

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
Hyacinth Mosse, MSW, LGSW
Jordana Pearson, LADC
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Laura Kempnich, MSW, LICSW
Laura Kirlin, MSW, LGSW

Bemidji Office:

Jessica Niemi, MSSW, LICSW IMH-E (IV)
Alicia Holley, MA, LPCC, ATR-BC
Laura Hansen, MSW, LICSW
Vanessa Wananu, MSW, LICSW
Drew Jaeger, MSW, LGSW

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

Tami Leigland, ARMHS Treatment Director
Marilyn Spensley, ARMHS Practitioner
R.J. Wattenhofer, ARMHS Practitioner
Stacy Luetgers, ARMHS Practitioner
Brooke Yliniemi, Certified Peer Specialist
Thomas Richotte, MH Rehab Worker
Kayla Branstrom, MH Rehab Worker
Jared Skoog, ARMHS Practitioner
Chris Ross, ARMHS Practitioner/Team Lead
Isaiah Chalmers, ARMHS Practitioner
Ashley Rohr, ARMHS Practitioner
Caleb Roiko, RN, Medication Education

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

MENAHGA OFFICE HOURS

Monday–Friday Call for Scheduling

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

11 Main Street NW
Menahga, MN 56464
Phone 218-564-9229
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.

Rule 25 Assessments

Chemical use assessments 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 individuals.

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

Sessions help children and caretakers whose relationships have 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

EMDR (EYE MOVEMENT DESENSITIZATION REPROCESSING)

EMDR is a form of therapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR exchanges painful feelings for more peaceful ones.

GROUP THERAPY

Group therapy utilizes the experience of group processing and discussion to aid the individual in reaching their recovery goals.

- ♦ *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.