

Black Hills Behavioral Health Guide 2020



Resources Include:
Licensed/Credentialed
Mental Health and
Substance Use Providers

211 Helpline Features



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



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

Community Calendar

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

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ABOUT THE BLACK HILLS BEHAVIORAL HEALTH GUIDE

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

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

There are four additional ways to find a specific resource:

By Location. . .

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

By Service Category...

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

By Name...

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

Online...

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



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

SELECTING A BEHAVIORAL HEALTH PRACTITIONER

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SELECTING A BEHAVIORAL HEALTH PRACTITIONER

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

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

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

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

After talking with a potential practitioner, ask yourself:

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

Glossary of Abbreviations - Degrees

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

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

Glossary of Abbreviations - Certifications and Licenses

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

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

Glossary of Abbreviations - Certifications and Licenses

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

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

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Abourezk Counseling

2020 W. Omaha Street, Rapid City, SD 57702

Phone: (605) 863-2881

Website: www.abourezkcounseling.com

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 (Post Traumatic Stress Disorder), 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

Action for the Betterment of the Community

1807 Williams Street, Sturgis, SD 57785

Phone: (605) 347-2991

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

Fax: (605) 269-4733

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

Fees: Sliding scale

Services Offered: Group of citizens from the greater Sturgis area who have united to: plan events (drug and alcohol free) and identify strengths to promote community cohesion, healthy lifestyles, and positive experiences for people of all ages. Monthly meeting location: SDSU Extension, 1029 5th Street, Sturgis, SD 57785 Classes / Services offered include: Tobacco Class; Individuals Counseling; Assessments; Outpatient Counseling; Intensive Outpatient Counseling; Positive Action; LifeSkills; Safe Dates; Prime for Life; Prime Solutions; TruThought/Corrective Thinking

Behavioral Health Professionals: Licensed Addiction Counselors, Certified Addiction Counselors

Addiction Recovery Centers of the Black Hills - Rapid City

1520 Haines Avenue, Suite 6, Rapid City, SD 57701

Phone: (605) 716-7841

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

Fax: (605) 519-1987

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

Fees: State funding and sliding fee scale available

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 Reconciliation 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:

Darrin Alfson, ACT

Mac Baker, ACT

Aspin Eno, ACT

Tommie McLaughlin, ACT

Ron Scherr, LAC

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

Doug Austin, LAC

Jade Doering, ACT

Christie Green, ACT

Paula Nason, CAC

Bernice Sorensen, ACT

Lanna Baken, ACT

Priscilla Engen, ACT

Christine Jones, ACT

Rebecca Riss, ACT

Addiction Recovery Centers of the Black Hills - Custer

14 Mount Rushmore Road, Suite C, Custer, SD 57730

Phone: (605) 673-2844

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

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

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

Fees: State funding and sliding fee scale available

2020 Black Hills Behavioral Health Guide

Addiction Recovery Centers of the Black Hills - Hot Springs – Cont'd

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.

Adult and Child Psychological Services

420 Quincy Street, Rapid City, SD 57701

Phone: (605) 209-5540

Website: childrenpsychology.com

Fax: (605) 716-0650

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

Fees: \$170.00 per hour

Services Offered: Provides a full range of evaluation options, specializing in the diagnosis of learning disabilities and emotional disorders. Also offers therapy for children and adults.

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

Awareness Counseling, LLC (Retired as of April 2020)

809 South Street, Suite 201, Rapid City, SD 57701

Phone: (605) 391-3482

Website: www.awarenesscounseling.net

Fax: (605) 342-8144

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

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

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

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

Behavioral Health Professional: Mahala Bach, LPC-MH QMHP

Barse Counseling, LLC

811 E. St. Andrew Street, Suite 6, Rapid City, SD 57701

Phone: (605) 388-2258

Website: <https://barsecounseling.com/>

E-mail: barsecounseling@gmail.com

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

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

Services Offered: Helps provide navigation for children, teens, and adults through difficult life circumstances, emotional and behavioral problems, communication and relational conflicts, and social and self-esteem/self-confidence issues. Specializes in helping decrease/eliminate problems with depression, anxiety, women's issues, anger management, acting out behaviors, and life transitions, including separation and divorce, and grief and loss through: Individual Counseling; Family Counseling; Sand Tray Therapy; Play Therapy; Cognitive Behavioral Therapy; Psycho-educational Therapy; Bibliotherapy

Behavioral Health Professional: Lynnette Barse, MS, LPC, 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: 24 hours a day / 7 days a week

Behavior Management Systems Rapid City – Main Office – Cont'd

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 providing intensive counseling and support services for children in community locations such as home or school.
- Full Circle is a residential substance abuse treatment and prevention program for pregnant and parenting women. Intensive inpatient treatment is offered along with prenatal care, parenting information, case management, and continued care in a residential facility for those who have completed treatment. Also, offers MAT (Medication Assisted Treatment).
- Psychiatric Services - assessments and medication management.

Behavioral Health Professionals:

Aimee Janvrin, LPC, QMHP

Jim Ruhe, CSW-PIP, QMHP

Kim McNemar, LPC-MH, QMHP

Lisa Kautzman, RN, CNP, QMHP

Shannon Howard, LPC, QMHP

JoSee Suess-Carlin, LPC, LAC, QMHP

Carmen Heaphy, LPC, QMHP

Randy Allen, CSW-PIP, QMHP

Teri Corrigan, CSW-PIP, QMHP

Nancy Middleton, CSW, QMHP

Janet Opoien Twedt, LPC-MH, QMHP

Sarah Hewitt, MS, LPC, QMHP

Matt Gordon, LPC, QMHP

Jeff Wahl, LPC, QMHP

Amber Roduner, LPC

Peggy O'Connor, RN

Behavior Management Systems Rapid City – Mainstream Office

111 North Street, Rapid City, SD 57701

Phone: (605) 343-0650

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

Fax: (605) 745-4930

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

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

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

Behavior Management Systems – Spearfish Office

623 Dahl Road, Spearfish, SD 57783

Phone: (605) 642-2777

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

2020 Black Hills Behavioral Health Guide

Behavior Management Systems – Spearfish Office – Cont'd

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, LLC

515 National Street, Suite 103, Belle Fourche, SD 57717

Phone: (605) 722-8090

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

Fees: Sliding fee scale (\$65.00 - \$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:

Allison Bensen, MS, LPC-MH

Kayla Grams, 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: <https://www.bhchap.com/>

Fax: (605) 791-2086

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 Eye Movement Desensitization and Reprocessing (EMDR), somatic psychotherapies, along with a Mindfulness and Self Compassion practice focus, for core healing. Specialty programs and retreats available. Telehealth services/counseling available. Initial assessment required. 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.

Behavioral Health Professionals:

Sue Andrews, MA, LSW

Elizabeth Keizer, MSW, CSW

Kelli Whartman, BSW, LSW

Rachel Walton, MSW, CSW

Black Hills Counseling Services

1238 Main Street, Suite 4, Sturgis, SD 57785

Phone: (605) 720-8090

E-mail: bhcounseling1@vastbb.net

Black Hills Counseling Services – Cont'd

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

Fees: Sliding fee scale; accepts most insurance and Medicaid

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

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

Black Hills Psychiatry Associates

528 Quincy Street, Rapid City, 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
Tom Terry, MA, LPC, LMFT

R. P. Renka, MD
Thomas G. Terry, MA, LMFT, LPC

Black Hills Psychology

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

Phone: (605) 645-0100

Website: www.blackhillspychology.com

Fax: (605) 717-1009

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

Fees: Varies 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.

Behavioral Health Professionals:

Mark Britzman, EdD, LP
Tara Ginter, LPC-MH
Jacob Seidel, LPC-MH, QMHP
Terry Trucano, CSW-PIP

Michele Clodfelder, LPC-MH, EAP
Cherise Lerew, PhD, LP
Rita Van Norman, CSW-PIP
Rhonda Schieffer, CSW-PIP

Emilia Flint, PhD, LP
Adam Opbroek, MD
Shannon Maxwell, PsyD, LP

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 - \$170.00 depending on length of session; accepts most insurance.

Services Offered: Individual, 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

2020 Black Hills Behavioral Health Guide

Brain Injury Rehabilitation Center, The – Cont'd

focusing on the specific needs of people with traumatic brain injury and any co-occurring issues such as substance abuse, physical abuse, depression, anxiety, and grief and loss.

Behavioral Health Professionals:

Dr. Justine Ashokar, PhD

Michael Huxford, PsyD

Bridgewater Behavioral Health, LLC

902 Columbus Street, Rapid City, SD 57701

Phone: (605) 791-1514

Website: www.bridgewaterbehavioralhealth.com

Fax: (844) 831-2349

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

Fees: Accepts most insurance, discount for self-pay

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

Behavioral Health Professionals:

Genni L. Goschke, PsyD, SEP

Chantal M. Peterson, PsyD

Eric D. Traub, PsyD

Catholic Social Services Counseling Services – Rapid City

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

Phone: (605) 348-6086

Website: www.cssrapidcity.com

Fax: (605) 348-1050

E-mail: css@cssrapidcity.com

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

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

Tracy Palecek, MS, NCC

Catholic Social Services Counseling Services – Spearfish

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

Phone: (605) 348-6086

Website: www.cssrapidcity.com

Fax: (605) 348-1050

E-mail: css@cssrapidcity.com

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 decisions 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

Catholic Social Services Counseling Services – Spearfish – Cont’d

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:

James T. Kinyon, MS, LPC-MH, QMHP, LMFT
 Evelyn Wilder, MS, LPC-MH, QMHP, NCC, LAC

Tracy Palecek, MS, NCC
 Lisa Spielman, LSW

Choices Counseling

809 S. Street, Rapid City, SD 57701

Phone: (605) 209-3688

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

Website: www.ccmbh.com

Fax: (605) 342-9333

Hours: By appointment

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

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

Behavioral Health Professionals:

Dadra Avery, MS, LPC

Sandi Ohlen, MS, LPC

June Reilly, MS, LPC-MH

Chrysalis Association, LLC

403 National Street, Suite 1, Rapid City, SD 57702

Phone: (605) 341-8647

Website: www.chrysalisassociation.com

Fax: (605) 341-0489

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

Fees: \$120.00 - \$170.00 per session

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

Behavioral Health Professionals:

Dewey J. Ertz, EdD

Linda Holcomb, MSW, CSW-PIP

Dr. William Moss, PsyD

Lesley Dzintars, LPC-MH, QMHP

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

Compass Point, The – Sturgis

1807 Williams Street, Sturgis, SD 57785

Phone: (605) 347-3003

Website: www.TheCompassPoint.org

Fax: (605) 347-4944

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

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 Reconciliation Therapy class, 28-day medically monitored inpatient adult treatment, DUI Classes, Continuing Care and adolescent diversion classes. A Family Program is available to family members and friends affected by the substance use of another. Compass Point also offers CBISA (Cognitive Behavioral Interventions for Substance Abuse) and MRT treatment.

2020 Black Hills Behavioral Health Guide

Compass Point, The – Sturgis – Cont'd

Behavioral Health Professionals:

Gloria Burtzloff, MS, ACT
Seth Courtney, BS, MS, BAT, ACT

Fe Rorie, MA, ACT
Hillary Schwab, MS, LPC, QMHP, NCC, ACT

Heather Ochocki, MA, LAC

Compass Point, The – Spearfish

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

Phone: (605) 642-7093

Website: www.thecompasspoint.org

Fax: (605) 722-3931

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

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

Services Offered: Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders. Programs include Moral Reconciliation Therapy class, continued care, and adolescent diversion classes. Also offers CBISA (Cognitive Behavioral Interventions for Substance Abuse) and MRT treatment.

Behavioral Health Professionals:

Jeanie Montgomery, LAC, LPN
Bonnie Sorzano, BS, ACT

Ashlee Pray, BS, ACT
Heather Dragoo, BS, ACT

Crisis Care Center

321 Kansas City Street, Rapid City, SD 57701

Phone: (605) 391-4863

Website: www.crisiscarecenter.org

Fax: (605) 791-0434

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

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

Services Offered: 24/7 access to crisis stabilization for individuals 18+ experiencing a mental health and/or substance abuse crisis. Aftercare services include transitional counseling and case management.

Behavioral Health Professionals:

Heather Armstrong, LPC, QMHP

Randy Allen, CSW-PIP, QMHP

Russ Conti, CSW, 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 counseling for ages 8 through 62. Therapeutic approaches include client centered, existential, and cognitive-behavioral. Christian counseling is also offered. Therapy techniques include Eye Movement Desensitization and Reprocessing (EMDR), sand tray therapy, play therapy, art therapy, behavior modification, and short-term solution-focused therapy.

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.dakotahillscounselinginc.com

Fax: (605) 716-9491

E-mail: eleir@rushmore.com

Hours: 9:00am - 5:00pm, Wednesday afternoon, Thursday, Friday until noon

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

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

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

Dakota Psychiatry Clinic

419 Quincy Street, Rapid City, SD 57701

Phone: (605) 348-6365

Fax: (605) 348-9408

Hours: 12:00noon - 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.

Dakota Psychiatry Clinic – Cont'd

Behavioral Health Professionals:

Jean Hoem, MS, LPC-MH, QMHP
Charles J. Lord, MD

Lisa Kautzman, RN, CNP, QMHP

Jim Kienitz, MSW, CSW-PIP

Enso Mental Health, LLC

211 Main Street, Suite 104, Spearfish, SD 57783

Phone: (605) 519-5850

Fax: (605) 699-8373

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

Fees: \$180.00 for initial session (90 minutes); \$150.00 for regular counseling session (60 minutes); Insurance accepted: Aetna; Avera Health Plans; BlueCross and BlueShield; Cigna; DAKOTACARE; Medicaid; Optum; Sanford Health Plan; Wellmark

Services Offered: Specializes in working with adults and teens on a variety of concerns including couple's therapy, grief and loss, trauma, anxiety, depression, general wellness and health, and parenting. Provides individual therapy and marriage/couples therapy. Also, provides faith based counseling; bereavement counseling; Cognitive Behavioral Therapy (CBT); terminal illness counseling; LGBTQ Counseling; Gender Identity Counseling; hoarding counseling and domestic violence counseling.

Behavioral Health Professionals: JoAnna Prewitt, MS, LPC-MH, QMHP, NCC

Family Solutions Center

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

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

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

Fees: \$150.00 Initial Assessment; \$125.00 per session

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

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

Gammeter & Associates LLC

810 Mountain View Road, Rapid City, SD 57702

Phone: (605) 431-8876

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

Fax: (605) 786-5941

E-mail: barbgammeter@msn.com

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

Fees: Medicaid, Tricare, Most Insurances, Sliding Scale

Services Offered: Specializing in helping heal the impact of trauma. Works with children and adults.

Behavioral Health Professionals:

Dan Gammeter, BA, MS

Barbara K. Gammeter, BA, MS, LPC-MH, TFCBT, EMDR, QMHP, NBCC

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

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

Gossamer Threads Counseling

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

Phone: (605) 209-5513

Website: <https://gossamerthreadscounseling.com/>

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

E-mail: gossamerthreadscounseling@gmail.com

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

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

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

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

Fees: Sliding scale

Services Offered: The Grief Recovery Method is an evidence-based action program for moving beyond loss and grief.

Behavioral Health Professional:

Margie Neugebauer, MA, LPC, Certified Coach, Certified Grief Recovery Method Specialist (R)

Harbor House Counseling

925 9th Street, Rapid City, SD 57701

Phone: (605) 645-9898

Website: www.harborhousecounseling.com

Fees: Sliding fee scale

E-mail: harborhouse3@gmail.com

Hours: Flexible hours available by appointment

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

Fax: (605) 646-2321

Hours: By appointment

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

Services Offered: Individual, family, and group counseling for those 18 and older. Areas of focus include: adjustment to living with a brain injury; caregiver concerns and fatigue; adjustment to change and life transitions; grief and loss; depression; anxiety; self-esteem; ADHD (Attention Deficit and 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

811 E. Street Andrew, Suite 10, Rapid City, SD 57701

Phone: (605) 484-6030

Website: <http://sdheartspace.com>

E-mail: sdheartspacecounseling@gmail.com

Hours: 11:00am - 7:30pm, Tuesday, Wednesday or by appointment

Fees: Individual or family therapy - \$120.00 per session; 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 face to face, but not required.

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. Our database of information grows every day and contains only the most reliable information. To help you search for help, we have an [online resource database](#) with a guided and keyword search, as well as many [resource guides](#).

Helpline Center – Suicide and Crisis Support

Phone: (800) 273-8255

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

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

Fees: None

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 Professional:

Janet Kittams, MA, LPC

Sheri Nelson, MA, LAC

Heynen Health & Wellness Services

809 South Street, Rapid City, SD 57702

Phone: (605) 390-8332

Website: <https://www.heatherheyden.com/>

Hours: By appointment

E-mail: info@heatherheyden.com

Fees: Most insurance accepted; Sliding fee scale

Services Offered: In-office Mental Health Counseling and Therapy to help navigate through mental and emotional stresses, alleviate anxiety and depression, and reach daily and life goals; Assessment and goal-setting; On-line or in-office Life Coaching, Counseling, Consulting; Helps facilitate processes for individuals to reach goals in life through practical direction, emotion management, habit change, and skill building.

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

HOPE Counseling

1245 Sherman Street, Hot Springs, SD 57747

Phone: (605) 745-5334

E-mail: hope.counseling@live.com

Fax: (605) 745-6256

Hours: By appointment

Fees: Insurance filing

Services Offered: A supportive, collaborative relationship to develop and meet meaningful goals through: individual counseling; family counseling; marriage counseling; play therapy; mental health screening; grief/bereavement counseling; adolescent and youth counseling; parent counseling; spouse/intimate partner abuse counseling; Lifespan Integration Therapy.

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

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Isaacs Behavioral Health, LLC

2650 Jackson Boulevard, Suite 18, Rapid City, SD 57702

Phone: (605) 877-2010

E-mail: nick.ibh7@gmail.com

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

Fees: Sliding scale

Services Offered:

- Group Psychotherapy: Twice a year, facilitates a Survivor Strong Group for females that have suffered sexual & physical abuse; 10-11 weeks' duration 1/week for 2 hours
- Loss/Grief Groups available.
- Therapies used: Eye Movement Desensitization and Reprocessing (EMDR), Motivational Interviewing (MI), Cognitive Behavior Therapy (CBT), Rational Emotive Behavioral Therapy (REBT), and Dialectical Behavior Therapy (DBT)
- Individual Psychotherapy for: Post-Traumatic Stress (PTSD), Trauma, Depression, Anxiety, Loss/Grief, Mood Disorders, Addictions, Self-esteem, Identity and relationship issues, and Eating Disorders

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

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

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

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

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

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, Suite 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 deal with challenging behaviors, and communication problems. Offers group therapy for parenting. Trauma focused Cognitive Behavioral Therapy (CBT) trained.

Behavioral Health Professional: Triscell Knuppe, LCSW-PIP

Life Counseling and Coaching, The

526 Main Street (lower level), Spearfish, SD 57783

Phone: (605) 639-5641

Fax: (605) 646-2580

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

Fees: \$150.00 Initial Diagnostic Assessment; \$125.00 Psychotherapy; \$75.00 Success Coaching

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

Behavioral Health Professional: Tracy Hunt, LPC-MH

LifeScape – Therapy

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

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

LifeStages Counseling, LLC

811 E. Saint Andrew Street, Suite 3, Rapid City, SD 57701

Phone: (605) 388-2163

Website: www.lifestageshelp.com

Fax: (605) 653-5517

E-mail: janet@lifestageshelp.com

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

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

Services Offered: Provides counseling to children, adolescents, and their families in the Black Hills area. Issues that are addressed include: Attention Deficit Hyperactivity Disorder (ADHD), adoption and foster care, adjustment to life situations, anxiety, anger management, behavioral concerns, coping skills, depression, family conflict, Fetal Alcohol Spectrum Disorders (FASD), oppositional defiance, parenting, suicidal ideation, stress management, and trauma (including emotional, physical, and sexual abuse).

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

Lifeways, Inc.

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

Phone: (605) 716-6555

Website: www.lifeways.us

Fax: (605) 716-6557

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 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

Kelsey Hansen, MA, LAC

Kritina Benter, LAC

Michele Brink-Gluhosky, CAC

Michelle Ames, BS, ACT

Paula Long Fox, MS

Rebecca Stucke, BS

Matthew Boyce, MS

Bill Clucas, BS, ACT

Paula Wilkinson Smith, LAC, CPS

LSS (Lutheran Social Services) - Counseling Services

2920 Sheridan Lake Road, Rapid City, SD 57702

Phone: (855) 334-2953

Website: www.lsssd.org

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LSS (Lutheran Social Services) Rapid City - Counseling Services – Cont'd

Fax: (605) 348-0477

E-mail: info@lsssd.org

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

Fees: Sliding fee scale

Services Offered:

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

Behavioral Health Professionals:

Diana Mueller, MS, NCC, LSW

Stacy Hayford, MS, LPC

Melissa Good, LPC

Darnell Dorenkamp, CSW-PIP

Susan Wheeler, MS, LPC-MH, QMHP, SAP

Rachel Shepherd, MSW, CSW-PIP

Heather Wood, MSW, LSW

Megan Laskowski, MS

Sarah Lux, MSW

Rebecca Caselli-Smith, MA, LPC-MH, QMHP

LSS (Lutheran Social Services) Spearfish - Canyon Hills Center

2519 Windmill Drive, Spearfish, SD 57783

Phone: (605) 559-3500

Fax: (605) 221-2346

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-MH

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

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: Rachel Shepherd, MSW, CSW-PIP

Manlove Brain + Body Health

636 Saint Anne Street, Rapid City, SD 57701

Phone: (605) 348-8000

Website: www.manlovehealth.com

Fax: (605) 716-2023

E-mail: office@manlovegroup.com

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

Fees: Evaluations \$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) for treatment resistant depression.

Manlove Brain + Body Health – Cont'd

Behavioral Health Professionals:

Kay Foland, CNP

Dr. Stephen P. Manlove, MD

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

Sheryl Jackson, CNP

Amy Newstrom, CNP

Laura Schirber, CNP

Monument Health Behavioral Health Center

915 Mountain View Road, Rapid City, SD 57702

Phone: (605) 755-7200

Website: www.monument.health

E-mail: info@monument.health

Hours for outpatient clinic: 8:30am - 5:00pm, Monday – Friday

Hours for inpatient treatment: 24 hours a day / 7 days a week

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

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

Fees: Vary; call for information.

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

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

Behavioral Health Professionals:

Dr. Harry Hamlyn, MD

Dr. Kirsten Butz, MD

Dr. Mark Garry, MD

Stacy Danielson, PA

Dr. Susan Howard, MD

Mary Kurniawan, CSW-PIP

New Dawn Center

19271 SD Highway 79, Vale, SD 57788

Phone: (605) 456-2968

Website: www.newdawncenter.us

Fax: (605) 456-9892

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

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

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:

Kara Graveman, MS, LAC, CPS

Almer Anderson, ACT

Sara Ellington, BS, ACT

New Trails Ministry

11455 Elliot Road, Custer, SD 57730

Phone: (605) 760-3633

Website: <https://newtrailsministries.org>

Fax: (605) 299-1984

E-mail: info@newtrailsministry.org

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

Fees: Sliding scale

Services Offered: New Trails works to sort through the challenges and issues in a person's life in an effort to help find a new trail of vitality.

Behavioral Health Professional: Rodney Veldhuizen, LMFT-QMHP

Oglala Sioux Tribe Native Healing Program

1205 E. St. James Street, Rapid City, SD 57701

Phone: (605) 342-8925

Website: <https://nativehealingprogram.com>

Fax: (605) 718-3022

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

Fees: Services are provided free of charge to tribally enrolled individuals

Services Offered: Provides alcohol and substance treatment to the Rapid City (Mni Luzahan) Native American Community and other affiliated tribes in the region, for adolescents and adults. The Native Healing Program utilizes the traditional Native American life ways as a method of "Healing the Spirit". Specifically, offering the following: individual counseling; family counseling; substance use counseling; psychological assessments; outpatient substance use treatment; grief counseling. Also, providing Codependency Workshops, 12 hour DUI class, substance abuse treatment needs assessments, talking circle.

Behavioral Health Professionals:

Michelle Obineche, MSW-CSW, ACT Michael Holley LPC, ACT
Marcie Sprague, MSW, CSW-PIP, LAC

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

3200 Canyon Lake Drive, Rapid City, SD 57702

Phone: (605) 355-2500

Website: www.GPTCHB.org

Fax: (605) 355-2510

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

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

Services Offered: Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral Health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services: Comprehensive assessment; Outpatient child/adult counseling and psychiatric services; Medication management; Group and family counseling; Community support and education; Telepsychiatry consultation; Dual diagnosis treatment.

Sweat Lodges/Inipis - Open to community members, schedule through Jacquie in the Community Health Education office (605) 355-2257.

Behavioral Health Professional:

Brittney Vollmer, NP-C Josephine Chase, PhD, LCSW-PIP

Pennington County Sheriff's Office – Addiction Treatment Services

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

Phone: (605) 394-6128

Website: www.pennco.org/sheriff/

Fax: (605) 394-6890

E-mail: ccadp@pennco.org

Hours: 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 and specialized programming including: Intensive Methamphetamine Treatment program (IMT), and Opiate Day Treatment; 12-hour DUI class; Moral Reconciliation Therapy (MRT); Cognitive Behavioral Intervention for Substance Abuse program (CBISA); treatment needs assessments; social-setting detox; emergency/involuntary commitments; Crisis Care screening and interventions.

Behavioral Health Professional:

Amy McGlade MA, LAC	Charisa Wilhelm, ACT	Dawn Riter, ACT
Deanna Nolan, LAC	Kate Wellensiek, MA, LAC	Lauren Craft, LAC
Lori Sargent, CCDCI	Michael Goetz, LAC	Tonya Lore, MS, LAC
Michelle Teeslink, MS, LAC	Sara Maher, CAC	Bryson Schwartz, ACT
Casey Woods, ACT	Christie Hurtig, ACT	Peri Decory, ACT
Amanda Whelchel, LAC	Tommi Young Bull Bear, ACT	

Practical Christian Counseling, Inc.

1351 Jolly Lane, Rapid City, SD 57703

Phone: (605) 484-7089

Website: www.practicalcc.com

Fax: (605) 721-9345

Hours: Weekday afternoons and some evenings.

Fees: \$80.00 per hour

Services Offered: Counseling from a biblically Christian worldview. Services include counseling for couples, marriage, marriage preparation, parenting, family, adolescents, depression, anxiety, grief, anger, crisis management, decision making, male sex addiction, gambling addiction, self-esteem, adjustment, life/professional coaching.

Practical Christian Counseling, Inc. – Cont'd

Therapies include Cognitive Behavioral Therapy (CBT), solution-focused, emotionally-focused couples, person-centered, Biblical, and prayer.

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

Project Recovery

625 Flormann Street, Rapid City, SD 57701

Phone: (605) 340-1234

Fax: (855) 526-0199

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

Fees: Sliding fee scale

Services Offered: Medication-Assisted Treatment (Suboxone, Naloxone, Vivitrol) addressing opioid, alcohol, heroin, and methamphetamine addictions. Physically located in Rapid City, SD, but providing services anywhere in South Dakota via Telemedicine. Medication assisted treatment is the use of FDA-approved medications in combination with counseling and other therapies to provide a whole-patient approach to treatment for substance use disorders (SUD). It is an evidence-based practice and the Gold standard for SUD treatment and overdose prevention.

Medical Staff also provides HIV/HCV screenings, lab work, pregnancy tests, specialty and primary care referrals.

Recovery Coaches do peer one-on-one visits. Social Workers help with medication assistance programs and patient advocacy & resource connection.

Behavioral Health Professional: Tim Aylward, PA-C

Psychological Associates of the Black Hills, LLC

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

Phone: (605) 348-6500

Fax: (605) 341-7409

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

Fees: Vary; accepts most insurance

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

Behavioral Health Professionals:

Peg Kelsey, PhD, Psychologist

Trisha Miller, PhD, Psychologist

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

Jennifer Kozel, PhD, Psychologist

Mark Perrenoud, PhD, Psychologist

Lynette Quast, PhD, Psychologist

Rapid City Counselors

832 Saint Joseph Street, Suite 204, Rapid City, SD 57701

Phone: (605) 299-9100

Fax: (605) 250-5159

Hours: 9:00am - 5:30pm, Monday, Tuesday, Thursday, Friday / 9:00am - 7:30pm, Wednesday

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

Services Offered: Empowers individuals and couples to identify concerns and issues within themselves and their relationships that impede a healthy, productive relationship and lifestyle. Works with individuals, children, adolescents, couples, and families. Research shows that healthy communication in relationships, as well as balancing body, mind, and spirit substantiate and enhance one's ability to live a longer, more fulfilling life.

Behavioral Health Professional: Stacy L. Keyser, MS, LPC-MH, NCC, QMHP

Rapid City Vet Center

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

Phone: (605) 348-0077

Fax: (605) 348-0878

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

Fees: None

Services Offered: Outpatient mental health counseling center providing 100% free services to eligible Veterans, Active Duty Service Members, and their families. Part of the US Department of Veterans Affairs but separate from the VA Medical Centers, with separate and confidential medical records. Offering individual, group, and couples counseling both in Rapid City and at a number of Community Access Points in the Black Hills. Also, a referral service and can point Veterans in the right direction for any information they may need in terms of accessing benefits, enrolling in VA health care, etc. Specialty is helping Veterans readjust successfully into civilian life, and provides

Rapid City Vet Center – Cont'd

counseling for a wide range of problems, from mental health issues like PTSD (Post Traumatic Stress Disorder), 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: <http://redhorsehealing.net/>

E-mail: Contact@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

ROADS Outpatient Treatment Program

103 E. Omaha Street, Rapid City, SD 57701

Phone: (605) 348-8026

E-mail: roadsoutpatient@gmail.com

Fax: (605) 388-8902

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

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

Services Offered: Outpatient counseling for adults 18 years and older including intensive outpatient treatment, continued care, Moral Reconciliation Therapy (MRT), cognitive behavioral groups, and assessments.

Behavioral Health Professionals:

Danielle Colichesi, CAC

Barbara Samson, CAC

Roger Schriver, LAC

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

Linda Rush, LAC

Scovel Psychological and Counseling Services, LTD

2902 W. Main Street, Rapid City, SD 57702

Phone: (605) 721-8822

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

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

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

Services Offered: Individual, couples and family counseling/psychotherapy, forensic testing, and psychological testing (personality, intelligence, achievement, and neuropsychological). Groups include pain management, wellness, and a cognitive therapy group for brain injured patients. Now offering an Autism clinic.

Behavioral Health Professionals:

Kay Ermish, LCSW- PIP

Michael E. Forgy, LCSW-PIP

Shannon Maxwell, Psy. D.

Adria S. Hagg, LCSW

Peggy Heuston, LPC-MH, QMHP

Jason Trautman, Psy. D

Caitlin Nissen, LPC-MH, QMHP

Kari A. Scovel, PhD, LP, LPC-MH, QMHP

Scott Sternhagen, PhD, LP

Tamara Ulmer, LCSW-PIP, LPC-MH, QMHP

Jacob Folstrom, LPC, QMHP

Sharon K. Hansen

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

Phone: (605) 890-0580

E-mail: jshansen@goldenwest.net

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

Spirals Counseling, LLC

623 Quincy Street, Suite 102, Rapid City, SD 57701

Phone: (605) 381-5277

Website: www.spiralscounseling.com

Fax: (605) 716-9491

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

Spirals Counseling, LLC – Cont'd

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 without interruption) utilizing Zoom, which is a HIPAA compliant application. Intake in person preferred but 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. - Spearfish

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

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

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 Therapy (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 is used for telehealth services.

Behavioral Health Professionals:

Linnea Grosz, LPC

Carolyn Short, MSW, CSW-PIP, QMHP

Susan Terveen, LPC-MH, QMHP, LAC

Suzette Wasvick Counseling Services

280 Main Street, Suite 9, Hill City, SD 57745

Rapid City location: 2218 Jackson Boulevard, Suite 13, Rapid City, SD 57701

Phone: (605) 390-8791

Website: <https://www.wasvickcounseling.com/>

Fax: (605) 791-0122

E-mail: sw.counselingservices@yahoo.com

Hours: Hill City Office: Monday and Thursday / Rapid City Office: Tuesday, Wednesday and Friday.

Fees: Accepts most insurance and Medicaid

Services Offered: Individual, 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, RPT-S

Thomas L. Collins, LCSW

909 St. Joseph Street, Suite 503, Rapid City, SD 57701

Phone: (605) 342-0300

E-mail: tlccsw@aol.com

Fax: (605) 342-0300

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

Fees: \$110.00 per 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

E-mail: jetsonea@yahoo.com

Fax: (605) 718-0413

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

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

Thorn Counseling – Cont'd

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

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

Torno Mediation and Mental Health Services

730 South Street, Rapid City, SD 57701

Phone: (605) 718-3613

Website: www.tornommhs.com

Hours: By appointment

E-mail: melanie.torno@tornommhs.com

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

VA Black Hills Health Care System, Fort Meade

113 Comanche Road, Fort Meade, SD 57741

Phone: (605) 347-2511

Website: www.blackhills.va.gov

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. Also offers Polytrauma/TBI Clinic.

Behavioral Health Professionals:

Lisa Foodim, LCSW, CCM, MAC

Steve Deming, CSW-PIP

VA Black Hills Health Care System, Hot Springs

500 N. 5th Street, Hot Springs, SD 57747

Phone: (605) 745-2000

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

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

Hours: 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; accepts private insurance and self-pay options.

Services Offered: Residential program offering 24-hour supervision, intensive 45-60-day program offering addiction recovery therapy. Seeks to meet each youth's educational, emotional, health, and family needs. Services offered: Free assessment; Treatment planning; Mental health evaluation; Group therapy; Family involvement; Individual therapy; After-care planning; Aftercare groups; 12-step groups; Advocacy; Referrals. Offers an Afterschool Addiction Recovery Program.

Behavioral Health Professionals: Dr. Mark Garry, MD

Wellfully – Residential Behavioral Health/Group Care Program

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 Professionals:

Dr. Mark Garry, MD

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

Youth & Family Services Counseling Center

202 E. Adams Street, Rapid City, SD 57701

Phone: (605) 342-4789

Fax: (605) 399-0833

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

Fees: Call for information

Website: www.youthandfamilyservices.org

E-mail: wehelpkids@youthandfamilyservices.org

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.

Behavioral Health Professionals:

Rebecca Dodds, MS, LPC-MH, NCC, QMHP

Nancy Sprynczynatyk, LPC-MH

Kat de los Santos, MS, NCC

Maureen Murray, MA, LPC-MH, LAC

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

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

Jennifer Peters, M.A., LPC-MH, QMHP

Bridget Williams, MS, LPC-MH, QMHP

Youth & Family Services Youth Trauma Center

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

Fees: Call for information

Services Offered: Youth & Family Services' Youth Trauma Center works to increase identification of youth and families who have been exposed to traumatic stress and shorten the time it takes to get them into effective treatment programs. Western Prevention Resource Center and the Boys' Health Program are offered at this address.

Behavioral Health Professionals:

Rebecca Dodds, MS, LPC-MH, NCC, QMHP

Nancy Sprynczynatyk, LPC-MH

Kat de los Santos, MS, NCC

Maureen Murray, MA, LPC-MH, LAC

Vonnie Ackerman, MS, CAC, CPS

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

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

Jennifer Peters, M.A., LPC-MH, QMHP

Bridget Williams, MS, LPC-MH, QMHP

Suicide Prevention Resources

Black Hills Survivors of Suicide

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

Phone: (605) 721-7720

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

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

Fees: None

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

Front Porch Coalition

915 Mountain View Road, Rapid City, SD 57702

Phone: (605) 348-6692

Website: www.frontporchcoalition.org

E-mail: office@frontporchcoalition.org

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

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

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

Helpline Center – Suicide and Crisis Support

Phone: (800) 273-8255

Website: www.helplinecenter.org

Fax: (605) 332-1333

E-mail: help@helplinecenter.org

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

Fees: None

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

Behavioral Health Professionals:

Janet Kittams, MA, LPC

Sheri Nelson, MA, LAC

helpline center



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

211 Community Resources

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

Suicide and Crisis Support

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

Volunteer Connections

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

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

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