

# Mental health resources in Rice County

Police/Medical Emergency 911

HOPE Center 1-800-607-2330 (Sexual and domestic violence)

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

## LICENSED PROVIDERS - FARIBAULT

### Allina Mental Health – Faribault

100 State Ave., Faribault

507-334-3921 • 507-384-4575 (Fax)

Website: [www.allinahealth.org/Health-Conditions-andTreatments/Mental-health](http://www.allinahealth.org/Health-Conditions-andTreatments/Mental-health)

Providers:

Kate Swanson, LICSW (Mental Health Consultant)

Lisa Walker, LICSW (Mental Health Consultant)

Beth Drewitz, PsyD, LP

David Kuehl, PsyD, LP

Amy Strait, PsyD, LP

Paige Noel, ED SW

Services: outpatient mental health services for established Allina Health 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: [www.cedarhouseinc.com](http://www.cedarhouseinc.com)

Provider:

Tamara Domazet, MSW, LICSW

Services: 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 and United Health Care

### Clear Path Counseling, LLC

418 Heritage Place

507-491-2652 • 507-299-0723 (Fax)

Email: [clearpathcounselingllc@gmail.com](mailto:clearpathcounselingllc@gmail.com)

Provider: Susan Warring, MSW, LICSW

Provides evening hours and has the ability to provide telehealth. Worked in the social service field since 2007. I have experience working with anxiety, depression, trauma, domestic violence, LGBTQIA, grief and loss, couples therapy, life transitions, severe and persistent mental health concerns, stress and anger management, parenting concerns, and those with health concerns.

Accepted Insurance: Most insurances accepted.

### Faribault Medical Center Allina Mental Health PHP & Day Treatment

200 State Ave.

507-497-3600

Fastest referral: Mental Health & Addiction line at 866- 603-0016 (24/7)

Providers:

Lisa Malecha, LPCC – Supervisor/Therapist  
Matt Anderson, LADC/Pre-LPCC – Therapist  
Mackenzie Eckman, LICSW – Therapist  
Andrea Kraus, Pre-LICSW – Therapist  
Linda Zarrett, CNS – Psychiatry Provider  
Danielle Dolan, NP – Psychiatric Nurse Practitioner  
Kendra Trump, BSN, RN, PMH-BC, PHN (Registered Nurse)  
Nimco Abdullahi, Program Assistant  
Emily Keck, Program Assistant  
Noah Skemp, Program Assistant

Serving adolescents and adults across both levels of service.

Partial Hospitalization Program: Monday through Friday, Adults: 9 AM – 2:45 PM / Adolescents: 9:45 AM – 3:15 PM (with optional school before 9:45, including summer school for credit recovery). Patients attend in-person only. 15-day partial programs directed by psychiatric professionals in a group therapy environment to help prevent and reduce hospitalization and support patients in their home environments. Adult patients have psychiatric care 2x per week, while adolescents receive psychiatric care 3x per week.

Day Treatment: Tuesday, Wednesday and Thursday, Adults: 9 AM – noon/Adolescents: 12:30 – 3:30 PM. Patients attend in-person only and need to attend 3 days per week. Assists patients in overcoming obstacles that interfere with daily living through daily process and psychoeducation to stabilize and improve mental health while establishing community-based supports. (No psychiatric or nursing care available).

### **Fernbrook Family Center**

410 Central Avenue (Enter Door 408)

507-331-3454 • 651-925-0337 (Fax)

Providers:

Liz Cronin, MS, LPCC  
Carolyn Schugel, CT – Outpatient Therapy

SBMH Therapists:

Melayna Kettner – Spring Creek Elementary School  
Kennedy Todd – Bridgewater Elementary School  
Melissa Kaderlik – Greenvale Park Elementary School  
Marit Kylo Peters – Northfield Middle School  
Miranda Jackson – Northfield Middle School  
Mandi Toegel – Northfield High School  
Becca Washa – Discovery School  
Pepper Clemmensen – Nerstrand Elementary School

Services: Adult Mental Health Rehabilitation Services (ARMHS), Children’s Therapeutic Support Services (CTSS), School Based Mental Health Services (SBMH), and Adolescent Day Treatment Services. Adolescent Day Treatment program is geared toward youth ages 12-18. The program is 5 days/week year-round from 8 – 11 AM.

Offers diagnostic assessments, crisis planning, outpatient individual, family, and group psychotherapy to all ages. ARMHS and CTSS offer in-home individual, family (CTSS only), and group skills training.

Accepted Insurance: We accept all insurance.

### **Fountain Centers**

301 NW Fourth Street

507-334-6413 • 507-377-6443 (Fax)

Website: [www.mayoclinichealthsystem.org/locations/faribault/services-and-treatments/addiction-treatment](http://www.mayoclinichealthsystem.org/locations/faribault/services-and-treatments/addiction-treatment)

Provider:

Joan Kindem, LSW

Offers a range of outpatient services for adults and adolescents experiencing alcohol and drug problems. Brief screenings available for individuals or family members questioning what step to take next and a comprehensive chemical use assessments to determine the appropriate level of care.

Accepted Insurance: No information provided.

**HealthFinders Collaborative**

1415 Townsquare Lane

507-323-8100

Website: <https://healthfindersmn.org>

Provider:

Maritza Navarro, MSW, LGSW

Provides 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 provided in Northfield and Faribault Clinics.

Offers a Medication Assisted Treatment (MAT)/Suboxone clinic for opioid use disorder. Call to schedule an appointment or with questions about MAT. Interpreters available for Spanish-speaking patients.

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 Ave. N.

507-475-4721 • 507-323-8204 (Fax)

Email: [drhb@healthybalancepsychology.com](mailto:drhb@healthybalancepsychology.com)

Website: [www.healthybalancepsychology.com](http://www.healthybalancepsychology.com)

Provider:

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 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 and UCare

**Healthy Minds Counseling Services**

418 Heritage Place, Suite C

507-412-1468 • 507-331-8677 (Fax)

Website: [www.healthymindscounseling.com](http://www.healthymindscounseling.com)

Provider:

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 and United Healthcare

**Jon Walser-Kuntz Consulting**

109 N. Central Ave.

Mailing Address: 501 Nevada St., Northfield

507-301-8625 • 507-664-0766 (Fax)

Provider:

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 and UCare

**Lighthouse Psychological Services, Inc.**

625 Third Ave. NW

507-400-3001 (Kimberley) • Email: [khass@lighthousepsych.org](mailto:khass@lighthousepsych.org)  
507-720-8438 (Sadie) • Email: [swatts@lighthousepsych.org](mailto:swatts@lighthousepsych.org)  
507-384-3791 (Sam) • Email: [spieper@lighthousepsych.org](mailto:spieper@lighthousepsych.org)  
763-780-3306 (Fax)  
Website: [www.lighthousepsychmn.org](http://www.lighthousepsychmn.org)

Providers:

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 offers a sliding fee to those who qualify.

### **Midwest Recovery**

303 First Ave. NE, Suite 365  
507-225-0201 • 612-444-3292 (Fax)  
Website: [www.midwestrecovery.org](http://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 First Ave., Suite 220  
507-332-8082  
Website: [www.ndccmn.com](http://www.ndccmn.com)

Provider:

John DeFrancisco, MS, MA, LP, ATR-BC, CTS

Services include child, adolescent, adult, family, and couples. Hours: Monday – Friday, 8 AM – 7 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 Fourth 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.

Provider:

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 Ave., P.O. Box 431  
Second location: 416 Heritage Place  
507-491-4848 • 507-323-8141 (Fax)

Email: [misty@strongfoundationscounseling.com](mailto:misty@strongfoundationscounseling.com)

Website: [www.strongfoundationscounseling.com](http://www.strongfoundationscounseling.com)

Providers:

Mistyne Zacharias, LMFT  
Nancy Paulson, LMFT  
Hollis Wunderlich, LPCC  
Brenda Oja, LPCC

Helps individuals, couples and families improve the quality of their lives and promote positive change in relationships. Use 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: All major insurance providers.

## LICENSED PROVIDERS - NORTHFIELD

### Allina Mental Health – Northfield

1400 Jefferson Road  
507-663-9000 (Press 5) • 800-272-0508 • 651-241-0755 (Fax)  
Website: [www.allinahealth.org/Clinics/Allina-HealthNorthfield-Clinic](http://www.allinahealth.org/Clinics/Allina-HealthNorthfield-Clinic)

Providers:

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)  
Jamie Wiebe (Mental Health Consultant)  
Meghann Malecha, DNP APRN CNP  
Marti Barck, APRN, PMHNP-BC (Medication Management)  
Kimberly Szajner, PsyD, LP (Therapy)

Offers a range of outpatient mental health services for established Allina Health patients of all ages (adults, children, and adolescents). 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 to contact their insurance company to ensure best coverage.

### Casey & Associates

220 S. Division St.  
507-650-4127 • 507-650-9261 (Fax)

Provider:

Mary Casey, MA, LP

Offering individual therapy for children and adolescents and adults as needed; psychological education/parent education and support; 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>

Provider:

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 , shopping, cooking and nutrition), employment skills, in-home individual psychotherapy, group psychotherapy.

Accepted Insurance: Medical Assistance (MA)

### Center for Healing and Resilience

220 Division St. S.  
507-210-4984

Email: [dr.dorothee.ischler@chr-northfield.com](mailto:dr.dorothee.ischler@chr-northfield.com)

Provider:

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. EMDR certified and 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 St., 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/>

Providers: 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

### **Clarity Mental Health Clinic**

Website: <https://getclarity.clientsecure.me/#about>

Provider:

Jill Hansen, MN, PMHNP, FN

Private outpatient psychiatric service. Double board-certified in psychiatry and family practice, with almost 20 years of experience caring for patients. Provides comprehensive psychiatric evaluations and medication management to children, adolescents, adults, and older adults. In-person community-based visits and telehealth visits are available.

Accepted Insurance: In-network with many insurance companies; cash-pay is also an option.

### **Create Meaning**

507-350-7785

Website: [www.createmeaning.org](http://www.createmeaning.org)

DBT Video: [www.youtube.com/watch?v=Stz--d17ID4](http://www.youtube.com/watch?v=Stz--d17ID4)

Provider:

Dayne Bartlett, MSW, LICSW, LADC

Intensively trained and provide the DBT model developed by Marsha Linehan and her institute Behavioral Tech. Provide the full adherent model which includes weekly individual therapy, skills group, 24/7 coaching calls, and consultation group for the therapist. 4 years of experience providing DBT. Much experience working with substance use disorders and targeting these types of behaviors in DBT. Telehealth only

Accepted Insurance: Private/commercial insurance and self-pay.

### **Dimick Counseling, Inc.**

105 E. Fourth Street, Suites 303/304

Website: [www.dimickcounseling.com](http://www.dimickcounseling.com)

Providers:

Dan Dimick, MDiv, MA, LP, LMFT: 507-301-9700

Andy Dimick, MSW, LICSW: 507-301-8065

Angie DeNardo Meagher, LPCC Individual/couples/family therapy: 507-581-2583

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**

20 Division St.

507-724-8353

Email: [elainenesbit@wellbeingnorthfield.com](mailto:elainenesbit@wellbeingnorthfield.com)

Website: <https://elaine-nesbit.clientsecure.me>

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 St., Suite 225

507-319-8457

Counseling and psychotherapy with individuals. Trauma and attachment work, including Eye Movement Desensitization and Reprocessing (EMDR–Level 2) and Somatic Experiencing (Practitioner). Sand play and In Touch Again multisensory work for attachment repair.

Accepted Insurance: Self-pay only.

**Elsa Kraus, MS, LMFT**

912 First Street W.

715-350-6771

Licensed Marriage and Family Therapist who helps clients (individuals, couples, and families) heal from trauma, addiction, and strengthen identity and relationship to self and others. Accepted Insurance: Rate is \$150. Itemized receipt provided for reimbursement from insurance companies.

**Erin Barnett, MA, LPCC**

108 3rd Street E.

507-403-9510

Works primarily with adults and late adolescents on an individual basis; also offers couples counseling. Style with clients is collaborative and relatively informal. Together we identify the thought and behavioral patterns that are no longer serving the client. 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

**HealthFinders Collaborative**

706 Division St.

507-646-896

Website: <https://healthfindersmn.org>

Provider:

Maritza Navarro, MSW, LGSW

Provides 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 provided in Northfield and Faribault Clinics.

Offers a Medication Assisted Treatment (MAT)/Suboxone clinic for opioid use disorder. Call to schedule an appointment or with questions about MAT. Interpreters available for Spanish-speaking patients.

Accepted Insurance: Medical Assistance plans, including Blue Plus and UCare. Those without insurance are able to receive services as well.

**Jon Walser-Kuntz Consulting**

203 Third St. W, Suite 1  
Mailing Address: 501 Nevada St., Northfield  
507-301-8625 • 507-664-0766 (Fax)

Provider:

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 and UCare

**Mary Fiebiger, MS, LP**

105 4th Street E., Suite 302  
507-664-9566 • 507-301-1159 (Cell)

Adolescents, adults, children ages 7 and up, and couples.

Accepted Insurance: No information provided.

**Millenacker Psychological Services, LLC**

401 Division St. S., Suite M  
507-645-7775 • 612-703-6648 (Cell)

Provider:

Michelle M. Millenacker, Psy D, LP

Clinical and forensic psychologist offering services which include therapy, custody evaluations, mediation, psychological evaluation and parenting consulting

**Accepted Insurance: No information provided**

**MN Mental Health Consulting**

400 Washington St., Suite 229  
507-222-9230

Website: [www.mnmentalhealthconsulting.com](http://www.mnmentalhealthconsulting.com)

Provider:

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. Fifth Street #207  
507-301-6741 • 507-517-3492 (Fax)

Website: [www.mhtherapymn.com](http://www.mhtherapymn.com)

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, third floor  
507-581-5920

Email: [info@grouptherapycentral.com](mailto:info@grouptherapycentral.com) (Jenni)

Email: [dr.laurie.j.page@gmail.com](mailto:dr.laurie.j.page@gmail.com)

Email: [dr.nate.w.page@gmail.com](mailto:dr.nate.w.page@gmail.com)

Website: [www.northfelddynamictherapy.com](http://www.northfelddynamictherapy.com)

Providers

Laurie Page, PhD, LP

Nate Page, PhD, LP, CGP

Madison Peton, MSW, LGSW

Tracy Brottem, MA

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: Considered "out-of-network" providers for all health insurance companies and don't have any contracts with insurance companies. Contact your insurance provider to ask about your out of network benefits.

### **Red Pine Therapy**

101 5th Street E., Suite

201 507-321-0995

Website: [www.redpinetherapy.net](http://www.redpinetherapy.net)

Provider:

Phillip Tarmann, MA, LPCC, LAD

Individual therapy for adults and adolescents over 16. Work on anger difficulties, anxiety/stress, burnout, depression, men's issues, relationship patterns or substance abuse issues. Work with First Responders including corrections, emergency services, fire and law enforcement. Accepted Insurance: Aetna, Blue Cross Blue Shield, Carenton Behavioral Health, Cigna, HealthPartners, Hennepin Health, Lyra Health (EAP), Medica, Quest Behavioral Health, Ucare, UMR and United Healthcare

### **River Valley Behavioral Health**

158 Water Street N. Suite 3

507-540-0584

Website: [www.rivervalleybhwc.com/northfield](http://www.rivervalleybhwc.com/northfield)

Providers:

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

Integral care from a multidisciplinary perspective tailored to optimize individual personal health and wellness. Experienced, licensed psychologists and mental health therapists, psychiatric/medication providers, and nursing support. 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: [www.securebasecounselingcenter.com/](http://www.securebasecounselingcenter.com/)

Mental medication management services 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

Providers:

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, family and 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 5, 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. Fourth Street, Suite 302  
612-532-6741

Therapeutic services are offered for pre-school and elementary age 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 insurance

**Stacey Klempnauer, MSW, LICSW**

400 Washington St.  
507-645-0444

Website: <http://northfieldtherapist.com>

Therapy services to adults age 20+, and couples. Focus 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**

313½ Division Street, Suite 202  
612-886-4940

Website: <https://thenorthfieldtalkdoctor.com>

Provider:

Christi Bostwick, PhD, LP

Services 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 support system including teachers, school administrators and physicians. Conversational in-service programing for teachers and school administrators for all areas of child and adolescent development treated in clinic.

Accepted Insurance: No insurance accepted. HSAs, FSAs and all forms of payment.

**Unlimited Roads Behavioral Health**

600 Professional Drive #8  
507-879-5002 • Fax: 507-301-3292  
Website: [www.unlimitedroadsbh.com](http://www.unlimitedroadsbh.com)

Provider:

Dan Watts, DNP, APRN, PMHNP-BC

Offers psychiatric care for adult clients, including medication management, talk therapy, and treatment for substance use disorders. Encourage/educate clients on lifestyle changes to create better health outcomes/ Available for psychopharmacology consultations and can usually see new clients within a few weeks.

Accepted Insurance: I accept most insurances, including Medicare and Medicaid

## **LICENSED PROVIDERS – MONTGOMERY/LONSDALE AREA**

### **Congruency Psychotherapy, LLC**

9733 Kent Ave., Montgomery

612-227-9310

Providers:

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.

### **Inspire Services, LLC**

32298 State Hwy 13, Montgomery

507-516-5625

Website: [www.inspireservicesllc.com](http://www.inspireservicesllc.com)

Providers:

Dannette Meeks-Hull, LICSW, C-DBT, CCTP-II

Devin Thorson, MS, LPCC, LADC

**Heather Petersen, MSW, LGS**

McKenzie Lorentz, MSW, LGSW

Molly Johnson, MSW, LICSW, LADC

Stephanie Larson, MSW, LICSW

Serve individuals, couples, family therapy, DBT, ARMHS, psychological evaluations, mental health assessments, co-occurring programs, SUD assessments/treatment, peer recover support, MNSure navigator services, and an insulin assistance program. We also have Community Residential Settings.

Accepted Insurance: MA and most major insurances.

---

### **Healthy Community Initiative**

1651 Jefferson Parkway, Suite 128

Northfield, MN 55057

*Healthy Community Initiative provides this list and does not endorse specific providers • Corrections or additions? Contact Ashley Gardner at [directoryupdates@hci-mn.org](mailto:directoryupdates@hci-mn.org)*

*Revised 1/30/26*