

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 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 changes

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

Maria Eastman, Assistant Director 755-2227

meastman@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 and Counseling

755-2053

For enrolled students

Jennifer Pirkl, MSW, LICSW

jpirkl@bemidjistate.edu

Lora Bertelsen, PhD, LP

lbertelsen@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

Contact main desk: 755-6360

705 5th St. NW, Suite B, Bemidji, MN 56601

Bi-County Community Action Program, Inc. (Bi-CAP)

Permanent supportive housing for people with disabilities and

www.bicap.org

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.

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
Eastmore, 714 Lake Avenue, 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
Cedar Lane, 3306 Cedar 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
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

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 <http://www.mn.db101.org/>
3124 Hannah Ave. NW www.minnesotahelp.info
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 www.eaglewinginc.net
Bemidji, MN 56601

Eagle 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 (Closed group starting in October). For more information
contact: Kelly Brevig at 218-441-4565, or kbrevig@evergreenyff.org

Face It Together 218-444-9494 Margo Kelsey, Executive Director
408 Beltrami Ave. NW, Suite 100 faceitbemidji.org
Bemidji, MN 56601

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

Outpatient Therapy-Mental Health, Dual Diagnosis, Chemical Dependency

Contact: Kimberly Carroll, MA, LADC, LPC www.greatnorthcounseling.com

522 Beltrami Ave NW, Suite 10, Bemidji, MN 56601

Great River Psychological Services 218-444-6912

Outpatient Therapy

Sarah Weinzerl, PsyD, LP, LMPT; Michael Hill, PhD, LP

403 4th St. NW, Ste. 245, Bemidji, MN 56601

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

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

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

Family Therapy

jessicacroatt@hotmail.com

Jessica Croatt Niemi, MSSW, LISCW, IMH-E(IV)

Cell: 218-556-6242

Katherine Meyers, MSW LGSW

www.lakecountryassociates.com

1426 Bemidji Ave N, Suite 1

Bemidji, MN 56601

Laura Hansen, MSW, LICSW Counseling Inc. 218-444-5660
Private Practice-Outpatient Therapy laurahansencounselinginc@gmail.com
403 4th Street NW, Suite 110
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 218-444-7172
Contact: Tami Lindell, APRN, CNP, Primary Mental Health Nurse Practitioner
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

Northern Psychological Services
Outpatient Therapy
Marie Kistler, MEd, LP 218-759-2825
403 4th St NW, Suite 110
Bemidji, MN 56601

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

Occupational Development Center (ODC)
Employment for people with disabilities
Contact: Jennifer Verdugo 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

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
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, and Sexual Assault Treatment

Contact Main Desk: 218-751-3280
Applications and access hours on website www.ummhcmm.org
722 15th Street, Bemidji, MN 56601

Sanford Medical Center 218-333-5000

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

Senior Behavioral Health Unit 218-333-0323

Inpatient mental health services
www.sanfordhealth.org/locations/sanford-bemidji-senior-behavioral-health-unit
Program Director Tasha Oglesby
800 Bemidji Ave N, Bemidji, MN 56601

Spruce Woods Apartments, Briar Rose and Odayin Adult Foster Care

Program Directors: Deanne Adams, 444-9757; Marcella, 444-0076; Ryan, 444-0079
Includes beds for people in crisis
718 15th Street sprucewoods@rule36ofduluth.com
Bemidji, MN 56601 deanne.adams@rule36ofduluth.com

Sound Off-Combat Veteran's Support Group

5-7 pm, every other Tuesday
Sanford Bemidji Medical Center, Conference Room A, hospital east entrance
Free and open to men and women of all service branches. Ok to just show-up
Contact: Billy Benso, 218-333-6165 or william.benso@sanfordhealth.org

Stellher Human Services 218-751-5919 www.stellher.com
Providing outpatient therapy
Director: Bill Sargeant
TXT4Life: Contact: Briana Ellison www.txt4life.org
P.O. Box 430, 516 Beltrami Ave.
Bemidji, MN 56619

Support Within Reach (formally Sexual Assault Program) *sapbchc@paulbunyan.net*
Free emotional support and peer counseling- 1-800-708-2727 www.supportwithinreach.org
403 4th Street NW, Suite 140
Bemidji, MN 56601

Tamara Mason, MSW, LICSW, outpatient therapy *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
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.