

Fergus Falls and Otter Tail County Resources for Mental Health Needs

A Place to Belong: A safe, comfortable place for people with serious mental illness to socialize and engage in recreational activities. To join AP2B please call Sue or Julie.

Website: <http://www.aplace2belongmn.com/>

Phone Number: 218-739-0797

Bridgeway Unit (Lake Region Healthcare): Voluntary psychiatric unit that provides an acute stay for those in a mental health crisis unable to cope at home or the community due to safety concerns. Includes psychiatric evaluation, medications, group therapy, occupational therapy and discharge planning. Referrals are made by health care professionals and emergency department doctors.

Website: www.lrhc.org

Phone Number: 218-736-8208

Community Behavioral Health Hospital: Acute, short-term hospitalization, assessment, stabilization, and treatment for those who suffer from chronic and severe persistent mental illness. Provides hospitalization to both voluntary and involuntary patients.

Website: www.dhs.state.mn.us

Phone Number: 1-866-966-2337

Crisis Stabilization Unit: A four bed, short term stay (up to ten days) unlocked facility located in Fergus Falls. Provides a safe place and mental health support for those experiencing a mental health crisis.

Website: <http://www.paiff.org/crisis-stabilization-unit.php>

Phone Number: 218-998-2525

Freedom Resource Center: A disability rights organization that provides a variety of support services, information, and resources free of charge. Please call or visit their website for more information.

Website: www.freedomrc.org

Phone Number: 218-998-1799

Generations Inc.: Individual, family, and couples counseling, psychological testing. Dr. Mark Lysne PhD, LP; Dr. Christianne Lysne PhD, LP; and Stephanie Goerger-Sandahl, LPCC, are providers.

Website: none

Phone Number: 218-998-3123

Lakeland Mental Health Center: Individual, family, couples counseling, psychological evaluations, medication management, adult/children's mental health case management, CTSS*, ARMHS/CSP*, DBT* skills group and chemical dependency services. Please see their website for more information and a list of their providers and specialties.

Website: www.lmhc.org

Phone Number: 218-736-6987

Lutheran Social Services: Individual, family, and couples therapy, intensive in-home treatment, and family resource workers. Please see their website for more information on services and a list of providers and their specialties.

Website: <http://www.lssmn.org/counseling/fergusfalls/>

Phone Number: 218-736-5431

Mental Health/Developmental Disabilities Ombudsman: An official who is designated to assist you to overcome the delay, injustice, or interpersonal delivery of services. Our local Ombudsman is Jennifer Stans.

Website: www.mn.gov/omhdd/

Phone Number: 218-736-1895

Email: jennifer.stans@state.mn.us

Mobile Mental Health Crisis Response: Mobile Mental Health Crisis Response services offer support to de-escalate a situation or problem and to help people develop individualized strategies for future concerns. Services are provided by phone and face to face 24/7.

Website: <http://mobilecrisisresponse.org/>

Phone Number: 1-888-223-4512

NAMI (National Alliance on Mental Illness) of Minnesota: Answers questions on navigating the mental health system. NAMI also offers many support groups and educational opportunities for families and persons with mental illness. Closest NAMI affiliate is located in Moorhead, MN (Marian Olson), otherwise the state office can assist.

Website: www.namihelps.org

Phone Number: 1-888-626-4435 (State office) 218-443-5286 (Moorhead)

Nystrom and Associates: Provides ARMHS* and CSP* services in Otter Tail County.

Website: <https://www.nystromcounseling.com/>

Phone Number: 218-829-9307

Otter Tail County Human Services: Provides children's and adult mental health case management*. Speak with Angie Lien for children services and Candace Jellen for adult services.

Website: <http://www.co.otter-tail.mn.us/209/Human-Services>

Phone Number: 218-998-8150

Private Practice Providers: Mental Health Professionals in our area who are self-employed and provide counseling services. Please call provider to find out more information and/or schedule.

Gwen Brutlag, MS, LP:

Phone Number: 218-739-8761

Dr. Dion Darveaux, PhD, LP: also provides psychological testing services

Phone Number: 218-736-3035

St. Williams Living Center-Eastern Ottertail ARMHS/CSP: Provides ARMHS* and CSP* services for Eastern Ottertail County.

Website: <http://www.stwilliamslivingcenter.com/>

Phone Number: 218-338-5945

Sanford Health: Medication management and counseling services offered at Sanford Health located in Perham MN. Please call or see website for provider information.

Website: <http://www.sanfordhealth.org/locations/perham-health-clinic>

Phone Number: 218-347-1200

Social Security Administration: Federal agency which provides supplemental income for those whose mental health issues prohibit them from gainful employment.

Website: www.ssa.gov

Phone Number: 1-800-772-1213/218-739-1025

Solutions Behavioral Healthcare: Provides a variety of mental health services for both adults and children including: individual, family, and couples counseling; adult and children's mental health case management*; ARMHS*; and CTSS*. Visit their website or give them a call for more information on their providers and services.

Website: <http://solutionsinpractice.squarespace.com/>

Phone Number: 218-998-2992

Suicide Hotline: The National Suicide Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Website: <https://suicidepreventionlifeline.org/>

Phone Number: 1-800-273-8255

Survivor of Suicide Loss Support Group: Provides support to family and friends who have lost a loved one to suicide or those who are supporting people experiencing this loss. Meeting is the third Wednesday of each month from 6pm-7:30 located in the medical staff meeting room at Lake Region Healthcare. Please call with questions.

Website: None

Phone Number: 218-671-1805

The Village Counseling Services: Satellite office of the main agency in Fargo, ND. Located in the Wells Fargo Building in Fergus Falls. Offers individual, couples, and family counseling services. Please call or see website for scheduling and provider information.

Website: <https://www.thevillagefamily.org/>

Information Compiled by Megan DesChene, MSW, LICSW (Bridgeway Unit) 2016

Information Updated by Megan DesChene, MSW, LICSW (Bridgeway Unit) and Kayla Buenger Social Work Student 2018

Phone Number: 218-739-5213

TransEm: Supports people with mental health diagnosis and/or other disabilities to find an employment placement that is suitable to their needs. Please call or visit their website to find out more information.

Website: www.transemfm.org

Phone Number: 218-736-7100

***Mental Health Services, defined**

ACT (Assertive Community Treatment): Community based, interdisciplinary approach to mental health stabilization and recovery, for people with Serious and Persistent Mental Illness (SPMI). Interdisciplinary team members usually include: psychiatry, nursing, ARMHS, case mgmt., psychotherapy, and chemical dependency specialist (if needed). This is not a service provided in Otter Tail County.

Adult Mental Health Case Management: Designed to assist qualified adults with medical, social, educational, vocational, and housing services within the community. For referral information or to see if the adult qualifies contact a case management provider from *Resource* list or Otter Tail County Human Services.

Adult Rehabilitative Mental Health Services(ARMHS): Designed to develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living skills, when these abilities are impaired by the symptoms of mental health. ARMHS participants must have MA or PMAP to qualify. For referral information or to see if the adult qualifies contact an ARMHS provider from *Resource* list.

Community Support Professional (CSP): See description for ARMHS. CSP is for qualifying adults with private insurance. With CSP services there is more of a time limit on amount of services received by an individual. Contact a CSP provider from *Resource* list.

Children's Therapeutic Support Services (CTSS): Designed to provide qualifying youth with support when they are struggling with issues related to their mental health or emotional difficulty. For referral information and to see if the youth qualify please contact a CTSS provider from *Resource* list.

Information Compiled by Megan DesChene, MSW, LICSW (Bridgeway Unit) 2016

Information Updated by Megan DesChene, MSW, LICSW (Bridgeway Unit) and Kayla Buenger Social Work Student 2018

Children's Mental Health Case Management: Designed to support youth with severe emotional disturbances and their families' access resources and services within the community. For referral information and to see if the youth qualifies contact a Children's Mental Health Case Management Provider from *Resource* list or Otter Tail County Human Services.

Dialectical Behavioral Therapy (DBT): Group therapy designed to teach skills in mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance. These skills support participants in becoming more effective in managing extreme emotions, reducing self-harm, and inter-personal effectiveness. For more information contact Lakeland Mental Health Center.

Intensive Residential Treatment Services: 30-90 day intensive mental health support in a residential setting. Medical Assistance is needed to qualify as well as Mental Health Case Mgmt. These facilities are located state-wide, none locally.

SED (Serious Emotional Disturbance): According to SAMHSA, "The term serious emotional disturbance (SED) is used to refer to children and youth who have had a diagnosable mental, behavioral, or emotional disorder in the past year, which resulted in functional impairment that substantially interferes with or limits the child's role or functioning in family, school, or community activities." (<https://www.samhsa.gov/disorders>). Most mental health services for children require this label.

SMI (Serious Mental Illness): Adults 18 and over that have been diagnosed with a mental health issue that has caused functional impairment in the past 12 months.

SPMI (Serious Persistent Mental Illness): A set of criteria established by MN Department of Human Services for adults 18 and over. Criteria includes: mental health diagnosis, number of inpatient hospitalizations within 24 months, commitments, etc. Some of the services named above require a diagnosis of SPMI or SMI to be eligible. For more information refer to the DHS website below.

MN DHS website:

http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_058037