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all day every day."*

Black Hills Behavioral Health Guide 2019

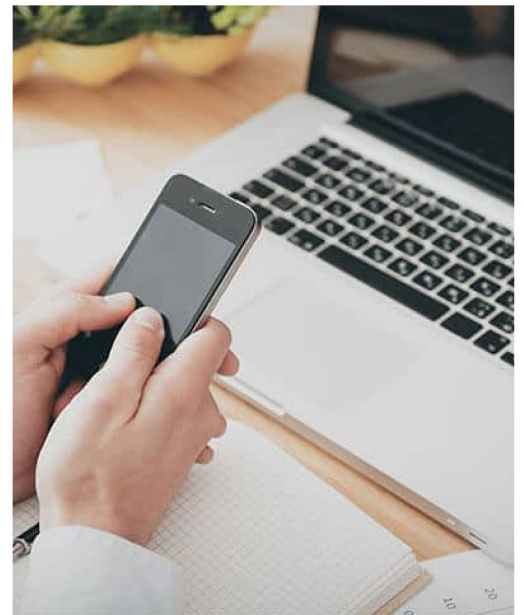
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ABOUT THE BLACK HILLS BEHAVIORAL HEALTH GUIDE

Welcome to the 2019 Black Hills Behavioral Health Guide. The Guide is produced as an initiative of the Human Services Collaborative and is funded by the John T. Vucurevich Foundation. This guide was established to help the consumer more readily identify and select licensed and credentialed practitioners and agencies that provide a variety of behavioral health services in the Black Hills area. It provides the community with easily accessible information about the services that are listed.

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

There are four additional ways to find a specific resource:

By Location. . .

Search alphabetically in the **Location Index** beginning on page 5 for providers in your city or the city closest to you.

By Service Category...

Search by the following service categories: Abuse Issues (for children and/or adult victims and survivors), Addiction / Substance Abuse, Children / Adolescent, Faith Based, Older Adult Issues, Psychiatry and Medication Management, Psychological Testing, and Suicide Survivor Support. The **Service Category Index** begins on page 7.

By Name...

Search alphabetically by last name of the person you are seeking in the **Practitioner Name Index** on pages 10 & 11. Listed to the right of their name is the page number for the organization with which they are associated.

Online...

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



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

SELECTING A BEHAVIORAL HEALTH PRACTITIONER

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SELECTING A BEHAVIORAL HEALTH PRACTITIONER

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

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

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

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

After talking with a potential practitioner, ask yourself:

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

Glossary of Abbreviations - Degrees

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

AA	Associate Degree
BA	Bachelor of Arts
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
MA	Master of Arts
MAT	Master of Arts in Teaching
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

Glossary of Abbreviations - Certifications and Licenses

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

ABN	American Board of Professional Neuropsychology
ACS	Approved Clinical Supervisor
ACT	Addiction Counselor Trainee
ASS	Approved Supervisor Status
ATR	Registered Art Therapist
BCBA	Board Certified Behavioral Analyst
BCPCC	Board Certified Professional Christian Counselor
CAC	Certified Addictions Counselor
CBIS	Certified Brain Injury Specialist
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
CPS	Certified Prevention Specialist
CRC	Commission on Rehabilitation Counselor Certification
CSW	Certified Social Worker
CSW-PIP	Certified Social Worker - Practitioner in Private Practice
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
LSW	Licensed Social Worker
LICSW	Licensed Independent Clinical Social Worker
LMFT	Licensed Marriage & Family Therapist
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
NBCC	National Board Certified Counselor
NCC	National Certified Counselor
NCGC	National Certified Gambling Counselor
NCSC	National Certified School Counselor
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
RTC	Reality Therapy Certification
SAP	Substance Abuse Professional
SEP	Somatic Experiencing Practitioner
SWA	Licensed Social Worker Associate

Location Index

BELLE FOURCHE	
Belle Fourche Counseling.....	Page 14
BLACK HAWK	
Harbor House Counseling	Page 21
CUSTER	
Addiction Recovery Centers of the Black Hills	Page 12
Black Hills Center for Healing and the Advancement of Psychotherapy.....	Page 14
FORT MEADE	
VA Black Hills Healthcare System	Page 31
VA Black Hills Healthcare System - Polytrauma/TBI Clinic	Page 31
HERMOSA	
Grief Recovery Method, Coaching and Training	Page 21
HILL CITY	
Suzette Wasvick Counseling Services.....	Page 30
HOT SPRINGS	
Addiction Recovery Centers of the Black Hills	Page 12
Behavior Management Systems, Inc.	Page 14
Sharon K. Hansen	Page 29
VA Black Hills Healthcare System	Page 31
PIEDMONT	
Red Horse Healing	Page 27
PINE RIDGE	
Catholic Social Services	Page 16, 17
RAPID CITY	
Addiction Recovery Centers of the Black Hills	Page 12
Awareness Counseling, LLC	Page 12
Bach Counseling Services, LLC	Page 13
Behavior Management Systems.....	Page 13
Black Hills Center for Healing and the Advancement of Psychotherapy.....	Page 14
Black Hills Children’s Home.....	Page 15
Black Hills Psychiatry Associates	Page 15
Black Hills Survivors of Suicide.....	Page 34
Bosworth Therapy & Consultation Services, Inc.....	Page 16
Brain Injury Rehabilitation Center, The	Page 16
Bridgewater Behavioral Health, LLC	Page 16
Catholic Social Services	Page 16
Choices Counseling.....	Page 18
Christian Counseling & Ministries of the Black Hills	Page 18
Chrysalis Association, LLC	Page 18
Crisis Care Center	Page 19
Crossroads Counseling Services	Page 20
Dakota Hills Counseling, Inc.....	Page 20
Dakota Psychiatry Clinic	Page 20
Family Solutions	Page 20
Front Porch Coalition.....	Page 34
Gaylen Bendewald	Page 20
Give an Hour	Page 21
Gossamer Threads Counseling	Page 21

Location Index

Greg Swenson, PhD	Page 21
Haven Counseling LLC	Page 22
Heartspace Counseling, LLC	Page 22
Helpline Center - 211 Resources	Page 22
Helpline Center - Suicide and Crisis Support	Page 22
Jetson Counseling	Page 22
Katy Bendewald, MSW	Page 23
Kelly Marker.....	Page 23
Knuppe Counseling.....	Page 23
LifeScape.....	Page 23
Lifeways, Inc.....	Page 23
Lutheran Social Services	Page 24
Manlove Health: Brain & Body	Page 25
NAMI Rapid City	Page 25
New Trails Ministry.....	Page 26
Pennington County Sheriff's Office - Addiction Treatment Services	Page 26
Positive Behavior Consulting.....	Page 26
Practical Christian Counseling, Inc.....	Page 26
Psychological Associates of the Black Hills, LLC	Page 27
Rapid City Vet Center	Page 27
Regional Behavioral Health Center	Page 27, 28
Rex Briggs, MSW.....	Page 28
ROADS Outpatient Treatment Program	Page 28
Scovel Psychological and Counseling Services, LTD.....	Page 28
Sioux San Hospital Behavioral Health - Indian Health Services	Page 29
Spirals Counseling, LCC	Page 29
Thomas L. Collins, LCSW	Page 30
Thorn Counseling.....	Page 30
Torno Mediation and Mental Health Services	Page 30
Wellfully Residential Addiction Recovery Center	Page 31, 32
Wellfully Residential Behavioral Health/Group Care Program	Page 32
Wellfully Afterschool Addiction Recovery Program.....	Page 32
Youth & Family Services Counseling Center	Page 32
Youth & Family Services Stronger Family Program.....	Page 33
Youth & Family Services Western Prevention Resource Center	Page 33
Youth & Family Services Youth Trauma Center	Page 33

SPEARFISH

Behavior Management Systems, Inc.	Page 14
Black Hills Psychology	Page 15
Catholic Social Services.....	Page 17
Compass Point, The	Page 19
Funk Counseling	Page 20
Lutheran Social Services - Canyon Hills Center	Page 24
NAMI Northern Hills	Page 25
Stronghold Counseling Services	Page 29

STURGIS

Black Hills Counseling Services	Page 15
Catholic Social Services.....	Page 18
Compass Point, The	Page 19
Lutheran Social Services	Page 24
Regional Behavioral Health Center	Page 28

VALE

Service Category Index

ABUSE ISSUES (for children and/or adult victims and survivors)

Bach Counseling Services, LLC	Page 13
Behavior Management Systems	Page 13, 14
Belle Fourche Counseling	Page 14
Black Hills Center for Healing and the Advancement of Psychotherapy	Page 14
Black Hills Children’s Home	Page 15
Black Hills Counseling Services	Page 15
Black Hills Psychology.....	Page 15
Brain Injury Rehabilitation Center, The	Page 16
Bridgewater Behavioral Health, LLC.....	Page 16
Catholic Social Services	Page 16, 17, 18
Choices Counseling	Page 18
Crossroads Counseling Services.....	Page 20
Family Solutions Center	Page 20
Funk Counseling	Page 20
Gossamer Threads Counseling	Page 21
Knuppe counseling.....	Page 23
Jetson Counseling.....	Page 22, 23
Lutheran Social Services.....	Page 24, 25
Rapid City Vet Center.....	Page 27
Red Horse Healing	Page 27
Regional Behavioral Health Center.....	Page 27, 28
Sharon K. Hansen.....	Page 29
Spirals Counseling, LLC.....	Page 29
Stronghold Counseling Services.....	Page 29, 30
Suzette Wasvick Counseling Services.....	Page 30
Torno Mediation and Mental Health Services	Page 30
Wellfully Wellspring	Page 31
Youth & Family Services	Page 32, 33

ADDICTION SERVICES / SUBSTANCE ABUSE SERVICES

Addiction Recovery Centers of the Black Hills	Page 12
Behavior Management Systems	Page 13, 14
Brain Injury Rehabilitation Center, The	Page 16
Catholic Social Services	Page 16, 17, 18
Compass Point, The.....	Page 19
Crisis Care Center.....	Page 19
Harbor House Counseling	Page 21
Lifeways, Inc	Page 23, 24
Pennington County Sherrif’s Office—Addiction Treatment Services	Page 26
Regional Behavioral Health Center.....	Page 27, 28
ROADS Outpatient Treatment Program	Page 28
Sioux San Hospital Behavioral Health - Indian Health Services.....	Page 29
Stronghold Counseling Services.....	Page 29, 30
VA Black Hills Healthcare System	Page 31
Wellfully Wellspring	Page 31, 32
Youth & Family Services	Page 32, 33

Service Category Index

CHILDREN / ADOLESCENT THERAPY

Addiction Recovery Centers of the Black Hills	Page 12
Awareness Counseling, LLC	Page 12
Behavior Management Systems	Page 13, 14
Black Hills Children's Home.....	Page 15
Black Hills Counseling Services.....	Page 15
Black Hills Psychology.....	Page 15
Bosworth Therapy & Consultation Services, Inc	Page 16
Bridgewater Behavioral Health, LLC.....	Page 16
Catholic Social Services	Page 16, 17, 18
Choices Counseling.....	Page 18
Christian Counseling & Ministries of the Black Hills	Page 18
Crossroads Counseling Services	Page 20
Dakota Hills Counseling, Inc.....	Page 20
Family Solutions Center.....	Page 20
Funk Counseling	Page 20
Gossamer Threads Counseling	Page 21
Heartspace Counseling, LLC.....	Page 22
Kelly Marker	Page 23
LifeScape	Page 23
Lifeways, Inc.....	Page 23, 24
Lutheran Social Services	Page 24, 25
Lutheran Social Services - Canyon Hills Center	Page 24
Positive Behavior Consulting	Page 26
Psychological Associates of the Black Hills, LLC.....	Page 27
Red Horse Healing	Page 27
Regional Behavioral Health Center.....	Page 28
Rex Briggs, MSW	Page 28
Sharon K. Hansen	Page 29
Spirals Counseling, LLC	Page 29
Stronghold Counseling Services.....	Page 29, 30
Suzette Wasvick Counseling Services.....	Page 30
Thomas L. Collins, LCSW.....	Page 30
Torno Mediation and Mental Health Services	Page 30
Wellfully Wellspring	Page 31, 32
Youth & Family Services.....	Page 32, 33

FAITH BASED THERAPY

Christian Counseling & Ministries of the Black Hills	Page 18
Crossroads Counseling Services	Page 20
Greg Swenson, PhD.....	Page 21
Practical Christian Counseling, Inc	Page 26
Stronghold Counseling Services.....	Page 29, 30

OLDER ADULT ISSUES

Awareness Counseling, LLC	Page 12
Behavior Management Systems	Page 13, 14
Black Hills Psychology.....	Page 15
Heartspace Counseling, LLC.....	Page 22
Katy Bendewald, MSW	Page 22
Practical Christian Counseling, Inc	Page 26
Regional Behavioral Health Center.....	Page 27, 28

Service Category Index

PSYCHIATRY AND MEDICATION MANAGEMENT

Behavior Management Systems	Page 13, 14
Black Hills Psychiatry Associates	Page 15
Black Hills Psychology.....	Page 15
Dakota Psychiatry Clinic.....	Page 20
Manlove Psychiatric Group.....	Page 25
Regional Behavioral Health Center.....	Page 27, 28
Sioux San Hospital Behavioral Health - Indian Health Services.....	Page 29
VA Black Hills Healthcare System	Page 31

PSYCHOLOGICAL TESTING

Behavior Management Systems.....	Page 13
Behavior Management Systems - Mainstream Office	Page 13
Black Hills Children's Home.....	Page 15
Black Hills Psychology.....	Page 15
Chrysalis Association, LLC.....	Page 18
Greg Swenson, PhD.....	Page 21
Psychological Associates of the Black Hills, LLC.....	Page 27
Regional Behavioral Health Center.....	Page 27, 28
Scovel Psychological and Counseling Services, LTD	Page 28

SUICIDE SURVIVOR SUPPORT SERVICES

Black Hills Survivors of Suicide	Page 34
Front Porch Coalition.....	Page 34
Helpline Center - Suicide and Crisis Support.....	Page 22

Practitioner Name Index

Alfson, Darrin	Page 12	Gurwell, Gloria.....	Page 19
Allen, Randy.....	Page 13, 19	Hagg, Adria.....	Page 24
Ames, Michelle.....	Page 24	Hamlyn, Harry	Page 28
Andrews, Sue.....	Page 15	Hansen, Kelsey	Page 24
Armstrong, Heather	Page 19	Hansen, Sharon K.	Page 29
Arnio, Robert.....	Page 27	Hayford, Stacy.....	Page 24
Ashokar, Justine	Page 16	Heaphy, Carmen	Page 13
Austin, Doug	Page 12	Hicks, Terry	Page 13
Avery, Dadra	Page 18	Hoem, Jean	Page 20
Bach, Mahala.....	Page 13	Holcomb, Linda	Page 19
Baken, Lanna.....	Page 12	Holmes, Bob.....	Page 13
Baker, Mac.....	Page 12	Howard, Gregory	Page 25
Barickman, Pam.....	Page 12	Howard, Shannon.....	Page 13
Barse, Lynnette.....	Page 13	Hubner, Jessica.....	Page 21
Bendewald, Gaylen.....	Page 20	Huxford, Michael	Page 16
Bendewald, Katy.....	Page 23	Jackson, Emily	Page 26
Bensen, Allison	Page 14, 24	Jackson, Sheryl	Page 25
Benter, Kritina	Page 24	Janis, Amber.....	Page 29
Birner, Julie	Page 12	Janvrin, Aimee.....	Page 13
Black Lance, Jolene.....	Page 29	Jensen, Sandra	Page 29
Bosworth, Thomas M.....	Page 16	Jetson, David.....	Page 23
Bouska, Marvin	Page 27	Jones, Christine.....	Page 12
Boyce, Matthew	Page 24	Kautzman, Lisa.....	Page 13, 20
Briggs, Rex	Page 28	Kavanaugh, Duane.....	Page 24
Brink-Gluhosky, Michele	Page 24	Keizer, Elizabeth	Page 15
Britzman, Mark.....	Page 16	Kelsey, Peg	Page 27
Burnham, Patricia	Page 22	Kerrick, Shannon.....	Page 13
Caselli-Smith, Rebecca	Page 24	Keyser, Stacy L.	Page 27
Chase, Josephine	Page 29	Kienitz, James	Page 20
Clodfelder, Michele	Page 16	Kinard, Kayla	Page 24
Collins, Thomas L.....	Page 30	Kinyon, James T.....	Page 17, 18
Conti, Russ	Page 19	Kinzell, Kerri	Page 24, 25
Corrigan, Teri.....	Page 13	Kittams, Janet L.....	Page 22, 34
Cox, Adriane	Page 27	Knapp, Nichole	Page 15
Craft, Lauren	Page 26	Knuppe, Triscell.....	Page 23
Dafner, Beverly D.....	Page 20	Kohler, Mike.....	Page 27
Danielson, Stacy.....	Page 28	Kozel, Jennifer.....	Page 27
DeKraai, Jeff	Page 15	Kramlich, Roberta "Bobbi"	Page 15
Doering, Jade.....	Page 12	Kurniawan, Mary	Page 28
Dzintars, Lesley	Page 13	Kuske, Janet.....	Page 13
Engen, Priscilla	Page 12	Larsen, Cathy	Page 17
Eno, Aspin.....	Page 12	Larsen, Melody.....	Page 16
Erdman, Jennifer	Page 25	Lecy, Natalie.....	Page 17, 18
Ermish, Kay.....	Page 29, 31	Lerew, Cherise	Page 16
Ertz, Dewey J.....	Page 19	Lindgren, Charlie	Page 18
Flint, Emilia	Page 16	Long Fox, Paula	Page 24
Foland, Kay.....	Page 25	Lord, Charles J.	Page 20
Foodim, Lisa	Page 31	Lore, Tonya	Page 26
Funk, Rebecka.....	Page 20	Lorenzen, Susan Kay	Page 22
Gardiner, James C.....	Page 29	Lynch, David W.	Page 19
Garry, Mark	Page 28	Maher, Sara.....	Page 26
Ginter, Tara.....	Page 16	Makepeace, Sean	Page 19
Goetz, Michael.....	Page 26	Manlove, Stephen P.	Page 25
Good, Melissa	Page 24	Marker, Kelly.....	Page 23
Gordon, Matt.....	Page 13	Maxwell, Shannon	Page 16
Goschke, Genni L.	Page 16	McGlade, Amy.....	Page 26
Green, Christie.....	Page 12	McKinley, Renne	Page 29
Greslin, Jenny.....	Page 13	McLaughlin, Tommie	Page 12
Grosz, Linnea.....	Page 30	McNemar, Kim.....	Page 13

Practitioner Name Index

Mercer, Amanda.....	Page 13	Thorn, Liz.....	Page 30
Meyer, Danielle.....	Page 24	Torno, Melanie.....	Page 30
Middleton, Nancy.....	Page 13	Traub, Eric D.....	Page 16
Miller, Sandra.....	Page 25	Ulmer, Tamara.....	Page 29
Miller, Trisha.....	Page 27	Van Gerpen, Shawn.....	Page 24
Moss, William.....	Page 19, 24	Van Norman, Rita.....	Page 16
Mueller, Diana.....	Page 24	VanBockel, Fran.....	Page 17, 18
Murphy, Evalina.....	Page 29	Veneklasen, Michelle.....	Page 19
Nason, Paula.....	Page 12	Wahl, Jeff.....	Page 13
Nelson, Sheri.....	Page 22	Walton, Rachel.....	Page 15
Neugebauer, Margie.....	Page 21	Wasvick, Suzette.....	Page 30
Newstrom, Amy.....	Page 25	Wellensiek, Kate.....	Page 26
Nichols-Ecoffey, Darlene.....	Page 17	Wheeler, Susan.....	Page 24
Nolan, Deanna.....	Page 26	Whelchel, Amanda.....	Page 19
Ochocki, Heather.....	Page 19	Wilder, Evelyn.....	Page 17, 18
O'Connor, Peggy.....	Page 13	Wiley, Scott.....	Page 27
Ohlen, Sandi.....	Page 18	Wilhelm, Charisa.....	Page 26
Olson, Korai.....	Page 16, 22	Wilkinson Smith, Paula.....	Page 24
Opbroek, Adam.....	Page 16	Williams, Bridget.....	Page 27
Opoien Twedt, Janet.....	Page 13	Williams, Michael.....	Page 29
Ostolozaga, Elizabeth.....	Page 15	Williamson, Michelle.....	Page 24
Palecek, Tracy.....	Page 17, 18	Wood, Heather.....	Page 24
Perrenoud, Mark.....	Page 27	Wood, Karin.....	Page 19
Peterson, Chantal M.....	Page 16	Wuestewald, Lois.....	Page 13
Porisch, Lisa.....	Page 27		
Prairie Chicken, Larry.....	Page 29		
Pratt, Linda.....	Page 26		
Pray, Ashlee.....	Page 19		
Pulido, Denise.....	Page 24		
Quast, Lynette.....	Page 27		
Rainieri, Rafaella.....	Page 19		
Reilly, June.....	Page 18		
Renka, R. P.....	Page 15		
Rice Brinkworth, Lynell.....	Page 29		
Riss, Rebecca.....	Page 12		
Roberts, Kelcey.....	Page 13		
Roduner, Amber.....	Page 13		
Rorie, Fe.....	Page 19		
Ruhe, Jim.....	Page 13		
Sargent, Lori.....	Page 26		
Sazama, Kathy.....	Page 20		
Scherr, Ron.....	Page 12		
Schriner, Roger.....	Page 28		
Schwab, Hillary.....	Page 19		
Scovel, Kari A.....	Page 28, 29		
Seidel, Jacob.....	Page 16		
Shepherd, Rachel.....	Page 24, 25		
Short, Carolyn.....	Page 30		
Sorensen, Bernice.....	Page 12		
Spellacy-Leir, Eileen.....	Page 20		
Spielman, Lisa.....	Page 17, 18		
Sprung, Mike.....	Page 13		
Starkey, Savanna.....	Page 26		
Sternhagen, Scott.....	Page 29		
Suess-Carlin, JoSee.....	Page 13		
Sweitzer, Peter M.....	Page 28		
Swenson, Greg.....	Page 21		
Terry, Tom.....	Page 15		
Terveen, Susan.....	Page 30		

Addiction Recovery Centers of the Black Hills - Rapid City

1520 Haines Avenue, Suite 6 Rapid City, SD 57701

Phone: (605) 716-7841

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

Fax: (605) 519-1987

E-mail: arcbhn@rushmore.com

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

24 hours a day / 7 days a week on-call staff available

Fees: State funding and sliding fee scale available

Services Offered: Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include needs assessments (regarding mental health, substance abuse, and gambling); Intensive Outpatient Treatment; After Care; MRT (Moral Re-connection Therapy); CBISA (Cognitive Behavioral Intervention Substance Abuse); individual and group counseling; and 12-hour DUI classes. Along with individual and group counseling, provides MAT (Medication Assisted Treatment) using FDA approved medication to reduce cravings.

Behavioral Health Professionals:

Aspin Eno, ACT

Christie Green, ACT

Darrin Alfson, ACT

Jade Doering, ACT

Lanna Baken, ACT

Paula Nason, CAC

Rebecca Riss, ACT

Tommie McLaughlin, ACT

Bernice Sorensen, ACT

Christine Jones, ACT

Doug Austin, LAC

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

Mac Baker, ACT

Priscilla Engen, ACT

Ron Scherr, LAC

Addiction Recovery Centers of the Black Hills - Custer

14 Mount Rushmore Road, Suite C Custer, SD 57730

Phone: (605) 673-2844

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

Fax: (605) 519-1987

E-mail: arcbhn@rushmore.com

Office hours: 12:30pm - 8:30pm, Tuesday – Thursday

24 Hour a day / 7 days a week on-call staff available

Fees: State funding and sliding fee scale available

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

Addiction Recovery Centers of the Black Hills - Hot Springs

646 Jennings Avenue, Suite 2 Hot Springs, SD 57747

Phone: (605) 745-6300

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

Fax: (605) 519-1987

E-mail: arcbhn@rushmore.com

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

24 hours a day / 7 day a week on-call staff available

Fees: State funding and sliding fee scale available

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

Awareness Counseling, LLC

809 South Street, Suite 201 Rapid City, SD 57701

Phone: (605) 391-3482

Website: www.awarenesscounseling.net

Fax: (605) 342-8144

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

Fees: Accepts most insurance including Tricare and Medicaid

Services Offered: Individual, couples, and family counseling for adults and adolescents. Specializing in depression, anxiety, bipolar disorder, grief and loss, life adjustments, relationship problems, and stress management.

Behavioral Health Professional: Pam Barickman, RN, LPC-MH

Bach Counseling Services, LLC

2218 Jackson Boulevard, Suite 13 Rapid City, SD 57702-3452

Phone: (605) 431-4106

Website: www.bachcounseling.com

E-mail: mahala@bachcounseling.com

Hours: 10:00am - 7:00pm, Monday - Thursday / 10:00am - 6:00pm, Friday

Fees: \$100.00 for individual; \$120.00 for couples; accepting Wellmark and Tricare insurance

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

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

Behavior Management Systems Rapid City - Main Office

350 Elk Street Rapid City, SD 57701

Phone: (605) 343-7262

Website: www.BMSCares.org

Fax: (605) 343-7293

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

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

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

Services Offered:

- **Outpatient counseling** for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women's issues.
- **Family Pathways** (Family Outreach Services) counselors provide intensive counseling and support services for children in community locations such as home or school.
- **Full Circle** is a residential substance abuse treatment and prevention program for pregnant and parenting women. Intensive inpatient treatment is offered along with prenatal care, parenting information, case management, and continued care in a residential facility for those who have completed treatment.
- **Psychiatric Services** provides assessments and medication management.

Behavioral Health Professionals:

Aimee Janvrin, LPC, QMHP

Amber Roduner, LPC

Carmen Heaphy, LPC, QMHP

Janet Kuske, LPC, QMHP

Jeff Wahl, LPC, QMHP

Jim Ruhe, CSW-PIP, QMHP

Kelcey Roberts, LPC, QMHP

Lesley Dzintars, LPC-MH, QMHP

Lois Wuestewald, BSW

Matt Gordon, LPC, QMHP

Nancy Middleton, CSW, QMHP

Randy Allen, CSW-PIP, QMHP

Shannon Kerrick, CSW, QMHP

Amanda Mercer, LPC, QMHP

Bob Holmes, CSW-PIP, QMHP

Dr. Terry Hicks, Psychiatrist

Janet Opoien Twedt, LPC-MH, QMHP

Jenny Greslin, CSW, QMHP

JoSee Suess-Carlin, LPC, LAC, QMHP

Kim McNemar, LPC-MH, QMHP

Lisa Kautzman, RN, CNP, QMHP

Lynnette Barse, LPC, QMHP

Mike Sprung, CSW-PIP, QMHP

Peggy O'Connor, RN

Shannon Howard, LPC, QMHP

Teri Corrigan, CSW-PIP, QMHP

Behavior Management Systems Rapid City - Mainstream Office

111 North Street Rapid City, SD 57701

Phone: (605) 343-0650

Website: www.BMSCares.org

Fax: (605) 342-3692

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

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

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

Behavior Management Systems Hot Springs Office

3 Canyon View Circle Hot Springs, SD 57747

Phone: (605) 745-6222

Website: www.BMSCares.org

Fax: (605) 745-4930

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

Fees: Accepts most insurance, Medicare, and Medicaid; other funding may be available if eligible

Services Offered: **Outpatient counseling** for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women’s issues.

Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school.

Psychiatric Services include assessments and medication management.

CARE (Continuous Assistance, Rehabilitation, and Education) services for adults with severe mental illness.

Behavior Management Systems Spearfish Office

623 Dahl Road Spearfish, SD 57783

Phone: (605) 642-2777

Website: www.BMSCares.org

Fax: (605) 642-9356

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

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

Services Offered: **Outpatient counseling** for children, adolescents, adults, and families. Covering topics such as abuse and/or sexual abuse, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), depression, emotion and behavior regulation for children, grief and loss, life transition and adjustment issues, marriage and family issues, post-traumatic stress (PTSD), relational violence/abuse, self-esteem, stress management, suicide intervention/crisis stabilization, teen problems, wellness counseling, and women’s issues.

Family Pathways (Family Outreach Services) counselors providing intensive counseling and support services for children in community locations such as home or school.

Psychiatric Services include assessments and medication management.

CARE (Continuous Assistance, Rehabilitation, and Education) services for adults with severe mental illness.

Belle Fourche Counseling

515 National Street, Suite 103 Belle Fourche, SD 57717

Phone: (605) 722-8090

E-mail: Kgrams@bellefourchecounseling.com

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

Fees: Sliding fee scale (\$40.00 - \$125.00); accepts most private insurance

Services Offered: Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting. Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through an IPAD format or a secure video connection for those without apple products .

Behavioral Health Professionals:

Kayla Grams, LPC-MH

Allison Bensen, LPC-MH

Karen Griffith, LPC

Black Hills Center for Healing and the Advancement of Psychotherapy

2525 W. Main Street, Suite 303A6 Rapid City, SD 57702

Additional location: 11 N. 5th Street Custer, SD 57730

Phone: (605) 440-2287

Website: www.bhchap.com

Fax: (605) 745-3249

E-mail: elizabeth@bhchap.com

Hours: By appointment

Fees: In network with most regional plans; out of pocket costs depend on copay/deductible

Services Offered: Individual therapy for adults and couples specializing in trauma, including dissociative functioning and complex trauma. Integrative Trauma treatment approaches, featuring EMDR, somatic psychotherapies, along with a Mindfulness and Self Compassion practice focus, for core healing. Specialty programs and retreats available. Telehealth services/counseling available. Initial assessment required.

2019 Black Hills Behavioral Health Guide

Black Hills Center for Healing and the Advancement of Psychotherapy - Cont'd

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

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

Black Hills Children's Home

24100 S. Rockerville Road Rapid City, SD 57702

Phone: (605) 343-5422

Website: www.chssd.org

Fax: (605) 343-1411

Hours: 24 hours a day / 7 days a week

Fees: Call for information

Services Offered: Services are available for boys and girls, ages 4-14 years old, who exhibit emotional disorders and/or behavioral problems. The average length of diagnostic assessment period is 30 days. The average length of stay for residential treatment is 12 - 14 months. The Special Education Day School Program specializes in the education and treatment of children with emotional and behavioral disorders. Initial assessment includes psychiatric evaluation, psychological evaluation, educational testing, family/social assessment, abuse assessment, therapeutic activities assessment, and speech/language screening.

Black Hills Children's Home—Cont'd

Behavioral Health Professionals:

Elizabeth Keizer, MSW, CSW

Nichole Knepp, MEd, LSW

Rachel Walton, MSW, CSW

Sue Andrews, MA, LSW

Black Hills Counseling Services

1238 Main Street, Suite 4 Sturgis, SD 57785

Phone: (605) 720-8090

Fax: (605) 720-8090

E-mail: bhcounseling1@vastbb.net

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

Fees: Sliding fee scale; accepts most insurance and Medicaid

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

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

Black Hills Psychiatry Associates

528 Quincy Street Rapid City, SD 57701

Phone: (605) 348-5401

Fax: (605) 348-7319

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

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

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

Behavioral Health Professionals:

Roberta "Bobbi" Kramlich, MA, LP

Dr. R. P. Renka, MD

Tom Terry, MA, LPC, LMFT

Black Hills Psychology

115 N. 7th Street, Suite 6 Spearfish, SD 57783

Phone: (605) 645-0100

Website: www.blackhillspsychology.com

Fax: (605) 717-1009

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

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

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

Black Hills Psychology - Cont'd

Behavioral Health Professionals:

Adam Opbroek, MD
 Emilia Flint, PhD
 Mark Britzman, EdD
 Michele Clodfelder, LPC-MH, EAP
 Tara Ginter, LPC

Cherise Lerew, PhD
 Jacob Seidel, LPC-MH, QMHP
 Melody Larsen, MS
 Shannon Maxwell, PsyD
 Rita Van Norman, CSW-PIP

Bosworth Therapy & Consultation Services, Inc.

420 Quincy Street Rapid City, SD 57701

Phone: (605) 343-7755

Fax: (605) 716-0650

E-mail: galvin63@yahoo.com

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

Fees: First session - \$150.00; Second session - \$135.00; accepts most insurance

Services Offered: Individuals, couples, and family therapy. Play therapy, mediation, and custody evaluations.

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

Brain Injury Rehabilitation Center, The

803 Soo San Drive Rapid City, SD 57702

Phone: (605) 343-7297

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

Fax: (605) 721-9858

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

Fees: Vary, depending on service and funding options

Services Offered: Provides brain injury rehabilitation in a community setting, services include; case management, cognitive retraining, speech therapy, 24-hour care, independent living training, employment training and placement, and neuropsychological evaluation. Counseling services available include individual, family, and group formats focusing on the specific needs of people with traumatic brain injury and any co-occurring issues such as substance abuse, physical abuse, depression, anxiety, and grief and loss.

Behavioral Health Professionals:

Dr. Justine Ashokar, PhD
 Michael Huxford, PsyD

Koral Olson, MS, LPC, NCC, CBIS

Bridgewater Behavioral Health, LLC

902 Columbus Street Rapid City, SD 57701

Phone: (605) 791-1514

Fax: (844) 831-2349

Website: www.bridgewaterbehavioralhealth.com

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

Fees: Accepts most insurance; discount for self-pay

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

Behavioral Health Professionals:

Eric D. Traub, PsyD
 Genni L. Goschke, PsyD, SEP

Chantal M. Peterson, Psy.D.

Catholic Social Services Counseling Services – Rapid City

529 Kansas City Street, Suite 100 Rapid City, SD 57701

Phone: (605) 348-6086

Fax: (605) 348-1050

Website: www.catholicsocialservicesrapidcity.com

E-mail: css@cssrapidcity.com

Hours: 8:00am - 7:00pm, Monday / 8:00am - 5:00pm, Tuesday – Friday / Evenings available by appointment

Fees: Sliding fee scale; accepts most insurance

Services Offered:

- Counseling Services - Individual, marital, and family counseling with a focus on addiction recovery (treatment needs assessments, individual counseling, relapse prevention), abuse, healthy relationships, unplanned pregnancy, adoption, and birth parents.
- Offers Telehealth counseling services - for rural South Dakotans to have access to a counselor via smart phone, tablet or computer. Call to schedule a session via confidential/secure HIPPA compliant video technology.

Catholic Social Services Counseling Services – Rapid City - Cont'd

- Employee Assistance Program (EAP) - can provide trainings, classes/groups or counseling for employees
- Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide.
- Variety of educational workshops available and other programs that include: Lakota Circles of Hope, disaster relief, Prosperity Initiative, and Uplifting Parent.

Behavioral Health Professionals:

Cathy Larsen, MS, LPC-MH, QMHP, ACT	Darlene Nichols-Ecoffey, MS, NCC
Evelyn Wilder, MS, LPC, LAC	Fran VanBockel, RN, MS, LPC-MH
James T. Kinyon, MS, LPC-MH, QMHP, LMFT	Lisa Spielman, LSW
Natalie Lecy, MSW, CSW-PIP, QMHP	Tracy Palecek, MS, NCC

Catholic Social Services Counseling Services - Pine Ridge

Pine Ridge, SD 57770

Phone: (605) 348-6086

Fax: (605) 348-1050

Hours: See description

Fees: Sliding fee scale; accepts most insurance

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

Catholic Social Services has 2 locations in Pine Ridge:

Sacred Heart Catholic School
40 E. Highway 18
Hours vary; call for information

Red Cloud Indian School
100 Mission Drive

9:00am - 5:00pm, Wednesday, Thursday / Evening available by appointment

Behavioral Health Professional: Evelyn Wilder, MS, LPC-MH, QMHP, NCC, LAC

Website: www.CatholicSocialServicesRapidCity.com

E-mail: css@cssrapidcity.com

Catholic Social Services Counseling Services - Spearfish

St. Joseph's Catholic Church 844 N. 5th Street Spearfish, SD 57783

Phone: (605) 348-6086

Fax: (605) 348-1050

Hours: Vary / call to make an appointment

Fees: Sliding fee scale; accepts most insurance

Services Offered:

- Counseling Services provide individual, marital, and family counseling with a focus on addiction recovery (including evaluations), abuse, healthy relationships, unplanned pregnancy, adoption, and birth parents. Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide. Variety of educational workshops available.
- Adoption services offer domestic and international adoption services, including, but not limited to: support for individuals coping with the many emotions and decisions that come from choosing adoption; providing birth parents have the opportunity to interview and select the adoptive family; working under the provisions of "Baby Moses" law; and providing home studies and training for potential foster parents/homes
- Pregnancy Counseling supports mothers as they experience the many emotions and decision that come with facing an unplanned pregnancy and help find the options that will work the best. Assistance with medical costs associated with pregnancy may be available. Some infant items are also available (layettes, infant clothing, etc.). Caring and licensed social workers are available to travel and meet mothers involved in a crisis situation. Crisis pregnancy meeting sites will be kept confidential and be convenient for the mother.
- SMILE Education program for separating and divorcing parents with children under the age of 18, designed to: inform parents how to better understand the effects of divorce; assist parents to understand the needs of their children; help parents learn what they can do to create a nurturing and safe environment so their children can recover and feel good about themselves; inform parents how to prevent destructive game playing that is common among divorce; help parents gain problem solving skills; and let parents know they are not alone.

Behavioral Health Professionals:

Evelyn Wilder, MS, LPC-MH, QMHP, NCC, LAC
James T. Kinyon, MS, LPC-MH, QMHP, LMFT
Natalie Lecy, MSW, CSW-PIP, QMHP

Fran VanBockel, RN, MS, LPC-MH
Lisa Spielman, LSW
Tracy Palecek, MS, NCC

Catholic Social Services Counseling Services - Sturgis

St. Francis Church 1049 Howard Street Sturgis, SD 57785

Phone: (605) 348-6086

Fax: (605) 348-1050

Hours: Vary / call to make an appointment

Fees: Sliding fee scale available; accepts most insurance

Services Offered:

- **Counseling Services** provide individual, marital, and family counseling with a focus on addiction recovery (including evaluations), abuse, healthy relationships, unplanned pregnancy, adoption, and birth parents. Youth prevention program focuses on issues of addiction, violence, promiscuity, and suicide. Variety of educational workshops available.
- **Adoption services** offer domestic and international adoption services, including, but not limited to: support for individuals coping with the many emotions and decisions that come from choosing adoption; providing birth parents have the opportunity to interview and select the adoptive family; working under the provisions of "Baby Moses" law; and providing home studies and training for potential foster parents/homes
- **Pregnancy Counseling** supports mothers as they experience the many emotions and decision that come with facing an unplanned pregnancy and help find the options that will work the best. Assistance with medical costs associated with pregnancy may be available. Some infant items are also available (layettes, infant clothing, etc.). Caring and licensed social workers are available to travel and meet mothers involved in a crisis situation. Crisis pregnancy meeting sites will be kept confidential and be convenient for the mother.

Behavioral Health Professionals:

Evelyn Wilder, MS, LPC-MH, QMHP, NCC, LAC

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

Natalie Lecy, MSW, CSW-PIP, QMHP

Fran VanBockel, RN, MS, LPC-MH

Lisa Spielman, LSW

Tracy Palecek, MS, NCC

Choices Counseling

703 4th Street Rapid City, SD 57701

Phone: (605) 209-3688

Fax: (605) 737-3085

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

Fees: \$165.00 per hour; accepts most insurance

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

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

Christian Counseling & Ministries of the Black Hills

624 6th Street, Suite 207 Rapid City, SD 57701

Phone: (605) 342-9333

Fax: (605) 342-9333

Hours: By appointment

Fees: Sliding fee scale (\$20.00 - \$100.00)

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

Behavioral Health Professionals:

Dadra Avery, MS, LPC

Sandi Ohlen, MS, LPC

Website: www.ccmbh.com

E-mail: june3bhccounseling@rap.midco.net

June Reilly, MS, LPC

Chrysalis Association, LLC

403 National Street, Suite 1 Rapid City, SD 57702

Phone: (605) 341-8647

Fax: (605) 341-0489

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

Fees: \$120.00 - \$170.00 per session

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

Website: www.chrysalisassociation.com

Chrysalis Association, LLC - Cont'd

Behavioral Health Professionals:

Dewey J. Ertz, EdD
Linda Holcomb, MSW, CSW-PIP
David W. Lynch, JD, Psy.D

Dr. William Moss, PsyD
Michelle Veneklasen, MS, NCC, LAC, QMWP, LPC-MH

Compass Point, The - Sturgis

1807 Williams Street
Sturgis, SD 57785

Phone: (605) 347-3003

Fax: (605) 347-4944

Website: www.TheCompassPoint.org

Hours: Outpatient Services: 8:00am - 5:00pm, Monday - Friday / Group: 5:00pm - 7:00pm, Monday – Thursday / Inpatient Services: 24 hours a day / 7 days a week

Fees: Sliding fee scale

Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include moral reconnection therapy class, 28-day medically monitored inpatient adult treatment, DUI Classes, Continuing Care and adolescent diversion classes. A Family Program

Compass Point, The - Sturgis - Cont'd

is available to family members and friends affected by the substance use of another.

Behavioral Health Professionals:

Amanda Whelchel, MS, LAC
Karin Wood, MS, LPC, LAC
Gloria Gurwell, ACT

Hillary Schwab, ACT, NCC, LPC, QMHP
Rafaella Rainieri, MS, LAC
Fe Rorie, ACT

Compass Point, The - Spearfish

710 E. Colorado Boulevard, Suite A Spearfish, SD 57783

Phone: (605) 642-7093

Fax: (605) 722-3931

Website: www.thecompasspoint.org

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

Fees: Sliding fee scale; indigent funding for those who qualify

Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include moral reconnection therapy class, continued care, and adolescent diversion classes.

Behavioral Health Professionals:

Heather Ochocki, BS, ACT
Sean Makepeace, LAC

Ashlee Pray, BS, ACT

Crisis Care Center

Care Campus 321 Kansas City Street Rapid City, SD 57701

Phone: (605) 391-4863

Fax: (605) 791-0434

Website: www.crisiscarecenter.org

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

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

Services Offered: Crisis stabilization for adults, 18 years and older, who are experiencing a mental health or substance abuse crisis. Program features include:

- Voluntary program, CCC is not a locked facility
- Medical triage screening, at intake to determine the needed level of care
- Opportunity to speak with a qualified mental health professional (QMHP)
- Length of stay: Up to 24 hours
- Collaborative recovery oriented stabilization plan
- Immediate counseling services
- Referrals to community agencies including detox, inpatient services, and community based counseling
- Limited transportation available to the Crisis Care Center via local law enforcement
- Telephone crisis support and follow up

Behavioral Health Professionals:

Heather Armstrong, LPC, QMHP
Russ Conti, CSW, QMHP

Randy Allen, CSW-PIP, QMHP

Crossroads Counseling Services

809 South Street, Suite 208 Rapid City, SD 57701

Phone: (605) 430-9521

E-mail: bdafler@rushmore.com

Hours: 11:00am - 6:30pm, Tuesday - Thursday

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

Services Offered: Individual and couples counseling for all ages. Therapeutic approaches include cognitive behavioral (CBT), existential, Christian, eye movement desensitization and reprocessing (EMDR), sand tray therapy, play therapy, behavior modification, and short-term solution focused therapy. Many topics covered including abuse.

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

Dakota Hills Counseling, Inc.

623 Quincy Street, Suite 102 Rapid City, SD 57701

Phone: (605) 390-1029

Website: www.dakotahillscounseling.com

Fax: (605) 716-9491

E-mail: eleir@rushmore.com

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

Fees: \$170.00; accepts most insurance including Medicare

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

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

Dakota Psychiatry Clinic

419 Quincy Street Rapid City, SD 57701

Phone: (605) 348-6365

Fax: (605) 348-9408

Hours: 12:00pm - 5:00pm, Monday / 12:00noon - 6:30pm, Tuesday / 11:00am - 5:00pm, Wednesday, Thursday / 8:00am - 3:00pm, Friday

Fees: Medication checks \$175.00; other services \$175.00 - \$300.00

Services Offered: Psychiatric evaluations, medication management, individual, family, and couples counseling.

Behavioral Health Professionals:

Charles J. Lord, MD

Jean Hoem, MS, LPC-MH, QMHP

Lisa Kautzman, RN, CNP, QMHP

Jim Kienitz, MSW, CSW-PIP

Family Solutions Center

Creekside Plaza 2650 Jackson Boulevard Rapid City, SD 57702

Phone: (605) 359-9491

Website: <http://www.familysolutionscenter.net>

E-mail: fsckathy.sazama@yahoo.com

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

Fees: Accepts most insurance; \$165.00 per session; \$200.00 initial evaluation

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

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

Funk Counseling

526 Main Street, Lower Level Spearfish, SD 57783

Phone: (605) 722-0795

Website: www.funkcounseling.com

Fax: (605) 722-0795

E-mail: rebeckafunk@gmail.com

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

Fees: \$125.00 initial assessment; \$100.00 per session

Services Offered: Provides individual counseling to children, adolescents and adults. Specialized training in Cognitive Behavioral Therapy (CBT), experiential, and directive play therapy. Also offers trauma based training for children.

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

Gaylen Bendewald

1719 W. Main Street, Suite 305 Rapid City, SD 57702

Phone: (605) 360-6566

Website: www.gaylenbendewald.com

E-mail: gaylenbendewald@gmail.com

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

Fees: Accepts most insurance

Gaylen Bendewald - Cont'd

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

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

Give an Hour

Website: www.giveanhour.org

E-mail: info@giveanhour.org

Hours: Find providers through website 24 hours a day / 7 days a week

Office hours: 9:00am - 5:00pm, Monday - Friday

Fees: None

Services Offered: A national nonprofit that provides free mental health services to active duty service members, National Guard, Reserve forces, and veterans who have separated or retired from any branch of military service and their family members. Services are also offered to victims of natural and man-made disasters, survivors of gun violence and their families, and children and youth.

Gossamer Threads Counseling

811 E. Saint Andrew Street, Suite 12 Rapid City, SD 57701

Phone: (605) 209-5513

Website: www.gossamerthreadscounseling.com

E-mail: gossamerthreadscounseling@gmail.com

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

Fees: \$109.00 individual or family session; \$39.00 group session; \$49.00 secure online chat therapy (weekly)

Services Offered: Narrative therapy for adults, children and families; a relational therapy that seeks to collaboratively resolve problems and create solutions. Areas of special emphasis include: identity concerns; family dynamic questions; trouble in relationships; recovery from abuse or trauma; marginalization or discrimination; complications in grieving; problems in childhood or with growing up; difficulties with mood; stress, and spiritual problems.

Behavioral Health Professional: Jessica Hubner, MS, LPC

Greg Swenson, PhD

929 Kansas City Street, Suite 201 Rapid City, SD 57701

Phone: (605) 341-5436

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

Fax: (605) 721-5436

E-mail: gregswensonphd@gmail.com

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

Fees: \$200.00 initial session; \$125.00 subsequent sessions; \$125.00/hour psychological evaluation; some insurances accepted

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

Behavioral Health Professional: Greg Swenson, PhD, Licensed Psychologist

Grief Recovery Method, Coaching, and Training

24651 Whitetail Ridge Road Hermosa, SD 57744

Phone: (303) 590-4403

E-mail: margeneugebauer@gmail.com

Hours: By appointment

Fees: Sliding scale

Services Offered: The Grief Recovery Method is an evidence-informed, practice-based program that has been shown to effectively influence components of grief and grief recovery. Based on over 40 years of practice dealing with grief and working one on one with griever, the GRM program helps reduce grief by teaching griever new skills on how to cope and process grief; how to confront old myths or unhelpful patterns of grieving; how to examine the ways in which grief has impacted their life through detailed assignments and exercises; and how to let go of pain from loss through the timely identification of apologies, forgiveness, and significant emotional statements, all within a helpful, supportive environment. There are four programs; 8 weeks support group, 7 weeks one on one, 4 weeks Helping Children Deal with Loss, and 6 weeks for Pet Loss. Services can be offered by Skype and Zoom.

Behavioral Health Professional: Margie Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Specialist (R)

Harbor House Counseling

Black Hawk, SD 57718

Phone: (605) 645-9898

Website: www.harborhousecounseling.com

E-mail: harborhouse3@gmail.com

Hours: Flexible hours available by appointment

Fees: Sliding fee scale

Harbor House Counseling - Cont'd

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

Behavioral Health Professional: Patricia Burnham, LAC

Haven Counseling, LLC

625 1/2 Main Street, Suite 1 Rapid City, SD 57701

Phone: (605) 863-2498

Website: www.havencounselingllc.com

Hours: By appointment

Fees: Intake session \$150.00; subsequent sessions \$125.00

Services Offered: Individual, family, and group counseling for those 16 and older. Areas of focus include: adjustment to living with a brain injury; caregiver concerns and fatigue; adjustment to change and life transitions; grief and loss; depression; anxiety; self-esteem; ADHD (Attention Deficit Hyperactivity Disorder); wellness and self-care; women's issues; communication; and stress management.

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

Heartspace Counseling, LLC

2218 Jackson Boulevard, Suite 13 Rapid City, SD 57702

Phone: (605) 484-6030

Website: <http://sdheartspace.com>

E-mail: sdheartspacecounseling@gmail.com

Hours: 10:00am - 7:00pm, Tuesday and Wednesday

Fees: Individual or family therapy - \$105.00 per hour; group therapy - \$55.00 for adult, \$40.00 for youth

Services Offered: Specializing in eating disorders, trauma, depression, anxiety, couples, life changes, spirituality, and aging. Group therapy for youth and adults with disordered eating. Conducts telemental health when necessary using VSee. First appointment preferred to be in person/face to face with the option of occasional face to face sessions should that be necessary or beneficial.

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

Helpline Center - 211 Resources

Phone: Call 2-1-1

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

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

Fees: None

Services Offered: Information, referral, and crisis helpline that provides resource information on non-profit, social service, and government programs, along with providing crisis intervention services. When you dial 2-1-1, you talk to real people trained to help and connect you to the right resources, organizations, or people. We answer calls 24 hours a day / 7 days a week. If for some reason we don't have an answer for you, we'll connect you to someone who does. 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 at www.helplinecenter.org/211database, to help you find the proper resources.

Helpline Center - Suicide and Crisis Support

Phone: (800) 273-8255

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

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

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

Behavioral Health Professionals:

Janet L. Kittams, MA, LPC

Sheri Nelson, MA, LAC

Jetson Counseling

1301 W. Omaha Street, Suite 220 Rapid City, SD 57701

Phone: (605) 718-5500

Website: www.jetsoncounseling.com

E-mail: dave@jetsoncounseling.com

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

Fees: Call for information

Jetson Counseling - Cont'd

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

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

Katy Bendewald, MSW

811 Columbus Street Rapid City, SD 57701

Phone: (605) 310-0356

Fax: (605) 716-4397

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

Fees: Accepts most insurance

Services Offered: Individual counseling for adults. Emphasis on anxiety, major life changes, stress, and trauma. Therapeutic techniques include eye movement desensitization and reprocessing (EMDR).

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

Kelly Marker

623 Quincy Street, Suite 102 Rapid City, SD 57701

Phone: (605) 381-4608

Fax: (605) 716-9491

E-mail: Kelly@ChooseWellnessCounseling.com

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

Fees: Accepts a variety of insurance

Services Offered: Provides outpatient counseling services for individuals ages 14 through adulthood.

Specialties include; anxiety, trauma, stress, grief, and adolescent issues. Also specializes in compassion fatigue and burnout among professionals.

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

Knuppe Counseling

2650 Jackson Boulevard, #11 Rapid City, SD 57702

Phone: (605) 390-7055

E-mail: knuppecounseling@gmail.com

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

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

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

Services Offered: Working with individuals, couples and families of all ages with a variety of challenges.

Specialty training in family therapy, helping families dealing with challenging behaviors, and communication problems.

Offers group therapy for parenting. Trauma focused CBT (Cognitive Behavioral Therapy) trained.

Behavioral Health Professional: Triscell Knuppe, LCSW-PIP

LifeScape - Therapy

Rapid City Clinic 7110 Jordan Drive Rapid City, SD 57702

Phone: (605) 791-7400

Website: <http://www.lifescapesd.org/services/therapy/>

Hours: Call for information

Fees: Based on service; call for information

Services Offered: Specialized therapy and psychology services for individuals of all ages. 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.

Behavioral Health Professional: Call for information on behavioral health professionals

Lifeways, Inc.

1010 9th Street, Suite 2 Rapid City, SD 57701

Phone: (605) 716-6555

Website: www.lifeways.us

Fax: (605) 484-7261

E-mail: office@lifeways.us

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

Fees: Sliding scale

Services Offered: In-school prevention and intervention services for all students in the Rapid City and Custer Area

Lifeways, Inc. - Cont'd

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

Behavioral Health Professionals:

Danielle Meyer, BS, CAC
 Kritina Benter, LAC
 Michelle Ames, BS, ACT
 Rebecca Stucke, BS
 Paula Wilkinson Smith, LAC, CPS

Kelsey Hansen, MA, LAC
 Michele Brink-Gluhosky, CAC
 Paula Long Fox, MS
 Matthew Boyce, MS
 Bill Clucas, BS, ACT

LSS (Lutheran Social Services) Rapid City - Counseling Services

2920 Sheridan Lake Road Rapid City, SD 57702

Phone: (855) 334-2953

Fax: (605) 348-0477

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

Fees: Sliding fee scale

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 assessments and counseling
- Functional Family Therapy and Moral Reconciliation Therapy
- EAP (Employee Assistance Program) counseling

Behavioral Health Professionals:

Adria Hagg, MSW, CSW-PIP
 Kerri Kinzell, MSW, CSW-PIP
 Rebecca Caselli-Smith, MA, LPC-MH, QMHP
 Susan Wheeler, MS, LPC-MH, QMHP, SAP
 Denise Pulido, MSW, CSW-PIP
 Megan Laskowski, MS
 Duane Kavanaugh, NCC, CCMHC, LPC-MH, SWA, QMHP

Diana Mueller, MS, NCC, LSW
 Rachel Shepherd, MSW, CSW-PIP
 Stacy Hayford, MS
 Heather Wood, MSW, LSW
 Melissa Good, LPC
 Jennifer Henriksen, MS

LSS (Lutheran Social Services) Spearfish - Canyon Hills Center

2519 Windmill Drive Spearfish, SD 57783

Phone: (605) 559-3500

Fax: (605) 221-2346

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

Fees: Call for information

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

Behavioral Health Professionals:

Allison Bensen, MS, LPC
 Michelle Williamson, MS, LPC
 Alicia Tibbs, SWA
 William Moss, PsyD

Kayla Kinard, MS, LPC
 Janna Swanson, MA, LPC
 Shawn Van Gerpen, MD

LSS (Lutheran Social Services) Sturgis - Counseling Services

Grace Lutheran Church 1061 Sherman Street Sturgis, SD 57785

Phone: (855) 334-2953

Fax: (605) 348-0477

Website: www.lsssd.org

E-mail: info@lsssd.org

LSS (Lutheran Social Services) Sturgis - Counseling Services - Cont'd

Hours: By appointment

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

Services Offered: Offers a variety of counseling services including:

- Individual, couples, and family therapy
- Group therapy and education groups
- Mental health assessments and evaluations
- Counseling for victims of crime (including all types of child abuse)
- EAP (Employee Assistance Program) counseling

Behavioral Health Professionals:

Kerri Kinzell, MSW, CSW-PIP

Rachel Shepherd, MSW, CSW-PIP

Manlove Health: Brain & Body

636 Saint Anne Street Rapid City, SD 57701

Phone: (605) 348-8000

Fax: (605) 716-2023

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

Fees: Evaluations \$345.00; medication follow-up appointments \$121.00

Services Offered: General psychiatric services including evaluations and medication management. Treating psychiatric illnesses including depression, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), developmental disorders and psychotic illnesses including schizophrenia and schizoaffective disorder. Offers Transcranial Magnetic Stimulation (TMS) and Ketamine Infusion therapy for treatment resistant depression.

Behavioral Health Professionals:

Amy Newstrom, CNP

Dr. Stephen P. Manlove, MD

Kay Foland, CNP

Sandra Miller, CNP

Dr. Gregory Howard, PhD, MSW, CSW-PIP

Jennifer Erdman, CNP

Sheryl Jackson, CNP

Website: www.manlovehealth.com

E-mail: brenda@manlovegroup.com

NAMI (National Alliance on Mental Illness) Rapid City

Rapid City, SD 57701

Phone: (605) 271-1871

Fax: (800) 551-2531

Hours: Check website for more information

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

Services Offered: Through 8 local affiliate groups (2 in the Black Hills), NAMI offers practical support, useful education, and understanding to people who are living and coping with brain based diseases.

- Family-to-Family Education Program is a 12-week course for family caregivers of individuals with severe brain disorders (mental illnesses).
- Family support group a confidential support group for loved ones of individuals living with mental illness.
- NAMI Connection is a weekly support group for adults who have a mental illness.
- NAMI Basics is an education program for parents and caregivers of children and adolescents experiencing mental health challenges.
- In Our Own Voice is an educational presentation for civic groups, schools, etc. given by persons who have a lived experience with mental illness.
- NAMI Ending the Silence is a 50-minute mental health education presentation to middle and high school students to give them warning signs and ways to get help for themselves or friends. The presentation is also available for school personnel and parents.

NAMI (National Alliance on Mental Illness) Northern Hills

Phone: (605) 271-1871 NAMI South Dakota

Hours: Connections Recovery Support Group: 7:00pm, Thursday

Meeting location: Behavioral Management System 723 Dahl Road Spearfish, SD 57783

NAMI Connection is a weekly support group for adults who have a mental illness.

Website: www.namisouthdakota.org/local-affiliates/nami-northern-hills

New Dawn Center

19271 SD Highway 79 Vale, SD 57788

Phone: (605) 456-2968

Fax: (605) 456-9800

Website: www.newdawncenter.us

E-mail: newdawn@sdplains.com

New Dawn Center - Cont'd

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

Fees: Sliding scale

Services Offered: Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs.

Behavioral Health Professionals:

Jim Fox, LAC

Rebecca Stevens, CAC

New Trails Ministry

11455 Elliot Road (Alternate: 14 West Mount Rushmore Road) Custer, SD 57730

Phone: (605) 760-3633

Website: <https://newtrailsministries.org>

Fax: (605) 299-1984

E-mail: info@newtrailsministry.org

Hours: Call for information / 1:00pm - 6:00pm, Tuesdays and Thursdays

Fees: Sliding scale

Services Offered: New Trails is primarily a clergy retreat ministry specializing in wilderness sabbaticals for pastors to promote wellness and resiliency. Offers professional counseling on a limited schedule in Custer, SD.

Behavioral Health Professional: Rodney Veldhuizen, LMFT-QMHP

Pennington County Sheriff's Office - Addiction Treatment Services

Care Campus: 321 Kansas City Street, Suite 110 Rapid City, SD 57701

Residential/Outpatient Services: 725 N. Lacrosse Street Rapid City, SD 57701

Phone: (605) 394-6128

Website: www.pennco.org/sheriff/

Fax: (605) 394-6890

E-mail: ccadp@pennco.org

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

Detox open: 24 hours a day / 7 days a week

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

Services Offered: Residential and intensive group outpatient treatment, specialized meth/opiate treatment program, 12-hour DUI class, moral recognition therapy, cognitive behavioral intervention program, treatment needs assessments, social-setting detox, emergency/involuntary commitments and Crisis Care screening and interventions.

Behavioral Health Professionals:

Amy McGlade, MA, LAC

Charisa Wilhelm, ACT

Dawn Riter, ACT

Deanna Nolan, LAC

Emily Jackson, MA, LAC

Kate Wellensiek, MA, LAC

Lauren Craft, ACT

Linda Pratt, LAC

Lori Sargent, CCDCI

Michael Goetz, ACT

Savanna Starkey, CAC

Tonya Lore, MS, ACT

Michelle Teeslink, MS, LAC

Sara Maher, CAC

Positive Behavior Consulting (Applied Behavior Analysis)

Rapid City, SD 57701

Phone: (605) 377-6888

Website: www.pbcllc.org

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

Fees: \$125.00 / hour; reduced rate for 8+ hours per month.

Services Offered: Uses the science of Applied Behavior Analysis to make changes with clients including; parents, families, schools, geriatric population, corporations (performance management), people with brain injuries, Military Family Life Counseling (MFLC), and law enforcement. Addresses the following behaviors: ADD, anxiety, & depression; noncompliance / refusal behaviors; feeding issues / food selectivity; stealing / dishonesty; interruptions; relational conflict; property destruction; aggression; self-injury; elopement; stereotypy / self-stimulation; skill development; and performance improvement.

Behavioral Health Professional: Temple White, MS, MEd, BCBA

Practical Christian Counseling, Inc.

1351 Jolly Lane Rapid City, SD 57703

Phone: (605) 484-7089

Website: www.practicalcc.com

E-mail: scott@practicalcc.com

Hours: Weekday afternoons and some evenings

Fees: \$80.00 / hour

Services Offered: Counseling from a biblically Christian worldview. Services include counseling for couples, marriage, marriage preparation, parenting, family, adolescents, depression, anxiety, grief, anger, crisis management,

Practical Christian Counseling, Inc. - Cont'd

decision making, male sex addiction, gambling addiction, self-esteem, adjustment, life/professional coaching. Therapies include CBT, solution-focused, emotionally-focused couples, person-centered, Biblical, and prayer.

Behavioral Health Professional: Scott Wiley, MS, LPC, NBCC

Psychological Associates of the Black Hills, LLC

1818 W. Fulton, Suite 201 Rapid City, SD 57702

Phone: (605) 348-6500

Website: www.pabh.org

Fax: (605) 341-7409

E-mail: officemanager@rushmore.com

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

Fees: Vary; accepts most insurance

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

Behavioral Health Professionals:

Jennifer Kozel, PhD, Psychologist

Lisa Porisch, MA, LPC-MH, RPT-S

Lynette Quast, PhD, Psychologist

Mark Perrenoud, PhD, Psychologist

Marvin Bouska, MS, Psychologist

Peg Kelsey, PhD, Psychologist

Robert Arnio, PhD, Psychologist

Trisha Miller, PhD, Psychologist

Stacy L. Keyser, MS, LPC-MH

Rapid City Vet Center

621 6th Street, Suite 101 Rapid City, SD 57701

Phone: (605) 348-0077

Website: www.vetcenter.va.gov

Fax: (605) 348-0878

Hours: 7:00am - 4:30pm, Monday, Thursday and Friday / 8:00am - 4:30pm, Tuesday / 10:30am - 7:00pm, Wednesday

Fees: None

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

Behavioral Health Professionals:

Adriane Cox, CSW-PIP

Mike Kohler, CSW-PIP

Red Horse Healing

11424 Chimney Canyon Road Piedmont, SD 57769

Phone: (605) 441-2038

Website: www.redhorsehealing.net

E-mail: bridget@redhorsehealing.net

Hours: 9:00am - 5:00pm, Monday - Friday / Saturdays as needed

Fees: \$90.00 - \$120.00

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

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

Regional Health Behavioral Health Center

915 Mountain View Road Rapid City, SD 57702

Phone: (605) 755-7200

Website: www.regionalhealth.org

E-mail: info@regionalhealth.org

Outpatient clinic: 8:00am - 5:00pm, Monday - Friday

Inpatient treatment: 24 hours a day / 7 days a week

Fees: Vary; call for information

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

Regional Health Behavioral Health Center - Cont'd

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

Behavioral Health Professionals:

Dr. Harry Hamlyn, MD	Dr. Mark Garry, MD
Dr. Susan Howard, MD	Stacy Danielson, PA
Mary Kurniawan, CSW-PIP	

Regional Health Medical Clinic - Sturgis

2140 Junction Avenue
Sturgis, SD 57785

Phone: (605) 720-2600

Website: www.regionalhealth.org

E-mail: info@regionalhealth.org

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

Fees: Call for information

Services Offered: Regional Health Medical Clinic - Sturgis is a primary care, family medicine clinic. Board certified physicians and physician assistants offer health care services sensitive to individual needs. Services include outpatient counseling for adults.

Rex Briggs, MSW

811 Columbus Street Rapid City, SD 57701

Phone: (605) 343-4172

Website: www.rexbriggs.com

Fax: (605) 388-3819

E-mail: rexbriggs@rap.midco.net

Hours: 8:00am - 7:00pm, Monday - Wednesday

Fees: \$120.00 an hour

Services Offered: Practice is devoted to the effective treatment of anxiety and stress related conditions. Care is provided by clinician who has struggled with and recovered from anxiety. Works with teenagers and adults.

Behavioral Health Professional: Rex Briggs, MSW

ROADS Outpatient Treatment Program

103 E. Omaha Street Rapid City, SD 57701

Phone: (605) 348-8026

Fax: (605) 388-8902

E-mail: roadsoutpatient@gmail.com

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

Fees: Self-pay; state funding; and Title XIX

Services Offered: Outpatient counseling for adults 18 years and older including intensive outpatient treatment, cognitive behavioral interventions for substance abuse and assessments.

Behavioral Health Professionals:

Peter M. Sweitzer, M.Ed., LPC, LAC	Roger Schriver, LAC
Danielle Colichieski, CAC	Barbara Samson, CAC

Scovel Psychological and Counseling Services, LTD

2902 W. Main Street Rapid City, SD 57702

Phone: (605) 721-8822

Website: <http://www.scovelpsyhological.com>

E-mail: karis@scovelpsyhocr.com

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

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

Services Offered: Individual, couples and family counseling/psychotherapy, forensic testing, and psychological

Scovel Psychological and Counseling Services, LTD - Cont'd

testing (personality, intelligence, achievement, and neuropsychological). Groups include pain management, wellness, and a cognitive therapy group for brain injured patients. Now offering an Autism clinic.

Behavioral Health Professionals:

James C. Gardiner, PhD, ABN, Neuropsychologist
Kari A. Scovel, PhD, LP, LPC-MH, QMHP
Caitlin Nissen, LPC-MH, QMHP
Mike Huxford, PsyD, LP
Sandra Jensen, PhD, LP
Tamara Ulmer, LCSW-PIP, LPC-MH, QMHP
Kay Ermish, LCSW-PIP
Michael E. Forgy, LCSW-PIP
Scott Sternhagen, PhD, LP

Sharon K. Hansen

27003 U.S. Hwy 385 Hot Springs, SD 57747

Phone: (605) 890-0580

E-mail: jshansen@goldenwest.net

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

Fees: \$100.00 per hour

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

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

Sioux San I.H.S. (Indian Health Services) Hospital - Behavioral Health Program

3200 Canyon Lake Drive Rapid City, SD 57702

Phone: (605) 355-2274

Website: www.ihs.gov

Fax: (605) 355-2510

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

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

Services Offered: Treatment philosophy is to blend state of the art medication and therapeutic modalities with an emphasis on Native American culture. Provides the following services: Comprehensive assessment; Outpatient child/adult counseling and psychiatric services; medication management; group counseling; substance abuse services; community support and education; field consultation; tele-psychiatry consultation; and dual diagnosis treatment.

Behavioral Health Professionals:

Amber Janis, PMHNP-BC
Jolene Black Lance, CSW-PIP
Larry Prairie Chicken, LAC
Renne McKinley, PhD, LP
Evalina Murphy, RN, FNP-C
Josephine Chase, PhD, LCSW-PIP
Michael Williams, PhD, LP

Spirals Counseling, LLC

623 Quincy Street, Suite 102 Rapid City, SD 57701

Phone: (605) 381-5277

Website: www.spiralscounseling.com

Fax: (605) 716-9491

E-mail: lynell@spiralscounseling.com

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

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

Services Offered: Counseling and psychotherapy for individuals, couples, families, and adolescents. Areas of focus include premarital and marriage counseling, grief and loss, anxiety, depression, trauma and post traumatic stress (PTSD), mind-body connection, mindfulness, stress management, and assertiveness skills. Therapeutic techniques offered include eye movement desensitization and reprocessing (EMDR), systemic family therapy, and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Telehealth/Video appointments are available for individuals and couples living in SD (as long as the client has access to high speed internet and can connect with out interruption) utilizing Zoom, which is a HIPAA complaint application. Intake in person preferred and not required. A confidential environment is critical for individuals seeking Telehealth services. Sessions will be billed as cash pay or possibly through insurance if specific company covers Telehealth counseling services.

Behavioral Health Professional: Lynell Rice Brinkworth, MA, LMFT, QMHP

Stronghold Counseling Services, Inc.

1320 North Avenue Spearfish, SD 57783

Phone: (605) 334-7713

Website: www.strongholdcounseling.com

Fax: (605) 334-5348

E-mail: info@strongholdcounseling.com

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

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

Stronghold Counseling Services, Inc. - Cont'd

Services Offered: Assessments and therapy for individuals of all ages, groups, and families for both mental health and substance abuse issues. Providing counseling for issues related to anger management, depression, anxiety, eating disorders, post traumatic stress (PTSD), physical and emotional abuse, parent-child conflicts, adolescent and child adjustment, marriage and divorce, grief and loss, and spiritual. Therapeutic specialties include spiritually based, therapeutic play, parenting with love and logic, cognitive behavioral (CBT), and eye movement desensitization and reprocessing (EMDR). Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel.com is used for telehealth services.

Behavioral Health Professionals:

Carolyn Short, MSW, CSW-PIP, QMHP Susan Terveen, LPC-MH, QMHP, LAC
Linnea Grosz, LPC

Suzette Wasvick Counseling Services

280 Main Street, Suite 9 Hill City, SD 57745

Second location: 2218 Jackson Blvd #13, Rapid City, SD 57701

Phone: (605) 390-8791

Fax: (605) 791-0122

E-mail: sw.counselingservices@yahoo.com

Hours: By appointment

Fees: Accepts most insurance and Medicaid

Services Offered: Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, and other issues. Provides play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population.

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

Thomas L. Collins, LCSW

2326 Canyon Lake Drive, Suite 1 Rapid City, SD 57702

Phone: (605) 342-0300

Fax: (605) 342-0300

E-mail: tlccsw@aol.com

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

Fees: \$110.00 an hour

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

Behavioral Health Professional: Thomas L. Collins, LCSW

Thorn Counseling

1301 W. Omaha Street, Suite 220 Rapid City, SD 57701

Phone: (605) 716-9944

Fax: (605) 718-0413

E-mail: jetsonea@yahoo.com

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

Fees: \$120.00 per hour

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

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

Torno Mediation and Mental Health Services

324 Saint Joseph Street, Suite 202 Rapid City, SD 57701

Phone: (605) 718-3613

Website: www.tornommhs.com

E-mail: melanie.torno@tornommhs.com

Hours: By appointment

Fees: Accepts most insurance and Medicaid; cash discount

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

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

2019 Black Hills Behavioral Health Guide

VA Black Hills Health Care System, Fort Meade

113 Comanche Road Fort Meade, SD 57741

Phone: (605) 347-2511

Website: www.blackhills.va.gov

Fax: (800) 743-1070

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

Fees: Sliding fee scale for eligible Veterans only

Services Offered: Behavioral health services including:

- Addictive disorder services
- Compensated work therapy
- Residential Post Traumatic Stress (PTSD) program
- Mental health intensive case management
- Inpatient psychiatric services
- Outpatient psychiatric services

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

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

113 Comanche Road Fort Meade, SD 57741

Phone: (605) 347-2511, Ext. 7991

Website: www.blackhills.va.gov

Fax: (844) 698-2311

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

Fees: Vary; call for information

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

Behavioral Health Professional: Kay Ermish, CSW-PIP

VA Black Hills Health Care System, Hot Springs

500 N. 5th Street Hot Springs, SD 57747

Phone: (605) 745-2000

Website: www.blackhills.va.gov

Fax: (800) 764-5370

Office hours: 8:00am - 5:00pm, Monday - Friday / Nurse Advice Line: Evenings, weekends, and Holidays Residential care: 24 hours a day / 7 days a week

Fees: Call for eligibility information

Services Offered: Behavioral health services including:

- Addictive Disorder Services (ADS) - outpatient and short and long-term residential treatment; transitional residence / halfway house
- Compensated work therapy
- Residential Post Traumatic Stress (PTSD) program
- Mental health intensive case management
- Inpatient and outpatient psychiatric services
- The Suicide Prevention Coordinator has gun locks available

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

Wellfully - Residential Addiction Recovery Center

22 Waterloo Street Rapid City, SD 57701

Phone: (605) 718-4870

Website: www.wellfully.org

Fax: (605) 718-4878

E-mail: info@wellfully.org

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

Fees: Call for information; Medicaid can help cover some costs

Services Offered: Residential program with 24 hour supervision and intensive 45-60 day program for addiction recovery. Seeks to meet each youth's educational, emotional, health, and family needs. Services offered:

- Assessment and treatment planning
- Mental health evaluation
- Group therapy
- Family involvement
- Individual therapy
- Aftercare planning
- Aftercare groups

Wellfully - Residential Addiction Recovery Center - Cont'd

- 12-step groups
- Advocacy
- Referrals

Behavioral Health Professional: Dr. Mark T. Garry, MD

Wellfully - Residential Behavioral Health/Group Care Program

22 Waterloo Street Rapid City, SD 57701

Phone: (605) 718-4870

Website: www.wellfully.org

Fax: (605) 718-4878

E-mail: info@wellfully.org

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

Fees: Call for information

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

- Individual therapy
- Treatment planning
- Mental health evaluation
- Group therapy
- Collaboration with parents/guardians/ foster parents, referral agency, schools or other provider
- Educational services provided in program

Behavioral Health Professional: Dr. Mark T. Garry, MD

Wellfully - Afterschool Addiction Recovery Program

1205 E. Saint James Street Rapid City, SD 57701

Phone: (605) 718-4870

Website: www.wellfully.org

Fax: (605) 718-4878

E-mail: info@wellfully.org

Hours: After-school

Services Offered: After-school care for boys and girls ages 10 - 18 meeting intensive outpatient guidelines for addiction recovery treatment. Services offered include:

- Assessment and treatment planning
- Group therapy
- Individual therapy
- Family night

Youth & Family Services Counseling Center

202 E. Adams Street Rapid City, SD 57701

Phone: (605) 342-4789

Website: www.youthandfamilyservices.org

Fax: (605) 399-0833

E-mail: wehelpkids@youthandfamilyservices.org

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

Fees: Call for information

Services Offered: Crisis intervention, assessments, counseling, and case management services that help young people and their families overcome challenges and pave the way for an improved quality of life. Provides support to individuals suffering from mental health issues, alcohol and drug abuse, child abuse and neglect, domestic violence, and crime victimization. Support is also provided to individuals struggling with personality development and relationship issues.

Therapists specialize in:

- Individual, family, and group therapy
- Play, art, and sand therapy
- Marriage and relationship counseling
- Treatment for depression, anxiety, and behavior issues
- Stress and anger management
- Chemical dependency treatment and prevention
- Level 1 alcohol and drug evaluation and treatment
- Suicide crisis intervention
- Treatment for youth with problematic sexual behaviors

Additional services include: Parenting classes; Mind-Body workshops; Domestic violence program; Seeking Safety Women's Group; State-accredited, 12-hour DUI classes; Mental health consultations and trainings; Intensive Family Support Program; and Child abuse survivor program.

Youth & Family Services Stronger Family Program

1309 W. Main Street Rapid City, SD 57701

Phone: (605) 791-5025

Fax: (605) 791-5027

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

Fees: Free

Website: www.strongerfamily.org

E-mail: wehelpkids@youthandfamilyservices.org

Services Offered: A free, relationship enrichment program open to the public. It serves students, individuals, couples, and families. The goal of the program is for participating adults and children to develop the skills they need to experience healthy relationships and improve their path toward financial wellness and employability.

Youth & Family Services Western Prevention Resource Center

YFS Counseling Center 202 E. Adams Street Rapid City, SD 57701

Phone: (605) 342-1593

Fax: (605) 399-0833

E-mail: wehelpkids@youthandfamilyservices.org

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

Fees: None

Website: www.youthandfamilyservices.org

Services Offered: Assists students, parents, educators, community groups, social service and mental health agencies, chemical dependency service providers and law enforcement personnel in developing and implementing prevention programs in western South Dakota.

Youth & Family Services Youth Trauma Center

YFS Counseling Center 202 E. Adams Street Rapid City, SD 57701

Phone: (605) 342-4789

Fax: (605) 399-0833

E-mail: wehelpkids@youthandfamilyservices.org

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

Fees: Call for information

Website: www.youthandfamilyservices.org

Services Offered: Purpose is to increase identification of youth and families who have been exposed to traumatic stress and shorten the time it takes to get them into effective treatment programs. Offers free screenings to children who may be experiencing traumatic stress, and then, if information warrants, a full assessment will be scheduled. Youth and families who are identified as experiencing traumatic stress will be referred to appropriate treatment providers. Treatments available at YFS include Trauma-Focused Cognitive Behavioral Therapy, Child Parent Psychotherapy, Problematic Sexual Behavior-Cognitive Behavioral Therapy, Eye Movement Desensitization Reprocessing Therapy, Prolonged Exposure Therapy, and Dialectical Behavior Therapy.

Suicide Survivor Support Services

Black Hills Survivors of Suicide

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

Phone: (605) 721-7720

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

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

Fees: None

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

Front Porch Coalition

915 Mountain View Road Rapid City, SD 57702

Phone: (605) 348-6692

Website: www.frontporchcoalition.org

E-mail: Inquiries@frontporchcoalition.org

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

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

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

Helpline Center - Suicide and Crisis Support

Phone: (800) 273-8255

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

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

Fees: None

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

Behavioral Health Professionals:

Janet L. Kittams, MA, LPC

Sheri Nelson, MA, LAC

Notes

Additions after published date:

Abourezk Counseling

Phone: (605) 863-2881

Fax: (605) 342-5170

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

Fees: Accepts most insurances, including Medicaid

Services Offered: Individual and family therapy for ages 10 and up. Topics discussed include; addictions, anxiety, depression, trauma, PTSD, chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues.

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

Website: www.abourezkcounseling.com

Email: lena@abourezkcounseling.com



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

211 Helpline Center

- Information, Referral, and Crisis Helpline • Free • 24-hours a day
- Social Services • Government Information • Community Information
 - Financial Assistance • Donation Information • Food • Shelter
- To receive community reminders every week text: 211BH to 898211

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

Helpline Center Directories

- Black Hills Behavioral Health Guide • Helping Hand Emergency Resource Guide
 - Rapid City Basic Needs Guide • Northern Hills Basic Needs Guide
- Southern Hills Basic Needs Guide • Online Database at helplinecenter.org/211database

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 • 529 Kansas City Street, Suite 201 • Rapid City, SD 57701
• Visit www.helplinecenter.org • Dial 211 • Text your zip code to 898211