

## TRAINING AND CONSULTATION SERVICES

We welcome opportunities to consult, speak, train, or educate various groups about mental health issues and its impact on work and other environments.

Our Early Childhood Mental Health Consultants (ECMHC) work with programs and professionals to create nurturing environments to support children's mental health.

Contact us for further information.



## INSURANCE

We accept most public and private insurances. We also contract with Employee Assistance Programs (EAPs).

Lake Country Associates offers a sliding fee scale for qualified parties.



For further information, including office hours, please contact our office or visit our website. [lakecountryassociates.com](http://lakecountryassociates.com)

## Lake Country Associates

provides comprehensive and supportive mental health services to communities in the northern lakes region.

## Mental Health Services

### INTERESTED IN SERVICES?

Intake paperwork can be obtained by mail, printed from our website, or using our Patient Portal.

Once intake paperwork is received our clinical team will recommend a provider. We will then contact you to set up your first appointment.

Our Patient Portal is available to complete documents, see appointments, and pay your bill online.



PARK RAPIDS | BEMIDJI | MENAUGA



## CRISIS SUPPORT

Anyone experiencing mental health-related distress, including thoughts of suicide or substance use challenges, can call, chat, or text

**988 Lifeline**



### PARK RAPIDS

515 Bridge Street  
Phone: 218-366-9229  
Fax: 218-237-2520

### BEMIDJI

615 Anne Street NW  
Phone: 218-444-2233  
Fax: 218-237-2520

### MENAUGA

11 Main Street NW  
Phone: 218-564-9229  
Fax: 218-237-2520

# Outpatient Therapy Services

## DIAGNOSTIC ASSESSMENTS

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

## SUBSTANCE ABUSE DISORDER COMPREHENSIVE ASSESSMENT

Chemical use assessments for adults and adolescents conducted by a Licensed Alcohol and Drug Counselor.

## INDIVIDUAL, COUPLES & FAMILY PSYCHOTHERAPY

Services help to reduce the impact of mental health conditions on the individual and family's daily functioning, improve coping skills and provide resources to support individuals.

## 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.

## TRAUMA — INFORMED PSYCHOTHERAPY

Sessions help children and caretakers whose relationships, thinking, and behavior have been negatively affected by difficult or traumatic circumstances.

## PARENT CHILD INTERACTION THERAPY (PCIT)

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

## PLAY THERAPY

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.

## CHILD PARENT PSYCHOTHERAPY (CPP)

is for children aged 0-6 to strengthen the relationship between a child and his or her caregiver.

## SOMATIC EXPERIENCING (SE)

Somatic Experiencing is a body-oriented therapy that helps people heal from trauma and stress by addressing the physical sensations and emotional experiences of Trauma.

# Community-Based Services

## 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

## LAKE COUNTRY COTTAGE, Park Rapids

is a drop-in center for adults diagnosed with mental illness. A drop-in center is a safe environment where staff and members help each other in the following areas:

- Organized and informal recreational and social activities
- Finding and keeping housing
- Assistance understanding and accessing transportation in the community
- Using art to manage anxiety and stress
- Learning computer and resume building skills
- Help find to and maintain employment

How can we help?

[lakecountryassociates.com](http://lakecountryassociates.com)

