United Healthcare, Wellmark, Western Providers, Sanford, Avera, and Health Flex Account. Debit/credit cards accepted.

Services Offered: Working with children, adolescents, adults, couples, and families wanting to overcome trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, grief, family issues/dynamics, women's issues, domestic violence concerns, eye movement desensitization and reprocessing (EMDR), and other life challenges. Multiple support groups are always avail

2021 Sioux Falls Mental Health Guide

Moore Counseling Services—Cont'd

able. Offering faith-based therapy and online counseling services when requested. Life coaching and advocacy services are also available. Specializes in providing counseling for clergy and families working in ministry, as well as helping professionals in the human services and medical field. Offers telehealth counseling through software called VSee to individuals in South Dakota. Preference is to do in-person intake, but can do intake online if in-person is not an option.

Behavioral Health Professional: Stephanie Moore, MS, NCC, LPC-MH, QMHP

Moore Thriving Communities

5421 W. 41st Street, Suite 207

Phone: (855) 888-8627

Website: moorecounselinggroup.com/moorethriving/

E-mail: info@moorecounselinggroup.com

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

Fees: Sliding fee scale based on low income and financial hardship application.

Services Offered: Individual counseling, family counseling, couples counseling, group counseling, advocacy, and life coaching services. Topics covered include: trauma, anxiety, depression, mood disorders, other mental illnesses, relationship issues, marriage counseling, grief, family issues/dynamics, women's issues, domestic violence concerns, and other life challenges.

Behavioral Health Professionals: Stephanie Moore, LPC-MH, QMHP

Moore Thriving Communities - Support Groups

Most groups meet at: 5421 W. 41st Street, Suite 207

Phone: (855) 888-8627

Website: moorecounselinggroup.com/moorethriving/

Fax: (605) 427-0831

E-mail: info@moorecounselinggroup.com

Hours: Call for information.

Fees: Call for information; sliding fee scale available. Some scholarships available.

Services Offered: Variety of groups available: Divorce (or after relationship) Group: support group for adults going through the pain experienced at the end of a relationship (divorce, separation, break up). Support group is led by a licensed professional counselor. Babysitting during support group (must call ahead to register). Lasts for 12 weeks and 10-person maximum allowed in group. Other groups include: Co-Dependent No More; Life After Co-Dependency; Grief Group (especially for tornado and flood victims); and Parent Support Group (in the Hayward Elementary School area).

Behavioral Health Professionals: Stephanie Moore, LPC-MH, QMHP

New Day Counseling Services, LLC

1320 E. Rushmore Drive, Suite 107

Phone: (605) 582-7418

E-mail: newday@alliancecom.net

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

Fees: Accepts insurance and Medicaid.

Services Offered: Client-centered, cognitive behavioral and energy based counseling for children, teens, adults, and families. For children, play therapy addresses many issues including physical and sexual abuse, grief and loss, anxiety, depression, recovery from traumatic events, divorce, and foster or adoptive situations. Individual and family counseling for children and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Utilizing energy balancing and clearing techniques (emotional freedom technique, emotional code and matrix reprogramming) as appropriate to release blocked emotions and energy. Flexible scheduling allows for sessions to be held in the office, home, or other community settings. Telehealth sessions available.

Behavioral Health Professional: Kara L. Baas, MS, LPC-MH, QMHP

New Idea Counseling, LLC

2500 W. 49th Street, Suite 202

Phone: (605) 271-2676

Website: newideacounseling.com

Fax: (605) 653-2371

E-mail: info@NewIdeaCounseling.com

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

New Idea Counseling, LLC—Cont'd

Fees: \$60.00 - \$200.00; most insurance plans accepted.

Services Offered: Sessions available for: pre-teens through elders. Collaborates in transgender care with primary care, endocrinology, and surgical teams across the U.S., including the Mayo Clinic in Rochester, MN and the University of Minnesota. Other areas of advanced specialty training are hfASD/Asperger's Syndrome, ADHD, anxiety, depression, LGBTQI issues, and spirituality. Provides education in T/GD (transgender/gender diverse) care for South Dakota's Sanford School of Medicine, regional healthcare systems, businesses, and professional organizations. Mentor for mental health providers working toward the specialty credential in T/GD healthcare. Telehealth counseling is currently offered for residents within South Dakota, Minnesota, and Iowa. Licensed in SD, MN, and IA. A release for telehealth is part of the intake paperwork. Clients can easily access the HIPAA-compliant session portal via any phone, tablet, or computer. No special software is required.

Behavioral Health Professional: Anne Dilenschneider, PhD, LPC-MH, QMHP, WPATH Certified Transgender Specialist, WPATH Certified Mentor

Northern Plains Psychological

5000 S. Minnesota Avenue, Suite 300

Phone: (605) 225-3622

Fax: (605) 229-2719

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

Fees: Accepts all forms of third party insurance coverage, including employee assistance programs, and Medicare.

Services Offered: Mental health services and counseling for individuals of all ages, families, and couples. Issues such as depression, anxiety, panic, life transition and adjustment (such as career, mid-life, relationship changes, aging, etc.), coping with chronic illness, grief and loss, trauma, PTSD, job stress, issues relating to confidence, self-esteem, and empowerment, ADHD, behavioral issues, anger, and parenting. Sessions can also be offered via telehealth.

Behavioral Health Professional: Laurie Lippert, MSW, LCSW, PIP

Pathways Counseling

1601 E. 69th Street, Suite 206

Phone: (605) 215-4364

Fax: (605) 274-1002

Hours: 9:00am - 6:00pm, Monday – Friday / 9:00am - 1:00pm, Saturday

Fees: Sliding scale available for those without insurance. Regular session fees apply for insurance. Accepts most major insurances, including Medicaid and Medicare.

Services Offered: Focuses on mental health and providing best care to help patients through difficulties they are experiencing. Offers a safe space to share, process, and learn how to effectively cope with life stressors while having therapeutic support. Services available include: individual counseling; marriage counseling; substance abuse counseling; outpatient substance abuse treatment; grief/bereavement counseling; dialectical behavioral therapy (DBT); terminal illness counseling; LGBTQ counseling; child abuse survivor counseling for adults; family counseling; couples counseling; trauma informed therapy; gambling counseling/treatment; cognitive behavioral therapy (CBT); adolescent/youth counseling; gender identity counseling; parent counseling; telemental health; ADHD evaluations; mood disorders; personality disorders; adoption/attachment; and self-esteem.

Behavioral Health Professionals:

Aimee Peterson, CSW-PIP, QMHP

Website: www.pathwayscounselingsd.com

E-mail: office@pathwayscounselingsd.com

Zane Peterson, LPC-MH, QMHP

Prairie View Prevention Services, Inc. - Student Assistance and Family Education

822 E. 41st Street, Suite 235

Phone: (605) 331-5724

Fax: (605) 331-5725

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

Fees: No-cost for adolescents and families in contracted school districts; call for more information.

Services Offered: School-based alcohol and drug prevention and intervention counseling services for

Website: www.prairieview.net

E-mail: pvps@iw.net

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Prairie View Prevention Services, Inc. - Student Assistance and Family Education—Cont'd

students and families. Counselors are available at each participating middle and high school to provide easier access to services. Services include: individual and group sessions; family counseling; drug and alcohol screening; tobacco screening; drug and alcohol assessments; referrals; aftercare (post treatment); and prescription drug lock boxes. Offering telemental health services. Must have access to computer with camera and microphone.

Behavioral Health Professionals: Contact director for list of mental health professionals.

Psychiatric Services, LLC - Sioux Falls

2116 S. Minnesota Avenue, Suite 2C

Phone: (605) 697-5352

Website: www.strivingtoimprove.com

Fax: (605) 610-1561

Hours: 8:00am - 5:00pm, Wednesday

Fees: Call for information

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

Behavioral Health Professional: Brenda L. Johnson, CNP

Psychotherapy Associates of Sioux Falls

2210 S. Brown Place

Phone: (605) 332-1700

Website: www.sdfsi.org

Fax: (605) 336-9031

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

Fees: \$180.00 per hour; accepts most insurance; Medicaid.

Services Offered: Individual, couples, and family therapy available for children, adolescents, and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of abuse/sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and post-traumatic stress (PTSD). Psychodrama and eye movement desensitization and reprocessing (EMDR) treatments are available.

Behavioral Health Professionals:

Mary Eggleston, MEd, LPC, LMFT, LAC

Connie Nelson, MA, LPC-MH, LAC

Shelley L. Sandbulte, EdD, LP

Rebecca J. Watson-Miller, Ph.D.

3130 W. 57th Street, Suite 108

Phone: (605) 335-5888

Website: www.watsonmillerphd.com

E-mail: drwatsonphd2@gmail.com

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

Fees: Call for information.

Services Offered: Individual, premarital, couples, and family psychotherapy across the lifespan.

Works to help people develop skills that enhance social, educational, or occupational functioning.

Psychological testing and assessment are available for assessment of ability for employment, disability, and personality. Professional consultation available for other professionals.

Behavioral Health Professional: Rebecca J. Watson-Miller, PhD

Rebecca Sather Durr Mental Health Therapist

102 N. Krohn Place

Phone: (605) 988-8737

Hours: 9:00am - 6:00pm, Monday - Friday, evenings and weekends by appointment.

Fees: \$70.00 - \$150.00 per session; most insurance plans accepted as well as Health Savings Accounts.

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

Rebecca Sather Durr Mental Health Therapist— Cont'd

and games to help illustrate or represent the topic being discussed. Telehealth services available.

Behavioral Health Professional: Rebecca Sather Durr, LCSW, PIP

Renew Counseling Services

5625 S. Southeastern Avenue

Phone: (605) 271-3441

Website: www.renewcounselingsd.com

Hours: 8:00am - 5:00pm, Monday - Friday / Hours vary with client needs.

Fees: Sliding scale; most insurances accepted including Medicaid, Sanford, AVERA, Wellmark (BCBS), and many others.

Services Offered: Committed to offering safe and confidential services. Provides individual, couples, and family services for those experiencing personal, relational and psychological issues. Telehealth services available.

Behavioral Health Professionals:

Faith Carlson, MA, LPC, QMHP

Gretchen Hartmann, DMin, LMFT

Justin Nielsen, MA, LPC, LAC, QMHP, CFRC

Kim Questad, MS, NCC, LPC-MH, LAC, QMHP, CFRC

Barb DeVos, MS, NCC, LPC, LAC

Jessica Kaiser, DMin, LPC & LMFT

Michelle Pliska, MA, LPC, QMHP

Resolutions Counseling & Mediation

6116 S. Lyncrest Avenue, Suite 103

Phone: (605) 679-3186

Website: www.sdresolutions.com

Fax: (866) 729-1532

E-mail: info@sdresolutions.com

Hours: 8:00am - 5:00pm, Monday - Friday / Evening and Saturday appointments available.

Fees: Accepts most insurances including Medicaid; Mediation and Custody Related Fees are private pay.

Services Offered: Individual, family, and couples therapy to all ages including children, adolescent, as well as married, never married, separating, or divorcing families. Areas of focus include work and career adjustment, stress management, grief and loss, parenting skills, conflict management, custody, co-parenting education, custody evaluations, parenting time, divorce, community supervised visitation (for children, elderly and disabled individuals requiring supervision), financial, and Ag mediation. Treatment services include dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR), and trauma therapy. Alcohol and/or Drug testing to include hair follicle testing, nail testing, urinalyses, breathalyzer and PEth blood testing. Guardianship and Conservatorship.

Behavioral Health Professionals:

Stacy Dixon, MA, LMFT

Diane Johnson-Mitchell, MS, LPC-MH, EMDR Certified

Rachel Kuchta, MSW, LGSW

Shanna Moke, MA, CFLE

Jari Johnson, MA, LMFT

Restoration Counseling and Consulting, Inc.

6809 S. Minnesota Avenue, Suite 103

Phone: (605) 838-9655

Website: www.restorationcounseling.biz

Fax: (605) 271-2548

E-mail: luanna@restorationcounseling.biz

Hours: Monday - Friday, by appointment

Fees: Vary by service, most insurance accepted, including Medicaid. Sliding fees and payment plans available.

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

Behavioral Health Professional: Luanna Olthoff, MA, LPC-MH, LAC, QMHP

Restored To New Life Services

225 E. 11th Street, Suite 206

Phone: (605) 271-7712

Fax: (605) 789-9764

Hours: 9:00am - 8:00pm, Monday - Thursday

Fees: Call for information

Website: www.restoredtonewlifeservices.com

Services Offered: Assessments: an interview process to determine what type of services and care is needed for the client's situation. Individual Counseling: covers topics including alcohol abuse, drug abuse, compulsive behaviors, chemical dependency, pornography addiction, sexual addiction, and gambling related issues. Early Intervention Services: an 8-hour driving under the influence class for those who have experienced a 1st time DUI. Alcohol awareness and drug education classes are also available for those who are for the first time experiencing chemical dependency issues. This could include college students and those with underage consumption charges. Intensive Outpatient Treatment: an outpatient treatment program offered to those struggling with alcohol, drug, and gambling issues. Uses evidence based practices to provide support, education, and counseling services to help each person develop the individualized tools and skills they need to obtain a foundation of recovery. Treatment is conducted in a structure format that involves group sessions. Alcohol and Drug Testing: random and scheduled breath analysis options include daily reporting for breath test for the detection of alcohol. Referral can come from a person's attorney, judge, probation/parole officer, or Department of Social Services worker. All clients' receiving counseling services will be required to take random alcohol and drug testing. Aftercare Services: support and counseling after intensive outpatient treatment, generally recommended for 6 - 12 months and provide continued support through professional and peer support, education, and group involvement. Group sessions discuss topics that those in early in recovery experience and support one another in their recovery. Additional Services: marriage counseling and mental health counseling for both adult and youth. Telehealth services available.

Behavioral Health Professional: Johnny Ray, LAC, LCSW-PIP, QMHP

Revival Counseling Services, Inc

4948 E. 57th Street

Phone: (605) 359-0303

Hours: 8:00am - 5:00pm, Tuesday – Friday

Fees: Accepts most insurance and Medicaid.

Website: revivalcounselingservices.org/

E-mail: Revivalcounselingservices@gmail.com

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

Behavioral Health Professional:

Erin Meyer (Stolsmark), LPC-MH, NCC, LAC, QMHP, ACA, SDCA

Ritzman Counseling Services

3701 W. 49th Street, Suite 204B

Phone: (605) 376-0369

Website: www.ritzmancounseling.net

Hours: 8:00am - 7:00pm, Monday - Friday / Some Saturday and Sunday appointments available, as well as holidays

Fees: Sliding scale

Services Offered: Individual, family, couples, and play therapy serving children, adolescents, and adults. Specialties include depression, anxiety, trauma, and abuse. Call for information regarding help available for transition of clients who are moving out of state for college or other reasons until they can find a local therapist. In an emergency, helps existing clients via phone or secure email, or anyone in need of immediate help.

Behavioral Health Professional: Kelly Ritzman, MA, MS, NCC, RPT, LPC-MH, QMHP

Ronda Maass

4410 S. Tennis Lane

Phone: (605) 212-4019

Fax: (605) 362-5601

Hours: 9:00am - 5:00pm, Monday, Wednesday / 9:00am - 6:00pm, Tuesday, Thursday / 9:00am - 3:00pm, Friday / All sessions are by appointment.

Fees: \$185.00 per hour.

Services Offered: Counseling services for individuals, couples and families. Areas of care include anxiety, blended families, career changes, caregiver support, communication, depression, divorce, grief and loss, identity, infertility, life transition and adjustments, parenting, stress, women's health and wellness through the life span. Therapeutic approaches include cognitive behavioral therapy (CBT), brief solution focused therapy, emotional freedom technique and Christian counseling.

Behavioral Health Professional: Ronda J. Maass, MA, LPC-MH, QMHP

Website: www.rondamaass.com

Sanford Children's Specialty Clinic

1600 W. 22nd Street

Phone: (605) 312-1000

Fax: (800) 850-0064

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

Fees: Accepts most insurance including Medicare and Medicaid

Services Offered: Offers over 30 specialties including:

- Child Abuse
- Pediatric Developmental
- Pediatric Psychiatry
- Pediatric Psychology

Behavioral Health Professionals: Call for list of credentialed practitioners

Website: www.sanfordhealth.org

Sanford Psychiatry and Psychology Clinic

2400 W. 49th Street

Phone: (605) 312-8700

Fax: (605) 312-8701

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

Fees: Accepts most insurance including Medicare and Medicaid.

Services Offered: Individualized treatment including psychiatric and psychological evaluations, individual, couple, and/or family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to: anxiety disorders; mood disorders; personality disorders; somatization disorders; psychosexual disorders; schizophrenia; post-traumatic stress disorders (PTSD); abuse issues; eating disorders; addictions; dementia; grief and loss; stress management; executive health; evaluation and treatment of childhood emotional and behavioral disorders including attention-deficit/hyperactive disorder (ADD/ADHD); group therapy; psychological and neuropsychological testing. These services are available via telemental health.

Behavioral Health Professionals:

Kate Andal, Ph.D.

Karen Cordie, MSW, CSW-PIP

Jaime Hudson, Ph.D.

Sarah Konrady, PhD

Kayla Nalan-Sheffield, Ph.D.

Rebecca Palugay, MSW, CSW-PIP

Megan Phillips, LCSW

Patricia Ramse, MSW, CSW-PIP

Barbara Wendell-Schechter, NP-C

Rachelle Broveleit, PA-C

David Ermer, MD

Nichole Johnson, NP-C

Kelly Lauck, PhD, LPC-MH

Georgiana Nuss, MD

Andria Petersen, NP-C

Jennifer Prouty, MSW, CSW-PIP

Rhonda Smith, EdD

Kelli Willis, MSW, CSW-PIP

Megan Cooper, LCSW

Garet Ford, PA-C

Linda Kauker, PA-C

MacKenzie Mertz, DO

Tanya Ochsner, Ph.D.

Sandra Peynado, MD

Rajesh Singh, MD

Website: www.sanfordhealth.org

Sanford Women's - Mental Health Services

5019 S. Western Avenue, Suite 200

Phone: (605) 328-7700

Fax: (605) 328-9700

Hours: 7:00am - 7:00pm, Monday - Thursday / 7:00am - 5:00pm, Friday / nights and weekends available upon request.

Fees: Accepts most insurance including Sanford employee assistance program provider

Services Offered: Service specialty areas for adults include post-partum emotional response, infant loss, depression, anxiety, insomnia, life changes and adjustments. Service specialty areas for adolescents include parent/child relationships, bullying, peer and relationship issues, and life adjustments. Additional Location: Medical Building 3 1500 W. 22nd Street, Suite 301 Sioux Falls, SD 57105

Behavioral Health Professionals:

Karla Harmon, CSW-PIP, QMHP

Website: www.womens.sanfordhealth.org

Susan Wicks, MSW, CSW-PIP

Sioux Empire Christian Counseling, Inc.

2000 S. Sycamore Avenue, Suite 101

Phone: (605) 271-0261

Fax: (605) 271-0263

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

Fees: \$175.00 per hour; accepts most insurance; Medicaid; Medicare.

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

Behavioral Health Professionals:

Tony Boer, MSW, CSW-PIP, QMHP

Andrew McDade, MSW, CSW-PIP, QMHP

Website: www.siouxempirechristiancounseling.com

E-mail: Tonyboer.secc@midconetwork.com

Anne Marie Goraj-McDade, MA, LPC-MH

Sioux Falls Psychological Services

2109 S. Norton Avenue

Phone: (605) 334-2696

Fax: (605) 339-9944

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

Fees: Accepts most insurance, Medicare, and Medicaid. Fees vary based upon insurance.

Services Offered: Offers a full range of psychological services including therapy and assessments for children, adolescents, couples, and families. Life changes and transitions; anxiety and depression; trauma, abuse, and betrayal; anger and conflict; grief and loss; marital affairs; self-image and self-worth; loneliness and isolation; impact of addiction; issues related to substance abuse; behavioral therapy; relationship challenges; chronic pain and illness; separation, divorce, or remarriage; identity, gender, or sexual concerns; rape and sexual abuse; medical or spiritual issues; medical conditions; career counseling; and post-traumatic stress disorder (PTSD). Provides telemental health services to individuals in South Dakota. Visit sfpsychological.org/what-we-do/telemental-health-services/ to learn more about the services offered, how the process works, and what is needed. Staff psychologists are able to provide psychological assessments and evaluations. Psychological tests such as the Minnesota Multiphasic Personality Inventory (MMPI-2) and the Millon Clinical Multiaxial Inventory (MCMI-III) can help establish a person's current level of psychological function from an objective perspective. These inventories are used in a variety of settings and for a variety of reasons: pre-employment and legal processes; child custody and adoption evaluations; psychological evaluations; clarity of psychological diagnosis; determination of treatment plans; home studies and consultations; and competency to stand trial evaluations.

Behavioral Health Professionals:

Doug Anderson, PsyD, Lic. Psychologist, LMFT

Kimberly Belben, MA, LMFT, Certified Perinatal Mental Health Therapist

Grace Collins, MA

Bethany Eggers, MA, LPC

Tara Knobloch, MSW, LCSW-PIP

Erik Anderson, MSW, LCSW-PIP

Bethany DeLange, MS

Jennifer Helkenn, PhD, Lic. Psychologist

Kerry Koerselman, MA, LPC

Sioux Falls Psychological Services– Cont'd

Amy Marschall, PsyD, Lic. Psychologist
Audrey Thien, MA
Nicole Van Zuidam, MA
Melanie VanderPol-Bailey, MSW, LCSW-PIP
Kristi Miller, MS, LPC-MH, Certified Theraplay (R) Therapist, QMHP

Caitlin Talbert, MA, LPC
Christy Thomson, MA
Dee Wacker, RN, MA, LPC

Sioux Falls Treatment Center

2519 W. 8th Street

Phone: (605) 332-3236

Fax: (605) 334-5026

Hours: 5:30am - 2:00pm, Monday - Friday

Fees: \$45.00 intake physical fee; \$13.00 a day or \$91.00 a week for treatment (medication and counseling). State funding available to those who qualify.

Services Offered: Providing Medication Assisted Treatment (MAT) and methadone maintenance treatment programs, patient care, and counseling for those struggling with opioid substance use.

Behavioral Health Professionals:

Eric Abels, BSW, CAC
Debra Nelson, MA, LAC
Erin Steensma, LAC, CCTT

Richard Farnham, MD
Johnny Ray, MSW, LCSW-PIP, LAC, QMHP

Sioux Falls VA Health Care System - Mental Health Service Line

2501 W. 22nd Street

Phone: (605) 333-6890

Fax: (605) 336-3230

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

Fees: Based on eligibility; eligibility must be established before non-emergent mental health treatment may be offered.

Services Offered: Outpatient mental health; psychiatry services; integrated mental health with primary care; local recovery coordinator; suicide prevention program (offers gun locks for veterans); military sexual trauma program; addiction treatment program; Suboxone clinic (treating addiction to opiates/pain killers); compensated work therapy; care coordination and home telehealth; post-traumatic stress (PTSD) services; 6-bed secure inpatient unit; geropsychiatric services; peer support services; smoking cessation; and a homeless Veterans program. VA Health Care System also provides caregiver support resources at www.caregiver.va.gov/. Locate a local caregiver: www.caregiver.va.gov/support/New_CSC_Page.asp.

Caregiver Support Hotline: (855) 260-3274

Behavioral Health Professionals: Call for list of credentialed practitioners

Sioux Falls Wellness Counseling

5201 S. Western Avenue, Suite 104

Phone: (605) 610-9228

Fax: (605) 496-9989

Hours: 11:00am - 8:00pm, Monday – Thursday / 10:00am - 7:00pm, Friday / 10:00am - 3:00pm, Saturday

Fees: Accepts most insurance; call for information.

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

Behavioral Health Professional: Rita Hansen, MA, LPC-MH, LAC, QMHP, NCC

South Dakota Urban Indian Health Sioux Falls - Behavioral Health and Substance Abuse Services

1200 N. West Avenue

Phone: (605) 339-0420

Website: www.sduih.org

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South Dakota Urban Indian Health Sioux Falls - Behavioral Health and Substance Abuse Services—

Cont'd

Fax: (605) 339-0038

Hours: 9:00am - 5:00pm, Monday – Friday / Some cultural activities are held during evening hours and on weekends.

Fees: Sliding scale

Services Offered: Individual, couples, and family behavioral health counseling for all ages. Chemical dependency/substance abuse assessments and individual substance abuse counseling (Level 1.0) available for adults and youth. Transportation is available for current patients if needed. Cultural Educator - hosts traditional crafting classes, Wellbriety's Mothers of Tradition group, Wellbriety's Medicine wheel and the 12 Steps group, drum group, Lakota language classes and other seasonal events. This office hosts a sweat lodge in the area. Cultural education is available to agencies and groups.

Behavioral Health Professionals:

Serene Thin Elk, LPC-MH, LAC, QMHP

Wyatt Urlacher, CSW-PIP

Southeastern Behavioral HealthCare - Counseling and Children's Services

2000 S. Summit Avenue

Phone: (605) 336-0510

Website: www.southeasternbh.org/

Fax: (605) 336-0510

Hours: 8:00am - 8:00pm, Monday / 8:00am - 6:00pm, Tuesday, Thursday / 8:00am - 7:00pm, Wednesday / 8:00am - 12:00noon, Friday / Evenings by appointment.

Fees: Sliding fee scale based on family income and program. Most insurance accepted including Medicaid and Medicare.

Services Offered: Traditional outpatient therapy to individuals, families, children, couples, and groups. Psychiatric evaluation and services (including medication management) and psychological services. Services include children's case management and home-based program which provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Early childhood mental health services: play therapy for children ages 0 – 5. Specializations in depression, anxiety, grief, parenting issues, attention deficit / hyperactivity disorder (ADD/ADHD), oppositional defiant disorder (ODD), stress management, and abuse. Chemical dependency services are offered to existing clients of SEBH (Southeastern serves MH clients who have a co-occurring SU disorder). SEBH also has staff that provide Functional Family Therapy (FFT) services as well as group sessions for adolescents in moral reconnection therapy (MRT), aggression replacement therapy (ART), dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR Therapy). Satellite office in Parker (serves individuals from Parker, Centerville, Irene, Viborg, Hurley, Marion, and Chancellor). Satellite office in Salem (serves individuals from Salem/McCook County) Also offering services via tele-mental health.

Behavioral Health Professionals:

Holly Ahlers, MS, CNP

Kelly Bass, DSW, CSW-PIP

Heather Berdahl, BS, ACT

Jordan Brockhoff, MSW, CSW, ACT

Kristine DeJaeghere-Tillett, MS, LPC, NCC, QMHP

Kris Graham, MS, LPC, QMHP

Robert Nuss, MD

Nicole Robideau, MSW, CSW-PIP, QMHP

Melonie Steffen, RN

Katie Thompson, MS, LCSW-PIP, QMHP

Shawn Van Gerpen, MD

Adam Wolthuizen, MS, LPC-MH, NCC, CRC, QMHP

Mickenna Andersen, BS, CAC

Caroline Beebe, MA, LPC-MH, QMHP, NCC

Marquette Bratsch, MS, LPC, ACT

Trisha Callaghan, MSW, CSW-PIP, QMHP

Nick Fischer, BS, CAC

Christine Lueth, MSW, CSW-PIP, QMHP

Amanda Parsons, BS, ACT

Crosby Skipper, MS, LPC, NCC

Allison Steinwand, MS, LPC, QMHP

Sarah Thoms, MS, LPC, QMHP

Southeastern Behavioral HealthCare – CARE

Phone: (605) 336-0503

Website: www.southeasternbh.org/

Fax: (605) 335-0873

Hours: 8:00am - 5:00pm, Monday - Friday / Clubhouse: 9:00am - 3:00pm, Monday - Friday / Drop-in:

Southeastern Behavioral HealthCare – CARE—Cont'd

10:00am - 12:30pm, most Saturdays

Fees: Based on availability of funding and type of service.

Services Offered: Provides a full range of treatment and rehabilitation services for adults with severe mental illness. The goal is to prevent hospitalization and to provide support and education; which, in turn, promote optimal levels of independence in living and working in the community. Services include psychiatric and medication management services, continuous assistance with recovery and empowerment (CARE), case management, supportive counseling, assisted living, vocational services, homeless outreach program, and individualized mobile program for assertive community treatment (IMPACT) services. Client groups include dialectical behavior therapy (DBT) and moral reconnection therapy (MRT).

Behavioral Health Professionals:

Holly Ahlers, CNP
Karen Chesley, MSW, LCSW-PIP, QMHP
Deb Faini, MS, ACT
Amy Hollingshead, MA, LAC, CCDCIII
Dana Irvine, MSW, LCSW-PIP
Xiaofan "Amy" Li, MD
Donna Nelson, LCSW, QMHP
Veronica Radigan, MD
Ashley Sehr, MA, CFLE, ACT
Kelsey Theesfeld, MSW, LCSW, LAC, QMHP
Melissa Wiese, BS, ACT

Afton Artz, CNP
Chad Cooper, LCSW
Ruth Hoffenkamp-Gunnink, LSW, LCSW, QMHP
Carrie Hughes, MA, LAC
Danielle Kruger, MSW, LCSW, QMHP
Mariah Mogck, MA, NCC, ACT
Angie Peck, BS, LAC
Dustin Rhoades, MSW, LCSW, LAC
Melissa Tauer, MS, LPC-MH, QMHP
Nykell Vroman, BS, ACT

Southeastern Behavioral HealthCare - Home, School, and Community-Based Services

2000 S. Summit Avenue

Phone: (605) 336-0510

Website: www.southeasternbh.org/

Fax: (605) 336-3779

Hours: By appointment

Fees: Sliding fee or covered by State or Federal funding or third party insurance.

Services Offered: Intensive, non-residential treatment program providing services to children who meet the states' severe emotional disturbance (SED) criteria and would not be successful in less restrictive services. Also provides services to their families. Incorporating counseling, case management, and family support services, with the goal of assisting in the development of a nurturing and stable family environment in which children may grow.

Southeastern Behavioral HealthCare - Homeless Outreach

100 W. 5th Street

Phone: (605) 336-0503

Website: www.southeasternbh.org

Fax: (605) 335-0873

Hours: 8:00am - 5:00pm, Monday – Friday / Clubhouse: 9:00am - 3:00pm, Monday – Friday / Drop-in: 10:00am - 12:30pm, most Saturdays.

Fees: Vary depending on program and funding eligibility.

Services Offered: Provides intensive supportive services (through case managers) to homeless individuals in order to help stabilize symptoms of mental illness and promote the highest possible level of independent living. Services provided to eligible clients include: psychiatric treatment; medication management; medication and symptom monitoring; referrals and linkage to community resources; assistance in applying for resources, such as food stamps, Social Security benefits, Medicaid, and subsidized housing; coordination with landlords and other service providers to ensure service delivery; and education regarding mental illness and strategies of treatment.

Southeastern Behavioral HealthCare - IMPACT

100 W. 5th Street

Phone: (605) 336-0503

Website: www.southeasternbh.org/

Fax: (605) 335-0873

2021 Sioux Falls Mental Health Guide

Southeastern Behavioral HealthCare - IMPACT Cont'd

Hours: Office hours: 8:00am - 5:00pm, Monday – Friday / Clubhouse: 9:00am - 3:00pm, Monday – Friday / Drop-in: 10:00am - 12:30pm, most Saturdays.

Fees: Vary depending on program and funding eligibility.

Services Offered: Serves adults who suffer from mental illnesses such as schizophrenia and bipolar disorder. The program is designed for individuals with difficult to treat symptoms, who are profoundly affected by the symptoms of their illness, and individuals whose ability to function independently is severely impaired. A team of staff assists individuals in identifying areas of need and develops comprehensive plans to address these needs on an ongoing basis.

Sozo Counseling Care, LLC

3500 S. Phillips Avenue, Suite 121

Phone: (605) 360-2613

Website: www.sozocounselingcare.com

E-mail: dsheynen@sio.midco.net

Hours: Days and evenings by appointment.

Fees: Accepts most insurance.

Services Offered: Focus on grief, trauma (PTSD), stress, adverse childhood experiences, anxiety spectrum disorders, depression, relationship issues, and post-abortion distress. Specialized in eye movement desensitization and reprocessing (EMDR). Christian counseling available upon request. Telemental health optional.

Behavioral Health Professional: Dr. Dianne S. Heynen, DMin, MS, LPC-MH, BCPCC, QMHP

Sprout Play Therapy and Counseling Services

6209 E. Silver Maple Cir. Suite 102

Phone: (605) 799-6182

Website: www.sproutplaytherapyandcounseling.com

Fax: (844) 602-4652

E-mail: emily@sproutplaytherapyandcounseling.com

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

Fees: Accepts most insurances, including Medicaid.

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

Behavioral Health Professionals:

Emily Gislason, MS, LPC-MH, RPT-S, QMHP, NCC

Katelyn Tilstra, MS, LPC, RPT, NCC

Stacey Hauck

1601 E. 69th Street, Suite 202

Phone: (605) 271-9890

Hours: By appointment.

Fees: Accepts most insurance and Medicaid.

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

Behavioral Health Professional: Stacey Hauck, MS, NCC, LPC-MH, QMHP

Stacy Gorman, LLC

6809 S. Minnesota Avenue, Suite 103

Phone: (605) 940-6422

Website: www.stacygormancounseling.com

Fax: (605) 271-2548

Hours: Day appointments available, Monday - Friday

Fees: Accepts most insurance and Medicaid.

Services Offered: Counseling services for adolescents and adults in the following areas: anxiety, adjustment disorders, depression & mood disorders, premarital preparation, relationship problems, women's

Stacy Gorman, LLC Cont'd

issues, abuse issues, family of origin issues, self-esteem & self-confidence issues, trauma, stress management, life transitions, addiction and substance abuse. Offering telehealth sessions.

Behavioral Health Professional: Stacy Gorman, MS, LPC-MH, LAC, QMHP, NCC

Stronghold Counseling Services, Inc.

4300 S. Louise Avenue, Suite 201

Phone: (605) 334-7713

Fax: (605) 334-5348

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

Fees: Accepts Medicaid, Medicare, most insurances and EAPs; sliding fee scale is available.

Services Offered: Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues. Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call, using website wecounsel. Preference is for the first appointment to be face-to-face.

Behavioral Health Professionals:

Kristiana Benson, MA, LMFT, QMHP

Elizabeth Crabtree, MSW, CSW-PIP

Kerry Ford, MSW, CSW-PIP

Eleanor Larsen, MA, LMFT, QMHP, LAC

Jodi Merritt, MA, LPC, LAC

Zachary Seefeldt, MA, LPC-MH, LAC, NBCC, QMHP

Earl Witt, MA, LMFT, QMHP

Website: www.strongholdcounseling.com

E-mail: info@strongholdcounseling.com

Nick Buus, MA, LMFT, QMHP

Larry Dancier, MS, LPC-MH, QMHP

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

Lacey Leichtnam MA, LPC-MH LAC QMHP

Brennan Thompson MSW, CSW-PIP LAC

Thrive Counseling and Evaluation

3701 W. 49th Street, Suite 206

Phone: (605) 271-6582

Website: www.thrivecounselingandevaluation.com

E-mail: info@thrivecounselingandevaluation.com

Hours: 4:00pm - 9:00pm, Monday - Thursday / Friday - By appointment only / 8:00am - 12:00noon, Saturday

Fees: Accepts most insurance and private pay; sliding scale available; \$205.00 initial assessment; \$175.00 per session.

Services Offered: Individual, family and couples assessment and counseling for mental health and chemical dependency. Issues treated include anxiety, depression, mood disorders, adjustment disorders, substance abuse disorders, domestic abuse/violence, grief and loss, trauma, relational issues, and significant life changes. Offering sessions via telehealth.

Behavioral Health Professional: Elizabeth Clayborne-Moeller, MS, LPC-MH, QMHP

Tina Harp Counseling, Inc.

5024 S. Bur Oak Place, Suite 113B

Phone: (605) 759-1516

Fax: (605) 370-6698

Hours: Monday - Friday, evenings by appointment

Fees: Accepts most insurance and Medicaid.

Services Offered: Individual, couples and family therapy for all ages with a specialization in eye movement desensitization and reprocessing (EMDR). Areas of focus include depression, anxiety, life transitions, post-traumatic stress (PTSD), sexual abuse, grief, and lesbian, gay, bisexual, and transgender population. Telehealth services available.

Behavioral Health Professional: Tina Harp, MS, QMHP, LPC-MH

Truth & Grace Counseling

125 W. 1st Street, Tea, SD 57064

Phone: (605) 777-1898

Fax: (605) 777-1899

Website: www.tinaharp.com

Website: www.truthgracecounseling.com

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Truth & Grace Counseling—Cont'd

Hours: 9:00am - 6:00pm, Monday, Wednesday / 10:00am - 7:00pm, Tuesday, Thursday / 9:00am - 5:00pm, Friday / Other hours by appointment only.

Fees: Accepts insurance and sliding fee scale. Insurance may require first telehealth session in person.

Services Offered: Using multiple therapeutic approaches along with empathy and compassion to help people sort out negative images of themselves. Services offered include: individual counseling; family counseling; play therapy; faith based counseling; cognitive behavioral therapy (CBT); adolescent/youth counseling; parent counseling; child abuse counseling; child abuse survivor counseling for adults; adoption support; attachment disorder; attention deficit hyperactivity disorder (ADHD); trauma; depression; anxiety; eye movement desensitization therapy (EMDR), and sand tray therapy. Telehealth sessions available.

Behavioral Health Professional: Bonnie Haack, MS, NCC, LPC-MH

Vet Center - Sioux Falls

3200 W. 49th Street

Phone: (605) 330-4552

Website: www.vetcenter.va.gov

Fax: (605) 330-4554

Hours: 8:00am - 7:00pm, Monday – Wednesday / 8:00am - 6:30pm, Thursday / 8:00am - 4:30pm, Friday / Appointments available outside of scheduled hours.

Fees: None

Services Offered: Provides a broad range of counseling, outreach and referral services to veterans and their families in order to help veterans make a satisfying post-war readjustment to civilian life. The specific counseling services include: individual, group, marital and family, military sexual trauma, and bereavement. Also provides assistance with job search, Veteran's benefits, gun locks, and basic needs. All services are free, and confidential. Support Groups available.

Behavioral Health Professionals:

Heather Bailey, MSW, CSW-PIP

Orlando George, MC

Ruth Kaspar, MSW, CSW-PIP

Morris Patzlaff, LMFT, MSW, CSW-PIP

VOA (Volunteers of America) Behavioral Health

1310 W. 51st Street

Phone: (605) 334-1414

Website: portal.voa-dakotas.org/client/intake

Fax: (605) 335-3121

E-mail: info@voa-dakotas.org

Hours: Inpatient services: 24 hours a day / 7 days a week

Walk-in assessment: 8:00am - 10:00am; 1:00pm - 3:00pm, Wednesday / 8:00am - 10:00am, Friday

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

Assessments by appointment: Monday - Friday

Fees: Fixed and sliding fee scale depending upon service and available funds; accepts most insurance. State funding available for those who qualify.

Services Offered: A full continuum of mental health and treatment for substance use disorders. Services include: assessments; individual and family counseling; intensive outpatient substance use disorder treatment; residential treatment for pregnant and parenting women who face substance use disorders; transitional care and aftercare counseling for adults and adolescents. Also offers moral reconnection therapy (MRT), cognitive behavioral intervention substance abuse (CBISA), and telehealth services.

Behavioral Health Professionals:

Melanie Browne, BS, ACT

Angela Callahan, CAC

Michelle Flanigan, MEd, LPC, ACT

Bruce Fogas, PhD, Psychologist

Denis Kronaizl, BSW, LAC

Wendy Lohan, ACT

Tara Reinesch, MS, NCC, LAC, LPC

Chris Sandvig, BA, CCDCII

Shaina Solem, MA, ACT

Shawn Van Gerpen, MD, Psychiatrist

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

The Wellness Collective

2333 W. 57th Street, Suite 103

Phone: (605) 271-5640

Website: www.wellnesscollectivesd.com/

The Wellness Collective—Cont'd

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

Fees: Call for information

Services Offered: Wellness's approach is designed to bring healing to the mind, body, and spirit. This process includes getting to know and understand the individual's experiences, and then work to identify the underlying cause of symptoms. The understanding of the inherent connection between thoughts, emotions, and the body are used to provide treatment for each part through mental health counseling, yoga, functional medicine, chiropractic care, acupuncture, health coaching, and massage. A holistic (whole-person) approach for the most complete healing to thrive and be well. Services provided: individual counseling; marriage counseling; couples (conjoint) counseling; divorce counseling; substance abuse counseling; mental health screening; faith based counseling; outpatient substance abuse treatment; grief/bereavement counseling; cognitive behavioral therapy (CBT); dialectical behavioral therapy (DBT); adolescent/youth counseling; LGBTQ counseling; gender identity counseling; parent counseling; pain management; spouse/intimate partner abuse counseling; child abuse survivor counseling for adults; and telehealth counseling.

Behavioral Health Professionals:

Amanda Briggs Davis, CSW-PIP, QMHP, CCTP Alyssa Howe, LPC-MH, LAC, QMHP
Jenna Kvaale, LPC-MH-SUPV, RYT

Wellspring Therapy Center

4301 W. 57th Street, Suite 100

Phone: (605) 335-1516

Fax: (605) 731-0896

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

Fees: Accepts most insurance, Medicaid and private pay.

Services Offered:

Individual, couples, and family therapy for the treatment of various adjustment problems and psychological disorders in children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, parenting adult children, chronic illness, anxiety, depression, post-traumatic stress disorder, parent education, abuse, eating disorders, marital infidelity issues, immigration adjustment concerns, and culturally relevant services. Therapeutic methods used include: play therapy, eye movement desensitization and reprocessing therapy (EMDR), cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), emotionally focused couples therapy (EFT), and psychodynamic therapy. Telehealth available for all sessions. May request sessions via telehealth, in-person or a combination. Will teach new clients how to use telehealth services.

Behavioral Health Professionals:

Wanda Jeffcoat, MS, LPC-MH
Connie Kolbrek, MS, EdS, LPC, QMHP
Ramona Wade, MA, LMFT, QMHP

Website: www.wellspringtherapysf.com

E-mail: wellspringtherapyoffice@gmail.com

Gary Kashale, MA, LPC

Krista McKeown, MA, LMFT, QMHP

Yellow Brick Road Counseling and Therapy

407 S. 2nd Avenue, Suite 1

Phone: (605) 214-6855

Website: www.facebook.com/YellowBrickRoadCounselingandTherapy

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

Fees: \$220.00 per session. Accepts several insurances.

Services Offered: Mental health clinic addressing trauma in a safe and healthy way. Services offered include: Individual counseling; marriage counseling; divorce counseling; grief/bereavement counseling; dialectical behavioral therapy (DBT); child abuse counseling; child abuse survivor counseling for adults; family counseling; couples counseling; trauma informed therapy; cognitive behavioral therapy (CBT); adolescent/youth counseling; parent counseling; spouse/intimate partner abuse counseling; telemental health; and traumatic incident reduction.

Behavioral Health Professional: Holly Merrick-Liston, LPC-MH



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



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