Mental Health Resources Provided in Bemidji for Adults

**Beltrami County Health and Human Services**
www.co.beltrami.mn.us
Case management, financial support, adult protection, commitments
List of adult foster care homes also available
Contact the Mental Health Division adult intake 333-4223
616 America Avenue NW, Bemidji, MN 56601

**Beltrami County Local Advisory Council**
Consumers, families, and providers advise the county on local mental health service gaps
Meetings are held monthly, 12:30 to 1:30 pm in the Hope House garage
If interested, contact Dan Brouse, Beltrami County 333-4223  daniel.brouse@co.beltrami.mn.us

**Bemidji State University Disabilities Services**
755-3883
For enrolled Students, includes therapy  disabilityservices@bemidjistate.edu
Office 202, Decker Hall, 1500 Birchmont Drive, Bemidji, MN 56601
www.bemidjistate.edu//student/services/disability

**Bemidji State University Student Center for Health, Therapy and Counseling**
755-2053
For enrolled students
Amanda Gartner, MA LPCC  amanda.gartner@bemidjistate.edu
Lora Bertelsen, PhD, LP  lora.bertelsen@bemidjistate.edu
Office 202, Cedar Hall; 1st Floor, 1500 Birchmont Drive, Bemidji, MN 56601
www.bemidjistate.edu/students/services/health_counseling

**Bemidji VA-Community Based Outpatient Clinic**, includes Therapy
Contact main desk: 755-6360
1217 Anne St. NW, Bemidji, MN 56601

**Bi-County Community Action Program, Inc. (Bi-CAP)**
www.bicap.org
Permanent supportive housing for people with disabilities and federally homeless; or chronically homeless, and transitional housing- state homeless families with children; Housing locator
PO Box 579, Bemidji, MN 56619  Contact: Kirk Karstens, 751-4631

**Booshke Mental Health, Inc.**
Includes Therapy
522 Beltrami Ave. NW, Suite 115  www.booshke.com
Bemidji, MN 56601
Contact: Melissa George-Humphrey, MSW, LICSW. 218-760-2222

**Bridges Housing Program for People with Mental Illness**
Must be assessed by a mental health professional to use the service
Contact: Housing and Redevelopment Authority of Bemidji (HRA)  218-444-4522

**Cardinal of Minnesota Adult Foster Care**
Contact: Marshall Goughnour, Administrator  755-9530  marshall@cardinalofminnesota.com
*Cedar Lane, 3306 Cedar Lane NW, Bemidji, MN 56601  cindy@cardinalofminnesota.com
*Annalee, 5809 Annalee Lane NW, Bemidji, MN 56601  www.cardinalofminnesota.com
*Feeling Right, 5091 Feeling Right Lane NW, Bemidji, MN 56601
Center for Psychiatric Care  M-F 8:00-5:00  218-444-7013  Appointments are in-person or video conference; Includes Prescribing & Therapy  Thomas Peterson M.D, Board-Certified Psychiatrist, President  Psychiatrists:; Matthew Pitera M.D; Muhammed Azar M.D; & Tim Peterson M.D. Psychotherapist:  519 Anne Street NW, Suite A  www.centerforpsychiatriccare.com  Bemidji, MN 56601

Community Behavioral Health Hospital  Larry Loudon, Administrator  218-308-2400 (Bemidji)  www.mn.gov/dhs  800 Bemidji Avenue, Bemidji, MN 56601  Central Pre-ADMISSION: 1-866-966-BEDS

Crisis Line (24-HOUR) for Beltrami County, Mobile Crisis Team, Hope House Staff  1-800-422-0045

Crisis Text Line-Text “MN” to 741741

Disability HUB 1-866-333-2466; M-F, 8:30 a.m.-5 p.m.  www.disabilityhubmn.org  And Disability Benefits 101 - information on health coverage, benefits, and employment

Metropolitan Center for Independent Living  3124 Hannah Ave. NW  Bemidji, MN 56601

Eagles Wing, Inc.  Adult Foster Care available to people with mental illness  218-751-2151  Contact: Robert Nemgar  bnemgav@eagleswinginc.net  5603 Tall Pines Road NE, Bemidji, MN 56601  www.eagleswinginc.net

Eagles Vista Ranch  218-760-0656  eaglevistaranch@gmail.com  Strengths-Based Equine-Assisted Learning and Psychotherapy  Liz Letson, M.S, LPCC Angie Fournier, PhD, LP & Jen Laitala, BS, ES (Equine Specialist)  16150 Golden Eagle Ct NW, Bemidji, MN 56601  www.eaglevistaranch.com

Evergreen Youth and Family Services  www.evergreenyfs.org  Free counseling for youth up to age 25 & parents, 24 Hour Hotline: 751-4332  Youth and Family Counselors 751-8223  610 Patriot Drive NW (Drop In)/ PO Box 662 (Shelter) Bemidji, MN 56619  Gathering of Hearts Support Group For more information contact: Kelly Brevig at 218-441-4565, or kbrevig@evergreenyf.org

Face It Together  Hope to reduce Chemical Dependancy 218-444-9494  Amber Whelan, Lead Coach  408 Beltrami Ave. NW, Suite 100  Bemidji, MN 56601  faceitbemidji.org

Full Circle Counseling and Consulting, LLC (Located at True North) 218-214-1526  Outpatient Therapy  Melissa Truax, MS, LMFT  fullcirclecounselingconsulting@gmail.com  516 Beltrami Ave, Bemidji, MN 56601
Great North Counseling Services, LLC 218-214-6096 or 1-888-972-3614  
Outpatient Therapy-Mental Health, Dual Diagnosis, Chemical Dependency  
Contact: Kimberly Carroll, MA, LADC, LPCC info@greatnorthcounseling.com  
Heather Frach, LPCC, LADC www.greatnorthcounseling.com  
522 Beltrami Ave NW, Suite 10, Mailing Address: PO Box 1712, Bemidji, MN 56619  

Grief Support Group  
For those grieving the lost of a spouse or partner  
First and Third Thursday of each month-4:30-6 p.m.  
Sanford Health Neilson Place-Trillium Conference Room  
1000 Anne St. NW, Bemidji, MN 56601  

Hope House Community Support Program 218-444-6748  
Serving people with long-term mental health needs and their families: ARMHS, Diagnostics, CSP  
Available through the crisis line 24 hours/day, seven days/week 1-800-422-0045  
REACH family support group, 3rd Tuesday of the month, 7-8:30 p.m.  
Robin Wold, Director rwold@paulbunyan.net  
PO Box 1097 www.hopehousebemidji.org  
Bemidji, MN 56619  

Integrative Health and Wellness, Inc. 218-444-3161  
Therapeutic services for adults and adolescents, including EMDR therapy  
Jody Anderson, LICSW, SEP (Somatic Experience Practitioner) contactus@getintegrative.com  
819 Paul Bunyan Dr. S., P.O. Box 639 www.getintegrative.com  
Bemidji, MN 56619  

Journey, Inc. Adult Foster Care, Consultation, and Community Services  
Contact: Gloria Rixen, MS 218-333-8930  
PO Box 845 journey@paulbunyan.net  
Bemidji, MN 56619  

Lake Country Associates 218-444-2233 admin@lakcontry associates.com  
Individual, Family, Couples, and Play Therapy www.lakecountryassociates.com  
Jessica Croatt Niemi, MSSW, LPCC, IMH-E(IV), Alicia Z. Holley, MA, LPCC, APR-BC,  
Laura Hansen, MSW, LICSW, David Berg, MA, LMST, LADC  
1426 Bemidji Ave N, Suite 1  
Bemidji, MN 56601  

Lake Region Chemical Dependency 218-444-5740  
1510 Bemidji Ave. N #13  
Bemidji, MN 56601  

Lighthouse Lodge, Inc. Adult Foster Care 218-444-1927  
Contact: Bryan and Shelly Edwards  
3217 Johnson Street NW  
Bemidji, MN 56601
Lindell Consulting LLC  218-444-3151
Contact: Tami Lindell, APRN, CNP, Primary Mental Health Nurse Practitioner
Prescribing, Therapy, Diagnostic Assessments
702 5th Street NW
Bemidji, MN 56601

MSOCS (MN State Operated Community Services)
Corporate foster care for adults
Adam DeVries, Community Residential Supervisor  218-755-2619
810 Claussen Avenue, Bemidji, MN 56601

NAMI (National Alliance for Mental Illness)  Facebook Page: NAMI-Northwoods/Beltrami
Contact: Jim Aakhus, 218-214-1681 for monthly meeting times  gymaakhus@gmail.com

Nightlights Family Support Group
Contact: Mary Eaton, (218) 751-8153 or 556-5295  meaton@theideacircle.com
Meets at St. Phillip’s Church, St. Elizabeth Room, Bemidji (Last Monday of the month, 7-8:30 pm)
Non-denominational and non-religiously affiliated group
702 Beltrami Avenue NW, Bemidji, MN 56601

North Homes, Inc.  218-751-0282
Outpatient Therapy, Diagnostic Assessments, ARMHS
Bill Faver, MA, LP, Clinical Director
4225 Technology Dr. NW, Bemidji, MN 56601  www.northhomesinc.org

Occupational Development Center (ODC)
Employment for people with disabilities
Contact: IPS Coordinator  218-751-6001, extension 20
1219 Naylor Drive SE, Bemidji, MN 56601  www.odcmn.org

Park Place of Bemidji
Contact: 444-8717, Brittany Bennett, Site Director
Permanent Supportive Housing-substance use/alcohol/mental health
600 3rd St. NW, Bemidji, MN 56601

Recover Health  218-210-7700
615 Anne St. NW, Suite A  www.recoverhealth.org
Bemidji, MN 56601

Region II Mental Health Initiative
A four county consortium (Beltrami, Clearwater, Hubbard, Lake of the Woods) for improving the path of mental health in the region; consumers, families, and providers participate.
Meetings are the first Monday of each month, 1-3 pm, at the Beltrami County Law Enforcement Center. Beltrami residents call Jeff Lind, 333-4223 - jeffrey.lind@co.beltrami.mn.us

Rural MN Behavioral Health- Located at True North  218-209-5952
Contact: Sarah Tarutis, APMHNP-BC, Advance Practice Nurse
Includes Prescribing, Diagnostic Assessments, and Therapy
516 Beltrami Ave NW, Bemidji, MN 56601
Sanford Behavioral Health Children's and Adults Mental Health, Substance Use Disorders, Crisis, ACT (Assertive Community Treatment), Access Clinic, ARMHS, Sexual Assault Treatment, Therapy, Diagnostic Assessments
Contact Main Desk for all programs: 218-751-3280
Applications and access hours on website www.ummhcmm.org
722 15th Street & 3124 Hannah Ave. NW, Bemidji, MN 56601
Sarah Weinzerl, Psy D, LP,LMFT, Michael Hill,PhD, LP

Sanford Medical Center 218-333-5000
Sanford Behavioral Health: Includes Therapy & Diagnostic Assessments
Danae Lund, PhD & Pam Samson PhD, LP pamela.samson@sanfordhealth.org
1233 34th Street NW & 1611 Anne Street, Bemidji, MN 56601
Telehealth: 218-333-2105
Mark Tsibulsky, MD, Psychiatrist, includes prescribing

Spruce Woods Apartments, Briar Rose and Odayin Adult Foster Care
Program Directors: Katie Zwak, 444-9757; Sina, 444-0076; Stephanie, 444-0079
718 15th Street sprucewoods@rule36ofduluth.com katieprnzwak@thrivebehavioralnetwork.org
Bemidji, MN 56601

Stellher Human Services 218-751-5919 www.stellher.com
Providing outpatient therapy, diagnostic assessments
Director: Mark Miller
P.O. Box 430, 516 Beltrami Ave.
Bemidji, MN 56619

Support Within Reach 1-800-708-2727 sapbchc@paulbunyan.net
Free emotional support and peer counseling regarding sexual assault
1510 Bemidji Ave. www.supportwithinreach.org
Bemidji, MN 56601

Tamara Mason, MSW, LICSW, outpatient therapy & diagnostic assessments
tamara@tamaramason.com tamara@tamaramason.com
218-444-0899 www.tamaramason.com
522 Beltrami Avenue, Suite 108
Bemidji, MN 56601

Teri Kinn Adult Foster Care; residence for people with chemical dependency/mental illness
10240 N Garden Lane NE
Bemidji, MN 56601
751-0583

The Clubb House, Adult Foster Care 218-444-9684
Contact: Debra Beckstrand
1214 First St. East
Bemidji, MN 56601
VA Veteran’s Support Group  218-755-6360
Open to any combat veteran with PTSD (Wednesday, 4:30-6 pm)
Mood Group every other Tuesday, 4:30-6pm  grant.bauer@va.gov
VA Clinic, 5th Street, Bemidji
Contact: Grant Bauer, MSW, LICSW

Wellness in the Woods
WRAP training and other mental health supports for rural MN
Contact: Jode Freyholtz-London  218-472-3091
mnwellnessinthewoods@gmail.com  www.mnwitw.org

Wildgen, Wilimek, & Associates  218-751-0887
Mark Wildgen PhD; Jay Wilimek, PhD, LP; Geri Wilimek, LICSW, Robin Hewitt, LMFT, Mark Haugen, John Parkin, & Miriam Tell, Dion Williams
1526 30th Street NW
Bemidji, MN 56601

NOTE: This list is posted by Hope House on its website at www.hopehousebemidji.org. The Community Resource Connections mental health button links to this list. Please call Jody Yerbich at 444-6748, ext 101 to add or change items.