

Community Health Resource Guide for Becker County

Last Updated: 08/16/2019

If you are in crisis, call the Becker County and White Earth Mental Health Crisis Team. They are available 24/7 to assist you by phone or in person.

Call **1-218-850-4357** for help now

If you are in crisis and want to text instead, contact the MN Crisis Text Line by texting “**MN**” to **741741** to connect with a counselor who can help.

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Mental Health & Addiction Crisis Services

Addiction Hotline:

Phone: 888-663-3239

Becker County and White Earth Mental Health Crisis Line

Phone: 877-380-3621 or 218-850-4357

24 hours per day 7 days per week

Will talk by phone or travel to any location in Becker County or White Earth Reservation.

Crisis Text Line

Text: MN to 741741

Phone: 877-754-9683

24 hours per day 7 days per week

Child Abuse

Phone: 218-847-5628

To report or get assistance from Becker County Social Services.

Firefighter and EMS Crisis Line

Phone: 866-965-3074 or 888-731-FIRE (3473)

Text:

Kids' Crisis Line

Phone: 218-850-4357

Mental Health Crisis Hotline

Phone: 218-850-4357

Lakes Crisis & Resource Center

Phone: 218-847-7446

A community advocacy program providing direct service to the victims of violence in Becker County, domestic violence, sexual assault and general crimes. They also offer a complete child advocacy program.

Self- Harm Hotline

Phone: 800-334-4537

Trans Lifeline

Phone: 877-565-8860

<https://www.translifeline.org/>

Veterans Crisis Line

Phone: 800-273-8255, Press 1

Text: 838255

24 hours per day 7 days per week

White Earth Crisis Line & Dispatch

Phone: 218-983-3201 or 983-3281

This 24-hour crisis line is available for men and women with chemical dependency problems.

Crisis Beds

Willow Tree Crisis Bed

Phone: 218-847-4357

Screenings by the mobile mental health crisis team. Beds available for individuals who are experiencing mental health crises.

Outpatient Mental Health Services

Essentia Health St. Mary's Behavioral Health

1027 Washington Ave

Detroit Lakes, MN 56501

Phone: 218-844-2347

<https://www.essentiahealth.org/find-facility/profile/behavioral-mental-health-outpatient-essentia-health-st-marys-detroit-lakes-clinic/>

Work through everyday challenges, navigate life changes, or get ongoing support for a mental health condition with outpatient therapy and counseling at Essentia Health. You'll find mental health professionals near you that can help you develop tools to live your best life.

Providers:

- Jodi Boerger Wilder, child psychologist
- Michelle England, LICSW
- Kathryn Hart, LGSW
- Joel Kirchner, PsyD
- Susan Welnel, LP, PsyD
- Nancy Trickey, LICSW
- Michael Stewart, Psychiatrist
- Dr. Emily Welle, Psychiatrist

Lakeland Mental Health Center

928 8th St SE

Detroit Lakes, MN 56501

<https://lmhc.org>

Phone: 218-847-1676 or 1-800-223-4512

Lakeland Mental Health Center services people in need of individual, group, and family counseling, Psychological Evaluations, Community Support Program/CTSS/ARMHS/Adult and Children’s mental health Case Management, Psychiatric services including assessment and medication follow up, Emergency services, Employee Assistance Program, Educational services to the community and Mental health consultation services to agencies.

Providers:

- Shelley Guida, MS LMFT
- Wanda Dahlen, PhD
- Audrey Kolnes, MSW
- Melissa Cook, MSW
- Chad Erickson, psychiatrist
- Lori Brownshield, APRN
- Kaila Vennes, BSW, CSP, ARMHS, CTSS, TCM
- Mary Lewis, BA, CSP, CTSS, TCM
- Josh Sayler, MS, CSP, ARMHS, CTSS, TCM
- Jess Benson, BA, CSP, ARHMS, TCM

Lakes Crisis & Resource Center

1339 Pelican Lane

Detroit Lakes, MN 56501

24 Hour Crisis Hotline: 877-754-9683

Phone: 218-847-7446

<http://Lakescrisis.com>

Striving to break the cycle of violence. LCRC is uniquely qualified to provide comprehensive services in a manner that addresses the unique needs of our served population. By providing an array of services (advocacy, shelter services, parenting assistance and mental health care) under one roof, our clients are allowed the ease of a “one-stop-shop.”

Providers:

- Julie Smith, Psychologist, Trauma-Focused CBT
- Emily Sargent, MA, Clinical Psychology Doctoral Training Student
- Abigail Tan, MS, NCE
- Courtney

Lutheran Social Services

211 Holmes St W, Ste 302
Detroit Lakes, MN 56501
Phone: 1-218-847-0629
<http://www.lssnd.org>

Providers here specialize in Depression, anxiety, bipolar, stress management, family reunification, relationship counseling, family counseling, PTSD, behavior modification, emotion regulation, ADD/ADHD, trauma and abuse recovery

Providers:

- Erica Hanson, MS, LPCC
- Sarah Shroeder, MSW, LICSW
- Jan Haugrud, MSW, LICSW

Sanford Clinic Behavioral Health

1245 Washington Ave.
Detroit Lakes, MN 56501
Phone: 218-846-2000

Sanford Behavioral Health focuses on helping individuals in the workplace and community who are struggling with anxiety, depression, psychological, emotional stress reactions and behavioral needs.

Providers:

- Brian Gatheridge, PhD (child psychology)
- Jon Aligada, PhD
- Donald Preussler, PhD (children & adults)
- Samantha Beauchman, PhD (older adolescent & adult)
- Jeff Leichter, PhD
- Lucy Johnson, CNS

Solutions Behavioral Health

1104 West River Rd
Detroit Lakes, MN 56501
Phone: 218-844-6853
<http://www.solutionsinpractice.org/new-page-3>

Aimed towards providing high quality mental health and human services to people in the community.

Providers:

- Tessie Blake, PhD
- Irene Kruger, MA
- Julie Starkey, MSW
- Nick Roussling
- Courtney Peterson, M.Ed.,

Stellher Human Services

28579 US Hwy 10
Detroit Lakes, MN 56501
<http://Stellher.com>

The mission of Stellher Human Services, Inc. is to make a positive and healthy difference in the lives of individuals, families and children. They strive to provide the most appropriate level of care to our program participants and to ensure that care is effective, respectful and individualized to meet the unique needs of each participant.

Providers:

- McKenzie, youth therapy

Summit Guidance Center

Phone: 218-227-5376
Email: moorhead@summit-guidance.com
<https://summit-guidance.com/>

Summit Guidance directs services towards patients who are severe and persistent with mental health illnesses. They provide outpatient clinic, community-based support and rehabilitative programs, hospital liaison services, intensive family services and long-term services to anyone in the community.

Providers:

- Jim Knutson, psychologist
- Ben

The Village

910 Lincoln Ave
Detroit Lakes, MN 56501
Phone: 1-800-627-8220
<http://www.thevillagefamily.org>

Counselors here are trained to assist couples, individuals, children, and families with a range of services such as mental health and relationship problems.

Providers:

- Alexis McMullen, LMFT
- Darrin Tonsfeldt, MS, LP, LPC, NCC, CEAP, SPHR, SHRM-SCP
- Jerilyn Fischer- Arnold, MA, LMF

White Earth Indian Health Center

40520 County Highway 34

PO Box 300

White Earth, MN 56569

Phone: 218-983-6325

<https://www.ihs.gov/Bemidji/healthcarefacilities/whiteearth/>

<https://www.facebook.com/WhiteEarthIndianHealthService/>

The agencies mission is to raise the physical, mental, social and spiritual health of American Indians and Alaskan Natives to the highest level.

Providers:

- Mark F. Wildgen, Psychiatrist
- Darryl R. Zitzow

White Earth Mental Health

216 North Main Street

Mahnomen, MN 56557

Phone: 218-983-4703 or 800-950-3248 ext. 1286

https://whiteearth.com/programs/behavioral_health/services#mental-health

The community and clinic-based program provides comprehensive counseling, education, skill building and support services. The clinic-based site, located within the IHS building, provides medication management, counseling and assessments as well as telepsychiatry services. WEMH works toward the goal of increasing positive family interactions with the goal of healthier lifestyles and communication for all members of the community utilizing traditional and cultural concepts while working with individuals and families to restore balance within their lives.

Chemical Dependency Services

Alcoholics Anonymous/ Alano Club

827 Summit Ave.

Detroit Lakes, MN 56501

Phone: 218-844-9970 or 1-877-833-2327

<https://aaminnesota.org/locations/alano-club-3/>

Detroit Lakes Alcoholics Anonymous Help Line

Drake Resource Center

28579 US-10

Detroit Lakes, MN 56501

Phone: 218-847-1329

<https://www.drakecounselingservices.com/>

Drake counseling provides recovery services, assessments, licensed clinical counselors, licensed addiction counselors, licensed drug and alcohol counselors who aim to provide a change in people's lives.

Lakes Counseling Center

1000 8th Street SE

Detroit Lakes, MN 56501

Phone: 218-847-0696

<http://lakescounselingcenter.com/>

Lakes counseling provides outpatient treatment to those that struggle with substance abuse or dependence issues. Counseling services are available to both adolescents as well as an intensive and low intensity outpatient programming. Services also include a relapse program and alcohol lectures.

Providers:

- Edward R. Pachel, LADC, Director
- Jessica Moench, LADC, Program Director, Adolescent and Adult Addiction Counselor
- Sheila Kapaun, LADC, Adult Addiction Counselor,
- Timothy J. Weeks, LADC, Adult Addiction Counselor
- Larry Boomgaarden, BA, ADC-T, Adult Addiction Counselor
- Chelsey Torblaa, BS, ADC-T, Adolescent and Adult Addiction Counselor
- Mary Wahldieck, LADC, Adult Addiction Counselor,
- Angie Horner, LADC, Independent Contractor providing Chemical Use Assessments

Narcotics Anonymous

Lake Agassiz Area (Western Minnesota, Moorhead)

Phone: 701-234-9330

<https://www.na.org/>

White Earth Chemical Dependency

Outpatient Treatment

218-983-3216 Ext. 6

White Earth Mat Program

Phone: 218-936-2442

Hours: 8-4:30

Medication Assistance Program in a supportive environment to deal with the medical, spiritual, and emotional problems caused by addictions to drugs such as opiates and heroin.

White Earth Mom’s Program

Phone: Call Giiwanikimiin Supportive Housing at 218-936-2442 and ask for the MOMS Program.

YouTube Video: Search for “White Earth MOMS Program”

Providing holistic services for pregnant mothers in a supportive environment to deal with the medical, spiritual and emotional problems caused by addictions to drugs such as opiates like heroin.

Services:

- Intensive out-patient
- Case Management
- Mental Health Services
- Parenting Groups
- Cultural Groups
- Medication- assisted treatment referrals

White Earth Harm Prevention

Services:

- Clean needle exchange
- Safe Injection
- Prevention Education
- HIV/STD testing
- Naloxone dispense

Contact: Clinton.Alexander@whiteearth-nsn.gov

White Earth Recovery Program

Phone: 1-800-950-3248 ext. 1297

- For more information or to become a Recovery Coach call: 218-983-3285 or toll free 1-800-950-3248

With experience and hope, we support the long-term recovery from the effects of substance abuse. With information, resources and encouragement, we support the recovering individual, and their family, to live in a healthy and honorable way. In this way, we all benefit....

Services: Recovery Coaching program delivered by peers who have been successful in the recovery process.

White Earth Substance Abuse Program

Phone: 1-800-950-3248 ext. 1297

Clients can begin calling after 8:00am

White Earth Substance Abuse will only be providing same day assessment appointments. Assessments are available to enrolled members, descendants and non-natives. They are free if they live within the boundaries of the White Earth Reservation. Non-native assessments are subject to a fee.