

MENTAL HEALTH RESOURCES IN RICE COUNTY

Emergency Numbers: Police/Medical Emergency 911	For sexual assault, family abuse, and other issues: HOPE Center 1-800-607-2330
Rice County Social Services 24-hour Crisis Line: 1-800-422-1286 South Central Mobile Crisis Team: 1-877-399-3040	Local Hospitals: District One (Faribault) 507-334-6451 Northfield Hospital 507-646-1000

Faribault Licensed Providers

Associates in Psychiatry & Psychology 1961 Cardinal Lane, Suite B	507-333-5044 507-333-5055 (Fax) Website: www.appmn.com	Amy Strait, PsyD, LP Barbara Lowe-Fierke, PsyD, LP Karyn Larsen-Smith, PsyD, MA, LPCC Jere Chapman, MA, LP
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Services offered to adults, children, and adolescents. Individual therapy, couple and marital therapy, family therapy, group therapy, psychological assessment and testing, chemical dependence treatment and evaluations, medication evaluation and monitoring, sleep studies and related treatment, acupuncture. Professionals have expertise in the fields of: addictions, ADHD/Learning Disabilities, anger management, anxiety, career and life coaching, communication and relationship skills, depression, dissociative disorders, eating disorders, EMDR, emotional/physical/sexual abuse, gender issues, grief counseling, hypnosis, pain management, Post Traumatic Stress Disorder (PTSD), stress management, teenage adjustment, trauma.

Allina Mental Health – Faribault 100 State Avenue	507-334-3921 507-384-4575 (Fax) Website: www.allinahealth.org/clinics/allina-health-faribault-clinic	Dave Kuehl, PsyD Beth Drewitz, PsyD, LP
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Offers outpatient mental health services for Allina Health established patients of all ages (adults, children, and adolescents). This includes evaluation, individual, family, and marital counseling.

Cedar House, Inc. 329 Faribault Road PO Box 481	507-334-1983 507-333-2307 (Fax) Website: www.cedarhouseinc.com	Tamara Domazet, MSW, LICSW David Young-Rabine, LICSW Mary Crandall, LICSW
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Adult Mental Health Rehabilitation Services (ARMHS), Children’s Therapeutic Support Services (CTSS), coping with depression/anxiety, interpersonal communication strategies, stress management and relaxation, anger management, healthy lifestyle choices, co-dependency, coping with grief and loss, parenting skills, crisis management, independent living skills (budgeting and shopping, cooking and nutrition), employment skills, in-home individual psychotherapy, group psychotherapy.

Ellen Saul & Associates 14781 Bagley Avenue	507-334-9117 507-334-9127 (Fax)	Ellen Saul, MS, LP
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Therapy with children and families, individuals, couples, and groups. Half of practice is with children, using play therapy, sand play therapy, In Touch Again attachment work, and EMDR. Teaches “Parenting with Love and Logic” groups. Teams up with clients to address mood and adjustment disorders, relationship problems, family system upset, trauma and abuse. Level 2 trained in Eye Movement Desensitization and Reprocessing (EMDR) and Somatic Experiencing Practitioner. Works with dissociative disorders and borderline personality disorders. Trained in Dialectical Behavioral Therapy (DBT). Does diagnostic assessments and consultation.

Fernbrook Family Center 410 Central Avenue (Enter Door 408)	507-331-3454 651-925-0337 (Fax)	Liz Cronin, MA, LPCC Mary Morgan, MS LMFT, LADC
Diagnostic assessment, crisis planning, family reunification, individual/family/group psychotherapy, psychoeducation, individual/family/group skills training, mental health behavioral aide services, outpatient therapy, Children's Therapeutic Services and Support (CTSS), Adult Rehabilitative Mental Health Services (ARMHS), Parent/Child Interaction Therapy (PCIT).		
Fountain Centers 2301 NW 4 th Street	507-334-6413 507-334-6414 (Fax) Website: http://mayoclinichealthsystem.org/locations/faribault/medical-services/chemical-dependency-treatment	Dante Hummel-Langerfeld, LADC Joan Kindem, LSW
Offers a range of outpatient services for adults and adolescents experiencing alcohol and drug problems. Brief screenings are available for individuals or family members questioning what step to take next and a comprehensive chemical use assessment is completed to determine the appropriate level of care.		
Healthy Minds Counseling Services 418 Heritage Place, Suite C	507-412-1468 507-331-8677 (Fax) Website: www.healthymindscounseling.com	Debbie Carter-Barth, MSW, LICSW
Anxiety/stress management, depression, personality disorders, Dialectical Behavioral Therapy (DBT), marital, relationship and parenting concerns, women's issues, grief/loss, anger management, adult mental health, adolescent mental health, children's mental health, chemical health recovery, serious and persistent mental health concerns.		
Jon Walser-Kuntz Consulting 103 N. Central Avenue Mailing Address: 501 Nevada Street, Northfield, MN 55057	507-301-8625 507-664-0766 (Fax)	Jon Walser-Kuntz, LP
Talent selection, talent assessment, coaching, training and development, personal development, stress management, adults, workplace violence, anger management, relaxation, self-esteem, counseling, psychotherapy, mental health, clinical supervision, staff development, life transitions.		
Leslie Hong, M.Ed 322 Central Avenue	507-676-3819 651-389-0510 (Fax) Email: receptionlh@gmail.com Website: http://lesliehongcounseling.com/home	Leslie Hong, M.Ed
Anxiety and depression, low self-esteem, relationship concerns, life transitions, alcohol-related life problems – choose moderation or abstinence, family of substance abusers, adult children of alcoholics/addicts, multicultural concerns, GLBTQ concerns, sensitive services for therapists, healthcare professionals, clergy, consultation and referral for complex concerns (available to the professional or to the client).		
Lutheran Social Services 1207 Prairie Avenue S.	507-332-2932 507-625-8998 (Fax) Website: www.lssmn.org	Barbara Kuhlman, MA, LP
Addiction assessment and support, adolescent issues, anger management, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, depression, grief and loss, Obsessive Compulsive Disorders, Post Traumatic Stress Disorder (PTSD), stress and stress management, diagnostic assessment and evaluations, individual and family counseling, marriage preparation workshops, play therapy, support and therapy groups, veteran CORE, therapeutic foster care.		

New Directions Counseling Center 303 NE 1 st Avenue, Suite 220	507-332-8082 Website: www.ndccmn.com	John DeFrancisco, MS, MA, LP, ATR-BC, CTS
Services include child, adolescent, adult, family, and couples. Hours: Monday – Friday, 8:00 AM – 7:00 PM, weekends by appointment. Issues include anxiety, depression, trauma, autism, school difficulties, life changes, and more.		
Psychological Assessment Services 303 1 st Avenue NE	612-799-6263 888-827-5513 (Fax)	Alan Stock
Provides psychological assessment services to children, adolescents, and adults.		
Resilient Living LLC 418 Heritage Place	507-838-1297 Website: www.resilientlivingllc.com	Terri Reuvers, MSW, LICSW
Conditions addressed include anxiety, acute stress, depression, post traumatic stress, personality disorders, co-occurring chemical dependency, schizophrenia. Services provided: Integrate patient centered care, Cognitive Behavioral therapy, Solution focused and Strengths Based Therapy, Guided Imagery and Clinical Hypnotherapy. Group therapy services include: Resiliency Training, Illness Management and Recovery, and Adult DBT Group.		
Scurry, Zwecker & Associates 625 NW 3 rd Avenue	507-334-2892 507-332-6947 (Fax) Website: http://www.counselorsmn.com	Penny Zwecker, PhD, LP William Scurry, PhD, LP
Addiction, adolescents, adult, child, couples, family education and treatment, individual, support groups.		
Southern Cities Community Health Clinic 400 4 th Street NW	507-384-6830 651-431-7757 (Fax) Monday – Thursday 7:45 AM – 4:15 PM	Cynthia Edelen, Pharm.D Carol Peitzman, NP Brian Carleton, NP
Adults with a developmental disability.		
Strong Foundations Counseling, LLC 421 Central Avenue N., Suite 400 Mailing Address: PO Box 431, Faribault, MN 55021	507-491-4848 507-323-8141 (Fax) Email: sfcounseling@hotmail.com Website: http://strongfoundationscounseling.com	Mistyne Zacharias, MDiv, LMFT Nancy Paulson, MA, LMFT
Marriage and family therapy, Dialectical Behavioral Therapy (DBT). Strong Foundations Counseling was established to help individuals, couples, and families improve the quality of their lives and promote change in relationships. As professional therapists, they draw from a variety of psychological approaches while honoring the Christian faith and recognizing that people and relationships can heal.		
Terri Ross Family Connections, LLC 416 Heritage Place	507-330-4688 507-412-5221 (Fax) Email: info@terrirossfamilyconnections.com Website: www.terrirossfamilyconnections.com	Terri Ross, LMFT
Therapy for children and adolescents, marital (emotionally focused) therapy, adult mental health, parenting support, Cognitive Behavioral Therapy (CBT), family therapy for children with special needs, structural family therapy, therapy for depression and anxiety, therapy for adoptive/foster families and children, therapy for LGBT youth, adults, and couples, therapy for Fetal Alcohol Spectrum Disorder, court ordered therapy.		

Northfield Licensed Providers

Allina Mental Health – Northfield 1400 Jefferson Road	507-663-9000 Press 5 800-272-0508 651-241-0755 (Fax) Website: http://www.allinahealth.org/Clinics/Allina-Health-Northfield-Clinic	Shannon D’Alonzo, MD (Adult Psychiatrist) John Bailey, PhD, LP Miranda Dulek, DNP Robyn Gunderson, PhD, LP William Hoekstra, PsyD, LP Natasha Stepka, LICSW (Mental Health Consultant) Kristina VanDyke, LICSW (Spanish Speaking) Amber Johnson, MD (Child and Adolescent Psychiatrist) Deborah Twito, APRN-BC, CNS Lara Brown, LP
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Offers a range of outpatient mental health services for Allina Health established patients of all ages (adults, children, and adolescents). This includes evaluation, individual, family, and marital counseling, and psychiatric evaluation with medication management.

Aperture Health Services, Inc. 313 ½ Division Street, Suite 204	612-568-8483 Website: www.aperturehealthservices.com	Janelle Zimmerman, MA LPCC
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Individual outpatient process-oriented therapy for adolescents and young adults (particularly college-aged clients). Experience with mood disorders, transitioning to independent living, and associated anxieties. CBT, DBT, FBT trained. Currently working at The Emily Program, so practice is very part-time, only in Northfield on Fridays. Does not currently take insurance.

Casey & Associates 220 S. Division Street	507-650-4127 507-650-9261 (Fax)	Mary Casey, MA, LP
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Services Offered: Education/awareness, individual and family counseling, depression, anxiety, school issues, Developmentally Delayed, domestic and sexual assault, blended family, divorce support. Types of Therapy: CBT, psychodynamic, humanistic, interpersonal, family-focused, narrative, solution-focused, play therapy, acceptance and commitment therapy. Specific Illnesses/Disorders: ADHD, anxiety, autism spectrum disorders, depression, Bipolar Disorder, Panic Disorder, personality disorders, phobias, PTSD, OCD, Schizophrenia, social anxiety, suicide prevention.

Cedar House, Inc. 815 Hwy 3 North	507-645-8335 507-645-3568 (Fax) Website: http://www.cedarhouseinc.com	Mary Lee, MSW, LICSW Amy Mueller Benson, LGSW
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Adult Rehabilitative Mental Health Services (ARMHS), Children’s Therapeutic Services & Supports (CTSS), coping with depression/anxiety, interpersonal communication strategies, stress management and relaxation, anger management, healthy lifestyle choices, co-dependency, coping with grief and loss, parenting skills, crisis management, independent living skills (budgeting and shopping, cooking and nutrition), employment skills, in-home individual psychotherapy, group psychotherapy.

Center for Human Resources 220 Division Street S.	507-645-9304 507-645-6151 (Fax) Website: http://www.chr-northfield.com	Dorothee Ischler, DMFT, LMFT, LP Mary Keen, M.Div, LMFT Elaine Nesbit, MA, LP Kari Prestemon, MSSW, LICSW Alison Whiteaker, LAMFT
Children, adolescent, adult, individual, couple, and family therapy. Psychological testing, psychiatric services, educational services, employee assistance. Depression, anxiety, Obsessive Compulsive Disorder (OCD), job performance, panic attacks, behavior problems, stress, marital/family/other relationship difficulties, ADHD testing and treatment, learning problems, eating disorders in youth and adults, alcohol and drug use, disturbances of thinking, identity issues, abuse.		
Centered Practice 401 Division Street, Suite C	507-649-7294 (Carrie) 507-649-7294 Ext. 2 (Katie) 844-270-7952 (Fax) Website: www.centeredpractice.com	Carrie Menk, MSW, LICSW Katie Jacobi, MSW, LICSW
Carrie's Services: Brief therapy for adjustments with life changes. Use of talk therapy, EMDR and sandplay to relieve symptoms resulting from trauma, grief and loss. Use of cognitive restructuring techniques, relaxation and mindfulness skills to relieve symptoms of anxiety and depression. Sandplay, yoga and talk therapy with children who struggle with attachment, depression and anxiety. Divorce education and counseling for parents and children. Social emotional skills training for children with attention, organization and social deficits.		
Katie's Services: Life stage transition, aging, death, and dying and has a history with some adoption issues. Her target population is 17+ and is focused on individuals right now. She is curious about the possibility of doing group work at some point in the future. She takes all major insurances and can negotiate an out of pocket fee as well. She works Monday, Tuesday, and Thursday with most sessions between 8:30 AM – 3:00 PM.		
Dan Dimick, M.Div, MA, LP, LMFT 105 E. 4 th Street, Suite 304	507-645-6575	Dan Dimick, M.Div, MA, LP, LMFT
Individual/couples/family therapy. Expert in several areas, including depression, anxiety, anger, impaired drug/alcohol problems, marriage/partner, family, financial, parents and communication. Particularly concerned to help the growing number of children in school with mental health problems.		
Erin Barnett, MA, LPCC 108 3 rd Street E.	507-403-9510	Erin Barnett, MA, LPCC
I primarily work with adults and late adolescents on an individual basis; I also offer couples counseling. My style with clients is collaborative and relatively informal. Together we identify the thought and behavioral patterns that are no longer serving the client. We then work to replace these with more skillful patterns and practices that help people experience more inner freedom and create the lives they choose. Areas of specialization include anxiety, depression, grief and loss, relationship issues, OCD and phobias, spirituality, self-esteem, and stress management.		
Intellect LLC 158 Water Street North #5	507-581-8015 http://intellectnfb.com	Lisa Taylor, LGSW
Intellect LLC is a mental health services clinic providing neurofeedback services for individual who suffer from conditions such as addictions, anxiety, Attention Deficit Hyperactivity Disorder (ADHD), autism, chronic fatigue, depression, emotional dysregulation, migraines, mood disorders, pain, peak brain or sports performance, stroke, Traumatic Brain Injury (TBI), Tourette's/Tics.		
Jerilyn Wiederholt, MS, LP, ATR-BC 801 Hwy 3 N., Suite 101	507-321-2002	Jerilyn Wiederholt, MS, LP, ATR-BC

Laurie Page Center for Healing and Resilience 220 Division Street S.	507-645-9304 (For scheduling appointments) Email: dr.laurie.j.page@gmail.com Website: http://www.drspage.com/	Laurie Page, PhD, LP
Laurie primarily provides individual and group counseling, however she is always happy to offer herself as a resource to the community for mental health consultations. She is not currently running any therapy and/or support groups but hopes to do so in the future as group therapy is one of her specialties. She has some room on her caseload for sliding scale clients. She is an out-of-network therapy provider. Private pay only.		
Mary Fieberger, LP 220 Division Street S. #216	507-664-9566	Mary Fieberger, LP
Millenacker Psychological Services, LLC 401 Division Street S., Suite M	507-645-7775 612-703-6648 (Cell)	Michelle M. Millenacker, PsyD, LP
MN Mental Health Consulting 101 E. 5 th Street, #102	612-203-2961 507-786-9877 (Fax) Website: www.mnmentalhealthconsulting.com	Tena Buell Roethle, LICSW Nicole Larson, MSW, LICSW
Individual counseling, family counseling, marital/relationship counseling. Relationship problems including communication problems, conflict, affairs, and extended family conflicts. Grief and loss issues including suicide and profound sorrow. Depression including general depression, postpartum and fertility related. Trauma including sexual, emotional and physical abuse survivors. Families and individuals whose lives have included the complication of incarceration. Anxiety including stress, separation and adult attachment concerns. Significant mental health issues including Bipolar Disorder, Major Depressive Disorder, and Post Traumatic Stress Disorder. Parenting counseling including parenting a child with mental illness and co-parenting following divorce or separation. DBT therapy, perinatal therapy, and TF-CBT. Men's mental health and veteran's and service members mental health.		
Naomi Mandsager Bartley, PhD, LPCC 220 Division Street	507-403-3394	Naomi Mandsager Bartley, PhD, LPCC
Counseling and psychotherapy.		
Omada Behavioral Health Services 401 Division Street S., Suite A	507-664-9407	Sarah Shippy, Med, LICSW Paul Hart-Ruthenbeck, LADC
Omada Behavioral Health Services is an outpatient substance use disorder clinic. They are licensed by the State of Minnesota to provide outpatient substance use disorder treatment services for adults and teens. Their services include comprehensive assessments to determine the most appropriate level of care and resources, as well as individualized outpatient treatment programs to meet the needs of each client and their families. They also provide support both before and after an inpatient treatment.		
Paula J. Detjen, PLLC, MA, LMFT, LPC 105 E. 4 th Street, Suite 301	507-581-0430 Website: http://www.detjencounseling.com/services-provided	Paula J. Detjen, PLLC, MA, LMFT, LPC
Areas of specialization include but are not limited to anxiety and depression, life transitions, relationship issues, gambling issues as well as affected family members, grief and loss, employment and career issues, stress management, parenting and family issues, conflict and problem solving, self-esteem/self-image/self-confidence, communication skills, parent/child relationships.		

Secure Base Counseling Center 570 Professional Drive	507-301-3412 507-301-3308 (Fax) Website: http://www.securebasecounselingcenter.com	Jennifer Simpson-Dahl, MA Jane Murphy, MA, LMFT Peter Hartwich, MS, LMFT Victoria Soltis, MS, LMFT
Couples counseling, individual therapy, family therapy, play therapy, grief and loss support, neurofeedback, EMDR, teletherapy, parenting support, in-home services, Parent Child Interactive Therapy (PCIT), psychotherapy groups, skills groups, classes, professional seminars, Children's Therapeutic Services and Supports (CTSS), DC-03 assessment. Therapeutic services for birth to five, children, teens, and adults.		

Shelley Hansen, LSW, MA, LP 105 E. 4 th Street, Suite 302	612-532-6741	Shelley Hansen, LSW, MA, LP
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Stacey Klemptner, MSW, LICSW 220 Division Street, Suite 301	507-645-0444 Website: http://northfieldtherapist.com	Stacey Klemptner, MSW, LICSW
I work primarily with adolescents and adults struggling with anxiety and depression, and help them negotiate major life changes and transitions. A focus in therapy is recognizing and evoking personal resources, and building a sense of confidence and competence. Together, in therapy, we can create a better understanding of who you are and how you relate to others; learn to effectively manage moods, depression, and anxiety; master anger management and learn conflict resolution skills; develop skills to improve interpersonal relationships; find acceptance and peace to dealing with personal loss; develop resiliency for dealing with major life stressors and change; and learn how to break maladaptive behaviors and thought patterns.		

The Talk Doctor 313 ½ Division Street, Suite 202	612-886-4940 Website: https://thenorthfieldtalkdoctor.com/	Christi Bostwick, PhD, LP
Services are specialized for children ages 0-13, adolescents, and their families. Cognitive-Behavioral focused therapy, psychological assessment, testing, and diagnosis of common childhood milestones. Focus is on improving wellness for anxiety, depression, ADHD/ADD, toilet training, discipline, habits, sleep, school adjustment, school refusal, bullying, peer relations, grief and loss, identity exploration, healthy lifestyle support, future endeavor support, and support for all areas of parenting. Strong emphasis on cooperation and communication with entire support system including teachers, school administrators, and physicians. Conversational inservice programing for teachers and school administrators for all areas of child and adolescent development treated in clinic.		

Montgomery/Lonsdale Area Licensed Providers		
Congruency Group, LLC 9733 Kent Avenue Montgomery, MN 56069	507-744-4272 Email: kate@congruencygroup.com	Kate Langdon, MSW, LICSW
Offering Equine-Assisted Therapy and DBT for adults and adolescents to treat depression, anxiety and stress management, recovery from trauma, relationship and parenting concerns, grief, loss and life transitions.		

Rice County Social Services: Faribault: 332-6115 Northfield: 645-4723 Lonsdale: 744-5185
320 NW 3rd Street, Suite 2
Faribault, MN 55021

Rice County Social Services Outpatient Mental Health Services Intake: 507-333-3773

Rice County Social Services provides this list and does not endorse specific providers.

Any corrections or additions? [Please contact Lisa Gillispie at 507-332-6249 or lgillispie@co.rice.mn.us](mailto:lgillispie@co.rice.mn.us)

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