

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 422 Heritage Place	507-333-5044 507-333-5055 (Fax) Website: http://www.appmn.com/	Diane Caspers, MS LP Jere Chapman, MA, LP Dr. Lalit Gupta, MD
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: https://www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health	Tanya Borchert, MSW, LICSW Beth Drewitz, PsyD, LP David Kuehl, PsyD, LP Amy Strait, PsyD, LP
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: http://www.cedarhouseinc.com/	Tamara Domazet, MSW, LICSW Mary Crandall, LICSW
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.		
Clear Path Counseling, LLC 418 Heritage Place	507-491-2652 Email: clearpathcounselingllc@gmail.com	Susan Warring, MSW, LICSW
Providing individual therapy, couples therapy and family therapy – coping with anxiety, depression, stress management, grief and loss, life transitions, trauma, relationship issues.		

Fernbrook Family Center 410 Central Avenue (Enter Door 408)	507-331-3454 651-925-0337 (Fax)	Mary Morgan, MS, LMFT Liz Cronin, MS, LPCC Dr. Heidi-Halla Bauer, Psy.D, LP Geri Shetka, MS, LPCC Kim Christos, MS, LGSW
Diagnostic assessments, crisis planning, family reunification, trauma informed outpatient individual, family and group psychotherapy. Children's Therapeutic Support Services (CTSS) which includes outpatient or in home individual, family and group skills training and mental health behavioral aid services. Adult Rehabilitative Mental Health Services (ARMHS), individual and group services. School based mental health services. Psychological testing and parental fitness evaluations.		
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, LICSW Joan Kindem, LSW Paige Myrick, ADCT
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: http://www.healthyminds counseling.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	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.		
Lighthouse Psychological Services, Inc. 625 3 rd Avenue NW	507-720-8011 763-780-3306 (Fax) Email: bgarwood@lighthousepsych.org Website: www.lighthousepsychmn.org	Bryanna Garwood, MS, MHPPrac
Sex offender day treatment program, mental health services, individual/couples/family therapy.		
Midwest Recovery 303 1 st Avenue NE, Suite 365	507-225-0201 612-444-3292 (Fax) Website: https://www.midwestrecovery.org/	
Evening outpatient programs, assessments, peer recovery support services, community resource connection.		

New Directions Counseling Center 303 NE 1 st Avenue, Suite 220	507-332-8082 Website: http://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.		
Resilient Living LLC 418 Heritage Place	507-838-1297 Website: http://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. Serves adults and children.		
Southern Cities Clinic 400 4 th Street NW	507-384-6830 651-431-7757 (Fax) Monday – Thursday 7:45 AM – 4:15 PM Fridays by appointment	Jean Larson, NP Carol Peitzman, NP Brian Carleton, NP
Psychiatry for adults with Developmental Disabilities.		
Strong Foundations Counseling, LLC 122 Central Avenue PO Box 431	507-491-4848 507-323-8141 (Fax) Email: misty@strongfoundationscounseling.com Website: https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.strongfoundationscounseling.com&c=E,1,992hVdraTOgn-WuiyMYNg4RCS67R3WkjyeVkRu9P4SietmqEa6gn2OcSutXGIAU1G1nmldbPRMIDL9Ot2yCp4jwNs4n74bHhn3QUHZkTMVTOzL9X77CBZmUk&typo=1	Mistyne Zacharias, LMFT Nancy Paulson, LMFT Hollis Wunderlich, LPCC
Strong Foundations Counseling, LLC was established to help individuals, couples, and families improve the quality of their lives and promote positive 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. *Individual, Marriage & Family Therapy, Dialectical Behavioral Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR).		
Terri Ross Family Connections, LLC 416 Heritage Place	507-330-4688 507-412-5221 (Fax) Email: info@terrirossfamilyconnections.com Website: http://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

<p>Allina Mental Health – Northfield 1400 Jefferson Road</p>	<p>507-663-9000 Press 5 800-272-0508 651-241-0755 (Fax) Website: http://www.allinahealth.org/Clinics/Allina-Health-Northfield-Clinic</p>	<p>Shannon D’Alonzo, MD (Adult Psychiatrist) John Bailey, PhD, LP Robyn Gunderson, PhD, LP William Hoekstra, PsyD, LP Natasha Stepka, LICSW (Mental Health Consultant) Kristina VanDyke, LICSW (Spanish Speaking) Deborah Twito, APRN-BC, CNS</p>
<p>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.</p>		
<p>Aperture Health Services, Inc. 313 ½ Division Street, Suite 204</p>	<p>612-568-8483 Website: http://www.aperturehealthservices.com/</p>	<p>Janelle Zimmerman, MA LPCC</p>
<p>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.</p>		
<p>Autumn Waters Counseling 158 Water Street N., Suite 1</p>	<p>507-649-1286 Email: autumnwaters@hushmail.com Website: https://www.psychologytoday.com/profile/786969</p>	<p>Drew Weis, PhD, LP</p>
<p>Individual psychotherapy for adults over age 20. Specializing in anxiety, life transitions, grief and loss, depression, trauma, spirituality, stress, men’s issues, and significant changes in meaning, identity, purpose and belonging. Primary approach is experiential with an emphasis on swift but deep and lasting change.</p>		
<p>Casey & Associates 220 S. Division Street</p>	<p>507-650-4127 507-650-9261 (Fax)</p>	<p>Mary Casey, MA, LP</p>
<p>Offering individual with family therapy for children and adolescents and adults as needed; psychological education/parent education and support; offering therapy for Depression, Anxiety, Trauma and Attachment; Emotional, Behavioral and Developmental and Educational issues (ADHD, Autism Spectrum Disorders, Learning Disorders) and issues of Adjustment. Therapeutic modalities are CBT, Mindfulness, Play Therapy, Solution Focused, Reality Techniques, Acceptance and Commitment Therapy and Narrative.</p>		
<p>Cedar House, Inc. 815 Hwy 3 North</p>	<p>507-645-8335 507-645-3568 (Fax) Website: http://www.cedarhouseinc.com/</p>	<p>Tamara Domazet, MSW, LICSW Amy Mueller Benson, MSW, LICSW</p>
<p>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.</p>		

Center for Healing and Resilience 220 Division Street S.	507-210-4984 (Dorothee) Email: dr.dorothee.ischler@chr-northfield.com	Dorothee Ischler, DMFT, LMFT, LP
Therapy for individuals, couples, and families for anxiety, depression, trauma/PTSD, addiction, eating disorders, grief and loss, spirituality/existential issues. Dr. Ischler is EMDR certified. She provides the following services for couples: Gottman Method Couples Therapy, Emotionally Focused Therapy (Attachment theory in practice), Discernment Counseling, Prepare and Enrich.		
Centered Practice 401 Division Street, Suite C	507-649-7294 Ext. 1 (Carrie) 507-649-7294 Ext. 2 (Katie) 507-649-7294 Ext. 4 (Kari) 507-649-7294 Ext. 5 (Shodo) 651-323-2687 (Fax) Website: http://www.centeredpractice.com/	Carrie Menk, MSW, LICSW Katie Jacobi, MSW, LICSW Kari Prestemon, MSW, LICSW Shodo Spring, MSW, LICSW
Carrie's Services: Adults, stress, trauma, life transition, gender and sexuality.		
Katie's Services: Adults, stress, transition, grief, loss and trauma.		
Kari's Services: Children, adults and families – anxiety, depression and life transition.		
Shodo's Services: Adults – climate anxiety, stress and transition.		
Dimick Counseling, Inc. 105 E. 4 th Street, Suites 303 and 304	Dan Dimick: 507-301-9700 Andy Dimick: 507-301-8065 Website: https://www.dimickcounseling.com/	Dan Dimick, MDiv, MA, LP, LMFT Andy Dimick, MSW, LICSW
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.		
Elaine Nesbit, MA, Licensed Psychologist 220 Division Street	507-724-8353 Email: elainenesbit@wellbeingnorthfield.com	Elaine Nesbit, MA, Licensed Psychologist
Psychotherapy services for children, adolescents, and adults. Anxiety, depression, anger, ADHD, and other presenting issues. Accepts most insurances.		
Ellen Saul & Associates 400 Washington Street, Suite 225	507-319-8457 Website: https://ellen-saul-associates.business.site/	Ellen H. Saul, MS, LP
Therapy with adults and couples, focus on attachment and trauma. Uses Sandplay Therapy, In Touch Again attachment works, EMDR, Somatic Experiencing Practitioner, Parenting With Love and Logic. Teams up with clients to address mood and adjustment disorders, relationship challenges, family system upset, trauma and abuse. Works with dissociative disorders.		
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.		

Hope and Healing Family Counseling, LLC 101 E. 5 th Street #102	651-484-4184 Email: alexis@hopeandhealingmn.com Website: http://www.hopeandhealingmn.com/	Alexis Greeves, LPCC, RPT-S
Providing mental health services to adults and adolescents, as well as Theraplay (attachment-based family therapy) for children. I treat trauma, depression, anxiety, and life-changes. I am fluent in American Sign Language. I accept Preferred One, HealthPartners, BCBS, and MA. I also provide life coaching and professional coaching for those who want to move from stuck points to live a more fulfilled life.		
Intellect LLC 158 Water Street North #5	507-581-8015 Website: http://intellectnfb.com/	Lisa Taylor, LICSW
I provide neurofeedback services along with psychotherapy services for individuals who suffer from anxiety, depression, ADHD, autism spectrum, cognitive functioning difficulties, migraines, mood disorders, brain injuries, and OCD. I also conduct EMDR, brainspotting, and sandtray therapies.		
Mary Fieberger, MS, LP 105 4 th Street E., Suite 302	507-664-9566 507-301-1159 (Cell)	Mary Fieberger, MS, LP
I see adolescents, children, ages 7 and up, adults, couples.		
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 (Nicole) 507-222-9230 (Tena) 612-203-2961 (Megan's Office) 507-301-2013 (Megan's Cell) 507-786-9877 (Fax) Website: http://www.mnmentalhealthconsulting.com/	Nicole Larson, LICSW Tena Roethle, MSW, LICSW Megan Langhoff, M.Ed., LGSW
Nicole's Services: General therapy services with specialty in pregnancy/postpartum mental health.		
Tena's Services: General therapy for adults with specialties in trauma work (childhood and other trauma), domestic violence.		
Megan's Services: I do general therapy services and specialize in working with children ages 0-10 and adults.		
Naomi Mandsager Bartley, PhD, LPCC 105 E. 4 th Street, Suite 300	507-403-3394 507-786-9329 (Fax) Website: http://naomibartley.com/#welcome-section	Naomi Mandsager Bartley, PhD, LPCC
Dr. Naomi Bartley facilitates reparative social experiences by first building a strong therapeutic relationship with her client. The therapeutic relationship is considered a caring holding environment based on trust and respect, created to address a range of multifaceted issues such as stress, trauma, relationship dynamics, meaning, purpose, and self-esteem.		
Northfield Dynamic Therapy 220 Division Street, 3 rd Floor	507-225-0547 Email: dr.laurie.j.page@gmail.com Email: dr.nate.w.page@gmail.com Website: www.northfielddynamictherapy.com	Laurie Page, PhD, LP Nate Page, PhD, LP, CGP
Our therapists specialize in college student mental health, and have expertise with anxiety concerns (panic attacks, generalized anxiety, social anxieties, obsessive-compulsive tendencies, specific phobias) and depression. We also help clients with psychological suffering that is exacerbated by self-criticism, shame or perfectionism. We do lots of individual therapy and group therapy, and some couples counseling.		

Omada Behavioral Health Services 401 Division Street S., Suite A	507-664-9407 507-664-3862 (Fax)	Sarah Shippy, Med, LICSW
<p>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.</p>		
Paula J. Detjen, MA, LMFT, LPC, MNGTP 105 E. 4 th Street, Suite 301	507-581-0430 Website: http://www.detjencounseling.com/services-provided	Paula J. Detjen, MA, LMFT, LPC, MNGTP
<p>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. TeleMental Health Services provided.</p>		
Richard O. Walker, Jr., MD/Psychopharmacology Consultant LLC 1082 Hwy 3 S.	507-316-1209 Email: walkermd@me.com	Richard O. Walker, Jr., MD/Psychopharmacology Consultant LLC
<p>Over 25 years of psychiatry for all ages. Diagnostic assessments. Psychotropic medication management with or without therapy. Day/evening/emergency appointments. Specialties include: Refractory Depression, Bipolar Disorder, Coexisting Medical and Psychiatric Diagnoses, Mental Illness/Substance Abuse (Board Certified in Addiction Medicine), ADHD in Children and Adults, Schizophrenia, Anxiety Disorders. Accepts most major insurances.</p>		
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
<p>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.</p>		
Shelley Hansen, LSW, MA, LP 105 E. 4 th Street, Suite 302	612-532-6741	Shelley Hansen, LSW, MA, LP
<p>Therapeutic services are offered for pre-school and elementary aged children, adolescents, young adults, adults, and their families. Specialize in anxiety, depression, ADHD, ASD, chemical health, grief and loss, trauma, parenting and family issues, and learning/school issues. Utilize CBT and DBT therapies, yoga calm, mindfulness and relaxation skills, and supportive of a holistic approach to mind-body wellness.</p>		
Stacey Klemptner, MSW, LICSW 220 Division Street, Suite 301	507-645-0444 Website: http://northfieldtherapist.com/	Stacey Klemptner, MSW, LICSW
<p>Offering therapy services to individuals, ages 14 and up, and couples. Focus is on navigating and managing anxiety and depression, major life stressors and transitions, grief and loss, LGBTQ issues, trauma treatment, and personality disorders. Therapy modalities primarily used are Internal Family Systems, Cognitive Behavioral, Dialectical Behavioral, and psychodynamic.</p>		

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 prograding for teachers and school administrators for all areas of child and adolescent development treated in clinic.		

Montgomery/Lonsdale Area Licensed Providers

Congruency Psychotherapy, LLC 9733 Kent Avenue Montgomery, MN 56069	507-744-4272 Email: kate@congruencygroup.com Email: caitlyn@congruencygroup.com	Kate Langdon, LICSW, CEIP-MH Caitlyn Ramberg, LICSW
Therapy and counseling available for teens and adults utilizing EMDR, Equine-Assisted Therapy, and DBT skills in treatment for trauma and related symptoms to include anxiety, depression, stress management, relationship and parenting concerns, grief, loss and life transitions.		

Threads of Hope Counseling/Lonsdale Office 102 5 th Avenue NW Lonsdale, MN 55046	651-560-0050 651-925-0257 (Fax) Website: http://www.tohcounseling.com/	Jennifer Beall, MA, LPCC Lisa Malecha, MA, LSW Deb Kunze, MA Erin Urban, MA Dr. Steven Smith, PsyD, LP
Outpatient mental health services for adults, teens, children, and families. Specialties include: play therapy, adoption and permanency, trauma and PTSD, ADHD, Autism Spectrum, anxiety, depression, anger management, relationship issues, parenting, PTSD, identity issues, first responders, mental health first aid, postpartum, faith-based counseling, telehealth, stress management, and life adjustments.		

Rice County Area Providers

Vona Center for Mental Health by Volunteers of America of MN	763-225-4052 (Voice) 612-326-4255 (VP) Website: www.voamnwi.org/dhh	Lynn Bloom, MSW, LICSW Lauren Bain, MSW, LGSW Ingrid Benyaminowich, MSW, LICSW
Vona provides mental health therapy services to children, adolescents, adults, and families with hearing loss. Each of our providers is fluent in American Sign Language, one provider also uses spoken English. We provide services at the MN State Academies for the Deaf and Blind as well as home-based. Our providers work with people who are struggling with problems such as adjustment, anxiety, depression, grief and loss, suicidal thinking, behavioral problems, and more.		

Rice County Social Services:
320 NW 3rd Street, Suite 2
Faribault, MN 55021

Faribault: 332-6115

Northfield: 645-4723

Lonsdale: 744-5185

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

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

Any corrections or additions? Please contact Lisa Gillispie at 507-332-6249 or lgillispie@co.rice.mn.us

Revised 12/17/2020