## Mental Health Resources in Rice County

<table>
<thead>
<tr>
<th>Emergency Numbers:</th>
<th>Police/Medical Emergency 911</th>
<th>For sexual assault, family abuse, and other issues:</th>
<th>HOPE Center 1-800-607-2330</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice County Social Services 24-hour Crisis Line:</td>
<td>1-800-422-1286</td>
<td>Local Hospitals:</td>
<td>District One (Faribault) 507-334-6451</td>
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<tr>
<td>South Central Mobile Crisis Team:</td>
<td>1-877-399-3040</td>
<td></td>
<td>Northfield Hospital 507-646-1000</td>
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### Faribault Licensed Providers

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<tbody>
<tr>
<td>422 Heritage Place</td>
<td></td>
<td></td>
<td></td>
<td>Jere Chapman, MA, LP</td>
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<td>Dr. Lalit Gupta, MD</td>
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</tbody>
</table>

Services offered to adults, children, and adolescents. Individual therapy, couple and marital therapy, family therapy, group therapy, psychological assessment and testing, chemical dependence treatment and evaluations, medication evaluation and monitoring, sleep studies and related treatment, acupuncture. Professionals have expertise in the fields of: addictions, ADHD/Learning Disabilities, anger management, anxiety, career and life coaching, communication and relationship skills, depression, dissociative disorders, eating disorders, EMDR, emotional/physical/sexual abuse, gender issues, grief counseling, hypnosis, pain management, Post Traumatic Stress Disorder (PTSD), stress management, teenage adjustment, trauma.

<table>
<thead>
<tr>
<th>Allina Mental Health – Faribault</th>
<th>507-334-3921</th>
<th>507-384-4575 (Fax)</th>
<th>Website: <a href="https://www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health">https://www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health</a></th>
<th>Tanya Borchert, MSW, LICSW</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 State Avenue</td>
<td></td>
<td></td>
<td></td>
<td>Beth Drewitz, PsyD, LP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>David Kuehl, PsyD, LP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Amy Strait, PsyD, LP</td>
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</table>

Offers outpatient mental health services for Allina Health established patients of all ages (adults, children, and adolescents). This includes evaluation, individual, family, and marital counseling.

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</thead>
<tbody>
<tr>
<td>329 Faribault Road, PO Box 481</td>
<td></td>
<td></td>
<td></td>
<td>Mary Crandall, LICSW</td>
</tr>
</tbody>
</table>

Adult Mental Health Rehabilitation Services (ARMHS), Children’s Therapeutic Support Services (CTSS), coping with depression/anxiety, interpersonal communication strategies, stress management and relaxation, anger management, healthy lifestyle choices, co-dependency, coping with grief and loss, parenting skills, crisis management, independent living skills (budgeting and shopping, cooking and nutrition), employment skills, in-home individual psychotherapy, group psychotherapy.

<table>
<thead>
<tr>
<th>Clear Path Counseling, LLC</th>
<th>507-491-2652</th>
<th>Email: <a href="mailto:clearpathcounselingllc@gmail.com">clearpathcounselingllc@gmail.com</a></th>
<th>Susan Warring, MSW, LICSW</th>
</tr>
</thead>
<tbody>
<tr>
<td>418 Heritage Place</td>
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</tbody>
</table>

Providing individual therapy, couples therapy and family therapy – coping with anxiety, depression, stress management, grief and loss, life transitions, trauma, relationship issues.
**Fernbrook Family Center**
410 Central Avenue (Enter Door 408)  
507-331-3454  
651-925-0337 (Fax)

Mary Morgan, MS, LMFT  
Liz Cronin, MS, LPCC  
Dr. Heidi-Halla Bauer, Psy.D, LP  
Geri Shetka, MS, LPCC  
Kim Christos, MS, LGSW

Diagnostic assessments, crisis planning, family reunification, trauma informed outpatient individual, family and group psychotherapy. Children’s Therapeutic Support Services (CTSS) which includes outpatient or in home individual, family and group skills training and mental health behavioral aid services. Adult Rehabilitative Mental Health Services (ARMHS), individual and group services. School based mental health services.

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**Fountain Centers**
2301 NW 4th Street  
507-334-6413  
507-334-6414 (Fax)

Website: [http://mayoclinichealthsystem.org/locations/faribault/medical-services/chemical-dependency-treatment](http://mayoclinichealthsystem.org/locations/faribault/medical-services/chemical-dependency-treatment)

Dante Hummel-Langerfeld, LICSW  
Joan Kindem, LSW  
Paige Myrick, ADCT

Offers a range of outpatient services for adults and adolescents experiencing alcohol and drug problems. Brief screenings are available for individuals or family members questioning what step to take next and a comprehensive chemical use assessment is completed to determine the appropriate level of care.

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**HealthFinders Collaborative**
1415 Townsquare Lane  
507-323-8100

Website: [https://healthfindersmn.org/](https://healthfindersmn.org/)

Michelle Ortiz, MS, LPC, CCTP

HealthFinders provides individual therapy in English or Spanish to children, adolescents, and adults. Areas of focus are trauma, anxiety, depression, family issues, and behavioral issues. Outpatient counseling is provided in Faribault’s clinic and at the Faribault High School. HealthFinders Collaborative offers a Medication Assisted Treatment (MAT)/Suboxone clinic for opioid use disorder. Please call to schedule an appointment or if you have questions about MAT.

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**Healthy Balance Psychology**
2020 Central Avenue N.  
507-475-4721  
507-323-8204 (Fax)

Email: drhb@healthybalancepsychology.com  
Website: [www.healthybalancepsychology.com](http://www.healthybalancepsychology.com)

Heidi A. Halla-Bauer, PsyD, LP

Individual and family therapy and assessments services offered to children, adolescents, and adults. Individual therapy, family therapy, and full psychological evaluations are provided. Psychological evaluations include cognitive testing, brief academic testing, adaptive testing (as needed), developmental testing (as needed to rule-out Autism Spectrum Disorder), and personality/behavioral testing. Experience in treating the following: trauma-related disorders, anxiety, depression, behavioral disorders (ADHD, OD, CD), developmental disorders (ASD), psychosis, conflictual family dynamics, and poor communication. Parental fitness evaluations are also provided.

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**Healthy Minds Counseling Services**
418 Heritage Place, Suite C  
507-412-1468  
507-331-8677 (Fax)

Website: [http://www.healthymindscounseling.com/](http://www.healthymindscounseling.com/)

Debbie Carter-Barth, MSW, LICSW

Anxiety/stress management, depression, personality disorders, Dialectical Behavioral Therapy (DBT), marital, relationship and parenting concerns, women’s issues, grief/loss, anger management, adult mental health, adolescent mental health, children’s mental health, chemical health recovery, serious and persistent mental health concerns.

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**Jon Walser-Kuntz Consulting**
103 N. Central Avenue  
Mailing Address: 501 Nevada Street, Northfield  
507-301-8625  
507-664-0766 (Fax)

Jon Walser-Kuntz, LP

Talent selection, talent assessment, coaching, training and development, personal development, stress management, adults, workplace violence, anger management, relaxation, self-esteem, counseling, psychotherapy, mental health, clinical supervision, staff development, life transitions.
<table>
<thead>
<tr>
<th><strong>Lighthouse Psychological Services, Inc.</strong></th>
<th>507-720-8011</th>
<th>Bryanna Garwood, MS, MHPrac</th>
</tr>
</thead>
<tbody>
<tr>
<td>625 3rd Avenue NW</td>
<td>763-780-3306 (Fax)</td>
<td></td>
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<tr>
<td></td>
<td>Email: <a href="mailto:bgarwood@lighthousepsych.org">bgarwood@lighthousepsych.org</a></td>
<td></td>
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<tr>
<td></td>
<td>Website: <a href="http://www.lighthousepsychmn.org">www.lighthousepsychmn.org</a></td>
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<tr>
<td></td>
<td>Sex offender day treatment program, mental health services, individual/couples/family therapy.</td>
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<tr>
<th><strong>Midwest Recovery</strong></th>
<th>507-225-0201</th>
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<tbody>
<tr>
<td>303 1st Avenue NE, Suite 365</td>
<td>612-444-3292 (Fax)</td>
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<tr>
<td></td>
<td>Website: <a href="https://www.midwestrecovery.org/">https://www.midwestrecovery.org/</a></td>
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<tr>
<td></td>
<td>Even evening outpatient programs, assessments, peer recovery support services, community resource connection.</td>
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<thead>
<tr>
<th><strong>New Directions Counseling Center</strong></th>
<th>507-332-8082</th>
<th>John DeFrancisco, MS, MA, LP, ATR-BC, CTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>303 NE 1st Avenue, Suite 220</td>
<td>Website: <a href="http://www.ndccmn.com/">http://www.ndccmn.com/</a></td>
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<tr>
<td>Services include child, adolescent, adult, family, and couples. Hours: Monday – Friday, 8:00 AM – 7:00 PM, weekends by appointment. Issues include anxiety, depression, trauma, autism, school difficulties, life changes, and more.</td>
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<tr>
<th><strong>Resilient Living LLC</strong></th>
<th>507-838-1297</th>
<th>Terri Reuvers, MSW, LICSW</th>
</tr>
</thead>
<tbody>
<tr>
<td>418 Heritage Place</td>
<td>Website: <a href="http://www.resilientlivingllc.com/">http://www.resilientlivingllc.com/</a></td>
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<tr>
<td>Conditions addressed include anxiety, acute stress, depression, post traumatic stress, personality disorders, co-occurring chemical dependency, schizophrenia. Services provided: Integrate patient centered care, Cognitive Behavioral therapy, Solution focused and Strengths Based Therapy, Guided Imagery and Clinical Hypnotherapy. Group therapy services include: Resiliency Training, Illness Management and Recovery, and Adult DBT Group. Serves adults and children.</td>
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<tr>
<th><strong>Southern Cities Clinic</strong></th>
<th>507-384-6830</th>
<th>Jean Larson, NP</th>
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<tbody>
<tr>
<td>400 4th Street NW</td>
<td>651-431-7757 (Fax)</td>
<td>Carol Peitzman, NP</td>
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<td></td>
<td>Monday – Thursday 7:45 AM – 4:15 PM</td>
<td>Brian Carleton, NP</td>
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<td></td>
<td>Fridays by appointment</td>
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<tr>
<td>Psychiatry for adults with Developmental Disabilities.</td>
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<thead>
<tr>
<th><strong>Strong Foundations Counseling, LLC</strong></th>
<th>507-491-4848</th>
<th>Mistyne Zacharias, LMFT</th>
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<tbody>
<tr>
<td>122 Central Avenue</td>
<td>507-323-8141 (Fax)</td>
<td>Nancy Paulson, LMFT</td>
</tr>
<tr>
<td>PO Box 431</td>
<td>Email: <a href="mailto:misty@strongfoundationscounseling.com">misty@strongfoundationscounseling.com</a></td>
<td>Hollis Wunderlich, LPCC</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.strongfoundationscounseling.com&amp;c=E,1,992hVdraTOqnWuiyMYNg4RCS67R3WkijeVkrRu9P4SietmqEa6gn2OcSuXGIAU1G1nmlbPRMIDL9Ot2yCp4jwNs4n74bHhn3QUHZkTMVTOzL9X77CBZmUk&amp;typo=1">https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.strongfoundationscounseling.com&amp;c=E,1,992hVdraTOqnWuiyMYNg4RCS67R3WkijeVkrRu9P4SietmqEa6gn2OcSuXGIAU1G1nmlbPRMIDL9Ot2yCp4jwNs4n74bHhn3QUHZkTMVTOzL9X77CBZmUk&amp;typo=1</a></td>
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<td></td>
<td>Strong Foundations Counseling, LLC was established to help individuals, couples, and families improve the quality of their lives and promote positive change in relationships. As professional therapists, they draw from a variety of psychological approaches while honoring the Christian faith and recognizing that people and relationships can heal. *Individual, Marriage &amp; Family Therapy, Dialectical Behavioral Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR).</td>
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<tr>
<td>Provider</td>
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<td>Phone</td>
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<tr>
<td>Terri Ross Family Connections, LLC</td>
<td>PO Box 724</td>
<td>507-330-4688, 507-412-5221 (Fax)</td>
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<td><strong>Northfield Licensed Providers</strong></td>
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<td><strong>Allina Mental Health – Northfield</strong></td>
<td>1400 Jefferson Road</td>
<td>507-663-9000 Press 5, 800-272-0508, 651-241-0755 (Fax)</td>
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<td><strong>Aperture Health Services, Inc.</strong></td>
<td>313 ½ Division Street, Suite 204</td>
<td>612-568-8483</td>
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<tr>
<td><strong>Autumn Waters Counseling</strong></td>
<td>158 Water Street N., Suite 1</td>
<td>507-649-1286</td>
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<tr>
<td><strong>Casey &amp; Associates</strong></td>
<td>220 S. Division Street</td>
<td>507-650-4127, 507-650-9261 (Fax)</td>
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</table>
### Cedar House, Inc.
815 Hwy 3 North
507-645-8335
507-645-3568 (Fax)
Website: [http://www.cedarhouseinc.com/](http://www.cedarhouseinc.com/)

Tamara Domazet, MSW, LICSW
Amy Mueller Benson, MSW, LICSW

Adult Rehabilitative Mental Health Services (ARMHS), Children’s Therapeutic Services & Supports (CTSS), coping with depression/anxiety, interpersonal communication strategies, stress management and relaxation, anger management, healthy lifestyle choices, co-dependency, coping with grief and loss, parenting skills, crisis management, independent living skills (budgeting and shopping, cooking and nutrition), employment skills, in-home individual psychotherapy, group psychotherapy.

### Center for Healing and Resilience
220 Division Street S.
507-210-4984 (Dorothee)
Email: dr.dorothee.ischl@chr-northfield.com

Dorothee Ischler, DMFT, LMFT, LP

Therapy for individuals, couples, and families for anxiety, depression, trauma/PTSD, addiction, eating disorders, grief and loss, spirituality/existential issues. Dr. Ischler is EMDR certified. She provides the following services for couples: Gottman Method Couples Therapy, Emotionally Focused Therapy (Attachment theory in practice), Discernment Counseling, Prepare and Enrich.

### Centered Practice
401 Division Street, Suite C
507-649-7294 Ext. 1 (Carrie)
507-649-7294 Ext. 2 (Katie)
507-649-7294 Ext. 4 (Kari)
507-649-7294 Ext. 5 (Shodo)
651-323-2687 (Fax)
Website: [http://www.centeredpractice.com/](http://www.centeredpractice.com/)

Carrie Menk, MSW, LICSW
Katie Jacobi, MSW, LICSW
Kari Prestemon, MSW, LICSW
Shodo Spring, MSW, LICSW

Carrie's Services: Adults, stress, trauma, life transition, gender and sexuality.

Katie's Services: Adults, stress, transition, grief, loss and trauma.

Kari’s Services: Children, adults and families – anxiety, depression and life transition.

Shodo’s Services: Adults – climate anxiety, stress and transition.

### Dimick Counseling, Inc.
105 E. 4th Street, Suites 303 and 304
Dan Dimick: 507-301-9700
Andy Dimick: 507-301-8065
Website: [https://www.dimickcounseling.com/](https://www.dimickcounseling.com/)

Dan Dimick, MDiv, MA, LP, LMFT
Andy Dimick, MSW, LICSW

Individual/couples/family therapy. Expert in several areas, including depression, anxiety, anger, impaired drug/alcohol problems, marriage/partner, family, financial, parents and communication. Particularly concerned to help the growing number of children in school with mental health problems.

### Elaine Nesbit, MA, Licensed Psychologist
220 Division Street
507-724-8353
Email: elainenesbit@wellbeingnorthfield.com

Elaine Nesbit, MA, Licensed Psychologist

Psychotherapy services for children, adolescents, and adults. Anxiety, depression, anger, ADHD, and other presenting issues. Accepts most insurances.

### Ellen Saul & Associates
400 Washington Street, Suite 225
507-319-8457
Website: [https://ellen-saul-associates.business.site/](https://ellen-saul-associates.business.site/)

Ellen H. Saul, MS, LP

Therapy with adults and couples, focus on attachment and trauma. Uses Sandplay Therapy, In Touch Again attachment works, EMDR, Somatic Experiencing Practitioner, Parenting With Love and Logic. Teams up with clients to address mood and adjustment disorders, relationship challenges, family system upset, trauma and abuse. Works with dissociative disorders.
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>HealthFinders Collaborative</td>
<td>706 Division Street</td>
<td>507-646-8964</td>
<td>Michelle Ortiz, MS, LPC, CCTP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hope and Healing Family Counseling, LLC</td>
<td>101 E. 5th Street #102</td>
<td>651-484-4184</td>
<td>Alexis Greeves, LPCC, RPT-S</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intellect LLC</td>
<td>158 Water Street North #5</td>
<td>507-581-8015</td>
<td>Lisa Taylor, LICSW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mary Fieberger, MS, LP</td>
<td>105 4th Street E., Suite 302</td>
<td>507-664-9566</td>
<td>Mary Fieberger, MS, LP</td>
<td></td>
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</tr>
<tr>
<td>Millenacker Psychological Services, LLC</td>
<td>401 Division Street S., Suite M</td>
<td>507-645-7775</td>
<td>Michelle M. Millenacker, PsyD, LP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MN Mental Health Consulting</td>
<td>101 E. 5th Street, #102</td>
<td>612-203-2961 (Nicole)</td>
<td>Nicole Larson, LICSW</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>507-222-9230 (Tena)</td>
<td>Tena Roethle, MSW, LICSW</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>612-203-2961 (Megan’s Office)</td>
<td>Megan Langhoff, M.Ed., LGSW</td>
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<tr>
<td></td>
<td></td>
<td>507-301-2013 (Megan’s Cell)</td>
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<td></td>
<td></td>
<td>507-786-9877 (Fax)</td>
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<td></td>
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<td></td>
<td></td>
<td>Website: <a href="http://www.mnmentalhealthconsulting.com/">http://www.mnmentalhealthconsulting.com/</a></td>
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I primarily work with adults and late adolescents on an individual basis; I also offer couples counseling. My style with clients is collaborative and relatively informal. Together we identify the thought and behavioral patterns that are no longer serving the client. We then work to replace these with more skillful patterns and practices that help people experience more inner freedom and create the lives they choose. Areas of specialization include anxiety, depression, grief and loss, relationship issues, OCD and phobias, spirituality, self-esteem, and stress management.

HealthFinders provides individual therapy in English or Spanish to children, adolescents, and adults. Areas of focus are trauma, anxiety, depression, family issues, and behavioral issues. Outpatient counseling is provided in Northfield’s clinic and at the Northfield High School. HealthFinders Collaborative offers a Medication Assisted Treatment (MAT)/Suboxone clinic for opioid use disorder. Please call to schedule an appointment or if you have questions about MAT.

Providing mental health services to adults and adolescents, as well as Theraplay (attachment-based family therapy) for children. I treat trauma, depression, anxiety, and life changes. I am fluent in American Sign Language. I accept Preferred One, HealthPartners, BCBS, and MA. I also provide life coaching and professional coaching for those who want to move from stuck points to live a more fulfilled life.

I provide neurofeedback services along with psychotherapy services for individuals who suffer from anxiety, depression, ADHD, autism spectrum, cognitive functioning difficulties, migraines, mood disorders, brain injuries, and OCD. I also conduct EMDR, brainspotting, and sandtray therapies.

I see adolescents, children, ages 7 and up, adults, couples.

Nicole’s Services: General therapy services with specialty in pregnancy/postpartum mental health.
Tena’s Services: General therapy for adults with specialties in trauma work (childhood and other trauma), domestic violence.
Megan’s Services: I do general therapy services and specialize in working with children ages 0-10 and adults.
Dr. Naomi Bartley facilitates reparative social experiences by first building a strong therapeutic relationship with her client. The therapeutic relationship is considered a caring holding environment based on trust and respect, created to address a range of multifaceted issues such as stress, trauma, relationship dynamics, meaning, purpose, and self-esteem.

**Northfield Dynamic Therapy**  
220 Division Street, 3rd Floor  
507-225-0547  
Email: dr.laurie.j.page@gmail.com  
Email: dr.nate.w.page@gmail.com  
Website: www.northfielddynamictherapy.com

Our therapists specialize in college student mental health, and have expertise with anxiety concerns (panic attacks, generalized anxiety, social anxieties, obsessive-compulsive tendencies, specific phobias) and depression. We also help clients with psychological suffering that is exacerbated by self-criticism, shame or perfectionism. We do lots of individual therapy and group therapy, and some couples counseling.

**Omada Behavioral Health Services**  
401 Division Street S., Suite A  
507-664-9407  
507-664-3862 (Fax)  
Website: http://www.detjencounseling.com/services-provided

Omada Behavioral Health Services is an outpatient substance use disorder clinic. They are licensed by the State of Minnesota to provide outpatient substance use disorder treatment services for adults and teens. Their services include comprehensive assessments to determine the most appropriate level of care and resources, as well as individualized outpatient treatment programs to meet the needs of each client and their families. They also provide support both before and after an inpatient treatment.

**Paula J. Detjen, MA, LMFT, LPC, MNGTP**  
105 E. 4th Street, Suite 301  
507-581-0430  
Website: http://www.detjencounseling.com/services-provided

Areas of specialization include but are not limited to anxiety and depression, life transitions, relationship issues, gambling issues as well as affected family members, grief and loss, employment and career issues, stress management, parenting and family issues, conflict and problem solving, self-esteem/self-image/self-confidence, communication skills, parent/child relationships. TeleMental Health Services provided.

**Richard O. Walker, Jr., MD/Psychopharmacology Consultant LLC**  
1082 Hwy 3 S.  
507-316-1209  
Email: walkermd@me.com

Over 25 years of psychiatry for all ages. Diagnostic assessments. Psychotropic medication management with or without therapy. Day/evening/emergency appointments. Specialties include: Refractory Depression, Bipolar Disorder, Coexisting Medical and Psychiatric Diagnoses, Mental Illness/Substance Abuse (Board Certified in Addiction Medicine), ADHD in Children and Adults, Schizophrenia, Anxiety Disorders. Accepts most major insurances.

**Secure Base Counseling Center**  
570 Professional Drive  
507-301-3412  
507-301-3308 (Fax)  
Website: http://www.securebasecounselingcenter.com/

Couples counseling, individual therapy, family therapy, play therapy, grief and loss support, neurofeedback, EMDR, teletherapy, parenting support, in-home services, Parent Child Interactive Therapy (PCIT), psychotherapy groups, skills groups, classes, professional seminars, Children’s Therapeutic Services and Supports (CTSS), DC-03 assessment. Therapeutic services for birth to five, children, teens, and adults.
Shelley Hansen, LSW, MA, LP  
105 E. 4th Street, Suite 302  
612-532-6741  
Therapeutic services are offered for pre-school and elementary aged children, adolescents, young adults, adults, and their families. Specialize in anxiety, depression, ADHD, ASD, chemical health, grief and loss, trauma, parenting and family issues, and learning/school issues. Utilize CBT and DBT therapies, yoga calm, mindfulness and relaxation skills, and supportive of a holistic approach to mind-body wellness.

Stacey Klempnauer, MSW, LICSW  
220 Division Street, Suite 301  
507-645-0444  
Website: [http://northfieldtherapist.com/](http://northfieldtherapist.com/)  
Offering therapy services to individuals, ages 14 and up, and couples. Focus is on navigating and managing anxiety and depression, major life stressors and transitions, grief and loss, LGBTQ issues, trauma treatment, and personality disorders. Therapy modalities primarily used are Internal Family Systems, Cognitive Behavioral, Dialectical Behavioral, and psychodynamic.

The Talk Doctor  
313 ½ Division Street, Suite 202  
612-886-4940  
Website: [https://thenorthfieldtalkdoctor.com/](https://thenorthfieldtalkdoctor.com/)  
Services are specialized for children ages 0-13, adolescents, and their families. Cognitive-Behavioral focused therapy, psychological assessment, testing, and diagnosis of common childhood milestones. Focus is on improving wellness for anxiety, depression, ADHD/ADD, toilet training, discipline, habits, sleep, school adjustment, school refusal, bullying, peer relations, grief and loss, identity exploration, healthy lifestyle support, future endeavor support, and support for all areas of parenting. Strong emphasis on cooperation and communication with entire support system including teachers, school administrators, and physicians. Conversational inservice programming for teachers and school administrators for all areas of child and adolescent development treated in clinic.

Montgomery/Lonsdale Area Licensed Providers

**Congruency Psychotherapy, LLC**  
9733 Kent Avenue  
Montgomery, MN 56069  
952-686-1360  
Email: kate@congruencygroup.com  
Email: caitlyn@congruencygroup.com  
Kate Langdon, LICSW, CEIP-MH  
Caitlyn Ramberg, LICSW  
Therapy and counseling available for teens and adults utilizing EMDR, Equine-Assisted Therapy, and DBT skills in treatment for trauma and related symptoms to include anxiety, depression, stress management, relationship and parenting concerns, grief, loss and life transitions.

**Threads of Hope Counseling/Lonsdale Office**  
102 5th Avenue NW  
Lonsdale, MN 55046  
651-560-0050  
651-925-0257 (Fax)  
Website: [http://www.tohcounseling.com/](http://www.tohcounseling.com/)  
Jennifer Beall, MA, LPCC  
Lisa Malecha, MA, LSW  
Deb Kunze, MA  
Erin Urban, MA  
Dr. Steven Smith, PsyD, LP  
Outpatient mental health services for adults, teens, children, and families. Specialties include: play therapy, adoption and permanency, trauma and PTSD, ADHD, Autism Spectrum, anxiety, depression, anger management, relationship issues, parenting, PTSD, identity issues, first responders, mental health first aid, postpartum, faith-based counseling, telehealth, stress management, and life adjustments.

Rice County Area Providers

**Vona Center for Mental Health by Volunteers of America of MN**  
763-225-4052 (Voice)  
612-326-4255 (VP)  
Website: [www.voamnw.org/dhh](http://www.voamnw.org/dhh)  
Lynn Bloom, MSW, LICSW  
Lauren Bain, MSW, LGSW  
Ingrid Benyaminowich, MSW, LICSW  
Vona provides mental health therapy services to children, adolescents, adults, and families with hearing loss. Each of our providers is fluent in American Sign Language, one provider also uses spoken English. We provide services at the MN State Academies for the Deaf and Blind as well as home-based. Our providers work with people who are struggling with problems such as adjustment, anxiety, depression, grief and loss, suicidal thinking, behavioral problems, and more.
Rice County Social Services: Faribault: 332-6115  Northfield: 645-4723  Lonsdale: 744-5185
320 NW 3rd Street, Suite 2  Faribault, MN 55021
(Rice County Social Services provides this list and does not endorse specific providers)

Rice County Social Services Outpatient Mental Health Services Intake: 507-333-3773

Any corrections or additions? Please contact Lisa Gillispie at 507-332-6249 or lgillispie@co.rice.mn.us

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