

## Adolescent Mental Health & Community Resources Minot, North Dakota

Updated: **In progress of updating**

**Dakota Family Services** (701) 837-6508 6301 19th Ave. NW (Dakota Boys & Girls Ranch)

Accepted insurance: medicaid, BCBS, & accept many in network **\*does not accept tricare\***  
Services:

- Counseling
- Medication management
- GeneSight DNA medical testing

Current providers:

- **No current Psychologist for any psychological testing**
- Dr. Martinsen, MD, MSW, Medication management \*No new clients
- Tammy Uleberg, FNP, Medication management \*No new clients
- Amanda Daggett, FNP, Medication management \*October
- Sandy Richter, LICSW, Therapist \*2-3 week waitlist

**Eaton and Associates** (701) 839-0474 1705 4th Ave NW

Accepted insurance: most major insurances, tricare, medicaid (not CIGNA)

Services

- Psychological testing **\*waitlist June**
- Counseling **\*waitlist May/June**
- Medication management **\*waitlist May/June (need referral from primary doctor or provider after psychological testing for medicaid or tricare insurances)**
- GeneSight DNA medical testing
- Drug/alcohol evaluation (any age)
- May call for crisis mental health situations

Providers:

- Timothy Eaton, Clinical Psychologist
- Dr. Deon Mehring, Clinical Psychologist, Therapist
- Linda Berdahl, M.S., LAC. SAP. NCACI, Addiction
- Mary Solberg, LICSW, Therapist
- Melissa Flood, LICSW, Therapist
- Vicki Weathers, CNS, BC, Medication management, all ages)\*must establish with therapy first at Eaton

**North Central Human Service Center** (accepts Medicaid & sliding fee scale)(701) 857-8500  
1015 S. Broadway (Town and country shopping center)

**NCHSC Mental Health Open Access Clinic:**

- In order to get an initial appointment you must come through the walk-in clinic first.

Hours are **Monday-Friday 8:00 AM-3:00 PM.**

Services:

- Counseling
- Psychological testing
- Drug/alcohol evaluation & counseling
- Medication management
- Group counseling
- Youth and family intensive community based team and youth and family community based team services. **After assessment, services are provided involving possible skill trainers, behavior modification, therapist, addiction counselor, or case manager working around the client to offer any services needed.**

Providers:

- Lincoln Coombs, Psychologist
- Alyssa Weber, Psychologist
- Heather Kelley, Psychologist
- Dr. Thomas Eick, Medication management (18+)
- Patty Moos, Medication management (18+)
- Dr. Jallen, Medication management (Any age)
- Dr. Chikkaramanjegowda (18+)

Youth and Family Services staff (Formerly Partnership program):

- Lincoln Coombs, Team Lead
- Lecia Lintvelt, Team Lead
- Brittany Blada, Team Coordinator/Case Manager
- Anatasia Nolt, Case Manager
- Sage Goodman, Case Manager
- Katie Bachar, Team Coordinator/Case Manager
- Jesse Crosby, LAC
- Alyssa Weber, Therapist/Psychologist
- Hayley Turner, Therapist
- Debbie Lee, Skills Integrator
- Oliver Hopkins, Skills Integrator
- Cassie Whitaker, Skills integrator

**Northland Community Health Services (701) 852-4600** 1600 2nd Ave. NW

Accepted insurance: most major insurances, tricare, medicaid & sliding fee scale

Services:

- No Psychological testing available
- Therapy (ALL therapist are trauma trained)
- Medication management
- Medical services
- Dental services
- Case management (screen clients for housing needs/food insecurity)
- Utilize a cancellation list

Providers:

- Laura Larson, MS, LPCC
- Jenny Hills, LICSW
- Jennifer Burman, Medical provider
- Alicja Cebulak, FNP, Medication management

**Northern Plains Children's Advocacy (CAC) (701) 852-0836** 20 1st St SW Suite 202

Accepted insurance: BCBS & medicaid \*care for all clients in need, regardless of ability to pay\*

Services:

- Counseling (all ages) Intake meeting September
- Group Counseling
- Groups starting in September 2022
  - Schedule intake & join group counseling
- Addiction Counseling

Providers:

- Ben Parker, LMSW
- Shari Pister, LMSW
- Jesse Crosby, LAC
- Cassandra Badke, BA, case management for clients

**Trinity Riverside-Mental Health (701) 857-5998**

1900 8th Ave. NE

Services:

- Counseling \*not accepting new patients

- Psychological testing **\*waitlist until March**
- Medication management
- GeneSight DNA medical testing
- **CAPH-Child Adolescent Partial Hospitalization (701) 857-2715**
  - **Located at 420 3rd St. SE**
  - **Waitlist is 6-8 weeks**

Providers:

- Dr. Shana Guilbert, Psychological testing (Ages 2-18)  
**(need a referral from established pediatrician for appointment)**
- Denice Wanner, Therapist (Ages 12 & under)
- Lea Johnson (Ages 13+)
- Julie Hatfield (Ages 7+)
- Liz Larsen (Ages 16+)
- Jenn Woiwode, Medication management (ages 12+)
- Dr. Elizabeth Ohiku (17 and under)- Medication management

**The Village Family Service Center (701) 852-3328** #20 1st Street SW, Suite 250

Accepted insurance:

Services:

- Individual counseling
- Intensive in-home counseling **need referral from case manager/provider or self referral**
- Family counseling
- Utilize a cancellation list for new patients

Individual counseling providers:

- Stephanie Cummins, MS, LPCC
- Brandi Childress, MS, LPC
- Mallory Schaefer, MS, LMFT
- Lorea Watson, LAPC

Intensive in-home counseling providers:

- Tammy Sattler, LAMFT
- Kate Turnbow, MA, LAPC

**Robertson Counseling and Coaching (701) 335-6005** 720 Western Avenue SW

Accepted insurances: BCBS, BCBS medicaid expansion sanford, tricare, UMR, united healthcare. **\*currently does not accept traditional ND medicaid**

Services:

- Counseling

Current providers:

- Benjamin Robertson, LCSW
- Summer Taylor, LMSW
- **Taylor Keller, LPCC \*specialize in adolescent counseling\*waitlist 1-2 months**
- Jennifer Chirinos Costa, LMSW (Bi-lingual, spanish & English speaking)
- Auburn Robertson, LFMT
- **Brandy Childress, LPCC \*specialize in adolescent counseling \*Currently accepting new clients**

**Minot Center for Pediatric Therapy** (701) 837-9801 2201 36th Ave SW, Suite B

Email: [cferdinand@minotcpt.com](mailto:cferdinand@minotcpt.com)

Service: Counseling \*waitlist is June

Current providers: Carissa Cullum Ferdinand, MA, LAPC, NCC \*

- Currently accepts private pay or medicaid for insurance
- In person or telehealth therapy options
- Ask for Kylee for appointments and information

**Rural Psychiatry Associates** (701) 205-3000 315 Main St. Suite 300

Accepted insurance: medicaid, tricare, and other insurances dependent on provider seen.

Services:

- Medication management
- Counseling
- Telehealth option only

**Entwine Counseling Services** (701) 852-1180 600 22nd Avenue Northwest B2 (Northland professional building, near airport)

Accepted insurances: BCBS, Sanford Health, Optum Health Partners, CIGNA, and United.

\*Currently waiting approval for Medicaid (Mid May)

Services: Psychological testing and individual counseling

Current providers:

- Dr. Lisa Keller LPCC, counseling (Ages 13+) and psychological testing (Ages 3+)  
\*Immediate appointments
- Chasity Keller, LCSW, counseling (Ages 3+) \*Immediate appointments

**True Pointe Therapeutics** (701) 858-0888 1425 21st Ave NW Ste C  
To establish or for an appointment send email to [ethuner@gmail.com](mailto:ethuner@gmail.com)

Services:

- Counseling

Provider:

- Erin Thuner

**Pospishil and Associates** (701) 858-0888 1425 21st Avenue NW, Suite C

Services:

- Individual counseling
- Family counseling (all ages)

Providers:

- Charles Pospishil, LICSW

**Serenity Health Solutions** (701) 838-1558

2010 4th Ave NW, Minot, ND 58703

Services:

- Counseling (Age 10+)

Providers:

- Melissa Waind, LCSW, LCAC
- Dr. Lacey Corneliusen, LCSW

**Sunrise Counseling**

900 N. Broadway Street # 110/111 (accepts medicaid)

Services:

- Privately owned counseling practice for mental health

Provider:

- Stacey Berger-Johnson, LPC (children, adolescent age, and adults)

(701) 833-1246

**Independent counselors/Independent medication management providers**

Medication providers:

Karen Tudahl, PMHNP-BC PLLC (701) 394-5026

Services: Psychiatric Mental Health Nurse Practitioner  
24 North Main St Suite E  
Email: [tudahlpmpnhp@gmail.com](mailto:tudahlpmpnhp@gmail.com)

### **Independent counselors:**

Cheryl Vaudt, Counselor **(701) 833-8070**  
Services: Therapy & EMDR 24 Main St. N Suite G

Heather Kippen, Counselor **(701) 839-3909**  
Services: Individual & family counseling services (Trauma-informed)  
24 North Main Street, Suite G

Crossroads Therapy  
Brenna Thompson, PLLC **(701) 369-6082**  
Services: Therapy  
600 22nd Ave NW St 2  
Email: [thompsonbrenna@yahoo.com](mailto:thompsonbrenna@yahoo.com)

Tammy Ness, LCSW **(701)720-8876**  
Services: Therapy services, adult, youth, family, couples (does not accept medicaid)  
104 20th Avenue SW #4  
Website: <http://tammynesslcswpllc.com/>

Discovery Therapeutic Services  
Monica Olson, MS, LPCC (Trauma-informed) **701-248-8315**  
Services: Individual adults, adolescents, group, and family counseling  
315 Main Street South Suite 311 <http://www.dtsminot.com/>

Tara Schaefer-Nygaard  
Services: Individual adults, adolescents, telehealth  
315 Main Street South, Suite 311  
**701-502-6281**

Lea Anna Hughes, LCSW, PLLC **(701) 355-6800**  
Services: Individual, family, and group counseling. EMDR & Trauma focused counseling  
400 E Central Ave #104  
Email: [Leaanna.hughes@gmail.com](mailto:Leaanna.hughes@gmail.com)

Ashley Thiel, DNP, PMHNNP-BC **(701) 389-8736**  
Services: Psychiatric evaluations & Medication management  
24 Main Street North Suite 1

### **Immediate Mental Health Safety Concerns**

**Suicide Prevention Line (800) 273-8255**

**Trinity St. Joseph (3C) (701) 857-2360**

Address: 407 3rd St. SE

- Inpatient Psychiatric Hospital, 3rd floor
- \*Must check into ER first for initial evaluation\*

**First Link (24 hour helpline) Dial 211**

- First link assists people to identify, access, and make effective use of community and volunteer resources 24 hours a day.

### **Pediatricians/Medical**

- Trinity Health (701) 857-5000
- Sanford Health (701) 838-3033
- St. Alexius (701) 858- 1900
- UND Family Practice (701)858-1800
- Minot Health Clinic (701) 837-1551
- Northland Health Center (701) 852-4600
- First District Health Unit (701) 852-1376 801 11th Avenue SW
  - Services: immunizations & health tracks

### **Dental**



- **Dakota Kids Dentistry (701) 839-4440** 2615 Elk Drive #1, Minot, ND 58701
  - Accepts medicaid, BCBS, metlife, delta dental, TDA
  - Ages 1-16
  - Currently only accepting patients **8 or younger**
- **Northland Health Centers Dental (701) 838-3051** 15 2nd Ave SW, Suite 110
  - Accepts most common insurances, tricare, and **medicaid**
  - All ages
- **Olson Family Dental (701)852-4933** 3725 Crossing Street SW Suite B, Minot, ND 58701
  - All ages
  - Accepts medicaid for children

### Vision

- **Eyes on Burdick (701) 852-8807** 1821 W Burdick Expy, Minot, ND 58701
  - Accepts medicaid & most major insurances
  - All ages
- **Johnson Eyecare and Eyewear (701)-857-6050** 1525 31st Ave. SW / Suite
- **Vision Source Minot (701) 852-2020** 1100 N Broadway #110, Minot, ND 58703
- **Sterling Optical - Minot (701) 852-5200** 3220 S Broadway, Minot, ND 58701
- **Century Eyewear & Dr. Jason Bradley (701) 852-5626** 207 Main St S, Minot, ND 58701
- **Dr. Jamie L. Haaland 701-839-5000** 932 37th Ave Southwest Minot, ND, 58701
  - Accepts most common insurances, tricare, and medicaid
  - All ages

### Pediatric Therapies

#### **Sprout Pediatric Therapy (701) 858-1955**

15 1st Ave SE, Minot, ND 58701

Services: Speech language therapy

#### **Minot Center for Pediatric Therapy (701) 837-9801**

2201 36th Avenue SW, Suite B

Services: Occupational therapy, speech therapy, & counseling

#### **Red Door Pediatric Therapy (701) 222-3175**

2080 36th Ave SW Suite 110

Services: Speech therapy, occupational therapy, physical therapy, counseling services, parent/child interaction therapy, and barton tutoring (ages 18 months-16 years)

**Trinity Health-Occupational Therapy (701) 857-5286**

101 3rd Avenue SW, Health Center West

Services: Occupational therapy

**Financial Assistance Resources**

**Project Bee (701) 838-1812**

400 E Central Avenue

Website: [projectbeend.org](http://projectbeend.org)

Services: Emergency shelter, dakota diaper pantry, career closet & basic needs pantry, fresh start shower program, & rental assistance.

**Magic City Blessing Bank (701) 721-8290**

Contact: [mcbb@svunitedway.com](mailto:mcbb@svunitedway.com)

Website: <https://www.svunitedway.com/magic-city-blessing-bank-0>

Services: Program provides personal care items for those in need in our community and schools. Orders are taken by email only.

**Salvation Army (701) 838-8925**

315 Western Avenue

Services: Food pantry, rent and utilities assistance, transportation assistance, prescription assistance, clothing vouchers, back to school backpacks with school supplies, winter coats, holiday food basket

**St. Vincent De' Paul (701) 833-1269**

218 1st Street SE (St. Leo's Church)

Services: Food, rent, utilities, transportation and other basic needs and emergency food pantry

**Ward County Social Services (701) 852-3552**

225 3rd St. SE

Services: Economic assistance (TANF, SNAP, & heating assistance) child protective services, foster care, and in-home services

**Community Action (701) 839-7221**

2020 8th Avenue SE

Services: Self sufficiency, housing programs, and emergency programs

**Minot Homeless Coalition (701) 852-6300**

105 1st Street SE

Services: Rent or deposit assistance, utility assistance, transportation assistance, medication assistance, identification assistance, emergency shelter assistance on rare occasions (they do not have a shelter)

**Parent & Family Resource Center (701) 857-6444**

225 3rd Street SE

Services: Resources & parenting classes

**YWCA (701) 838-1812**

205 3rd Avenue SE

Services: Women's shelter for women and children (boys under age 11) and apartments for rent

**Domestic Violence Crisis Center (701) 852-2258 (701) 857-2200 (crisis line)**

Located at 3900 11th Avenue SE

Services: Safe home, advocacy and assistance with obtaining a protection order, transitional living program, crisis counseling, information and referrals, support groups for children and women

**Youth Mentoring**

**Companions for Children (701) 838-5784**

308 2nd Avenue SW

Services: Youth mentoring program

**Food Pantries**

**Our Lady of Grace Church Food Pantry (701) 852-3002**

Located at 716 16th Avenue SW, Minot

Food pantry **Monday, Tuesday, Thursday and Friday 1:00-4:00 PM**

**Peace Lutheran Church Food Pantry (701) 852-3880**

Located at 521 Davis Street, Burlington

Food pantry **(Only first Monday of the month 7:00-8:00 PM)**

**Salvation Army (701) 838-8925**

Located at 315 Western Avenue, Minot

Food pantry

**Monday, Wednesday, and Friday 10:00-12:00 and 1:00-3:00 PM**

**The Lord's Cupboard (701) 839-1990**

Located at 1525 Burdock Expressway, Minot

Food Pantry serving Ward County residents

**Monday, Wednesday, and Friday 11:00 AM-2:00 PM**

**Tuesday's 5:30-7:30 (November 2nd-December 14th)**