

CLINICAL SERVICES PROVIDED BY

Park Rapids Office:

- Jean Greseth, MSW, LICSW
- Ellie Anderson, MSW, LICSW
- Da'Nel Chase, MS, LPCC, RPT
- Diane Cerven, MA, LPCC
- Jacinta Putnam MS, LPCC, NCC
- Loretta Bach, LADC
- Laura Kempnich, MSW, LGSW

Bemidji Office:

- Jessica Niemi, MSSW, LICSW IMH-E (IV)
- Deanna Murphy, MA, LPCC
- Katherine Meyers, MSW, LICSW
- Alicia Holley, MA, LPCC, ATR-BC
- Laura Hansen, MSW, LICSW

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

- Spike Wellman, ARMHS Treatment Director
- Hyacinth Mosse, ARMHS Practitioner
- Christina Olson, ARMHS Practitioner
- Laura Kirlin, ARMHS Practitioner
- Lisa Smith, ARMHS Practitioner
- Marilyn Spensley, ARMHS Practitioner
- Monica Baso, ARMHS Practitioner
- R.J. Wattenhofer, Certified Peer Specialist
- Shawn Anderson, ARMHS Practitioner
- Susanne Holmen, ARMHS Practitioner
- Tami Leigland, ARMHS Practitioner
- Stacy Luetgers, Certified Peer Specialist
- Caleb Roiko, 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, Inc. 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

| | |
|-----------------|--------------|
| Monday – Friday | 8:00 to 5:00 |
|-----------------|--------------|

www.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.

Chemical Use Assessments

Chemical use assessments (Rule 25) for adults and adolescents conducted by a Licensed Alcohol and Drug Counselor.

INDIVIDUAL PSYCHOTHERAPY

Services help 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 help improve family functioning and relationships through healthy communication and problem solving skills.

PLAY THERAPY

Play is a child's language; toys are a child's words! Play therapy is a structured approach that incorporates a child's development to understand and help children through problems. Play helps children express what is troubling them when they do not have the verbal language to express their thoughts and feelings.

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 difficult or traumatic 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 for children under 18 years old.

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

Group therapy utilizes the experience of group processing and discussion to aid the individual in reaching their 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 its impact on work and other environments. Contact us for further information.