Sioux Falls
Mental Health Guide

“Making lives better by giving support, offering hope and creating connections all day, every day.”
AMG Midwest Psychiatric Medicine
Avera Behavioral Health Center
4400 W. 69th Street, Suite 500
Sioux Falls, SD 57108
Phone: (605) 322-7580 Fax: (605) 332-7579
Hours: 8:00am – 5:00pm, Monday – Thursday / 8:00am – 4:30pm, Friday
Fees: Accepts most insurance
Services Offered: Provides diagnosis and management of a full spectrum of psychiatric disorders in children, adolescents, and adults. Treatment areas include depression, anxiety disorders, bipolar disorders, schizophrenia, attention disorders, and dementia.
Mental Health Professionals:
Berne Bahnson, MD
Karua Withorne-Malone, CNP
William Knoffliek, PhD
Patrick McNeil, MSW
Scott Schneider, MD
Lezlee Gregunson-Lund, PhD
Connie Sweatman, PsyD
Tony Sorensen, PsyD

Avera Internal Medicine for Women
116 W. 69th Street
Sioux Falls, SD 57108
Phone: (605) 322-5890 Fax: (605) 322-5891
Website: www.aver.org
Hours: 8:00am - 5:00pm, Monday - Tuesday / 9:00am - 6:00pm, Wednesday - Thursday / 8:00am - 12:00pm, Friday
Fees: Accepts insurance; call for more information
Services Offered: Individualized treatment for adults and adolescents. Specialties in eating disorder issues, depression, anxiety, women's issues, life changes, and adjustments. Medical nutrition therapy available.
Mental Health Professional:
Mary Dressing, LPC-MH, RD, LN

Avera McKennan Hospital and University Health Center - Behavioral Health Services Inpatient Services
4400 W. 69th Street, Suite 100
Sioux Falls, SD 57108
Phone: (605) 322-4065 or (800) 691-4336 Fax: (605) 322-4060
Website: www.averabehavioralhealth.org
Hours: 24 hours a day / 7 days a week
Fees: Vary with different services; accepts insurance, Medicare, and Medicaid
Services Offered: Free mental health assessments are available that include a level of care determination. This assessment can coordinate inpatient admission, pre-certification, or outpatient referral.

- **Acute Adult Inpatient Program**: Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression with suicidal behavior, psychosis, bipolar disorder, and patients on holds.
- **Adult Inpatient Program**: Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression, anxiety disorder, post-traumatic stress disorder, and borderline personality disorder.
- **Senior Inpatient Program**: Inpatient unit operated on a 24-hour basis. The most frequent diagnoses for the psychiatric patients are depression and dementia.
- **Child Inpatient Program**: Inpatient unit operated on a 24-hour basis. Structured acute care inpatient program for children ages 4-12. Offers a safe, supportive environment and caring, expert staff who provide specialized care.
treatment to children with a range of psychiatric difficulties including: depression, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), extreme family difficulties, and other life stressors.

- **Adolescent Inpatient Program:** Unit operates on a 24-hour basis. Most of the patients served by the Adolescent Inpatient Program are between the ages of 12-18 and are struggling with depression, suicidal ideation, ADHD, or other mental health diagnoses. The program utilizes an interdisciplinary team approach to care for the social, psychological, and spiritual needs of young people.

**Mental Health Professional:**
Thomas Otten, MA, LPC

**Avera McKennan Hospital and University Health Center - Behavioral Health Services Outpatient Clinic**
Avera Professional Plaza
2412 S. Cliff Avenue, Suite 200
Sioux Falls, SD 57105

**Phone:** (605) 322-4079  
**Fax:** (605) 322-4080  
**Website:** www.averabehavioralhealth.org  
**Hours:** 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / evening groups and additional scheduling options available  
**Fees:** Vary with different services; accepts insurance, Medicare, and Medicaid; scholarships available for some programming; payment plan options available  
**Services Offered:** Individual, couples, group and family counseling for all ages and for all mental health-related concerns. Additional services include: STEPPS group for people with Borderline Personality Disorder or traits; eating issues counseling including anorexia, bulimia, and healthy weight loss; grief therapy; psychological testing; chronic pain services; and an Employee Assistance Program. Addresses issues such as Attention Deficit Disorder, family separation and divorce, self-destructive behaviors, self-esteem building, and anger management.

**Mental Health Professionals:**
- Hiedi Roberts, MSW, LCSW-PIP
- Mary Wolf, MS, LPC-MH, QMHP, CEAP
- Erik Anderson, MSW, LCSW
- Amber Lehman-Meyers, MSW, LCSW-PIP
- Donald Baum, PhD, LP
- Nancy Wise-VanderLee, PhD, LP
- Mary Ellen Smith, MS, LPC-MH, NCC, QMHP
- Kelsey Sjaarda, MSW, LCSW
- Amy Chitwood, MSW, LCSW-PIP
- Jeri Nelson, MSW, LCSW-PIP, QMHP
- J. Chris Nordgren, PhD

**Avera McKennan Hospital and University Health Center - Behavioral Health Services Addiction Recovery Program**
Avera Professional Plaza
2412 S. Cliff Avenue, Suite 100
Sioux Falls, SD 57105

**Phone:** (605) 322-4079  
**Fax:** (605) 322-4080  
**Website:** www.averabehavioralhealth.org  
**Hours:** 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / group sessions available Monday – Thursday  
**Fees:** Vary with different services; accept most insurance; Medicare approved hospital based program; payment plans available  
**Services Offered:** Comprehensive treatment program for individuals, couples, and families affected by substance abuse, compulsive gambling, other addictive behaviors, and interrelated emotional difficulties. Court-approved provider for the assessment and/or treatment of substance abuse and/or gambling-related offenses. Specializing in Co-Occurring services (the treatment of substance abuse/gambling conditions as well as mental health issues such as bipolar disorder, clinical
depression and anxiety conditions). This multi-leveled program includes options for daytime or evening Intensive Outpatient Programs and daytime or evening Outpatient Groups (involving ASAM 2.1 and 1.0 levels of care). Assistance available for adolescents includes evaluations, individual and family counseling, and prevention services. Employee Assistance Programs. Offers specialized recovery services for health care practitioners inclusive of physicians, pharmacists, nurses, dentists and other health care professionals with state and/or national licensure/certification credentials. ARP also provides specialized Pain Management Groups and counseling for persons affected by chronic pain. The Addiction Recovery Program is accredited by the JCAHO and the State of South Dakota.

Mental Health Professionals:
- James Green, LAC
- Jennifer Albrecht, MAT, LPC-MH, LAC
- Joseph Block, LAC
- Lana Smith, MA, LMFT, QMHP, LAC
- Melissa Roby, MS, LPC, LAC
- Alysa Klein, MA, CAC
- Jill Viedt, MS, LPC, LAC
- Leah Rath, MA, LPC, LAC
- Craig Kindrat, MS, LPC, LMFT, LAC
- Malia Holbeck, MSW, LCSW, LAC

Avera McKennan Hospital and University Health Center - Behavioral Health Services Partial Hospital Program and Intensive Outpatient
4400 W. 69th Street, Suite 100
Sioux Falls, SD 57108
Phone: (605) 322-4056 or (800) 691-4336
Fax: (605) 322-4009
Website: www.averabehavioralhealth.org
Hours: 8:00am - 4:30pm, Monday - Friday
Fees: Accepts insurance and Medicare; limited financial assistance available

Services Offered: Partial Hospital Program is an outpatient, time-limited, intensive and coordinated clinical treatment program for adults that is an integral part of the continuum of Behavioral Health Services. The Partial Hospitalization Program pursues the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Another target population is the individual experiencing acute psychiatric symptoms or decompensating clinical conditions that severely impact their capability to function on a day-to-day basis. Typical partial stay is about 16 days stretched out over one month. The step down program, Intensive Outpatient for Mental Health, is a treatment option in Behavioral Health Services where individuals would attend group therapies for 7-11 hours per week. Prospective clients for both the Partial Hospital Program and Intensive Outpatient Program for Mental Health may be referred through free mental health assessments that include: inpatient admission, coordination / pre-certification, and outpatient referral coordination. The assessment phone number is (605) 322-4065 or (800) 691-4336.

Mental Health Professional:
- Thomas Otten, MA, LPC-MH

Avera Medical Group University Psychiatry Associates
4400 W. 69th Street, Suite 1500
Sioux Falls, SD 57108
Phone: (605) 322-5700
Website: www.averabehavioralhealth.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Accepts insurance, Medicare, and Medicaid

Services Offered: Offers individualized treatment including: psychiatric evaluations; psychological and neuropsychological evaluations; individual, couples, or family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to: anxiety disorders, mood disorders, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress disorders, abuse issues, eating disorders, dementia,
grief and loss, forensic evaluations, custody evaluations, evaluation and treatment of childhood emotional and behavioral disorders, spirituality, stress management, and executive health.

**Mental Health Professionals:**

Kent Andre, MD  
Ann Bowden, MD  
Hillary Hanson, MD  
Melissa Spanggaard, DO  
Wioleta Mazurczak, MD  
Kenneth Hasseler, PhD  
Heather Chester-Adam, MD  
Timothy J. Soundy, MD  
Thomas Holtberg, LPC-MH  
Nancy Wilson, MD  
Matthew Stanley, DO  
Wallace Jackmon, PhD  
John Erpenbach, CNP, RN  
Shawn VanGerpen, MD  
Garneth Kuiper, CNP  
William C. Fuller, MD  
Jay Weatherill, MD  
Grace LaFollette, CNP  
Michael Reiners, MD  
Beverly J. Gunderson, EdD  
Vinod Bhatara, MD  
Brenda Nour, PhD  
Christopher Hanley, MD  
Michael Bergan, MD  
Karl Oehlke, PA-C  
Tracee Hofer, CNP  
Nicole Christenson, MD  
Constance L. Spicero, EdD  
David Hylland, EdD  
Anthony Vaca, MD  
Saruabh Jauhari, MD  
Sarah Flynn, MD  
Tamara Vik, MD  
Carol Kuntz, PsyD  
Bryce Gammeter, MD  
Meredith Powell, MD  
Benjamin Kohls, LPC-MH

**Barbara RA Christensen, LLC**

6809 S. Minnesota Avenue, Suite 102  
Sioux Falls, SD  57108  
**Phone:** (605) 362-5803  
**Fax:** (605) 362-5803  
**Website:** www.barbarachristensencounseling.com  
**Hours:** 8:00am - 1:00pm, Monday / 8:00am - 6:00pm, Tuesday - Thursday / 8:00am - 1:00pm, Friday  
**Fees:** Sliding fee scale  
**Services Offered:** Works with children, adolescents, as well as adults with the following issues: depression, anxiety, family issues and divorce, grief, self-injury, adjustment, drug and alcohol, ADD and ADHD, social skills, anger, domestic violence, OCD, relationship, Autism and Asperger’s, and abuse. Christian based.

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

**Bartels Counseling Services, Inc.**

101 W. 69th Street, Suite 100  
Sioux Falls, SD  57108  
**Phone:** (605) 310-0032  
**Fax:** (605) 271-0200  
**Website:** www.barteldscounselingservices.com  
**Hours:** 8:00am - 9:00pm, Monday - Friday / 8:00am - 3:00pm, Saturday  
**Fees:** Most insurance accepted; sliding fee scale; assistance available for those who qualify  
**Services Offered:** Therapists are educated, credentialed, and experienced in assessing and treating mental health concerns including addiction, anxiety, depression and other mood disorders, adjustment, abuse, spiritual development, emotional and stress management, family issues, grief, personality disorders, and relational issues. Provides individual, couples, and
family therapy along with services for adults and adolescents needing assessments, early intervention, intensive outpatient treatment, and aftercare services. Services are also available in Spanish. Bartels Counseling Services, Inc. is accredited by the South Dakota Department of Social Services Division of Behavioral Health.

Mental Health Professionals:
- Sherry Bartels, MA, NCC, LPC-MH, QMHP, ACS, LAC
- Jennifer Zerfas, MA, NCC, LPC, LAC
- Tara Reinesch, MS, NCC, ACT
- Jessica Lueking, MS, LPC, NCC, LAC
- Jennie Mayer, MS, NCC, LPC, ACT

Additional Location:
224 N. Phillips Avenue, Suite 207
Sioux Falls, SD 57108

Behavior Management Counseling Services
3610 S. Western Avenue, Suite 2
Sioux Falls, SD 57105
Phone: (605) 274-1700 Fax: (605) 274-1704
Hours: 8:00am - 7:00pm, Monday - Friday / Saturdays by appointment
Fees: Accepts insurance and Medicaid
Services Offered: Services for children, adolescents, adults, individual, groups, couples and families. Play therapy, Behavior Modification, Cognitive Behavioral Therapy, diagnostic assessments for depression, generalized anxiety, separation anxiety, school refusal, social phobia and fears, Obsessive Compulsive Disorder, behavior problems, ADHD, grief and loss, Asperger’s and Autism Spectrum, pediatric Bi-Polar Disorder, emotional regulation, anger management, social skills training, Post Traumatic Stress Disorder, behavior problems, selective mutism, and trichotillomania (hair pulling).
Mental Health Professional:
- Maria Egan, MS, LPC-MH, QMHP

Bethesda Christian Counseling Midwest, Inc.
400 S. Sycamore Avenue, Suite 105-3
Sioux Falls, SD 57110
Phone: (605) 334-3739 or (800) 463-4005 Fax: (605) 334-7552
Website: www.bethesdachristiancounseling.org Email: info@bethesdachristiancounseling.org
Hours: 8:30am - 5:00pm, Monday - Friday / evenings by appointment
Fees: Sliding fee scale; accepts most insurance, Medicare, and Medicaid
Services Offered: Individual, marital, and family counseling. Psychological testing is available. A nationally accredited Clinical Pastoral Education course offered for pastors and other ministry professionals. Additional services include child and adolescent counseling, and wellness seminars to interested groups.
Mental Health Professionals:
- David Nehring, PhD
- Sandra Simanton, MSW, CSW-PIP
- William Huiskens, MSW, CSW-PIP
- Denise Pulido, MSW, CSW-PIP
- Joseph R. Goraj, MSW, CSW
- William C. Fuller, MD
- Dean Meeter, MDiv

Brenda Hansen-Mayer Professional Therapy
1601 E. 69th Street, Suite 306
Sioux Falls, SD 57108
Carissa Palmberg Counseling
25337 470th Avenue
Crooks, SD 57020
Mailing Address: 48261 268th Street, Brandon, SD 57005
Phone: (308) 830-0247
Website: www.carissapalmbergcounseling.vpweb.com
Hours: 9:00am - 5:00pm, Tuesday
Fees: Vary; check website for more details
Services Offered: Equine Assisted Psychotherapy is an experiential approach to counseling. Clients with a wide range of mental health concerns are seen including: depression, anxiety, PTSD, combat-related trauma, abuse-related trauma, conflict resolution, anger management, addiction, personal growth, stress management, and communication. Offers individual, couples, family, and group sessions. Team building and professional development workshops also available.
Mental Health Professional:
Carissa Palmberg, MS, LPC, LAC

Carroll Institute
310 S. 1st Avenue
Sioux Falls, SD 57104
Phone: (605) 336-2556
Website: www.carrollinstitute.org
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday / groups throughout the day and evening
Services Offered: Carroll Institute provides early intervention, intensive outpatient treatment for meth addicts. Intensive outpatient treatment, and clinically-managed low intensity residential treatment, and Safe Driver Class for first time DUI offenders. Services for adolescents and adults include treatment needs assessment, treatment planning, individual and group counseling, family therapy, alcohol and other drug education, and case management.
Mental Health Professionals:
Gary Tuschen, BA
Carrie Dau, MA, ACT
Carolyn Posey, MA, LMFT, LAC, QMHP
Kimberly Questad, MS, NCC, LAC, LPC - MH, QMHP
Kristi Jacobsma, AA, CAC
Sheri Nelson, MA, LAC
Rachael Miedema, MS, ACT
Henry Scere II, MDiv, ACT
Tiffany Butler, MA, LPC, QMHP
Jeanne Chamness, MA, ACT
Janice Falk, BS, LAC
Alicia Hibbison, BA, CAC
Debbie Klasi, BA, LAC
Mitch Wilson, AS, CAC
Ann Small-McDonald, BA, ACT
Brad Patterson, MBA, LAC
Susan Kern, BS, ACT
Carroll Institute – The Arch, Arch II and Changes and Choices

**Hours:** The Arch, Arch II and Changes and Choices are 24 hours a day / 7 days a week

**Fees:** Sliding fee scale; state assistance available

**Services Offered:** The Arch Halfway House and Changes and Choices Recovery is for chemically dependent men and women who have received treatment within the last 12 months. Goals include relapse prevention, recovery, and life skills.

<table>
<thead>
<tr>
<th>Arch Halfway House for Men</th>
<th>Changes and Choices Recovery for Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>333 S. Spring Avenue</td>
<td>310 S. 1st Avenue</td>
</tr>
<tr>
<td>Sioux Falls, SD 57104</td>
<td>Sioux Falls, SD 57104</td>
</tr>
<tr>
<td><strong>Phone:</strong> (605) 332-6730</td>
<td><strong>Phone:</strong> (605) 332-9257</td>
</tr>
<tr>
<td><strong>Mental Health Professional:</strong></td>
<td><strong>Mental Health Professional:</strong></td>
</tr>
<tr>
<td>Tiffany Butler, MA, LPC, QMHP</td>
<td>Michelle Worden, MA, LAC</td>
</tr>
</tbody>
</table>

Carroll Institute - Project Awareness Prevention Services

310 S. 1st Avenue
Sioux Falls, SD 57104

**Phone:** (605) 336-2556

**Website:** www.carrollinstitute.org

**Email:** tbutler@carrollinstitute.org

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

**Services Offered:** Project Awareness counselors provide prevention, individual services and chemical dependency counseling to schools and communities throughout eastern South Dakota.

**Mental Health Professionals:**

- Barb DeVos, MS, NCC, LPC, LAC
- Taylor Mattke, BS, CAC, CPS
- Kimberly Questad, MS, NCC, LPC-MH, LAC, QMHP
- Kristi VanDeRostyne, BS, CAC, CPS
- Kara Likness, MS, NCC, LAC

Catholic Family Services

523 N. Duluth Avenue
Sioux Falls, SD 57104

**Phone:** (605) 988-3775 or (800) 700-7867

**Fax:** (605) 988-3747

**Website:** www.sfcatholic.org

**Email:** cfs@sfcatholic.org

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

**Fees:** $99.00 per 45 minute session; sliding fee scale; accepts insurance, Medicaid, and Employee Assistance Programs

**Services Offered:** Confidential and Christian based therapy services to individuals, couples, children, adolescents, and families. Programs for all types of losses including an annual program of directed grieving therapy after the death of a loved one. Support groups are available for those who are divorced, widowed, or separated. Three day retreats are available for Grieving a Loss and Rachel’s Vineyard (post abortion trauma). Domestic and international adoption services, home studies, and pregnancy counseling. Coordinates the SD Rural Helpline to provide behavioral health services to rural families with the Helpline Center. Outreach offices in Mitchell, Yankton, Brookings, Pierre, Gettysburg and Aberdeen.

**Mental Health Professionals:**

- Marcie Moran, RN, EdD
- Christina Vander Woude, MSW
- Kathleen Crowley, LPC-MH
- Brandi Brinntall, LPC-MH
- Fran Van Bockel, LPC-MH
- Patricia Schwan, LPC-MH
- Ronda J. Maass, LPC-MH
- Marnie Schieffer, CSW
- Bonnie Deen, LPC-MH
- Margi Culhane, RN
- Alicia Rife, CSW
- Brenda Stahl, LPC-MH
Center for Family Medicine
1115 E. 20th Street
Sioux Falls, SD 57105
Phone: (605) 339-1783
Website: www.centerforfamilymed.org
Email: info@centerforfamilymed.org
Hours: 8:00am - 5:30pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: Accepts insurance, Medicare, and Medicaid
Services Offered: Brief therapy, individual, marital, and family therapy. Therapy for psychological problem associated with medical illness.
Mental Health Professional:
   Michael Bloom, PhD, Psychologist

Children’s Home Society
801 N. Sycamore Avenue
Sioux Falls, SD 57101
Phone: (605) 334-6004
Fax: (605) 335-2776
Website: www.chssd.org
Hours: Residential Treatment: 24 hours a day / 7 days a week
   Day School: 8:45am - 3:00pm, Monday - Friday (12 month calendar)
   Adoption Program: 8:00am - 5:00pm, Monday - Friday (evening appointments available)
Fees: Vary for each program; Medicaid and school districts are the primary funding sources for residential treatment; limited scholarships are available; Adoption Program services are free
Services Offered:
   • Residential Assessment and Treatment: Residential programs provide a home, school, and therapy to children ages 4-13 with emotional and behavioral problems. Treatment includes psychiatric care, adaptive management, individual, group, family therapy, and academic programming.
   • Day Program: The Therapeutic Day Program is available to students within driving distance of the Sioux Falls or Black Hills campus. Students receive individualized programming to include modified educational program, if needed, and therapeutic interventions to assist with emotional issues and behavioral problems. Students benefit from individual, group, and family therapy sessions.
   • Adoption Services: The Adoption Program provides services to families within driving distance of Sioux Falls Children’s Home. Services include psychological, psychiatric and educational testing, and individual, family, and home-based therapy.
Mental Health Professional:
   Contact Joan Sim for a list of providers.

Children’s Inn
409 N. Western Avenue
Sioux Falls, SD 57104
Phone: (605) 338-4880 or (888) 378-7398
Website: www.chssd.org/childrensinn
Email: mikaela.campbell@chssd.org
Hours: Individual counseling sessions by appointment Monday - Friday / call for dates and times of support groups
Fees: No cost
Services Offered: Support groups and individual counseling. Women’s Support Groups are available for women impacted by domestic violence. EMPOWER is a support group for adolescents impacted by dating or domestic violence and is offered in area middle and high schools. Individual counseling is available for adults, adolescents, and children
impacted by violence in their relationships. Counseling services focus on helping the individual heal from the consequences of being victimized in a domestic relationship with physical, emotional, or sexual abuse.

**Mental Health Professional:**
Mikaela Campbell, MA, LPC, NCC

**Choices Recovery Services, INC**
2701 S. Minnesota Avenue, Suite 6
Sioux Falls, SD 57105
**Phone:** (605) 334-1822  
**Fax:** (605) 334-1823
**Website:** www.choicesrecoveryservices.org
**Hours:** 9:00am - 5:00pm, Monday - Friday / evenings and weekends by appointment
**Fees:** Call for information
**Services Offered:** Provides intensive outpatient treatment for alcohol, drug, and gambling addictions. Other services include evaluations, individual counseling, aftercare and relapse prevention services, MRT (Moral Reconation Therapy), Getting It Right Cognitive Behavioral Group, 1st offender DUI classes, and SCRAM X Alcohol and Electronic Monitoring.

**Mental Health Professionals:**
Karen Johnson, LAC  
Bob Arshem, LAC  
Kati Vicuna, LAC  
Monica Wambke, ACT

**Clayborne Mental Health & Evaluation Services, LLC**
5101 S. Nevada Avenue, Suite 120
Sioux Falls, SD 57108
**Phone:** (605) 361-9550  
**Fax:** (605) 361-9582
**Website:** www.clayborneservices.com  
**Email:** andre@clayborneservices.com
**Hours:** 9:00am - 9:00pm, Monday - Thursday / 9:00am - 6:00pm, - Friday / evenings and weekends by appointment
**Fees:** Fixed; call for information
**Services Offered:** Child custody evaluation services, parent coordinator services, mediation services, life transitional issues, court and forensic evaluation services, critical incident stress debriefings, relationship services, relating to parenting, blended families, domestic violence, and communication.

**Mental Health Professional:**
Andre B. Clayborne, EdD

**Compass Center, The**
1800 W. 12th Street, Suite 100
Sioux Falls, SD 57104
**Phone:** (605) 339-0116 or (877) 462-4747  
**Fax:** (605) 336-3874
**Website:** www.thecompasscenter.org  
**Email:** info@thecompasscenter.org
**Hours:** 8:00am - 5:00pm, Monday - Wednesday, Friday / 8:00am - 7:00pm, Thursday / 24-hour crisis availability
**Fees:** No cost to victims of sexual assault and domestic violence; low cost offender treatment
**Services Offered:** Free individual counseling; medical, legal, or personal advocacy; assistance in safety planning; filing protection orders and victim’s compensation applications; in-person or telephone crisis intervention for all victims of rape, sexual assault, incest, domestic violence, human trafficking, or stalking. Therapeutic and educational domestic violence offender treatment for adults in the Family Violence Project at low cost. Violence assessments for adolescents in the Teen Violence Project. Free children’s play therapy program for those that have witnessed or experienced domestic violence and/or sexual assault.
Mental Health Professionals:
Johna Nielsen, LPC, LAC, RTC
Emily Gislason, MS, NCC, LPC
Adam Hardy, MS, NCC, LPC
Deb Langreher, NCC, NCSC, LPC
Michelle Trent, MS, NCC
Andrew Vos, MDiv

Conrad Counseling & Consulting
5024 S. Bur Oak Place, Suite 112
Sioux Falls, SD  57108
Phone: (605) 361-8876
Fax: (605) 361-8876
Website: www.conrad15.wix.com/counselandconsult
Email: royc4646@gmail.com
Hours: Day and evening hours by appointment, Monday - Friday.
Fees: Most insurance and private pay accepted; discount for cash
Services Offered: Outpatient individual, couples, and family therapy (adults, adolescents, children). Specializing in trauma therapy that utilizes EMDR Therapy for PTSD, depression, anxiety, anger, grief and loss issues along with play therapy services for children ages 5-12. Mission is to provide compassionate, confidential, and professional therapy services and to create a safe and comfortable environment allowing for the improvement of mind, body, and spirit. Counseling supervision and consultation services are also available.

Mental Health Professional:
Roy Conrad, PhD, LPC-MH, NCC, RPT, QMHP

Counseling Resources, Inc.
2901 E. 57th Street, Suite 104
Sioux Falls, SD  57108
Phone: (605) 331-2419
Fax: (605) 332-1020
Website: www.siouxfallscounselingresource.com
Email: cresource@midconetwork.com
Hours: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 3:00pm, Friday / some evening and weekend appointments
Fees: Fixed and sliding fee scale, depending on service
Services Offered: Individual, group, couples, and family counseling and evaluation to address a broad range of mental health concerns related to substance abuse.

Mental Health Professionals:
Sue Harris, MA, LPC-MH, QMHP, LAC
Stacy Krall, MS, LAC
Jodi Petershagen, BA, CAC
Rachel Rust, BA, ACT

Crawford Counseling Center
1010 W. 5th Street
Canton, SD  57013
Phone: (605) 558-2000
Fax: (605) 558-1999
Website: crawfordcounseling.vpweb.com
Email: crawford.GC.3@hotmail.com
Hours: 10:00am - 5:00pm, Monday - Thursday / closed on Friday
Fees: Most insurance accepted
Services Offered: Services for adolescents, adults, individual, and groups. Diagnostic assessments and treatment for school refusal, depression, grief and loss, borderline personality disorder, depression, anxiety, panic disorder, hoarding, and bipolar. Coping with medical diagnosis for patients and family members. Parenting concerns that may involve divorce or transition. Supervision for MSW- PIP licensure.

Mental Health Professionals:
Ginny Crawford, MSW, CSW-PIP, CDBT
Marsha Hibma, LCSW-PIP
Dakota Oak Counseling
3220 W. 57th Street, Suite 100A
Sioux Falls, SD  57108
Phone: (605) 759-8359  Fax: (605) 275-0625
Website: www.dakotaoakcounseling.com
Hours: Day and evening hours by appointment
Fees: Accepts most insurance, Medicaid, and Medicare
Services Offered: Provides therapy for children, adolescents, adults, couples, and families. Areas of specialty include depression, anxiety, grief, addictions, acute and chronic medical conditions, abuse, trauma, play therapy, parenting issues, divorce adjustments, family of origin issues, PTSD, premarital and marital issues, men’s issues, women’s issues, anger, career adjustments, and spirituality issues. Provides EMDR and Cognitive Behavioral Therapy.
Mental Health Professionals:
    Ann Flynn-Crowe, CSW-PIP
    Kristi Hamilton, MS, LPC-MH, QMHP

Dakota Psychological Center
1601 E. 69th Street, Suite 103
Sioux Falls, SD  57108
Phone: (605) 373-9066  Fax: (605) 373-9145
Hours: 8:00am - 9:00pm, Monday - Tuesday / 8:00am - 5:00pm, Wednesday – Thursday / 8:00am - 12:00pm, Friday / Saturday by appointment
Fees: Participates with Medicare, Medicaid, and most other insurance plans
Mental Health Professionals:
    Lyn Collver, MS, LPC-MH, QMHP, NCC
    Lyn Shroyer, EdD, LP

Daniel T. Digatono
4410 S. Tennis Lane
Sioux Falls, SD  57106
Phone: (605) 362-1506  Fax: (605) 362-5601
Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 6:00pm, Friday / 9:00am - 2:00pm, Saturday
Fees: Sliding fee scale
Services Offered: Counseling for individuals, couples, and families. Experience working with education, medical, mental health, and ministry professionals. Individual and group licensure supervision for LPC, LPC-MH, and LMFT candidates. Consultation, training, staff development, and conflict management services for businesses and churches.
Mental Health Professional:
    Daniel T. Digatono, MDiv, PhD, LMFT, LPC, QMHP

Darla Huffman Counseling Services
6809 S. Minnesota Avenue, Suite 102
Sioux Falls, SD  57108
**2015 Sioux Falls Mental Health Guide**

**Phone:** (605) 370-4442  
**Fax:** (605) 362-5803

**Hours:** By appointment; flexible scheduling.

**Fees:** Accepts most insurance; sliding fee scale

**Services Offered:** Offering individual, family, and couples counseling on issues of grief and bereavement, chronic or terminal illness issues, end of life issues, abuse, trauma, career, depression, anxiety, as well as many other issues.

**Mental Health Professional:**  
Darla Huffman, LPC

**DBT Center of South Dakota**  
2121 W. 63rd Place, Suite 100  
Sioux Falls, SD 57108  
**Phone:** (605) 373-9330 Ext. 228  
**Website:** www.chancounselingservices.com  
**Email:** amber@chancounselingservices.com

**Hours:** Vary; call for information

**Fees:** Insurance accepted including Medicaid

**Services Offered:** Provides individual and group counseling for: depression, anxiety, bipolar, PTSD, relationship concerns, borderline personality disorder, and self-harming behaviors. Provides Dialectical Behavior Therapy (DBT) individually and in group settings. DBT skill groups offered Mondays and Tuesdays. DBT aftercare group also available to those who have successfully completed the DBT skills group.

**Mental Health Professionals:**  
Amber Chan, MS, LPC-MH, NCC, QMHP  
Tandra Steskal-Baker, LPC-MH, QMHP, CCDIII, TFTdx

**Dianna Spies Sorenson**  
4608 S. Briarwood Avenue  
Sioux Falls, SD 57103  
**Phone:** (605) 201-4159  
**Email:** drdianna@sio.midco.net

**Hours:** Vary upon request including evenings and weekends

**Fees:** Vary depending on services

**Services Offered:** Individual, group, and family therapy including: treatment of post-traumatic childbirth experiences; conflict resolution; problem solving; interpersonal communication and healthy relationships; crisis intervention; self-esteem and self-perception; eating disorders; depression; anxiety; parenting; step-families; health promotion and illness prevention; stress management and biofeedback; life transitions; developmental changes; addictive processes; and end-of-life counseling. Experience working as a case manager to assist clients to work within and between health care providers and health care systems.

**Mental Health Professional:**  
Dianna Spies Sorenson, PhD, RN, CNS

**Dr. O’Connor & Associates, LLC**  
111 W. 39th Street  
Sioux Falls, SD 57105  
**Phone:** (605) 357-8744  
**Website:** www.droconnorassociates.com  
**Email:** drlyndaoconnor@yahoo.com

**Hours:** 9:00am - 6:00pm, Monday - Thursday / Fridays, weekends, and evenings by appointment

**Fees:** Accepts most insurance, Medicare, and Medicaid

*Sponsored by Avera Behavioral Health Services and Helpline Center* - Page 12
Services Offered: Individual, couples, and family therapy available for all ages. Special interests in depression, anxiety, grief, geriatrics, relationship enrichment, and divorce coaching. Adolescent therapy and family issues specialties. Also provides psychological assessments, home studies, custody evaluations, and parenting coordination.

Mental Health Professionals:
Lynda O’Connor-Ohayon, EdD, LP, LMFT
Jeni Rae Peters, MS, LPC-MH

Angela Sadowski, MSW-PIP
Latanda Salmen, MSW-PIP

Ellen Hohm, LLC
4410 S. Tennis Lane
Sioux Falls, SD 57106
Phone: (605) 361-4403
Email: ellenhohm4@gmail.com

Hours: Days and evenings by appointment

Fees: Accepts most insurance and Medicaid; sliding fee scale provided

Services Offered: Counseling for adolescents, adults, couples, and families. Specialties include depression, grief, anxiety, PTSD, abuse issues, ADHD, men’s issues, women’s issues, parenting skills, sexuality issues, addiction, anger management, and premarital therapy. Focus on a healthy mind, body, and spirit.

Mental Health Professional:
Ellen Hohm, MS, LPC-MH, QMHP

Encompass Mental Health, LLC
100 S. Spring Avenue, Suite 150
Sioux Falls, SD 57104
Phone: (605) 275-0009
Fax: (877) 992-0016
Website: www.EncompassMH.com

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

Fees: Initial Assessment: $175.00 for a 90 minute assessment appointment individual therapy; $115.00 for a 45-50 minute therapy session individual play therapy; $115.00 for a 45-50 minute play therapy session couples and/or family therapy; $120.00 for a 45-50 minute therapy session

Services Offered: Play therapy; couples and family counseling; parent and caregiver support groups.

Mental Health Professional:
Emily A. Learing, MA, LMFT, RPT

Erin Stolsmark, Inc
6809 S. Minnesota Avenue, Suite 102
Sioux Falls, SD 57108
Phone: (605) 359-0303
Fax: (605) 362-5803
Website: www.erinstolsmark.com
Email: estolsmark@gmail.com

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

Fees: Sliding fee scale; accepts insurance and Medicaid

Services Offered: Counseling for children, adolescents, adults, families, and couples. Specialising in, but not limited to: depression, anxiety, OCD, physical/sexual abuse, trauma, addiction and chemical dependency, co-occurring disorders, conduct/behavioral issues, relationship issues, sexual identity, adjustment disorders, career, adoption issues, attachment issues, personality disorders, stress management, women's issues, eating disorders, PTSD, and crisis prevention.

Mental Health Professional:
Erin Stolsmark, LPC-MH
Evolve Counseling Services, Inc.
2500 W. 49th Street, Suite 202
Sioux Falls, SD 57105
Phone: (605) 275-2030
Website: www.evolvesiouxfalls.com  Email: info@evolvesiouxfalls.com
Hours: 8:00am - 7:00pm, Monday - Friday / occasional Saturdays / all sessions are by appointment only
Fees: Accepts insurance, Medicare, and Medicaid
Services Offered: Access To Recovery (ATR) provider. Treatment specializations include: depression, anxiety, panic, Post Traumatic Stress Disorder (PTSD), eating disorders, stress management, chronic pain, unresolved grief and loss, development of coping skills, healing from trauma, problematic eating, social skills development, employment difficulties, personal development, parenting support, identification of life goals, goal attainment, relationship difficulties, conflict resolution skills, adjustment concerns, and addiction and recovery. Groups available: chronic pain and ADAPT (anxiety, depression, personality disorders, and trauma). Call for information on other groups.
Mental Health Professional:
   Lynsey Whaley, MSW, CSW-PIP, QMHP, LICSW

Family Service, Inc.
2210 W. Brown Place
Sioux Falls, SD 57105
Phone: (605) 336-1974 or (800) 589-1974  Fax: (605) 336-9031
Website: www.sdfsi.org  Email: fsisd@msn.com
Hours: 8:00am - 6:00pm, Monday, Wednesday, and Friday / 8:00am - 7:00pm, Tuesday, Thursday
Fees: Sliding fee scale; accepts insurance, Medicaid, and Medicare.
Services Offered: Provides outpatient mental health services including individual, marital, and family counseling. Provides Employee Assistance Program services for employers including mental health, alcohol, and drug counseling. Family Service, Inc. has operated in Sioux Falls for over 50 years and is a United Way Member agency.
Mental Health Professionals
   Dan Deal, MA, CCDCIII, SAP
   Bruce Hansum, LPC
   Todd Herrboldt, MSW, CSW-PIP, QMHP
   Kathy Lemme, MS, LPC-MH, LMFT, CCDCIII, QMHP
   Paul Ritter, MA, MDiv, LPC
   Paula Smykle, MSW, CSW
   Angie Zirpel, MS, LPC-MH, CCDCIII, SAP
   Kristina Boheman, ACT
   Brenda Grimm, LAC
   Tara Clayton, ACT
   Lou Ann Tietjen, LAC

First Step Counseling Services
4320 S. Louise Avenue, Suite 200
Sioux Falls, SD 57106
Phone: (605) 361-1505  Fax: (605) 361-0481
Website: www.takeyourfirststep.com  Email: frontdesk@takeyourfirststep.com
Hours: Office hours: 9:00am - 5:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday
Groups in Session: 6:00pm - 9:00pm, Monday, Tuesday, Wednesday / 8:00am - 4:00pm, Saturday
Fees: Fixed; please call for information
Services Offered: Full range of services for chemical dependency and treatment. Information and referral; education intervention services including an eight, twelve and sixteen hour intervention, twenty-four hour intensive intervention, fifty-four hour intensive outpatient treatment and aftercare.
Mental Health Professionals:
   Kristina Boheman, ACT
   Brenda Grimm, LAC
   Tara Clayton, ACT
   Lou Ann Tietjen, LAC

Sponsored by Avera Behavioral Health Services and Helpline Center - Page 14
Four Directions Counseling Inc.
315 N. Main Avenue, Suite 201
Sioux Falls, SD 57104
**Phone:** (605) 359-5709
**Fax:** (605) 274-2505
**Email:** kb.fourdirections@gmail.com
**Hours:** Flexible / evenings and Saturdays by appointment
**Fees:** Sliding fee scale; contracts; accepts Medicaid

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

**Mental Health Professionals:**
- Kelly Bass, MSW, CSW-PIP, QMHP, ACS
- Brandi Brintall, MS, NCC, LPC-MH
- Bobbie Jacobs, MSW
- Jessie Park, MA, NCC
- Penny Virchow, MS, NCC, LPC-MH, QMHP

From a Woman’s Perspective
111 W. 39th Street
Sioux Falls, SD 57105
**Phone:** (605) 339-7190
**Website:** www.womanspsych.com
**Email:** drann@womanspsych.com
**Hours:** By appointment
**Fees:** Accepts insurance, Medicare, and Medicaid

**Services Offered:** Counseling psychology services including anxiety, stress, depression, grief, marital therapy, psychological evaluations, attention deficit disorder, women’s issues, and parenting skills.

**Mental Health Professional:**
- Ann McClenahan, EdD, LP

Gaylen Bendewald
4410 S. Tennis Lane
Sioux Falls, SD 57106
**Phone:** (605) 334-6211
**Website:** www.marriagefriendlytherapists.com
**Hours:** 8:00am - 6:00pm, Monday - Friday
**Fees:** Most insurance accepted

**Services Offered:** Individual, marriage, and family therapy. Emphasis on general anxiety, depression, mindfulness training and relationship concerns.

**Mental Health Professional:**
- Gaylen Bendewald, MSW, CSW-PIP, LMFT

Give An Hour
**Mailing Address:** PO Box 5918, Bethesda, MD 20824
**Phone:** (240) 668-4365
**Website:** www.giveanhour.org
**Email:** info@giveanhour.org
**Hours:** Office Hours: 9:00am - 5:00pm, Monday – Friday / Website available: 24 hours a day / 7 days a week
**Fees:** Volunteer your time to community projects in exchange for the services provided.
Services Offered: A non-profit organization providing free mental health counseling services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan. The organization’s mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. Give an Hour has providers across the nation - in all 50 states, the District of Columbia, and Puerto Rico - and continues to recruit volunteer mental health professionals to its network.

Available providers in Sioux Falls area provide/treat the following:
- Pastoral Counseling
- General Counseling Services
- Sexual Assault Counseling
- Family Counseling
- Anger Management
- Anxiety Disorders
- Bereavement Counseling
- Post Traumatic Stress Disorder

Glory House, The
4000 S. West
Sioux Falls, SD 57105
Phone: (605) 332-3273
Website: www.glory-house.org
Email: ndvorak@glory-house.org

Services Offered: Both residential as well as outpatient. Individual, couples, and family counseling, assessments, Moral Recognition Therapy, Corrective Thinking, coping skills, healthy relationships, transitional skills, parenting, happiness and healing as well as accepting change.

- Chemical Dependency Services: intensive outpatient treatment for methamphetamine use, alcohol, and other drugs; aftercare, Red Road, Wellbriety based Native American treatment program, and relapse prevention.
- Mental Health Services: assessments; individual and group sessions. Group therapy addresses both concurrent mental health conditions and chemical dependency.

Mental Health Professionals:
- T.R. Maves, MS, LPC, LAC
- Andrea Fromelt, BS, ACT
- Jenni Busse, MS, LPC, LAC
- Chris Turbak, MA, LAC
- Willard Dathe, BS, LAC
- Sally Holiday, MS, LAC
- Nathan Weber, BS, ACT
- Dave Johnson, MS, LPC
- Linda Atkinson, LAC
- Nicole Dvork, MS, LAC
- Kendall Hill, MS, ACT
- Kelly Cleveringa, MS, LAC
- Shaina Solem, BS, ACT
- Kari Joldersma, BS, CAC

Additional Location:
3930 S. West
Sioux Falls, SD 57105

Great Plains Psychological Services
4105 S. Carnegie Place
Sioux Falls, SD 57106
Phone: (605) 323-2345
Website: www.gppssf.com
Email: gppssf@aol.com

Hours: 8:00am - 5:00pm, Monday - Friday / evenings and weekends available by appointment
Fees: Vary; will submit insurance
Services Offered: Provides psychological and neuropsychological evaluations; psychosexual evaluations and treatment; forensic and competency evaluations; pre-surgical psychological evaluations; individual therapy; couples and marital therapy; family therapy; child and adolescent services; group therapy; biofeedback therapy; substance abuse counseling/therapy; adoption home studies; critical incident stress debriefing; and Employee Assistance Program services. Treatment services available for ADHD, anxiety, depression, anger management, stress management, problems with sexuality, physical abuse, sexual abuse, grief/loss issues, oppositional defiant youth, chronic pain, neuropsychology, etc.

Mental Health Professionals:
- Stephan Langenfeld, EdD, LP
- Tara Olson-Larson, MA, LPC-MH
- Scott Pribyl, EdD, LP
- David Sundem, MS, LPC-MH
- Carolyn Roth, ME, LPC-MH
- Norma Haan, MSSA, CSW-PIP
- Kimberly J. Cournoyer, EdS, LPC-MH
- Carleen M. Bryant, MS, LPC-MH
- Richard Whitten, PhD
- Jeff Trammell, MSW, CSW-PIP
- Clint Sperle, MA, LPC-MH

Helpline Center
1000 N. West Avenue, Suite 310
Sioux Falls, SD 57104
Phone: 211 or (605) 339-4357 or (800) 273-8255
Website: www.helplinecenter.org
Email: help@helplinecenter.org
Hours: 24 hours a day / 7 days a week
Fees: None

Services Offered: The Helpline Center offers a 24-hour crisis, information, and listening/support telephone line. The Helpline Center maintains a comprehensive listing of social service, non-profit, and governmental programs from which referrals can be made. The Helpline Center is accredited by the Alliance of Information and Referral Systems and the American Association of Suicidology.

Heuermann Counseling Clinic
2210 W. Brown Place
Sioux Falls, SD 57105
Phone: (605) 336-1974
Website: www.fsisd.org
Hours: 8:00am - 6:00pm, Monday - Friday
Fees: Free for those who qualify

Services Offered: Individual, family, and marriage therapy.

Mental Health Professionals:
- Kathleen Christensen, PsyD, LP, LMFT
- Sara Jares, MSW
- Monica Jerke, MA
- Roxy Grogan, MA

Integrative Wellness
5000 S. Minnesota Avenue, Suite 200
Sioux Falls, SD 57108
Phone: (605) 271-1348
Website: integrativewellnesssd.com
Fax: (605) 610-1477
Email: integrativewellness@midconetwork.com
Hours: Day and evening hours vary by therapist
Fees: Accepts Medicaid, Medicare, most insurance, and private pay
Services Offered: Individual (adults, adolescents and children), marital, family therapy, and play therapy covering topics such as depression, anxiety, grief and loss, addictions, trauma and abuse, family of origin, geriatrics, parenting, ADD and ADHD, blended family issues, and divorce. Serving everyday people with everyday problems.

Mental Health Professionals:

Jeanne Bunkers, MSW, LCSW-PIP
Myra Eben, LPC
Christine Ellis, MSW, LCSW-PIP
Kristin Gedstad, M.Ed, LPC, LMFT, QMHP

Jennifer Gleason-Wilson, LPC
Melissa Steever, MA, LPC-MH
Michelle VanDenHul, MSW, LCSW-PIP

Journey Therapy and Consulting
6901 S. Lyncrest Place, Suite 104
Sioux Falls, SD  57108
Phone: (605) 351-1545
Website: www.journeysupport.net
Hours: 8:00am - 5:00pm Monday - Friday / evenings by appointment
Fees: Vary with service, sliding fee scale and scholarships available on limited basis. Accepting most insurance including Medicaid.

Services Offered: Individual, couples, and family counseling. Staff tailors treatment to support growth and healing. Licensed Counselors, Marriage and Family Therapist and Certified Hypnotist available. Treatment specializations include: depression and anxiety, traumatic experiences, attachment challenges, parenting support, grief counseling, work and career issues, stress management, addiction & recovery, and conflict resolution.

Mental Health Professionals:

James Cady, MA, EdS, NCC, LPC
Tammy Lias, MA, LMFT, QMHP

Amy Roth, MS, NCC, LPC

Kannan Clinic P.C.
6709 S. Minnesota Avenue, Suite 202
Sioux Falls, SD  57108
Phone: (605) 271-3900
Fax: (605) 271-3902
Hours: 8:30am - 5:00pm, Monday - Friday
Fees: Accepts private insurance and Medicare

Services Offered: Kannan Clinic, P.C. is a non-hospital owned or affiliated clinic that specializes in psychiatric assessment, treatment, and management for adult and geriatric patients. Dr. Kannan is a biologically-oriented psychiatrist whose expertise includes the management of a broad spectrum of mental illnesses including depressive/bipolar disorder, Alzheimer’s disease and other dementias, anxiety and panic attacks, obsessive-compulsive disorders, schizophrenia and thought disorders, Parkinson's disease, and other psychiatric conditions.

Mental Health Professional:

Hari D. Kannan, MD

Katy Bendewald, MSW
4410 S. Tennis Lane
Sioux Falls, SD  57106
Phone: (605) 310-0356
Hours: 8:00am - 6:00pm, Monday - Friday
Fees: Most insurance accepted
**Services Offered:** Individual and family counseling for adults and children. Emphasis on depression, anxiety, major life changes, stress, and relationship issues.

**Mental Health Professional:**
Katy Bendewald, MSW, CSW-PIP

---

**KeySolutions Employee Assistance Program (EAP)**
7511 S. Louise Avenue
Sioux Falls, SD 57108
**Phone:** (605) 334-5850 or (888) 450-7844
**Website:** [www.keysolutionseap.com](http://www.keysolutionseap.com)
**Email:** keysolutionseap@crchealth.com
**Hours:** 8:00am - 5:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phone answered 24 hours a day

**Services Offered:** Designed to assist employers with employees who may be suffering from personal problems that interfere with a productive life at home or at work. By assisting employees who may be having personal problems, it is possible to return them to a satisfactory job performance level. Supervisory skills training, mediation, chemical dependency, and intervention services also provided. KeySolutions Employee Assistance Program is directed by a Certified Employee Assistance Professional. KeySolutions is affiliated with Keystone Treatment Center.

**Mental Health Professionals:**
Lori Williamson, MA, LMFT, LAC, QMHP, CEAP
Susan Dinsmore, MA

---

**Keystone Treatment Center (Inpatient)**
1010 E. Second Street
Canton, SD 57013
**Mailing Address:** PO Box 159, Canton, SD 57013
**Phone:** (605) 987-2751 or (800) 992-1921
**Website:** [www.keystonetreatment.com](http://www.keystonetreatment.com)
**Fax:** (605) 987-2365
**Hours:** 24 hours a day / 7 days a week
**Fees:** Sliding fee scale available

**Services Offered:** Inpatient alcohol, drug, and gambling treatment with separate programs for adults and adolescents. Accredited by CARF and licensed by the State of South Dakota. Treatment services for detox, dual diagnosis, cognitive disorders (such as FAE/FAS), gambling, methamphetamine, substance abuse and inhalant abuse. Specialized Native American tract available. Nursing care provided 24 hours a day.

**Mental Health Professionals:**
Amy Simunek, LAC, LPC
Luther Hegland, MD, Psychiatrist, Addictionologist
Chris Davidson, MD, Psychiatrist, Addictionologist
Christy Alten, MS, NCC, LAC
Deb Swenson, LPC, LAC
E.R. Regier, MD
Carol Reiger, RN, LAC
Marcia Nelson, MD, Addictionologist
Micahel Moeller, MD, Psychiatrist
Robert Bogue, LAC, CCSII
Robert Perkinson, PhD, LAC, NCGC

---

**Keystone Treatment Center (Outpatient)**
7511 S. Louise Avenue, Suite 100
Sioux Falls, SD 57108
**Phone:** (605) 335-1820
**Website:** [www.keystonetreatment.com](http://www.keystonetreatment.com)
**Fax:** (605) 335-3282
**Hours:** 8:00am - 5:30pm, Monday - Thursday / 8:00am - 4:00pm, Friday / Phones answered 24 hours a day
**Fees:** Call for information
Services Offered: Day and evening intensive outpatient treatment for alcohol, drug, and gambling, with separate programs for adults and adolescents. DUI class and Adolescent Prevention Program also provided. Licensed by the State of South Dakota and accredited by CARF. Individual, couples, family, and group therapy provided.

Mental Health Professionals:
- E.R. Regier, MD
- Robert Perkinson, PhD, CCDCIII, NCGC
- Bob Brown, LAC

Knapp Counseling & Associates
2121 W. 63rd Place, Suite 100
Sioux Falls, SD  57108
Phone: (605) 373-9330  Fax: (605) 373-9218
Hours: 9:00am - 5:00pm, Monday - Friday / evenings and some Saturday mornings available by appointment / closed Sunday
Fees: Sliding fee scale; most insurance accepted

Services Offered: Individual, marital, and family therapy. Women’s issues, abuse, aging, loss, depression, PTSD, anxiety, family of origin issues, and transition/adjustment issues. Therapy with children and adolescents, parenting, step-family issues and divorce; ADHD and other behavioral disorders; chemical and behavioral addictions, mood disorders, career/life transition issues, chronic/terminal illness, grief and loss issues. Addiction groups, DBT groups and adult women with childhood sexual abuse issues group.

Mental Health Professionals:
- Susanne Nelson, MSW, CSW-PIP
- Christine Knapp, CSW-PIP
- Stacy Dixon, LMFT, QMHP
- Diane Johnson-Mitchell, LPC-MH, QMHP
- Shanna Moke, MA, CFLE
- Jari Johnson, MA, LMFT, QMHP

Landscapes Counseling & Psychotherapy
401 E. 8th Street, Suite 200-H
Sioux Falls, SD  57103
Phone: (605) 695-7913
Email: tricia@landscapescounseling.com

Services Offered: Provides adult outpatient counseling services for anxiety, perfectionism, assertiveness, stressful lifestyles, life transitions, codependency, relationship challenges, workplace challenges, depression, Christian counseling, and premarital counseling. Specializes in sexual abuse recovery for adults.

Mental Health Professional:
- Tricia Andor, MA, LPC, EMDR Certified

LaVelle and Associates
5024 S. Bur Oak Place, Suite 212
Sioux Falls, SD  57108
Phone: (605) 212-3276
Website: therapistsiouxfalls.com Email: lavelleassociates@yahoo.com
Hours: 8:00am - 5:00pm, Monday - Friday / evening sessions by appointment only
Fees: $140.00 / counseling session; accepts most insurance including Medicaid and Medicare; sliding fee scale available

Services Offered: Provides counseling services to individuals, couples, families, adolescents, children, and groups. Our agency specializes in three different areas:
- Helping people who have had trauma in their lives including various kinds of abuse, PTSD from military experiences, serious car accidents, and devastating life experiences.
- Counseling people who have addictions (alcohol, drugs, compulsive sexual activity, and gambling).
- Help couples improve and rekindle their marriages with couples counseling.

Therapists have specialized training in EMDR, Chemical Dependency Evaluations, and the Gottman Marriage Counseling Training.

**Mental Health Professionals:**
- Patricia LaVelle, EdS, LPC-MH, LMFT, QMHP
- Marilee Johnson-Geary, MA, LPC-MH, LAC, QMHP

**LifeGate Christian Counseling**
6820 W. 26th Street
Sioux Falls, SD 57106

**Mailing Address:** 2229 S. Purdue Avenue, Sioux Falls, SD 57106

**Phone:** (605) 929-1060  
**Fax:** (605) 370-5330

**Website:** www.lifegatechristiancounseling.com

**Hours:** 11:00am - 8:00pm, Monday - Thursday

**Fees:** Intake: $210.00; Session: $140.00; accepts most major insurance; sliding fee scale available

**Services Offered:** Individual, couple, and family therapy. Also provides EFT (Emotionally Focused Therapy) and EFCT (Emotionally Focused Couple Therapy).

**Mental Health Professional:**
- Larry Porter, PhD, LMFT, QMHP

**Lighting A New Way Counseling Services**
1500 S. Sycamore Avenue, Suite 102
Sioux Falls, SD 57110

**Phone:** (605) 361-0114  
**Fax:** (605) 332-1723

**Website:** www.lightinganewway.com

**Email:** carol@lightinganewway.com

**Hours:** Monday - Friday / some evenings available

**Fees:** Comparable rates; insurance and Medicaid accepted

**Services Offered:** Individual, couples, and family therapy is provided for adults and adolescents. Specialties include the treatment of depression, anxiety, trauma, grief and loss issues, abuse issues, and family and attachment coaching (post-adoption).

**Mental Health Professionals:**
- Lisa Stellinga, MS, LPC-MH, LAC
- Bobbi Rysdon, MA, LMFT, QMHP

**Lori Williamson**
3500 S. Phillips Avenue, Suite 121
Sioux Falls, SD 57105

**Phone:** (605) 214-3454  
**Email:** lori@loricounseling.com

**Website:** www.loricounseling.com

**Hours:** 2:00pm - 8:00pm, Tuesday/ 5:50pm - 8:30pm, Thursday / 9:00am - 2:00pm, Saturday

**Fees:** Sliding fee scale, accepts insurance

**Services Offered:** Individual, couples, and family therapy for depression, anxiety, grief and loss, women’s issues, premarital, marital and family conflict, and parenting issues. Alcohol and chemical dependency assessments.

**Mental Health Professional:**
- Lori Williamson, MA, LMFT, LAC, QMHP, CEAP
Lutheran Social Services - Sioux Falls Area Counseling Services
705 E. 41st Street, Suite 100
Sioux Falls, SD 57105
Phone: (605) 444-7631 or (800) 568-2401
Website: www.lsssd.org  Email: april.bolton@lsssd.org
Hours: 8:00am - 9:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: Sliding fee scale available
Services Offered: Provides individual, couples, and family counseling to assist children and adults in dealing with life challenges. Spanish bilingual individual counseling also available. Provides Employee Assistance counseling services, addiction assessments, educational and therapy groups including anger management groups for young men and adults, youth violence offender groups, child custody evaluations, mediation services, and critical incident stress debriefings. Offers a community service educational group for youth regarding shoplifting called “Hands Off!” as well as Consumer Credit Counseling Services. Additional offices located in Mitchell and Brookings.
Mental Health Professionals:
Mel Harrington, CSW-PIP
Mavis Gehant, MSW, CSW-PIP
Duane Kavanaugh, LPC-MH, QMHP
April Bolton MA, LPC-MH, NCC, QMHP
Sarah White-Young, MSW, CSW-PIP
Dawn Soulek, CSW
Lisbeth Leagjeld, LPC
Amanda Mettler, CSW
Melissa Klemm, MS, LPC-MH, LAC
Scott Moeller, MS, LPC-MH, LMFT
Colleen Miller, MS, LPC, LMFT
Linda Logan, MA, LPC-MH
John Korkow, LAC
Chad Neilson, MA, LAC
Megan Goede Wolters, MSW
Christina Fousek, MS

Mary T. Guth
3610 S. Western Avenue, Suite 2
Sioux Falls, SD 57105
Phone: (605) 951-8423  Fax: (605) 274-1704
Hours: Monday - Saturday, day and evening appointments available
Fees: Accepts most private insurance and Medicaid
Mental Health Professional:
Mary T. Guth, MS, LPC-MH, LMFT, ACS

Mental Health Associates
2500 W. 49th Street, Suite 224
Sioux Falls, SD 57105
Phone: (605) 339-6949
Hours: 10:00am - 6:00pm, Tuesday and Wednesday / 9:00am - 7:00pm, Thursday / Other times by special arrangement
Fees: $130.00 per hour; most insurance accepted
Mental Health Professional:
Richard Seaman, MEd, LPC, LMFT
NAMI South Dakota
Mailing Address: PO Box 88808, Sioux Falls, SD  57109
Phone: (605) 271-1871 or (800) 551-2531
Website: www.namisouthdakota.org  Email: namisd@midconetwork.com
Fees: Free
Services Offered: Offers practical support, useful education, and understanding to people who are living and coping with brain based diseases. There are nine local affiliate groups located across the state. The NAMI Family-to-Family Education Program is a free 12-week course for family caregivers of individuals with severe brain disorders (mental illnesses). NAMI Connection is a free weekly support group for adults who have a mental illness. In Our Own Voice is a free educational presentation for civic groups, schools, etc. given by persons who have a lived experience with mental illness.

Neuropsychology Consultants, LLC
1500 W. 51st Street, Suite 105
Sioux Falls, SD  57105
Phone: (605) 271-4492  Fax: (605) 271-4495
Website: www.neuropsychconsultants.com  Email: office@neuropsychconsultants.com
Hours: 8:00am - 5:00pm, Monday - Friday, by appointment
Fees: Accepts most insurance, Medicare, and Medicaid
Services Offered: Specializing in neuropsychological and psychological assessment. Special interests in geriatrics, head injury, and forensics. Provides psychotherapy and psycho-education to individuals and families dealing with physical and neurological illnesses and injuries as well as psychological and emotional difficulties.
Mental Health Professional:
Michael McGrath, PhD

New Day Counseling Services, LLC
1320 E. Rushmore Drive, Suite 107
Brandon, SD  57005
Mailing Address: PO Box 782, Brandon, SD  57005
Phone: (605) 582-7418
Email: newday@alliancecom.net
Hours: Flexible / evenings and Saturdays available by appointment
Fees: Accepts insurance and Medicaid
Services Offered: Offers client-centered and cognitive behavioral counseling for children, teens, adults, and families. For children, play therapy addresses many issues: physical and sexual abuse, grief and loss, anxiety, depression, recovery from traumatic events, divorce, and foster or adoptive situations. Individual and family counseling for children and teens addresses behavior disorders, family and relationship issues, parenting concerns, substance abuse, eating disorders, self-harming behaviors, chronic mental illness, anxiety, depression, and self-esteem. Flexible scheduling allows for sessions to be held in the office, home, or other community settings.
Mental Health Professional:
Kara L. Baas, MS, LPC-MH, QMHP

Phillips Mental Health Services
5010 S. Minnesota Avenue, Suite 200
Sioux Falls, SD  57108
Phone: (605) 274-1944  Fax: (605) 274-1945
Website: www.phillipsmentalhealth.com
2015 Sioux Falls Mental Health Guide

Hours: 8:30am - 5:30pm, Monday - Friday / evenings and weekends by appointment
Fees: Accepts most insurance; SD Medicaid

Services Offered: Mental Health and Addiction Recovery Services are provided to children, adolescents, adults, couples, and families. Treatment services offered for depression, addiction, anxiety, parent-child conflicts, behavior problems, ADHD, Asperger’s Syndrome, ODD, adjustment disorders, OCD, PTSD, grief, separation and divorce, couples and family issues, social skills training, stress management, and anger management. I primarily utilize Cognitive Behavioral Therapy, Play Therapy, Experiential Therapy, and Behavior Modification techniques. Services include mental health & SD Court approved alcohol & drug screenings/assessments including individual 1st offender DUI education, intensive outpatient services & aftercare. The following groups are now being offered; Social Skills “R” Us to children and adolescents & women’s issues – Finding Balance in Your Life.

Mental Health Professional:
Connie Fritz-Phillips, MS, NCC, LPC-MH, QMHP, LAC, ICADC, CCMHC

Prairie View Prevention Services
822 E. 41st Street, Suite 235
Sioux Falls, SD 57105
Phone: (605) 331-5724 or (800) 343-9272 Fax: (605) 331-5725
Website: www.prairieview.net
Hours: 8:00am - 5:00pm, Monday - Friday / evenings and Saturdays by appointment
Fees: Services provided at no cost to adolescents and families in contracted school districts; call for more information

Services Offered: Provides alcohol and drug screenings, updates, and assessments. Group, family, and individual sessions focus on alcohol, tobacco, drugs, violence, depression, and eating disorders. Brief therapy with referrals to mental health service providers. Also provides violence threat assessments. Prairie View Prevention’s services are only for adolescents.

Mental Health Professionals:
Contact Darcy Jensen, Director, for list of mental health professionals available to provide services

Psychological Solutions of South Dakota, LLC
6810 S. Lyncrest Avenue, Suite 201
Sioux Falls, SD 57108
Phone: (605) 274-1119 Fax: (605) 271-9983
Hours: 8:00am - 6:00pm, Monday - Thursday / 8:00-5:00 Friday / evening hours available by appointment
Fees: Call for more information

Services Offered: Individual, couples, family, child, and group therapy. Focusing on depression, anxiety/panic, grief and loss issues, PTSD, body image issues, stress management, medical and pain management issues, women's health and pregnancy concerns, and men's issues. Also offered are civil and criminal forensic evaluations, safety sensitive employee evaluations, fitness for duty evaluations, neuropsychological evaluations and violence risk assessments. Assessment and treatment of childhood and adolescent problems and disorders include ADD/ADHD, oppositional defiant disorder, behavioral issues, anxiety, depression and parent education services. Behavioral medicine, DBT, and CBT services are also offered.

Mental Health Professionals:
Dr. Ericka Kemper, LP
Camma Murphy, MSEd, LPC, QMHP
Dr. Thomas L. Price, MA, LP, PhD
Stacy White, CSW-PIP
Psychotherapy Associates of Sioux Falls
2210 W. Brown Place
Sioux Falls, SD  57105
Phone: (605) 332-1700         Fax: (605) 336-9031
Website: www.sdfsi.org
Hours: 8:00am - 7:00pm, Monday - Friday
Fees: $115.00 - $140.00 per hour; most insurance accepted
Services Offered: Individual, couples, and family therapy is provided for children, adolescents, and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and PTSD. Psychodrama and EMDR treatments are available.
Mental Health Professionals:
  Connie Nelson, MA, LPC-MH, LAC
  Mary Eggleston, MSEd, LPC, LMFT, LAC

Rebecca J. Watson-Miller, Ph.D.
2500 W. 49th Street, Suite 209
Sioux Falls, SD  57105
Phone: (605) 335-5888
Website: www.watsonmillerphd.com         Email: drwatsonphd2@gmail.com
Hours: 8:00am - 7:00pm, Monday - Friday / 8:00am - 3:00pm, Saturday
Fees: Most insurance accepted; $220.00 intake appointment; $150.00 per session.
Services Offered: Individual, couples, and family psychotherapy across the lifespan. Works to help people develop skills that enhance their social, educational, or occupational functioning. Psychological testing and assessment are available for disability claims, personality, and premarital and married couples. Also, provides professional consultation to other professionals. Public presentations are also available upon request.
Mental Health Professional:
  Rebecca J. Watson-Miller, PhD.

Restoration Treatment Services
225 E 11th Street, Suite 204
Sioux Falls, SD  57104
Phone: (605) 271-7712         Fax: (605) 274-1557
Website: www.newhavensf.org
Hours: 9:00am - 9:00pm, Monday - Thursday / 9:00am - 4:00pm, Friday
Fees: Call for information
Services Offered: An outpatient treatment provider that offers chemical dependency evaluations, early intervention services, outpatient treatment, and aftercare services with individual counseling. Alcohol and drug testing and SCRAM monitoring also available. Also an ATR (Access To Recovery) provider which means any person of Native American descent that lives in SD, ND, NE, or IA can receive treatment services at a “low to no cost”.
Mental Health Professional:
  Johnny Ray, CCDCII

Ritzman Counseling Services
1601 E. 69th Street, Suite 202
Sioux Falls, SD  57108
Phone: (605) 274-1574         Fax: (605) 271-1395
Hours: 8:00am - 7:00pm, Monday - Friday / some Saturday appointments available
Fees: Accepts most insurance and Medicaid; sliding fee scale available

Services Offered: Individual, family, and couples counseling. Children, adolescents, and adults served. Specialties include: depression, anxiety, play therapy, and trauma/abuse.

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

Ronda J. Maass
5201 S. Western Avenue, Suite 104
Sioux Falls, SD 57108
Phone: (605) 275-0075
Fax: (605) 231-4252
Website: www.rondamaass.com

Services Offered: Providing individual and family counseling for all ages. Areas of care include but are not limited to: parenting, depression, grief, anxiety, spiritual, work related issues, communication, conflict resolution, identity, life adjustment and transition, anger management, and women through the lifespan.

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

Sandbulte, LLC
2210 W. Brown Place
Sioux Falls, SD 57105
Phone: (605) 332-1700
Website: www.fsisd.org

Services Offered: Individual and family therapy is provided for adolescents and adults. Specialties include the treatment of depression, anxiety, loss, grief, eating disorders, survivors of sexual abuse, family of origin issues, aging, sexual harassment, addictions of all kinds, and PTSD. EMDR treatments are available.

Mental Health Professional:
Shelley L. Sandbulte, EdD, LP

Sanford Health Psychiatry and Psychology Clinic
2400 W. 49th Street
Sioux Falls, SD 57105
Phone: (605) 312-8700
Fax: (605) 312-8701
Website: www.sanfordhealth.org

Services Offered: Individualized treatment including psychiatric and psychological evaluations; individual, couples, and family therapy. Treatment services for children, adolescents, adults, and seniors include but are not limited to: anxiety disorders, mood disorders, personality disorders, somatization disorders, psychosexual disorders, schizophrenia, post-traumatic stress disorders, abuse issues, eating disorders, addictions, dementia, grief and loss, stress management, executive health, and the evaluation and treatment of childhood emotional and behavioral disorders including Attention Deficit/Hyperactive Disorders.

Mental Health Professionals:
Sanford Women’s
5019 S. Western Avenue, Suite 200
Sioux Falls, SD  57108
Phone: (605) 328-9700
Website: www.womens.sanfordhealth.org
Email: karla.harmon@sanfordhealth.org
Hours: 7:00am - 7:00pm, Monday - Thursday / 7:00am - 5:00pm, Friday
Fees: Accepts insurance; Sanford EAP provider
Services Offered: Adult and adolescent therapy; specialties in post partum emotional response continuum, depression, anxiety, life changes, and adjustments.
Mental Health Professional:
Karla Harmon, CSW-PIP, QMHP

Additional Location:
Medical Building 3
1500 W. 22nd Street, Suite 301
Sioux Falls, SD  57105
Phone: (605) 328-7700

Sioux Empire Christian Counseling Inc.
2000 S. Sycamore Avenue, Suite 101
Sioux Falls, SD  57110
Phone: (605) 271-0261
Fax: (605) 271-0263
Website: www.siouxempirechristiancounseling.com
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday
Fees: $175.00 per hour; accepts most insurance and Medicaid
Services Offered: Children, adult, individual, marital, and family counseling. Experience in ADHD, Asperger’s disorder, depression, anxiety, marital therapy, divorce adjustment, spiritual issues, step-families, affairs, past abuse, and pre-marital counseling.
Mental Health Professionals:
Tony Boer, MSW, CSW-PIP, QMHP
Jason Van Ruler, MA, LPC

Sioux Falls Psychological Services
2109 S. Norton Avenue
Sioux Falls, SD  57105
Phone: (605) 334-2696
Fax: (605) 339-9944
Website: www.offermehope.com
Email: sfps@sfseminary.edu
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 12:00pm, Friday
Fees: Accepts insurance, Medicare, and SD Medicaid
**Services Offered:** A full range of psychological services including individual, marital, and family therapy for children and adults. Psychological testing is available.

**Mental Health Professionals:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ann Marie Rossing, MA, LMFT, QMHP</td>
<td></td>
</tr>
<tr>
<td>Anne Dilenschneider, PhD, DMin</td>
<td></td>
</tr>
<tr>
<td>Brian Ecol, MS, EdS, LPC-MH, NCC, CCMHC</td>
<td></td>
</tr>
<tr>
<td>Gretchen Hartmann, MA, LMFT</td>
<td></td>
</tr>
<tr>
<td>Pamela Beck, MA, LMFT, QMHP</td>
<td></td>
</tr>
<tr>
<td>Jennifer Helkenn, PhD</td>
<td></td>
</tr>
<tr>
<td>Rachael Anderson, MA, LPC</td>
<td></td>
</tr>
<tr>
<td>Robyn Shores Foster, LSW</td>
<td></td>
</tr>
<tr>
<td>Jo Flesner, MDiv</td>
<td></td>
</tr>
<tr>
<td>Kristi Miller, MS, LPC-MH, Certified Theraplay® Therapist, QMHP</td>
<td></td>
</tr>
<tr>
<td>Stephanie Strickland, MDiv, MFT, RN</td>
<td></td>
</tr>
<tr>
<td>Jessica Kaiser, MDiv</td>
<td></td>
</tr>
<tr>
<td>Douglas L. Anderson, PsyD, LMFT</td>
<td></td>
</tr>
<tr>
<td>Dee Wacker, RN, MA, LPC</td>
<td></td>
</tr>
<tr>
<td>Kimberly Belben, MA, MFT</td>
<td></td>
</tr>
<tr>
<td>Megan Miller, MA</td>
<td></td>
</tr>
<tr>
<td>Sara Kuehler, MA</td>
<td></td>
</tr>
<tr>
<td>Caitlin Long, MA</td>
<td></td>
</tr>
<tr>
<td>Carrie Dau, MA</td>
<td></td>
</tr>
</tbody>
</table>

**Sioux Falls VA (Department of Veteran Affairs) Health Care System**

2501 W. 22nd Street  
Sioux Falls, SD 57117  

**Mailing Address:** PO Box 5046, Sioux Falls, SD 57109  

**Phone:** (605) 336-3230  

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

**Fees:** No fees to eligible veterans; eligibility must be established before treatment services can be offered  

**Services Offered:** Provides a variety of services to eligible veterans that include an addictions treatment program, inpatient services, outpatient mental health, psychiatry primary care, and smoking cessation. Also provides specialized services for patients with Post-Traumatic Stress Disorder (PTSD).

**Mental Health Professionals:**

| Board Certified Psychiatrists      | Clinical Social Workers            |
| Clinical and Counseling Psychologists | Addiction Therapists              |
| Psychiatric Nurses and Case Managers |                                      |

**South Dakota Urban Indian Health**

711 N. Lake Avenue  
Sioux Falls, SD 57104  

**Phone:** (605) 339-0420  

**Fax:** (605) 339-0038  

**Website:** www.sduih.org  

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

**Services Offered:** Individual, family, and couples therapy for children and adults. Substance abuse counseling, individual aftercare, and treatment needs assessments are also offered. Groups include: Beyond Trauma.

**Mental Health Professionals:**

| Kate Zimmerman, CCDCII            | William Forey EdD LPC-MH, LMFT       |

**Southeastern Behavioral HealthCare - Community Support Services**

100 W. 5th Street  
Sioux Falls, SD 57104  

**Mailing Address:** 2000 S. Summit Avenue, Sioux Falls, SD 57105  

**Phone:** (605) 336-0503
Website: www.directionsforlife.org
Hours: 8:00am - 5:00pm, Monday - Friday
Fees: Fees for services based on availability of funding and type of service

Services Offered: A full range of treatment and rehabilitation services for adults with Severe Mental Illness. The goal is to prevent hospitalization and to provide support and education; which, in turn, promote optimal levels of independence in living and working in the community. Services include psychiatric and medication management services, CARE (Continuous Assistance with Recovery and Empowerment), case management, supportive counseling, assisted living, vocational services, homeless outreach program, and IMPACT (Individualized Mobile Program for Assertive Community Treatment) services.

Mental Health Professionals:
- Paul Frazier, MD
- Diane Cogley, CSW-PIP, LMFT, QMHP
- Karen Chesley, MSW, CSW-PIP, QMHP

Southeastern Behavioral HealthCare - Counseling and Children’s Services
2000 S. Summit Avenue
Sioux Falls, SD 57105
Phone: (605) 336-0510 or (866) 258-6954
Website: www.directionsforlife.org
Hours: 8:00am - 8:00pm, Monday / 8:00am - 6:00pm, Tuesday - Thursday / 8:00am - 12:00pm, Friday
Fees: Fees for services based on availability of funding and type of service

Services Offered: Provides traditional outpatient therapy to individuals, families, children, couples, and groups as well as psychiatric evaluations and medication management. Additionally, children’s case management/home-based provides a broad range of therapeutic and collaborative services to at-risk children and their families in home, school, and community settings. Specializations in depression, anxiety, grief, parenting issues, attention-deficit hyperactivity disorder, oppositional defiant disorder, stress management, and abuse are noted. Other services include Employee Assistance Programs, and educational presentations. CCS serves Lincoln, Turner, McCook, and Minnehaha counties.

Mental Health Professionals:
- David J. Ermer, MD
- Matthew Woltzhuizen, MA, LPC-MH, QMHP, NCC
- Nicole Velgersdyke, MS, NCC, LPC-MH, QMHP, CRC
- Karen Chesley, MA, CSW-PIP, QMHP
- Dana Irvine, MSW, CSW, QMHP
- Andrea Eben, MSW, CSW-PIP, QMHP
- Sara Thoms, MS, NCC, LPC
- Angela Nolz, NCC, LPC, ACT
- Kris Graham, MS, LPC, QMHP
- Serene Thin Elk, MA, LPC, QMHP, ACT
- Paige Anderson, MS, LPC, QMHP, NCC
- Brittany Tennant, MS, LPC, NCC
- Nicolette Menke, MSW, CSW
- Paul Frazier, MD
- Shawn VanGerpen, MD
- Kristin Hanzlik, PMHRN-BC, LNC
- Kristy Ekhoff-Speck, MA, LPC-MH, QMHP
- Diane Cogley, CSW-PIP, LMFT, QMHP
- Rebecca Sather-Durr, MSW, CSW-PIP, QMHP
- Joy Parker, MS, LPC-MH, QMHP, NCC
- Melissa Tauer, MS, LPC, QMHP
- Heidi Jans, MS, NCC, LPC, QMHP
- Zach Seefeldt, MA, LPC, NCC, ACT, QMHP
- Krysta Winter, MS, LPC, NCC, QMHP
- Erin Mack, MA, LPC, QMHP

Sozo Counseling Care, Inc.
3500 S. Phillips Avenue, Suite 121
Sioux Falls, SD 57105
Phone: (605) 360-2613
Website: www.sozocounselingcare.com
Hours: Days and evenings by appointment
Fees: Sliding fee scale available; Medicaid and most insurance accepted
Services Offered: Individual, couples, and group counseling for adults and seniors. Focus on Mind-Body-Spirit connection, depression, anxiety, stress, blended families, chronic illness, workplace issues, trauma, grief, post-abortion stress, spiritual and Christian concerns. Experience in Eye Movement Desensitization and Reprocessing (EMDR), and inner healing prayer methods. Employee Assistance Program (EAP) services, educational workshops, professional training and development also offered.
Mental Health Professional:  
   Dr. Dianne S. Heynen, DMin, LPC-MH, BCPCC, QMHP, CEAP

Stacey Hauck
1601 E 69th Street, Suite 202  
Sioux Falls, SD  57108
Phone: (605) 271-9890  Fax: (605) 271-1395
Email: Stacey@staceylpc.com
Hours: By appointment
Fees: Medicaid and most insurance accepted
Services Offered: Confidential and professional individual and family counseling for children, adolescents, and adults. Services offered for depression, anxiety, post-traumatic stress disorder, sexual abuse/incest, domestic violence, behavior problems, separation/divorce, and adjustment disorder.
Mental Health Professional:  
   Stacey Hauck, MS, NCC, LPC-MH, QMHP

Stronghold Counseling Services, Inc.
4300 S. Louise Avenue, Suite 201  
Sioux Falls, SD  57106
Phone: (605) 334-7713 or (866) 802-0003
Website: www.strongholdcounseling.com  Email: info@strongholdcounseling.com
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 4:00pm, Friday / by appointment, Saturday
Fees: Arranged with individual therapist; insurance claims filed
Services Offered: Assessments and therapy for individuals, groups, families, children, adolescents, and adults. The following concerns are addressed: alcohol abuse/addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent/child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.
Mental Health Professionals:
   Kristiana Benson, MA, LMFT, QMHP  
   Nick Buus, MA, LMFT, QMHP  
   Jamie C. Chambers, EdD, LP, LMFT, LPC, LAC  
   Gary Hofman, EdD, LPC-MH, NCC, LAC, QMHP  
   Amanda Briggs, MSW, CSW-PIP  
   Kerry Ford, MSW, CSW  
   Judy De Wit, MA  
   Jodi Merritt, MA, LAC
   Eleanor Larsen, MA, LMFT, QMHP, LAC  
   Earl Witt, MA, LMFT, QMHP  
   Jan Sanford, MS, LPC-MH, QMHP  
   Linda Mabee, MS, LPC-MH, QMHP, NCC  
   Marlene Ruff, MA, LPC, LMFT, QMHP  
   Larry Dancler, MS, LPC-MH, QMHP  
   Frank Main, Ed.D., LPC, QMHP
Suicide Crisis and Support Services
1000 N. West Avenue, Suite 310
Sioux Falls, SD 57104
Phone: 211 or (605) 339-4357 or (800) 273-8255
Website: www.helplinecenter.org
Email: help@helplinecenter.org
Hours: 24 hours a day / 7 days a week
Fees: None

Services Offered: The Helpline Center provides a variety of suicide and crisis support services. These include providing direct crisis intervention services through the National Suicide Prevention Lifeline (1-800-273-TALK) for the entire state of South Dakota. Other services include suicide prevention trainings, a one hour training to increase awareness and recognize, intervene and refer persons at-risk of suicide (QPR), a two-day suicide intervention skills training (ASIST), and a training that teaches you how to help people developing a mental illness or in a crisis (Mental Health First Aid). The Helpline Center also provides direct services to survivors of suicide (persons who have lost a loved one to suicide). These services include a nine-week class, a monthly support group, a newsletter, informational packets and an outreach team. The Helpline Center is accredited by the American Association of Suicidology.

Mental Health Professional:
Lori Montis, MA

Tallgrass Recovery & Sober Living Homes
2601 S. Minnesota Avenue, Suite 105-378
Sioux Falls, SD 57105
Phone: (605) 368-5559
Website: www.tallgrassrecovery.org
Email: jswenson@tallgrassrecovery.org
Hours: 24 hours a day / 7 days a week
Fees: Call for information

Services Offered: Residential campus utilizing the Big Book of Alcoholics Anonymous and the way of life contained there in. Self-governing Sober Living Homes that provide a safe living environment in early recovery with continued emphasis on applying the 12-steps of recovery to daily life over a period of 3-12 months. Advocacy of the disease concept by carrying the message to families, businesses, churches, and schools while building alliances with organizations that share our mission of advocacy for and implementation of the 12-step approach to recovery. An alternative to medical treatment models for the recovery of alcoholism and chemical dependency.

Mental Health Professionals:
Call for more information regarding licensed/credentialed professionals

Tina Harp Counseling, Inc.
3610 S. Western Avenue, Suite 2
Sioux Falls, SD 57105
Phone: (605) 759-1516
Fax: (605) 370-6698
Website: www.tinaharp.com
Hours: By appointment, Monday - Friday / evenings available.
Fees: Accepts most private insurance and Medicaid

Services Offered: Individual, adult, adolescent, child, couples, and family therapy counseling with emphasis in the areas of depression, anxiety, life transitions, PTSD, sexual abuse, grief, and LGBT population.

Mental Health Professional:
Tina Harp, MS, QMHP, LPC-MH
Vet Center
3200 W. 49th Street
Sioux Falls, SD 57106
Phone: (605) 330-4552
Website: www.va.gov/rcs/
Hours: 8:00am - 7:30pm, Monday - Tuesday / 8:00am - 6:00pm, Wednesday - Thursday / 8:00am - 4:30pm, Friday / 9:00am - 5:00pm, Saturday
Fees: None
Services Offered: Provides a broad range of counseling, outreach and referral services to veterans and their families in order to help these veterans make a satisfactory post-war readjustment to civilian life. Counseling for combat (wartime) veterans with readjustment issues, PTSD, marriage or family issues, and military sexual assault or harassment. Provides referrals to job searches, veterans benefits, and basic needs.
Mental Health Professionals:
- Brian Wallin, MA
- Orlando George, BA
- Morris Patzlaff, LMFT
- Ruth Kaspar, MSW
- Nicholas Rinehart, PhD

Volunteers of America Dakotas - Heisler Chemical Dependency Treatment Program
1401 W. 51st Street
Sioux Falls, SD 57105
Phone: (605) 334-1414 or (800) 365-8336
Website: www.voa-dakotas.org
Email: info@voa-dakotas.org
Hours: 8:00am - 5:00pm, Monday – Friday; Inpatient services: 24 hours a day / 7 days a week
Fees: Fixed and sliding fee scale depending upon service; funds available for those meeting income guidelines; most insurance accepted
Services Offered: A full continuum of chemical dependency services for youth ages 12 to 18. Services include evaluation and assessments, day treatment, individual and family counseling, intensive outpatient treatment, inpatient treatment, transitional care, and aftercare counseling. Evaluations and assessments for adults are also available. Services for adults include intensive outpatient treatment and aftercare. Training, in-services, and workshops for groups and agencies are also provided.
Mental Health Professionals:
- Amy Hartman, MA, NCC. LPC-MH, ACS, QMHP, LAC
- Bruce Fogas, PhD
- Carolyn Meyeraan, RN
- Chris Sandvig, BA, CCDCII
- Denis Kroll, BSW, LAC
- Jessica Nieman, LAC
- Melissa Eccher, MA
- Michelle Mattern, MsEd, ACT
- Mindy Mashek, BA, LAC
- Teresa Peratt, CAC
- Timothy Soundy, MD

Volunteers of America Dakotas - Lifemarks Counseling & Mediation Services
1401 W. 51st Street
Sioux Falls, SD 57105
Mailing Address: PO Box 89306, Sioux Falls, SD 57109
Phone: (605) 332-6128 or (605) 334-1414
Website: www.voa-dakotas.org
Email: info@voa-dakotas.org
Hours: 8:00am - 8:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: Sliding fee scale; also accepts insurance, Medicare, and Medicaid
Services Offered: Assessments, individual, and group counseling for youth, adults, couples, and families on issues involving depression, grief, loss, challenging behaviors, alcohol and drug addiction, abuse, conflict, and crisis situations. Assessment, family crisis intervention services, and parent coordination services are also available.

Mental Health Professionals:
- Bruce S. Fogas, PhD
- Shawn VanGerpen, MD
- Stephan Langenfeld, EdD
- Michelle McClintic, MSW-PIP
- Amy Hartman, MA, NCC, LPC-MH, ACS, QMHP, LAC
- Christie Nancy, MA, LPC, NCC
- Irina Goubanova, MS, QMHP
- Darcy Lassegard, MSW, PIP
- Nicole Burger, LPC, CCDCIII
- Gretchen Starnes, MA, LPC, QMHP
- Patricia Schultz, MS, LPC-MH

Wellspring Therapy Center
6901 S. Lyncrest Place, Suite 105
Sioux Falls, SD 57108
Phone: (605) 335-1516
Fax: (605) 731-0896
Website: www.wellspringtherapysf.com
Hours: 8:00am - 7:00pm, Monday - Thursday / 8:00am - 5:00pm, Friday
Fees: Accepts insurance and private pay
Services Offered: Provides individual, couples, and family therapy for the treatment of various family adjustment problems and psychological disorders across the life span including children, adolescents, and adults. Special areas of expertise include: pain management, stress management, complicated grief and loss, spirituality issues, aging challenges, chronic and terminal illness, anxiety, depression, PTSD, play therapy with children, parent education and EMDR therapy.

Mental Health Professionals:
- Ramona Wade, MA, LMFT, QMHP
- Krista McKeown, MA, LMFT, QMHP
- Connie Kolbrek, MS, EdS, LPC, QMHP