

**CLINICAL SERVICES PROVIDED BY**

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**ADULT REHABILITATIVE MENTAL HEALTH SERVICES (ARMHS) PROVIDED BY**

Spike Wellman, ARMHS Treatment Director  
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Shawn Anderson, ARMHS Practitioner  
Susanne Holmen, ARMHS Practitioner  
Tami Leigland, ARMHS Practitioner  
Stacy Luetgers, Certified Peer Specialist  
Nathan Wright, RN, Medication Education

**PSYCHIATRIC SERVICES PROVIDED THROUGH Center for Psychiatric Care**

For information or appointments  
Call: 701-732-2500  
Toll free: 877-732-2511  
Fax: 701-732-2501

**INSURANCE**

We accept most public and private insurances. We also contract with Employers Assistance Programs (EAPs). Lake Country Associates offers a sliding fee scale for qualified parties.

**PARK RAPIDS OFFICE HOURS**

Monday, Tuesday, Thursday 8:00 to 5:00  
Wednesday 8:00 to 7:00  
Friday 8:00 to 1:00

**BEMIDJI OFFICE HOURS**

Hours Vary  
To schedule an appt call 218-444-2233

Lakecountryassociates.com

Follow us on Facebook.



## Mental Health Services

Lake Country Associates, Inc. provides comprehensive and supportive mental health services to communities in the Northern lakes region.

515 Bridge Street East  
Park Rapids, MN 56470  
Phone 218-366-9229  
Fax 218-237-2520

1426 Bemidji Avenue NW  
Bemidji, MN 56601  
Phone 218-444-2233  
Fax 218-237-2520

lakecountryassociates.com

**24-HOUR CRISIS LINE**

800-422-0045

### **DIAGNOSTIC ASSESSMENTS**

Psychosocial assessments summarize current stressors, personal history and functioning. Diagnostic assessments determine diagnosis and make treatment recommendations.

### **INDIVIDUAL PSYCHOTHERAPY**

Services to reduce the impact of mental health conditions on the individual's daily functioning, improve coping skills and provide resources to support the client in recovery from a mental health condition.

### **FAMILY PSYCHOTHERAPY**

Counseling with family members to improve family functioning and relationships through communication and problem solving skills.

### **PLAY THERAPY**

Play is the child's language, toys are the child's words! Play therapy is a structured approach that uses curative powers inherent in play in many ways. Play helps children express what is troubling them when they do not have the verbal language to express their thoughts and feelings. Assessments of childhood EBD.

### **PARENT CHILD INTERACTION THERAPY (PCIT)**

Helps caretakers and children work together to improve their relationship and learn skills to manage challenging behaviors.

### **TRAUMA – INFORMED CHILD PARENT PSYCHOTHERAPY**

Helps children and caretakers whose relationship has been negatively affected by their family's difficult circumstances.

### **TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT)**

Research shows that TF-CBT successfully resolves a broad array of emotional and behavioral difficulties associated with single, multiple, and complex trauma experiences.

### **ADULT REHABILITATIVE MENTAL HEALTH SERVICES (ARMHS)**

State certified Adult Rehabilitative Mental Health Services are community-based, skill-development services designed to help persons with Serious Mental Illness reach their recovery goals and experience improvement in their overall life functioning and life satisfaction.

Individualized skills training may include:

- ✓ Coping with the symptoms of one's mental illness
- ✓ Managing and preventing a crisis
- ✓ Preventing relapse and hospitalization
- ✓ Gaining access to community resources
- ✓ Communicating with others
- ✓ Managing and maintaining one's home
- ✓ Budgeting and shopping
- ✓ Cooking and nutrition
- ✓ Finding and maintaining employment
- ✓ Medication Education

### **GROUP THERAPY**

Utilizing the experience of group processing and discussion to aid the individual in reaching recovery goals.

- ♦ *Anger Management - Adults* uses evidence-based methods to help individuals learn to manage anger effectively and gain self-control over thoughts and actions.
- ♦ *Anger Management - Adolescents* uses same materials as adult group but tailored for 13 - 18 years old.
- ♦ *Systems Training for Emotional Predictability and Problem Solving (STEPPS)* is a cognitive behavioral, skills training approach to assist people in the management of emotional intensity and the development of coping skills.
- ♦ *STAIRWAYS*: The next step in group treatment of borderline personality disorder. Stairways is the one-year, twice monthly group program.
- ♦ *Illness Management and Recovery*: is a skills group focusing on consumer choice in treatment planning. There is a strong emphasis on helping people set and pursue personal goals and helping them put strategies into action in their everyday lives.

### **TRAINING AND EDUCATION SERVICES**

We welcome opportunities to speak, train or educate various groups about mental health issues and impact on work and other environments. Contact us for further information.