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

Belmij 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.bemidjaareaprogramforrecovery.com

Beltrami Area Suicide Prevention Program, a program of Evergreen Youth & Family Services
Stephanie Downey, Suicide Prevention Coordinator  218-444-4565  sdowney@evergreenyfs.org
Contact Stephanie if interested; For those who have lost a friend or family member to suicide
622 Mississippi Ave., Bemidji, MN  www.evergreenyfs.org

Bemidji State University Student Center for Health and Counseling  755-2053
For enrolled students
Larry Hanus, MA, LP  lhanus@bemidjistate.edu
Jennifer Pirkl, MSW, LICSW  jpirkl@bemidjistate.edu
1500 Birchmont Drive, Box 42 (Cedar Hall, 1st Floor)
Bemidji, MN 56601  www.bemidjistate.edu/students/services/health_counseling

Bemidji State University Disabilities Services
Tim Boyer, Director  755-2146  tboyer@bemidjistate.edu
Christopher Hoffman, Assistant Director  755-2539
Office 200, Sanford Hall, 1500 Birchmont Drive
Bemidji, MN 56601  www.bemidjistate.edu//student/services/disability

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
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 701-732-2500
Psychiatrists: Thomas Peterson, M.D., Matthew Pitera, M.D., Muhammed Azar, M.D.
Tim Peterson, M.D., Board-Certified Family Physician, Psychiatry Residency
Lori Brownshield, Nurse Practitioner
Office at Stellher Human Services, call the Grand Forks office to schedule
516 Beltrami Ave., Bemidji, MN 56601 www.centerforpsychiatriccare.com

Claire Rafferty, LICSW 444-6162
Outpatient therapy
403 4th Street NW, Suite 110
Bemidji, MN 56601

Community Behavioral Health Hospital
Larry Loudon, Administrator
218-316-3105 (Baxter); 218-308-2400 (Bemidji) www.dhs.state.mn
800 Bemidji Avenue, Bemidji, MN 56601
Central Pre-Admission: 1-866-966-BEDS

Counseling Services of Bemidji www.csbemidji.com
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

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

Evergreen Youth and Family Services
Free Counseling for youth up to age 22 and parents www.evergreenhouse.org
Family Intervention, 751-4223 (24-hour hotline)
Liz Letson & Megan Busiahn, MS, LPC, Youth and Family Counselor, 751-8223
(Drop-in) 610 Patriot Drive NW/ (Shelter) 622 Mississippi Ave. /PO Box 662, Bemidji, MN 56619
Great River Psychological Services  218-444-6912 (P), 218-444-6937 (F)
Outpatient therapy
Jean Christensen, PsyD, LP, LICSW
Michael Hill, PhD, LP
403 4th St NW, Ste. 245, Bemidji, MN 56601

Heartbeat Suicide Loss Survivor Support Group
Meets the second Tuesday of every month 7 pm-8:30 pm
Contact Stephanie Downey at 218-441-4565 with questions
610 Patriot Drive NW, Bemidji, MN www.evergreenyfs.org

Hope House Community Support Program  218-444-6748
Available through the crisis line 24 hours/day, seven days/week  1-800-422-0045
Serving people with long-term mental health needs and their families
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.
Therapeutic services for adults and adolescents, including EMDR therapy
Contact: Jody Anderson, (218) 444-3161
contactus@getintegrative.com
819 Paul Bunyan Drive South  www.getintegrative.com
PO Box 639
Bemidji, MN 56619

Journey, Inc. Adult Foster Care, Consultation, and Community Services
Contact: Gloria Rixen, MS, Diane Sauer, MA  218-333-8930
PO Box 845  journey@paulbunyan.net
Bemidji, MN 56619

Lakes Region Chemical Dependency
Chemical dependency outpatient treatment
Contact: Jenni at 218-444-5740  lrcdjennim@paulbunyan.net
1510 Bemidji Ave. N, Suite 13
Bemidji, MN 56601

Lindell Consulting, LLC, Private Mental Health Service
Dr. Tammi Lindel, DNO, APRN  Family, Geriatric & Primary Mental Health Practitioner
Phone: 218-444-3151-Office  Fax: 218-444-3921
705 5th ST 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)  
Contact: Jim Aakhus, 218-214-1681 for monthly meeting times  
gymaakhus@gmail.com  
NAMI Connection Support Group: Mondays, 5:30-7:00 pm, United Methodist Church, 902 Beltrami Ave NW, Contact Heather 763-439-1315 for information

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, MSEd, LP  218-759-2825  
403 4th St NW, Suite 110, Bemidji, MN 56601

North Homes, Inc. Providing outpatient therapy 218-751-0282  
Kim Anderson, Director  
Eric Nance, MSW, LISCW, Michelle Monerson, PsyD, LP, Colin Heglund, MA, LP, Lisa Riggs, MSN, RN, CNP  
Kathy Faver, MSW, LICSW,  
bill.faver@northhomes.org  
Bill Faver, MA, LP  
4225 Technology Dr. NW, Bemidji, MN 56601  
www.northhomesinc.org

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.com

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

Sanford Medical Center 218-333-5000  
Pain Management/Behavioral Health Department  
Danae Lund, PhD, Pam Samson, PhD, LP  
pamela.samson@sanfordhealth.org  
www.sanfordhealth.org  
1233 34th Street NW, Bemidji, MN 56601  
Telehealth: Jagan Jakkula, M.D., Psychiatrist based in Thief River  333-5111  
Behavioral Health Triage Therapist, Outpatient Clinic  
Pam Skon, 333-2582  
pamela.skon@sanfordhealth.org  
1611 Anne Street, Bemidji, MN 56601
Senior Behavioral Health Unit
Inpatient mental health services
William Stoner, Director For intake, call 333-0323
800 Bemidji Ave, Bemidji, MN 56601

Sound Off- Combat Veteran’s Support Group
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; Chris, 444-0079
Includes beds for people in crisis
718 15th Street
Bemidji, MN 56601

Stellher Human Services, providing outpatient therapy
Nancy Nelson, Director
TXT4Life Coordinator Stephanie Downey 766-1114
P.O. Box 430, 519 Anne St. NW, Suite B
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
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

Upper Mississippi Mental Health Center, Mobile Crisis Team & Access Clinic
Paul Nistler, Director
Cindy Berget, Crisis Team
Contact: Main desk 218-751-3280 www.ummhc.mn
722 15th Street, Bemidji, MN 56601
**Veteran’s Support Group**  218-755-6360
Open to any combat veteran (Wednesday, 4:30-6 pm)  grant.bauer@va.gov
VA Clinic, 5th Street, Bemidji
Contact: Grant Bauer, MSW, LICSW

**We Care Connections**  218-209-8007
Integrative medicine
Catherine Morud, Nurse Practitioner  morud@paulbunyan.net (personal)

**Wellness in the Woods**  WRAP training and other mental health supports for rural MN
Contact: Jode Freyholtz-London 1-218-472-3091  mnwellnessinthewoods@gmail.com
http://Wellness-In-The-Woods.info

**Wildgen, Wilimek and Associates**  218-751-0887, outpatient therapy and prescribing
Mark Wildgen, Mark Haugen, John Parkin, Miriam Tell, Robin Hewitt
Jay and Geri Wilimek 444-6260
1526 30th Street NW, Bemidji, MN 56601

**Woodvale Psychological Services, outpatient therapy**
Eric Graham, MS, LP  218-586-4057  egraham@paulbunyan.net
403 4th Street NW, Suite 110
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.