

Clinical Service Providers

Ellie Anderson, MSW, LICSW
Diane Cerven, MA, LPCC
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Adult Rehabilitative Mental Health Services (ARMHS) Practitioners

Shawn Anderson, ARMHS Treatment Director
Monica Baso, ARMHS Practitioner
Mary Girtz, ARMHS Practitioner
Susanne Holmen, ARMHS Practitioner
Laura Kempnich, MSW, ARMHS Practitioner
Laura Kirlin, ARMHS Practitioner
Hyacinth Mosse, ARMHS Practitioner
Marilyn Spensley, ARMHS Practitioner
Spike Wellman, ARMHS Practitioner
Nathan Wright, RN, Medication Educator

Psychiatric Services provided by:

Center for Psychiatric Care
Phone 218-444-7013
Toll free 877-732-2511

INSURANCE

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

Park Rapids Office

515 Bridge Street East
Park Rapids, MN 56470

Bemidji Office

1426 Bemidji Avenue NW
Bemidji, MN 56601



Group Services

Lake Country Associates recognizes the positive impact of group therapy on individuals. Groups can successfully teach skills while increasing participant's support network. They often help people recognize that they're not alone. This brochure includes groups commonly held at Lake Country Associates. Below each group description are details about how to get started in one of our groups.

Park Rapids Office

Phone 218-366-9229
Dedicated Fax 218-237-2520

Bemidji Office

Phone 218-444-2233
Dedicated Fax 218-237-2520

24-hr Crisis Hotlines

Adults 800-422-0863
Youth 800-422-0045

Learn more about LCA at:

lakecountryassociates.com

Anger Management - Adults:

Anger Management groups are designed to assist those who find that anger is problematic in their life and who seek a change. Anger is a natural and normal human emotion that, depending on how it is acted upon, can be either beneficial or detrimental to individuals, families, and the community. This 12 week Cognitive/Behavioral group process is both educational and therapeutic in nature, and supports real and lasting change. Our groups have been well received by participants, probation officers, and by the close family members of participants who embraced the opportunity to make changes in their lives.

Preparation for the group consists of a clinical interview at our office. Please call Lake Country Associates at 366-9229 to make a referral or download a referral form from lakecountryassociates.com. If Anger Management is recommended by probation or court, completion of a Domestic Violence Inventory is also needed prior to scheduling a clinical interview.

Anger Management - Adolescents:

This is the same program as Adult Anger Management, using the same materials and guidelines for completion, but tailored for an adolescent audience. Age range is from 13-18 with accommodations made on a case-by-case basis. Research supports interventions focusing on appropriate responses to life stress. Our Anger Management group works to decrease the likelihood of adolescents engaging in more problematic behaviors including alcohol and drug use, school and conduct problems and court involvement. Referral to group can be made by family members, probation, schools or the local social service agencies.

A clinical interview and a treatment planning session are needed prior to participating in the adolescent anger management group. Please call Lake Country Associates at 366-9229 to make a referral or download a referral form at lakecountryassociates.com.

STEPPS - Systems Training for Emotional Predictability and Problem Solving:

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 emotional regulation skills. This program is a skills training approach originally designed for persons diagnosed with Borderline Personality Disorder. However, in our experience delivering this group, we find that the material applies well to any disorder in which an individual experiences intense emotions that are difficult to manage and regulate. We call these "emotional intensity episodes". Persons with Depressive Disorders, Bipolar Spectrum Disorders, Anxiety Disorders, as well as PTSD, can find this skills-based approach helpful in their recovery. A key aspect of this program is the development of a Reinforcement Team. This allows key support persons, family, friends and professionals working with the individual to learn and reinforce the skills the individual is learning. STEPPS consists of 20 - 1½ hour group therapy sessions and 1 Reinforcement Team session.

Referrals for STEPPS can be made by calling Lake Country Associates at 218-366-9229.

Meditation and Stress Reduction:

Meditation group provides a comprehensive practice and teaching of the art of meditation. Participants will learn how to meditate, meaning focusing our attention and working on limiting distractions. This group practices different ways to meditate, as well as learning and practicing coping skills. Participants learn how to bring meditation into their daily life, both in practice and with everything they do.

Referrals for Meditation and Stress Reduction group can be made by calling 218-366-9229.

IMR - Illness Management and Recovery:

Illness, Management, and Recovery (IMR) is a series of weekly sessions where mental health practitioners help people who have experienced psychiatric symptoms to develop personalized strategies for managing their mental illness and moving forward in their lives. Practitioners work collaboratively with group participants, offering a variety of information, strategies, and skills that people can use to further their own recovery. There is a strong emphasis on helping people set and pursue personal goals and helping them put strategies into action in their everyday lives.

IMR groups are held Mondays at 1PM and Thursdays at 9AM and are open to all ARMHS program participants.

Training and Education Services:

We welcome opportunities to speak, train or educate various groups about mental health and its impact on work and other environments. Contact us at 366-9229 for further information.