

## **Mental Health Resources:**

### **Adult Mental Health Parenting Program**

- **Contact:** 612-669-4037
- An organization that provides parental resilience coaching to help cope with challenges and stress, establish networking opportunities, access to food, clothing and shelter needs. Provides coaching for parenting skills along with education on child/youth development.

### **Integrated Therapy Solutions**

- Deann Reese
  - Licensed Independent Clinical Social Worker (LICSW) who serves children and adults. Certified Clinical Trauma Professional, certified Integrative Mental Health Professional, certified Clinical Anxiety Treatment Professional. Experience in attachment and family system theories. Trained in CBT (cognitive behavioral therapy) as well as trauma therapies such as EMDR and ART (Accelerated Resolution Therapy).
  - Contact: [dreese@intherapysolutions.com](mailto:dreese@intherapysolutions.com)
  - Website: <https://www.intherapysolutions.com/>

### **Birchwood Counseling**

- Natalie Runge
  - Licensed professional clinical counselor and a certified animal-assisted intervention specialist. She specializes in working with adolescents and adults. Natalie is a certified animal-assisted intervention specialist through the association of animal-assisted intervention professionals and provides animal assisted therapy. She is a trained Level 1 and Level 2 EMDR trauma clinician.
  - Website: <https://birchwoodcounselingllc.com/about/>
  - Contact: (612)810-6613

### **Connection Counseling**

- Paula Odland
  - Licensed marriage and family therapist (LMFT). Paula has worked with a broad range of ages and has experience working with clients who have depressive disorders, anxiety disorders, dysregulation, grief/loss, and divorce adjustment.
  - Contact: 320-491-2303
  - Website: <http://www.connectionmn.com/home.html>

### **Lakeland Mental Health Center**

**Contact: (320) 762-2400**

- Dr. Amador Dizon
  - Children and Adolescent Psychiatrist
  - Specializes in mood disorders, psychotic disorders, Attention Deficit Disorders (ADHD/ADD) and disruptive behavior disorders.
- Michael Flaten

- Licensed Marriage and Family Therapist
- Specializes in individual and family therapy to children with Anxiety, Depression, Bipolar, Adjustment Disorder, Conduct Disorder, Self-Esteem Struggles, and Abuse.
- Carolyn Giannone
  - Licensed Psychologist
  - Conducts psychological and neuropsychological evaluations. Evaluations assess for ADHD, ASD, and learning disabilities.
- Laura Gorackowski
  - Clinical social worker
  - Provides therapy to children ages six and older for depression, mood disorders, anxiety, post-traumatic stress and life adjustments.
- Whitney Rizzo
  - Board Certified Adult Psychiatric Mental Health Nurse Practitioner.
  - Provides psychiatric assessments and medication management for children and adolescents. Areas of interest include bipolar, depression, anxiety disorders, post-traumatic stress syndrome (PTSD), Attention Deficit Disorder (ADHD/ADD).
- Lisa Voigt
  - Licensed Psychologist
  - Provides individual therapy to clients 6 years of age and older for depression, mood disorders, anxiety, post-traumatic stress, personality disorders, life adjustments and a variety of other mental health concerns.

### **Nystrom and Associates**

**Contact: 320-460-8028**

- **Providers: Deborah Cleveland, Heather Larson, Jenna Schmidt, Julia Fiecke**
- **Areas of Interest Include:** ADHD, Anxiety, Depression, Attachment Disorders, Adjustment Disorders, Autism, Divorce, Grief/Loss, Caregiver Stress

### **Lutheran Social Services**

**Website: <https://www.lssmn.org/>**

- Provides many services for families including housing services, financial assistance, mental health services, and educational groups.
- This website includes services throughout the state of Minnesota. To narrow your search first choose contact; then select a category; finally enter the zip code for your area.

### **Psychological Associates of Alexandria**

- Contact: 320.762.1762

- The following providers are located at this organization: Sherie L. Carlson, Edward Modahl, Collin Modahl, Laura Voight-Radtke, Tamara Christenson, Jolene Pundsack, and Amanda Ogdahl

### **Reflections Counseling and Psychological Services**

- **Contact: 320-759-3013**
- Melissa Winter is a licensed psychologist who provides testing for ages 6+.

### **The Village**

- **Contact: 320-762-8851**
- **Providers:** Kristin Goracke, Krystina Weiss, Nicole Sayre, Sarah Flaten, Whitney Lick
- Bobbi Steidl
  - Masters of Social Work (MSW) and Licensed Independent Clinical Social Work (LICSW)
  - Specializes in ADHD, Anxiety, Autism, Children/Adolescents, Depression, Parenting, Stress, Trauma
- Krystina Weiss
  - Licensed Marriage and Family Therapist (LMFT)
  - Anxiety, Children/Adolescents, Communication, Depression, Divorce, Family, Parenting, Relationships, Self-Esteem, Stress, Trauma
- Nicole Sayre
  - Licensed Marriage and Family Therapist (LMFT)
  - ADHD, Anger, Anxiety, Children/Adolescents, Communication, Depression, Divorce, Family, Parenting, Relationships, Self-Esteem, Stress, Trauma
- Sarah Flaten
  - Licensed Marriage and Family Therapist (LMFT)
  - ADHD, Anxiety, Children/Adolescents, Communication, Depression, Family, Parenting, Relationships, Self-Esteem, Stress, Trauma
- Whitney Lick
  - Licensed Marriage and Family Therapist (LMFT)
  - Anger, Anxiety, Children/Adolescents, Communication, Depression, Divorce, Family, Parenting, Relationships, Self-Esteem, Stress, Trauma

### **Solutions- Behavioral HealthCare Professionals**

- **Contact: 320.762.5411**
- A variety of services are offered including autism services, behavioral intervention services, applied behavioral analysis (ABA), Assessment, Therapy
- Jordan Toren
  - Licensed Professional Clinical Counselor

- Areas of interest include: early childhood mental health, trauma, abuse and neglect, depression, anxiety, autism, parent-child relationships, and communication.
- Megan Schmidt
  - Licensed Professional Clinical Counselor
  - Has completed multiple certifications in evidence based practices that focus on trauma and behavioral problems
- Rachel Hinant
  - Licensed Psychologist
  - Conducts evaluations to assess for emotional, behavioral, and neurodevelopment conditions
- Coreen Schoep
  - Licensed Independent Social Worker (LICSW)
  - Areas of interest include: early childhood mental health, parenting, trauma, abuse and neglect, depression, anxiety, grief and loss, parent-child relationships, and communication.

## **Food Assistance:**

- **Food Drops**
  - Provided by The United Way
  - Cost is completely free. Registration is required prior to the date of the food drop. Registration can be found at the following link:  
<https://uwdp.org/what-we-do/united-way-programs/food-drop-registration.html>
- **Outreach Food Shelf**
  - Anyone can access this free resource.
  - Contact: 320-762-8411
  - Website: <https://www.outreachfoodshelf.org/>
- **SNAP**
  - Additional information and application resources can be found at the following website: <https://mn.gov/dhs/snap-changes/>
  - If needing assistance, you can also contact Douglas County Social Services (DCSS), and they will help navigate you through the process. Contact for DCSS: 320-762-2302

## **Child Care Assistance:**

Douglas County Contact: W: <https://www.douglascountymn.gov/child-care-health> P: 320-762-2302

Minnesota Child Care Assistance Program (CCAP)

- Can assist with childcare costs for children ages 0-12 or age 14 if your child has special needs. Eligibility for assistance is based on family size, family income and participation in authorized activities.
- Application can be found at the following link: <https://mnbenefits.mn.gov/>
- Community Education Compass accepts CCAP to assist with the cost of after school care

## Head Start

Contact: W: <https://wcmca.org/program/head-start-program/> P: 218-685-7009

- Assists low income families in promoting school readiness for their child ages 3-5. An early head start program is also offered for pregnant women and children birth to 3 years old.
- An application is required and can be found at the link above.

## Transportation Assistance:

- **Rainbow Rider**
  - Rainbow Rider is a public transit system that serves Douglas County and surrounding areas. Rates for transportation can be found at the following link: <https://rainbowriderbus.com/rates/>
  - P: 800-450-7770 W: <http://rainbowriderbus.com/>
- **Douglas County Car Care Program**
  - The Car Care Program offers an opportunity for individuals to acquire a vehicle once completing an application process. The steps needed to apply for a car can be found at the following link: <https://carcareprogram.org/apply/>

## Clothing Assistance

- Love INC
  - Contact: P: 320-759-3022 W: <https://www.loveincdouglas.org/>
- Fostering Love
  - Contact: P: (320) 349-0132
  - Provide immediate needs to foster and adoptive families
- United Way
  - Contact: P: 320-834-7800 W: <https://uwdp.org/>
- Life Connections
  - Contact: P: 320-762-1224 W: [lifecnectionsmn@gmail.com](mailto:lifecnectionsmn@gmail.com)
  - A parenting resource and pregnancy support center. Provide items for children (i.e. car seats, cribs, diapers, clothes, etc.), free education program, and mentorship

## Housing Assistance

- West Central Communities Action
  - Contact: **P:** 1-218-685-4486      **W:** <https://wcmca.org/housing-emergency/>
  - Provide resources for housing emergencies and long term rent assistance. An application needs to be completed to see if you qualify for any of the programs offered. An application and more information can be found at the link above.
- Douglas County HRA
  - Contact: **P:** (320) 762-3849      **W:** <https://douglascountyhra.org/>
  - Assists families in providing affordable housing services

\*\* If needing assistance with housing, contact a social worker at the school your child attends. They can assist in partnering with you to get connected to resources.

## Assistance during crisis:

### Safe Families

Contact: **W:** <https://westcentralmn.safe-families.org/> **P:** 218-671-3224

- Offers support for families who are facing a crisis and lack a support system to meet the families needs. A crisis can be defined as homelessness, unemployment, hospitalization, domestic violence, incarceration, complicated pregnancy/delivery, divorce or separation, medical emergencies, and substance abuse treatment. The purpose of this organization is to stabilize families in preventing children from unnecessarily entering the foster care system.

## Health Care Needs:

### Public Health

Contact: **W:** <https://horizonpublichealth.org/> **P:** 320.763.6018

- Many services are offered through public health. To inquire information regarding your families needs please select one of the contact options above.

## Local Resources/Hotlines:

- Region 4 South  
(701) 364-0431  
<https://www.r4sconversations.org>

## National Resources:

- Suicide Prevention Lifeline  
1-800-273-TALK (1-800-273-8255)  
<https://suicidepreventionlifeline.org>  
(chat option available)

- Suicide Prevention & Support for LGBTQ Youth (The Trevor Project)  
[www.thetrevorproject.org](http://www.thetrevorproject.org)  
1-800-468-3517  
(talk, text, chat available)
  
- MN Crisis Line  
Text MN to 741741
  
- National Alliance on Mental Illness (NAMI)
  - W: <https://www.nami.org/support-education/mental-health-education/>
  - You can find numerous educational resources including presentations, classes, and trainings to educate your family on mental health.