

## Mental Health Resources Provided *in Bemidji* for Adults

### **Beltrami County Health and Human Services**

[www.co.beltrami.mn.us](http://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 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](mailto:daniel.brouse@co.beltrami.mn.us)

### **Bemidji State University Disabilities Services,**

755-3883

For enrolled Students

[disabilityservices@bemidjistate.edu](mailto:disabilityservices@bemidjistate.edu)

Office 202, Decker Hall, 1500 Birchmont Drive, Bemidji, MN 56601

[www.bemidjistate.edu//student/services/disability](http://www.bemidjistate.edu//student/services/disability)

### **Bemidji State University Student Center for Health and Counseling**

755-2053

For enrolled students

Amanda Gartner, MA LPCC

[amanda.gartner@bemidjistate.edu](mailto:amanda.gartner@bemidjistate.edu)

Lora Bertelsen, PhD, LP

[lora.bertelsen@bemidjistate.edu](mailto:lora.bertelsen@bemidjistate.edu)

Office 202, Cedar Hall; 1<sup>st</sup> Floor, 1500 Birchmont Drive, Bemidji, MN 56601

[www.bemidjistate.edu/students/services/health\\_counseling](http://www.bemidjistate.edu/students/services/health_counseling)

### **Bemidji VA-Community Based Outpatient Clinic**

Contact main desk: 755-6360

1217 Anne St. NW, Bemidji, MN 56601

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

[www.bicap.org](http://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.**

522 Beltrami Ave. NW, Suite 115

[www.booshke.com](http://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](mailto:marshall@cardinalofminnesota.com)

Eastmore, 714 Lake Avenue, Bemidji, MN 56601

[cindy@cardinalofminnesota.com](mailto:cindy@cardinalofminnesota.com)

Annalee, 5809 Annalee Lane NW, Bemidji, MN 56601

[www.cardinalofminnesota.com](http://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

**Crisis Text Line-Text “MN741741**

**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, Bemidji, MN 56601 www.eaglewinginc.net

**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@evergreenyf.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

**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, 3<sup>rd</sup> 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  
*laurahansencounselinginc@gmail.com*

Private Practice-Outpatient Therapy  
403 4<sup>th</sup> 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 5<sup>th</sup> 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](https://www.facebook.com/NAMI-Northwoods/Beltrami)  
Contact: Jim Aakhus, 218-214-1681 for monthly meeting times [gymaakhus@gmail.com](mailto:gymaakhus@gmail.com)

**National Crisis Text Line: Text "MN" to 741741**

**Nightlights Family Support Group**

Contact: Mary Eaton, (218) 751-8153 or 556-5295  
[meaton@theideacircle.com](mailto: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 4<sup>th</sup> St NW, Suite 110, Bemidji, MN 56601

**North Homes, Inc.** 218-751-0282

Outpatient Therapy  
Bill Faver, MA, LP, Clinical Director  
4225 Technology Dr. NW, Bemidji, MN 56601 [www.northhomesinc.org](http://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](http://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](http://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](mailto: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 for all programs: 218-751-3280

Applications and access hours on website [www.ummhcmm.org](http://www.ummhcmm.org)

722 15<sup>th</sup> Street, Bemidji, MN 56601

Sarah Weinzerl, Psy D, LP, LMFT, Michael Hill, PhD, LP

3124 Hannah Ave. NW, Bemidji, MN 56601

**Sanford Medical Center** 218-333-5000

Sanford Behavioral Health:

Danae Lund, PhD & Pam Samson PhD, LP [pamela.samson@sanfordhealth.org](mailto:pamela.samson@sanfordhealth.org)

1233 34<sup>th</sup> 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 **“Temporarily Closed”**

Inpatient mental health services

[www.sanfordhealth.org/locations/sanford-bemidji-senior-behavioral-health-unit](http://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 15<sup>th</sup> Street

Bemidji, MN 56601

[sprucewoods@rule36ofduluth.com](mailto:sprucewoods@rule36ofduluth.com)

[deanne.adams@rule36ofduluth.com](mailto:deanne.adams@rule36ofduluth.com)

**Stellher Human Services** 218-751-5919 [www.stellher.com](http://www.stellher.com)

Providing outpatient therapy

Director: Bill Sargeant

P.O. Box 430, 516 Beltrami Ave.

Bemidji, MN 56619

**Support Within Reach (formally Sexual Assault Program)** [sapbchc@paulbunyan.net](mailto:sapbchc@paulbunyan.net)

Free emotional support and peer counseling- 1-800-708-2727 [www.supportwithinreach.org](http://www.supportwithinreach.org)

403 4<sup>th</sup> Street NW, Suite 140

Bemidji, MN 56601

**Tamara Mason, MSW, LICSW, outpatient therapy**

218-444-0899

522 Beltrami Avenue, Suite 108

Bemidji, MN 56601

[tamara@tamaramason.com](mailto:tamara@tamaramason.com)

[www.tamaramason.com](http://www.tamaramason.com)

**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, 5<sup>th</sup> 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 30<sup>th</sup> Street NW  
Bemidji, MN 56601

**NOTE: This list is posted by Hope House on its website at [www.hopehousebemidji.org](http://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.**