

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 Area Program for Recovery 444-5155

Chemical dependency and mental health

Lynn Kistler, M.A., LICSW, LADC; Amanda Rohloff, B.S.W, LADC; Amanda Longie, MAPC, MAHR, LADC, Joanne Detwiler, BS, LADC, Charly VanGrisven, BS, LADC

P.O. Box 3004 (403 4th St NW, Ste. 300)

bapr@paulbunyan.net

Bemidji, MN 56619-3004

www.bemidjiareaprogramforrecovery.com

Bemidji State University Disabilities Services,

755-3883

For enrolled Students

Christopher Hoffman, Director 755-2539

choffman@bemidjistate.edu

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

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

Bluestem Behavioral Health, LLC

Outpatient Therapy

Lori J. Bertelsen, PhD, LP 218-556-9389

lora@bluestembehavioral.com

502 Hidden Trail Court SW, Bemidji, MN 56601

www.bluestembehavioral.com

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

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: Benjamin Boche D.O; Matthew Pitera M.D; Muhammed Azar M.D; & Tim Peterson

M.D. Psychotherapist: Kim Osowski, LICSW

519 Anne Street NW, Suite A

www.centerforpsychiatriccare.com

Bemidji, MN 56601

Claire Rafferty, LICSW 444-6162

Outpatient Therapy

403 4th Street NW, Suite 110

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

Counseling Services of Bemidji

www.csbemidji.com

Outpatient Therapy

Contact: Ashley Johnson, LMFT 444-3392

403 4th Street NW, Suite 110

Bemidji, MN 56601

Crisis Line (24-Hour) for Beltrami County, Mobile Crisis Team, Hope House staff

1-800-422-0045

Deonne Williams, MSW, LICSW

218-252-8821

Outpatient Therapy

Counseling/Talk Therapy

522 Beltrami Ave NW, Suite 116

deonne@dwilliamsbemidji.com

Bemidji, MN 56601

Disability Linkage Line 1-866-333-2466; M-F, 8:30 a.m.-5 p.m. www.mcil-mn.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 www.eaglevistaranch.com
Bemidji, MN 56601

Evergreen Youth and Family Services www.evergreenyfs.org
Gathering of Hearts Support Group (Suicide Loss Survivors Support Group)
2nd Tuesday of every month from 7-8:30pm juliejohnsonwilborg@evergreenyfs.org
Free counseling for youth up to age 22 & parents, 24 Hour Hotline: 751-4332
Julie Johnson-Wilborg MS, LPC & Liz Letson, MS, LPC.
Youth and Family Counselors 751-8223
610 Patriot Drive NW (Drop In)/ PO Box 662 (Shelter)
Bemidji, MN 56619

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

Full Circle (Next to True North) 218-214-1526
Outpatient Therapy
Melissa Truax, MS, LMFT fullcirclecounselingconsulting@gmail.com
516 Beltrami Ave
Bemidji, MN 56601

Great North Counseling Services 218-214-6069
Outpatient Therapy
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

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, LICSW, IMH-E(IV)

Cell: 218-556-6242

Katherine Meyers, MSW LGSW

www.lakecountryassociates.com

1426 Bemidji Ave N, Suite 1

Bemidji, MN 56601

Lake Region Chemical Dependency 218-444-5740

Contact: Jenni by phone 218-444-5740

Bryan D. Styve B.S., LADC

1510 Bemidji Ave. N, Suite 13

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 in the St. Phillip's Church Kateri 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

Lindsay Kujawa, PhD; Eric Nance, MSW, LICSW; Michelle Monerson, PsyD, LP; Colin Heglund, MA, LP; Kathy Faver, MSW, LICSW Kirsten Craft, MA, LPC;

Jonathan Friedt, MA, LMFT; Nichole Brenny, MS, LPC; Sarah Baker, MSW, LICSW

4225 Technology Dr. NW

www.northhomesinc.org

Bemidji MN, 56601

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**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, Beltrami County, 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

Senior Behavioral Health Unit

218-333-0323

Inpatient mental health services

www.sanfordhealth.org/locations/sanford-bemidji-senior-behavioral-health-unit

Shannon Shaw, FNP-BC; Program Director Tasha Oglesby

800 Bemidji Ave N,

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

Sound Off- Combat Veteran's Support Group-General Topics

5-7 pm, the first and third Tuesday of each month

Sanford Bemidji Medical Center Conference Room A, right of hospital's east entrance

Free and open to men and women of all service branches; ok to just show up

Contact: Billy Benso, 218-333-5165 or William.Benso@sanfordhealth.org

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

Stellher Human Services

218-751-5919

www.stellher.com

TXT4Life: Contact: Coordinator

218-441-4565

www.txt4life.org

Providing outpatient therapy

Tonya Thayer, MS, LPCC; Jean Reynolds, MS, LPCC; Karen Hill, MS, LPCC; Chris Godding, MSW, LICSW, Alicia Holley, MA, LPCC; Deanna Murphy, MA, LPCC; Lisa Hoagland, MA, LPCC

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

Upper Mississippi Mental Health Center, Children and Adults mental Health, Substance Use Disorders, Crisis, ACT, Access Clinic, ARMHS, and SAT

Contact Main Desk: 218-751-3280

Rural 25 & Outpatient and individual group therapy

Applications and access hours on website www.ummhcmm.org

722 15th Street

Bemidji, MN 56601

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

We Care Connections 218-755-6360

Integrative Medicine

Contact: Catherine Morud, NP

Cass Lake Number: 218-335-3200

1426 Bemidji Ave. N.

morud@paulbunyan.net (personal)

Bemidji, MN 56601

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.