

MENTAL HEALTH RESOURCES IN RICE COUNTY

Emergency Numbers: Police/Medical Emergency 911	For sexual assault, family abuse, and other issues: HOPE Center 1-800-607-2330
Rice County Social Services 24-hour Crisis Line: 1-800-422-1286 South Central Mobile Crisis Team: 1-877-399-3040	Local Hospitals: Allina Health Faribault Medical Center: 507-334-6451 Northfield Hospital: 507-646-1000

Faribault Licensed Providers

Allina Health Faribault Medical Center 200 State Avenue	507-497-3600	
<p><u>Partial Hospitalization Program:</u> Monday through Friday, 9:00 AM – 2:45 PM. Patients attend in-person only. Our 15-day partial programs are directed by a psychiatrist in a group therapy environment to help prevent and reduce hospitalization and support patients in their home environments. Patients see psychiatrist 2x per week.</p> <p><u>Day Treatment:</u> Monday through Friday, 12:15 to 3:05 PM. Patients attend in-person only and need to attend 3 days per week. This program will help patients achieve an optimal level of functioning. The goal is to assist in overcoming obstacles that interfere with daily living, using assessment, treatment and structure to stabilize and improve mental health. (There is no psychiatric or nursing care available).</p> <p><u>Allina Mental Health & Addiction Connection Line:</u> 1-866-603-0016 24/7 resource for scheduling, questions and concerns.</p>		

Allina Mental Health – Faribault 100 State Avenue	507-334-3921 507-384-4575 (Fax) Website: https://www.allinahealth.org/Health-Conditions-and-Treatments/Mental-health	Kate Swanson, LICSW (Mental Health Consultant) Beth Drewitz, PsyD, LP David Kuehl, PsyD, LP Amy Strait, PsyD, LP
Offers outpatient mental health services for Allina Health established patients of all ages (adults, children, and adolescents). This includes evaluation, individual, family, and marital counseling.		
Accepted Insurance: No information provided.		

Cedar House, Inc. 329 Faribault Road, PO Box 481	507-334-1983 507-333-2307 (Fax) Website: http://www.cedarhouseinc.com/	Tamara Domazet, MSW, LICSW
Adult Mental Health Rehabilitation Services (ARMHS), Children’s Therapeutic Support Services (CTSS), coping with depression/anxiety, interpersonal communication strategies, stress management and relaxation, anger management, healthy lifestyle choices, co-dependency, coping with grief and loss, parenting skills, crisis management, independent living skills (budgeting and shopping, cooking and nutrition), employment skills, in-home individual psychotherapy, group psychotherapy.		
Accepted Insurance: Blue Plus, Medical Assistance, Medicare, out of pocket, private insurance for psychotherapy, South Country, UBH Medica, UCare, United Health Care		

Clear Path Counseling, LLC 418 Heritage Place	507-491-2652 507-299-0723 (Fax) Email: clearpathcounselingllc@gmail.com	Susan Warring, MSW, LICSW
Providing individual therapy, couples therapy and family therapy – coping with anxiety, depression, stress management, grief and loss, life transitions, trauma, relationship issues.		
Accepted Insurance: Most insurances accepted.		

Fernbrook Family Center 410 Central Avenue (Enter Door 408)	507-331-3454 651-925-0337 (Fax)	Mary Morgan, MS, LMFT Liz Cronin, MS, LPCC
Diagnostic assessments, crisis planning, family reunification, trauma informed outpatient individual, family and group psychotherapy. Children's Therapeutic Support Services (CTSS) which includes outpatient or in home individual, family and group skills training and mental health behavioral aid services. Adult Rehabilitative Mental Health Services (ARMHS), individual and group services. School based mental health services. Adolescent Day Treatment, 12-18 years of age.		
Accepted Insurance: We accept all insurance.		
Fountain Centers 2301 NW 4 th Street	507-334-6413 507-377-6443 (Fax) Website: http://mayoclinichealthsystem.org/locations/faribault/medical-services/chemical-dependency-treatment	Joan Kindem, LSW
Offers a range of outpatient services for adults and adolescents experiencing alcohol and drug problems. Brief screenings are available for individuals or family members questioning what step to take next and a comprehensive chemical use assessment is completed to determine the appropriate level of care.		
Accepted Insurance: No information provided.		
HealthFinders Collaborative 1415 Townsquare Lane	507-323-8100 Website: https://healthfindersmn.org/	Kelli Nowak, MA, LPCC
I provide individual therapy to adolescents and adults. Areas of Focus: trauma, anxiety, depression, family concerns, behavioral health issues, chronic mental illness, substance use, stage of life transitions and relationship concerns. Outpatient services are provided in the Northfield and Faribault Clinics. HealthFinders Collaborative offers a Medication Assisted Treatment (MAT)/Suboxone clinic for opioid use disorder. Please call to schedule an appointment or if you have questions about MAT. Interpreters are available for patients who are Spanish-speaking.		
Accepted Insurance: Medical Assistance plans, including Blue Plus and UCare. Those without insurance are able to receive services as well.		
Healthy Balance Psychology 2020 Central Avenue N.	507-475-4721 507-323-8204 (Fax) Email: drhb@healthybalancepsychology.com Website: www.healthybalancepsychology.com	Heidi A. Halla-Bauer, PsyD, LP
Individual and family therapy and assessments services offered to children, adolescents, and adults. Individual therapy, family therapy, and full psychological evaluations are provided. Psychological evaluations include cognitive testing, brief academic testing, adaptive testing (as needed), developmental testing (as needed to rule-out Autism Spectrum Disorder), and personality/behavioral testing. Experience in treating the following: trauma-related disorders, anxiety, depression, behavioral disorders (ADHD, OD, CD), developmental disorders (ASD), psychosis, conflictual family dynamics, and poor communication.		
Accepted Insurance: BCBS, Blue Plus, Cigna, HealthPartners, Mayo Medica, Medica, Medicaid, Medicare, Preferred One, SCHA, Tricare (out of network), UBH, UCare		
Healthy Minds Counseling Services 418 Heritage Place, Suite C	507-412-1468 507-331-8677 (Fax) Website: http://www.healthymindscounseling.com/	Debbie Carter-Barth, MSW, LICSW
Anxiety/stress management, depression, personality disorders, Dialectical Behavioral Therapy (DBT), marital, relationship and parenting concerns, women's issues, grief/loss, anger management, adult mental health, adolescent mental health, children's mental health, chemical health recovery, serious and persistent mental health concerns.		
Accepted Insurance: Most insurances accepted. Allied, Blue Cross Blue Shield, Cigna, HealthPartners, Medica, Medicaid, Medicare, Preferred One, UCare, United Healthcare		

Jon Walser-Kuntz Consulting 109 N. Central Avenue Mailing Address: 501 Nevada Street, Northfield	507-301-8625 507-664-0766 (Fax)	Jon Walser-Kuntz, LP
Talent selection, talent assessment, coaching, training and development, personal development, stress management, adults, workplace violence, anger management, relaxation, self-esteem, counseling, psychotherapy, mental health, clinical supervision, staff development, life transitions.		
Accepted Insurance: BCBS, CIGNA, HealthPartners, MinnesotaCare, MNHCP – MA, OPTUM, South Country, UCare		
Lighthouse Psychological Services, Inc. 625 3 rd Avenue NW	507-400-3001 (Kimberley) Email: khas@lighthousepsych.org 507-720-8438 (Sadie) Email: swatts@lighthousepsych.org 507-384-3791 (Sam) Email: spieper@lighthousepsych.org 763-780-3306 (Fax) Website: www.lighthousepsychmn.org	Kimberley Hass, MS, NCC Sadie Watts, LICSW Sam Pieper, MA, MH Prac
Sex offender day treatment program, mental health services, individual/couples/family therapy.		
Accepted Insurance: Self-Pay. Also offer a sliding fee to those who qualify.		
Midwest Recovery 303 1 st Avenue NE, Suite 365	507-225-0201 612-444-3292 (Fax) Website: https://www.midwestrecovery.org/	
Evening outpatient programs, assessments, peer recovery support services, community resource connection, co-occurring programming, mental health therapy.		
Accepted Insurance: Most major insurance carriers.		
New Directions Counseling Center 303 NE 1 st Avenue, Suite 220	507-332-8082 Website: http://www.ndccmn.com/	John DeFrancisco, MS, MA, LP, ATR-BC, CTS
Services include child, adolescent, adult, family, and couples. Hours: Monday – Friday, 8:00 AM – 7:00 PM, weekends by appointment. Issues include anxiety, depression, trauma, autism, school difficulties, life changes, and more.		
Accepted Insurance: No information provided.		
Southern Cities Clinic 400 4 th Street NW	507-384-6830, Ext. 2 (psych), Ext. 1 (dental) 651-431-7757 (Fax) Monday – Thursday 7:45 AM – 4:15 PM Fridays by appointment	Carol Peitzman, APRN, CNS Bryan Carleton, PMHNP Daniel Moegi, APRN, CNP
Psychiatry for adults with Developmental Disabilities.		
Accepted Insurance: Case by case basis.		

Strong Foundations Counseling, LLC 122 Central Avenue PO Box 431 Additional 2 nd location: 416 Heritage Place	507-491-4848 507-323-8141 (Fax) Email: misty@strongfoundationscounseling.com Website: https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.strongfoundationscounseling.com&c=E,1,992hVdraTOgn-WuiyMYNg4RCS67R3WkjyeVkRu9P4SietmqEa6gn2OcSutXGI AU1G1nmlDbPRMIDL9Ot2yCp4jwNs4n74bHhn3QUHZkTMVTOzL9X77CBZmUk&typo=1	Mistyne Zacharias, LMFT Nancy Paulson, LMFT Hollis Wunderlich, LPCC Brenda Oja, LPCC
Strong Foundations Counseling, LLC was established to help individuals, couples, and families improve the quality of their lives and promote positive change in relationships. As professional therapists, they draw from a variety of psychological approaches while honoring the Christian faith and recognizing that people and relationships can heal. *Individual, Marriage & Family Therapy, Dialectical Behavioral Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR).		
Accepted Insurance: We accept all major insurance providers.		

Northfield Licensed Providers		
Allina Mental Health – Northfield 1400 Jefferson Road	507-663-9000 Press 5 800-272-0508 651-241-0755 (Fax) Website: http://www.allinahealth.org/Clinics/Allina-Health-Northfield-Clinic	Shannon D'Alonzo, MD (Adult Psychiatrist) Marc Kelliny, MD (Psychiatrist) John Bailey, PhD, LP Robyn Gunderson, PhD, LP William Hoekstra, PsyD, LP Natasha Stepka, LICSW Christine Gedicke, MSW LICSW (Mental Health Consultant) Kristina VanDyke, LICSW (Spanish Speaking) Meghann Malecha, DNP APRN CNP
Offers a range of outpatient mental health services for Allina Health established patients of all ages (adults, children, and adolescents). This includes evaluation, individual, family, and marital counseling, and psychiatric evaluation with medication management.		
Accepted Insurance: We bill to all insurances, unable to confirm network assignments or preferred network for the patient. Advise patients contact their insurance company to ensure best coverage.		

Autumn Waters Counseling 158 Water Street N., Suite 1	507-649-1286 Email: autumnwaters@hushmail.com Website: https://www.psychologytoday.com/profile/786969	Drew Weis, PhD, LP
Individual psychotherapy for adults over age 20. Specializing in anxiety, life transitions, grief and loss, depression, trauma, spirituality, stress, men's issues, and significant changes in meaning, identity, purpose, and belonging, especially in midlife. Primary approach is experiential with an emphasis on depth work.		
Accepted Insurance: Private pay online, but upon request, documentation can be provided to seek possible insurance plan reimbursement		

Casey & Associates 220 S. Division Street	507-650-4127 507-650-9261 (Fax)	Mary Casey, MA, LP
Offering individual therapy for children and adolescents and adults as needed; psychological education/parent education and support; offering therapy for Depression, Anxiety, Trauma and Attachment; Emotional, Behavioral and Developmental and Educational issues (ADHD, Autism Spectrum Disorders, Learning Disorders) and issues of Adjustment. Therapeutic modalities are CBT, Mindfulness, Play Therapy, Solution Focused, Reality Techniques, Acceptance and Commitment Therapy and Narrative.		
Accepted Insurance: All insurances except Medicare, also EAP provider.		

Cedar House, Inc. 815 Hwy 3 North	507-645-8335 507-645-3568 (Fax) Website: http://www.cedarhouseinc.com/	Tamara Domazet, MSW, LICSW
Adult Rehabilitative Mental Health Services (ARMHS), Children's Therapeutic Services & Supports (CTSS), coping with depression/anxiety, interpersonal communication strategies, stress management and relaxation, anger management, healthy lifestyle choices, co-dependency, coping with grief and loss, parenting skills, crisis management, independent living skills (budgeting and shopping, cooking and nutrition), employment skills, in-home individual psychotherapy, group psychotherapy.		
Accepted Insurance: Medical Assistance (MA)		
Center for Healing and Resilience 220 Division Street S.	507-210-4984 (Dorothee) Email: dr.dorothee.ischler@chr-northfield.com	Dorothee Ischler, DMFT, LMFT, LP
Therapy for individuals, couples, and families for anxiety, depression, trauma/PTSD, addiction, eating disorders, grief and loss, spirituality/existential issues. Dr. Ischler is EMDR certified. She provides the following services for couples: Gottman Method Couples Therapy, Emotionally Focused Therapy (Attachment theory in practice), Discernment Counseling, Prepare and Enrich.		
Accepted Insurance: Does not take insurance		
Centered Practice 401 Division Street, Suite C	507-649-7294 Ext. 1 (Carrie) 507-649-7294 Ext. 2 (Katie) 507-649-7294 Ext. 4 (Kari) 507-649-7294 Ext. 5 (Shodo) 507-649-7294 Ext. 6 (Susan) 651-323-2687 (Fax) Website: http://www.centeredpractice.com/	Carrie Menk, MSW, LICSW Katie Jacobi, MSW, LICSW Kari Prestemon, MSW, LICSW Shodo Spring, MSW, LICSW Susan Lohmann, MSW, LICSW
Carrie's Services: Adults, stress, trauma, life transition, gender and sexuality.		
Katie's Services: Adults, stress, transition, grief, loss and trauma.		
Kari's Services: Children, adults and families – anxiety, depression and life transition.		
Shodo's Services: Adults – climate anxiety, stress and transition.		
Susan's Services: Adults – stress, transition, relationships, grief, loss, health concerns.		
Accepted Insurance: Aetna, Blue Cross Blue Shield, Cigna, HealthPartners, Preferred One, UCare		
Dimick Counseling, Inc. 105 E. 4 th Street, Suites 303 and 304	Dan Dimick: 507-301-9700 Andy Dimick: 507-301-8065 Angie DeNardo Meagher: 507-581-2583 Website: https://www.dimickcounseling.com/	Dan Dimick, MDiv, MA, LP, LMFT Andy Dimick, MSW, LICSW Angie DeNardo Meagher, LPCC
Individual/couples/family therapy. Expert in several areas, including depression, anxiety, anger, impaired drug/alcohol problems, marriage/partner, family, financial, parents and communication. Particularly concerned to help the growing number of children in school with mental health problems.		
Accepted Insurance: Information not provided.		
Elaine Nesbit, MA, Licensed Psychologist 220 Division Street	507-724-8353 Email: elainenesbit@wellbeingnorthfield.com Website: https://elaine-nesbit.clientsecure.me	Elaine Nesbit, MA, LP
Psychotherapy services for children, adolescents, and adults. Anxiety, depression, anger, ADHD, and other presenting issues. Accepts most insurances.		
Accepted Insurance: Aetna, Blue Cross Blue Shield, Cigna, HealthPartners, Medica, Medicaid, Preferred One, United Healthcare		

Ellen H. Saul, MS, LP 400 Washington Street, Suite 225	507-319-8457	Ellen H. Saul, MS, LP
Counseling and psychotherapy with individuals. Trauma and attachment work, including Eye Movement Desensitization and Reprocessing (EMDR–Level 2) and Somatic Experiencing (Practitioner). Sandplay and In Touch Again multisensory work for attachment repair.		
Accepted Insurance: No insurance accepted. Self-pay only.		
Elsa Kraus, MS, LMFT 912 1 st Street W.	715-350-6771	Elsa Kraus, MS, LMFT
I am a Licensed Marriage and Family Therapist who helps clients heal from trauma, addiction, and strengthen identity and relationship to self and others. I see individuals, couples, and families.		
Accepted Insurance: Rate is \$150. Itemized receipt provided for reimbursement from insurance companies.		
Erin Barnett, MA, LPCC 108 3 rd Street E.	507-403-9510	Erin Barnett, MA, LPCC
I primarily work with adults and late adolescents on an individual basis; I also offer couples counseling. My style with clients is collaborative and relatively informal. Together we identify the thought and behavioral patterns that are no longer serving the client. We then work to replace these with more skillful patterns and practices that help people experience more inner freedom and create the lives they choose. Areas of specialization include anxiety, depression, grief and loss, relationship issues, OCD and phobias, spirituality, self-esteem, and stress management.		
Accepted Insurance: Most Blue Cross Blue Shield plans, Medica, Preferred One, United Healthcare		
Free Range Mental Health 103 3 rd Street W.	507-301-3332 Fax: 507-301-3292 Website: https://link.edgepilot.com/s/a0302ab2/YLuqhsa240abQ5e44tJ19Q?u=http://www.freerangemh.com/	Dan Watts, DNP, APRN, PMHNP-BC
I provide general psychiatry services to the public and have experience with severely and persistently mentally ill (SPMI) clients. Substance abuse treatment with medication assisted therapy (MAT), mainly for opioid and alcohol use disorders, is also provided, as well as brief therapy. Specialty services at this time include Spravato, an intra-nasal Esketamine therapy for treatment-resistant depression. I am also available for psychopharmacology consultation. This practice serves adult clients only.		
Accepted Insurance: Accepts most insurances and personal payments as well.		
HealthFinders Collaborative 706 Division Street	507-646-8964 Website: https://healthfindersmn.org/	Kelli Nowak, MA, LPCC
I provide individual therapy to adolescents and adults. Areas of focus are trauma, anxiety, depression, family issues, and behavioral issues. Outpatient patient services are provided at the Northfield Clinic. HealthFinders Collaborative offers a Medication Assisted Treatment (MAT)/Suboxone clinic for opioid use disorder. Please call to schedule an appointment or if you have questions about MAT. Interpreters are available for patients who are Spanish-speaking.		
Accepted Insurance: No information provided.		
Jon Walser-Kuntz Consulting 203 3 rd Street W., Suite 1 Mailing Address: 501 Nevada Street, Northfield	507-301-8625 507-664-0766 (Fax)	Jon Walser-Kuntz, LP
Talent selection, talent assessment, coaching, training and development, personal development, stress management, adults, workplace violence, anger management, relaxation, self-esteem, counseling, psychotherapy, mental health, clinical supervision, staff development, life transitions.		
Accepted Insurance: BCBS, CIGNA, HealthPartners, MinnesotaCare, MNHCP – MA, OPTUM, South Country, Ucare		

Mary Fiebiger, MS, LP 105 4 th Street E., Suite 302	507-664-9566 507-301-1159 (Cell)	Mary Fiebiger, MS, LP
I see adolescents, adults, children ages 7 and up, and couples.		
Accepted Insurance: No information provided.		
Millenacker Psychological Services, LLC 401 Division Street S., Suite M	507-645-7775 612-703-6648 (Cell)	Michelle M. Millenacker, PsyD, LP
Accepted Insurance: No information provided.		
MN Mental Health Consulting 400 Washington Street, Suite 229	507-222-9230 Website: http://www.mnmentalhealthconsulting.com/	Tena Roethle, MSW, LICSW
General therapy for adults with specialties in trauma work (childhood and other trauma), domestic violence.		
Accepted Insurance: Most major insurance companies except Medicare and Medica.		
Nicole Larson, MSW, LICSW 101 E. 5 th Street #207	507-301-6741 507-517-3492 (Fax) Website: www.mhtherapymn.com	Nicole Larson, MSW, LICSW
General therapy services with specialty in pregnancy/postpartum mental health, infertility, grief/loss, and young families.		
Accepted Insurance: In network with Aetna, Blue Cross Blue Shield, Blue Plus, Cigna, HealthPartners, Medical Assistance, Preferred One. Out of network billing offered with others.		
Northfield Dynamic Therapy 220 Division Street, 3 rd Floor	507-581-5920 Email: info@grouptherapycentral.com (Jenni) Email: dr.laurie.j.page@gmail.com Email: dr.nate.w.page@gmail.com Website: www.northfielddynamictherapy.com	Laurie Page, PhD, LP Nate Page, PhD, LP, CGP Madison Peton, MSW, LGSW Tracy Brottem, MA
Our therapists specialize in college student mental health, and have expertise with anxiety concerns (panic attacks, generalized anxiety, social anxieties, obsessive-compulsive tendencies, specific phobias) and depression. We also help clients with psychological suffering that is exacerbated by self-criticism, shame or perfectionism. We do lots of individual therapy and group therapy, and some couples counseling.		
Accepted Insurance: Most of our clients use their health insurance to help pay for our services. We are considered "out-of-network" providers for all health insurance companies, which means that we don't have any contracts with insurance companies. You will need to contact your health insurance and ask about your out of network benefits.		
Omada Behavioral Health Services 401 Division Street S., Suite A	507-664-9407 507-664-3862 (Fax)	Sarah Shippy, Med, LICSW
Omada Behavioral Health Services is an outpatient substance use disorder clinic. They are licensed by the State of Minnesota to provide outpatient substance use disorder treatment services for adults and teens. Their services include comprehensive assessments to determine the most appropriate level of care and resources, as well as individualized outpatient treatment programs to meet the needs of each client and their families. They also provide support both before and after an inpatient treatment.		
Accepted Insurance: No information provided.		

River Valley Behavioral Health 158 Water Street N. Suite 3	507-540-0584 Website: https://rivervalleybhwc.com/northfield/	Leah Wellstone, MA, LMFT, CEDS Meg Witt, MA Cody Reinke, MSW, LGSW Leah Ernste, MA, LPCC Shelby Leske, MA Britin Thomsen, MA Christine David, MA, LAMFT
We provide integral care from a multidisciplinary perspective tailored to optimize individual personal health and wellness. We have experienced, licensed psychologists and mental health therapists, psychiatric/medication providers, and nursing support. We offer a stress-free, relaxed atmosphere to ensure our clients have a comfortable experience during their healing process. We treat individuals across the lifespan, including children, adolescents, adults, and geriatric populations.		
Accepted Insurance: No information provided.		

Secure Base Counseling Center 570 Professional Drive	507-301-3412 507-301-3308 (Fax) Website: http://www.securebasecounselingcenter.com/ Additionally, we are now providing mental health medication management services with the following providers: Egle Paula Otto, CNP, DNP Marti Barck, MSN, CNP, PMHNP-BC Terri Houndt-Dalberg, MSN, CNP, PMHNP-BC Tressa Dykstra, MSN, CNP, PNP, PMHS	Amy Muller Benson, LICSW Carolyn Walker, MA, MS, LPCC Christina Goodman, LMFT Haley Raifsnider, LPCC Jennifer Simpson-Dahl, MA, LMFT Jane Murphy, LMFT Kate Glidden, LPCC Lindsey Zemanek, LMFT Malley Christianson, MAAT, LPCC Miranda Johnson, LMFT Nicole Braun, MA, LPCC Rebecca Amundson, LMFT Robert Grandquist, LPCC Victoria Soltis, LMFT
Couples counseling, individual therapy, family therapy, play therapy, grief and loss support, neurofeedback, EMDR, teletherapy, parenting support, in-home services, Parent Child Interactive Therapy (PCIT), psychotherapy groups, skills groups, classes, professional seminars, Adult Rehabilitative Mental Health Services (ARMHS), Children's Therapeutic Services and Supports (CTSS), DC-03 assessment. Therapeutic services for birth to five, children, teens, and adults.		
Accepted Insurance: Aetna, All Savers, BIND, Blue Cross Blue Shield, Blue Cross Blue Shield Federal Policies, Cigna EAP, Health Advocate EAP, HealthEZ, HealthPartners, Mayo Medical, Medica, Medica IFB, Minnesota Medical Assistance, MinnesotaCare/PMAP's, Optum EAP (EAP is not currently available), Optum Health, Preferred One, TriCare, United Healthcare. Limited providers are able to accept Medicare, no one is currently available for Medicare clients.		

Shelley Hansen, LSW, MA, LP 105 E. 4 th Street, Suite 302	612-532-6741	Shelley Hansen, LSW, MA, LP
Therapeutic services are offered for pre-school and elementary aged children, adolescents, young adults, adults, and their families. Specialize in anxiety, depression, ADHD, ASD, chemical health, grief and loss, trauma, parenting and family issues, and learning/school issues. Utilize CBT and DBT therapies, yoga calm, mindfulness and relaxation skills, and supportive of a holistic approach to mind-body wellness.		
Accepted Insurance: Accepts most insurances.		

Stacey Klemppauer, MSW, LICSW 400 Washington Street	507-645-0444 Website: http://northfieldtherapist.com/	Stacey Klemppauer, MSW, LICSW
Offering therapy services to adults age 20+, and couples. Focus is on navigating and managing anxiety and depression, major life stressors and transitions, grief and loss, LGBTQ+ issues, trauma treatment, and personality disorders.		
Accepted Insurance: Blue Cross Blue Shield, HealthPartners, Medical Assistance, Medicare, Preferred One, UCare		

The Talk Doctor 313 ½ Division Street, Suite 202	612-886-4940 Website: https://thenorthfieldtalkdoctor.com/	Christi Bostwick, PhD, LP
Services are specialized for children ages 0-13, adolescents, and their families. Cognitive-Behavioral focused therapy, psychological assessment, and diagnosis of common childhood milestones. Focus is on improving wellness for anxiety, depression, ADHD/ADD, toilet training, discipline, habits, sleep, school adjustment, school refusal, bullying, peer relations, grief and loss, identity exploration, healthy lifestyle support, future endeavor support, and support for all areas of parenting. Strong emphasis on cooperation and communication with entire support system including teachers, school administrators, and physicians. Conversational inservice programing for teachers and school administrators for all areas of child and adolescent development treated in clinic.		
Accepted Insurance: No insurance accepted. HSA's, FSA's, and all forms of payment.		

Montgomery/Lonsdale Area Licensed Providers		
Congruency Psychotherapy, LLC 9733 Kent Avenue Montgomery, MN 56069	612-227-9310	Kathryn Langdon, LICSW, CEIP-MH Sarah Evert, MSW, LICSW
Therapy and counseling available for teens and adults utilizing EMDR, Equine-Assisted Therapy, and DBT skills in treatment for trauma and related symptoms to include anxiety, depression, stress management, relationship and parenting concerns, grief, loss and life transitions.		
Accepted Insurance: No information provided.		

Threads of Hope Counseling/Lonsdale Office 102 5 th Avenue NW Lonsdale, MN 55046	651-560-0050 651-925-0257 (Fax) Website: http://www.tohcounseling.com/	Jennifer Beall, MA, LPCC Lisa Malecha, MA, LSW Beth McDonald, MA, LPCC
Outpatient mental health services for adults, teens, children, and families. Specialties include: play therapy, adoption and permanency, trauma and PTSD, ADHD, Autism Spectrum, anxiety, depression, anger management, relationship issues, parenting, PTSD, identity issues, first responders, mental health first aid, postpartum, faith-based counseling, telehealth, stress management, and life adjustments.		
Accepted Insurance: Aetna, Blue Cross/Blue Shield, Cigna, HealthPartners, Medica, Medicaid/Medical Assistance, Optum, Preferred One, Select One, South County Health Alliance, Tricare, UCare, UMR, United Behavioral Health.		

Rice County Social Services:
320 NW 3rd Street, Suite 2
Faribault, MN 55021

Faribault: 332-6115

Northfield: 645-4723

Lonsdale: 744-5185

(Rice County Social Services provides this list and does not endorse specific providers)

Rice County Social Services Outpatient Mental Health Services Intake: 507-333-3773

Any corrections or additions? Please contact Lisa O'Malley at 507-332-6249 or Lisa.Omalley@RiceCountyMN.gov

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