

Basic Needs Resource Guide

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Employment

Vocational Rehabilitation - Brookings Office offered at South Dakota Department of Human Services

1310 Main Avenue, S., Suite 102, Brookings, SD 57006

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 688-4280

Eligibility: . Individuals with a disability, i.e. a physical or mental impairment which constitutes or results in a substantial impediment to employment,

. Individuals that can benefit from vocational rehabilitation services in achieving an employment outcome;and

. Require vocational rehabilitation services to prepare for, enter, engage in, or retain gainful employment.

Helps individuals with disabilities to gain and maintain compatible employment in an area of their choice. Services include vocational counseling and guidance, vocational assessments, training opportunities, on-the-job training, work site accommodations, and job placement services.

Job Service Office offered at South Dakota Department of Labor and Regulation

1310 Main Avenue S., Suite 103, Brookings, SD 57006

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 688-4350

Eligibility: Call for information

Assists job seekers to apply for positions for which they are qualified and provides job search assistance classes. Computers are available for conducting job searches and applying online. Workforce training is an employment and training program designed for adults and youth to increase their skills that may result in employment and higher pay.

Adult Education and Literacy offered at Lake Area Technical College

1310 S. Main Avenue, Suite 112, Brookings, SD 57006

Website: <https://www.lakeareatech.edu/academics/adult-education-literacy/>

Hours: 8:30am - 4:00pm (CT), Monday, Tuesday, Thursday 9:00am - 4:00pm (CT), Wednesday 8:30am - 12:00noon (CT), Friday

Phone: (605) 688-4370

Eligibility: Those who read below an 8th grade level, do not have a high school diploma and are not enrolled in a secondary school. Adults 18 years or older 16 & 17 year olds that are approved for Alternative Instruction (home schooled)

Provides adult basic education for those earning their GED, looking to brush up on basic math, science or English skills, and or receive ESL classes for those learning English. The purpose is to expand the educational opportunities for adults.

Disability Employment Services offered at Advance

1303 Trail Ridge Road, Brookings, SD 57006

Hours: 9:00am - 5:00pm (CT), Monday - Friday, or based on client need.

Phone: (605) 696-5264

Eligibility: Must be eligible for Vocational Rehabilitation and have a qualifying disability. Private pay is optional, contact for more details.

Helps people with disabilities develop the skills needed to find and maintain employment. Services are individualized for the client. Common services include:

- Occupational development
- Guidance
- Consultation
- Mock interviews
- Resume and cover letter creation
- Assistance with applications
- Follow-up contact
- Information pertaining to workplace earnings and the impact on Social Security benefits, Medicare, and Medicaid.
- Vocational evaluations
- Occupational interest surveys
- Independent living evaluations
- Short-term internships
- On site job coaching and/or assessment
- Basic social skill development
- Cultural awareness
- Transitional support into the workplace for students and young adults
- Specific job and task analysis
- Guidance for accommodations and adaptive equipment

Individuals are referred to Career Advantage by the Division of Rehabilitation Services (DRS), commonly referred to as Vocational Rehabilitation (VR), State Services for the Blind & Visually Impaired (SBVI), local School Districts, as well as friends and family members.

Career Advantage is also used as a local resource for businesses who may have disability employment questions, may be seeking guidance on best practices, approaches, accommodations, adaptive equipment, or may be looking to hire additional employees. Functional assessments are available for on-site testing, and disability training for staff is a service available by special request.

Disability Support Services offered at Advance

301 Division Avenue, Brookings, SD 57006

Hours: Main Office - 8:00am - 5:00pm (CT), Monday - Friday. Residential Services provided 24 hours a day / 7 days a week.

Phone: (605) 692-7852

Eligibility: Must have a developmental disability that was manifested before the age of 22.

A community support provider offering services to individuals with disabilities in the areas of:

- Residential services
- Day services
- Medical services
- Personalized support plan, to help with attaining desired dreams and goals in the areas of:
 - Home
 - Work
 - Community
- Career Advantage program

Project SEARCH offered at Brookings School District

Larson Commons 103D, Box 2806, Brookings, SD 57007

Hours: 7:30am - 3:30pm (CT), Monday - Friday

Phone: (605) 688-4407

Eligibility: Students who have completed all academic requirements for graduation from high school may apply for enrollment in Project SEARCH. Participants must be 18 - 21 years old.

A business-led transition program for students with disabilities. Students who want to work have the chance to explore careers and develop transferable job skills. The goal of the Project SEARCH program is competitive employment for each intern.

Designed as an internship program, Project SEARCH affords students the opportunity to put employability skills into practice. For five days a week, students report to the host business (SDSU) and learn employability skills in the classroom and job skills while participating in targeted internships. Through Project SEARCH they receive support with accommodations, adaptations, and on-the-job coaching.

Education and Integration Services offered at Southeastern Behavioral Healthcare

500 E. 54th Street N., Sioux Falls, SD 57104

Hours: Special Education and Adult Day services: 9:00am - 3:00pm (CT), Monday - Friday

Phone: (605) 335-8956

Eligibility: Individuals must have a diagnosis of a developmental disability to access HCBS Funding. Children or adults who do not meet HCBS funding criteria can receive services if there is another funding source such as a local school district. Provides services and supports to children and adults with developmental disabilities by providing support, skills and encouragement needed to achieve hopeful and successful futures.

Services provided to program participants include:

- Special education
- Adult day programs
- Vocational programs
- Home-based instruction
- Residential living facilities
- Consultations
- Psychiatric services
- Medication management
- Counseling
- Transition Program

Sioux Council offered at Boy Scouts of America

800 N. West Avenue, Sioux Falls, SD 57104

Website: www.siouxcouncil.org **Email:** sioux.council@scouting.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 361-2697

Eligibility: Vary by program, see description

For local membership information, go to www.beascout.org

Lions: for youth in kindergarten and is an introduction to Cub Scouts.

Tiger Cubs: for youth who are in the first grade, with an adult member of their family. The program calls for equal participation from the child and adult. Tiger Cubs stress fun, activity, and relationship building between the child and adult, as well as members of the Tiger Cub group.

Cub Scouts: for youth in the 2nd - 5th grades and features age-appropriate activities and projects that involve the family and builds the youth's self-esteem, leadership, and values.

Scouts BSA: for youth 6th - 12th graders and introduces initiative and independence.

Venturing: for young men and women 14 and older. The programs are outdoor and high adventure oriented, often with church youth groups as sponsors.

Career Interest Exploring: available to young men and women in middle school through 21 years of age. Exploring gives young people a chance to explore careers in medicine, animal care, law enforcement, computers, engineering, etc. and other special interests or hobbies.

SD Deaf Resource & Outreach Programs offered at Communication Service for the Deaf, Inc.

524 N. Sycamore Avenue, Suite 2, Sioux Falls, SD 57110

Website: sddrop.org **Email:** Programs@sddrop.org
Hours: 11:30am - 4:00pm (CT), Monday - Thursday, other hours by appointment
Phone: (605) 362-2618

Eligibility: Open to individuals who are deaf or hard of hearing, family members, service providers, community members, and/or teachers of deaf or hard of hearing persons
Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

South Dakota Rehabilitation Center for the Blind offered at South Dakota Department of Human Services

2900 W. 11th Street, Suite 101, Ste 101, Sioux Falls, SD 57104

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 367-5260

Eligibility: Individuals who have a vision loss creating difficulty for them at home or work. Individuals are referred by a rehabilitation counselor or teacher.

The SD Rehabilitation Center for the Blind assist individuals to learn how low vision or non-sighted skills can enhance to improve independence.

Job Corps offered at Human Learning Services (HLS)

517 W. 10th Street, Sioux Falls, SD 57104

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (800) 733-5627

Eligibility: Youth ages 16 - 24 years old, income qualified or receiving public assistance

A residential education and vocational training program that is available at no cost to qualified youth ages 16 - 24. Provides training toward a GED or high school diploma and a skilled trade.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation

811 E. 10th Street, Dept. 41, Sioux Falls, SD 57103

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 759-6149

Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years

Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance; financial support for education training and job placement; emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

Teachwell Solutions

715 E. 14th Street, Sioux Falls, SD 57104

Website: <http://teachwell.org> **Email:** info@teachwellsolutions.org

Hours: 7:30am - 4:00pm (CT), Monday - Friday

Phone: (605) 367-7680

Eligibility: Referral required

Provides employment and independent living skills to young adults, ages 18-21, with disabilities who require assistance and support while pursuing transition goals and objectives. Job and Career Development - offers a number of supports to career-bound high school students and adults seeking employment.

Service to the Blind and Visually Impaired - Sioux Falls offered at South Dakota Department of Human Services

811 E. 10th Street, Department 22, Sioux Falls, SD 57103

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 367-5330

Eligibility: Must be blind or visually impaired and want to obtain or retain employment.

State agency that works with individuals who are blind and or visually impaired in the area of employment and independent living. Services are available if applicants meet eligibility criteria, some services are based on economic need.

Liaison Services offered at South Dakota Network Against Family Violence and Sexual Assault

2520 E. River Ridge Place, Suite 200, Sioux Falls, SD 57103

Hours: Call for information

Phone: (800) 670-3989

Eligibility: Individuals with a disability, who have been sexually assaulted

Types of services provided:

- Case management
- Civil legal advocacy (protection orders, accompanying to court hearings)
- Civil legal assistance (provided by attorney or paralegal)
- Criminal justice advocacy/ court accompanying
- Crisis intervention
- Employment assistance (job training, coaching, supported or sheltered employment)
- Forensic exam assistance (provided by nurse or forensic examiner)
- Hospital/clinic accompanying
- Language services (interpreters and translators)
- Long term Care (assist with connecting to services for daily needs)
- Peer Support connections
- Personal Planning (assist victim/ survivor with goal-setting and develop plans to accomplish)
- Respite (connect to short term care to victim/survivor to relieve primary caregiver)
- Transportation
- Victim/Survivor advocacy (actions designed to assist victim/survivor in obtaining support, resources or services, including housing, employment shelter services, health care, victim's compensation, etc.)

Career Launch SD offered at South Dakota Department of Labor and Regulation

123 W. Missouri Avenue, Pierre, SD 57501

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 773-3681

Eligibility: High school students and youth ages 14-24

Helps youth ages 14-24 explore education and career options.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation

221 S. Central Avenue, Suite #33, Pierre, SD 57501

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 494-3608

Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years

Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance;financial support for education training and job placement;emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

National Farmworker Jobs Program offered at South Dakota Department of Labor and Regulation

730 E. Watertown Street, Rapid City, SD 57701

Hours: 7:30am - 4:00pm (MT), Monday - Friday

Phone: (605) 394-5120

Eligibility: Individuals and families who have done any farm or ranch work in the last 2 years

Depending upon availability of funds, provides farm or ranch workers assistance with on the job training assistance, job search/placement assistance;financial support for education training and job placement;emergency financial services such as, but not limited to rental assistance and transportation costs, daycare expenses, tools, uniforms.

Liaison Services offered at South Dakota Network Against Family Violence and Sexual Assault

816 6th Street, Suite 100, Rapid City, SD 57701

Hours: 24 hours a day / 7 days a week

Phone: (800) 670-3989

Eligibility: Individuals with a disability, who have been sexually assaulted

Types of services provided:

- Case management
- Civil legal advocacy (protection orders, accompanying to court hearings)
- Civil legal assistance (provided by attorney or paralegal)
- Criminal justice advocacy/ court accompanying
- Crisis intervention
- Employment assistance (job training, coaching, supported or sheltered employment)
- Forensic exam assistance (provided by nurse or forensic examiner)
- Hospital/clinic accompanying
- Language services (interpreters and translators)
- Long term Care (assist with connecting to services for daily needs)
- Peer Support connections
- Personal Planning (assist victim/ survivor with goal-setting and develop plans to accomplish)
- Respite (connect to short term care to victim/survivor to relieve primary caregiver)
- Transportation
- Victim/Survivor advocacy (actions designed to assist victim/survivor in obtaining support, resources or services, including housing, employment shelter services, health care, victim's compensation, etc.)

South Dakota Army National Guard Education Service Specialist offered at South Dakota Department of the Military

2823 W. Main Street, Rapid City, SD 57702

Hours: 9:00am - 5:00pm (MT), Monday - Friday

Phone: (605) 737-6520

Eligibility: Visit a recruiter for specific requirements for enlistment and benefits

Assists Guard members with higher education planning, preparation and funding.

Educational Counseling offered at SeekLearnGrow

3011 Stockade Drive, Rapid City, SD 57702

Website: www.seeklearngrow.org **Email:** Info@SeekLearnGrow.org

Hours: Virtual office. Will meet by appointment or will communicate by phone or email.

Phone: (605) 939-0396

Eligibility: Our services are open primarily to adult students, military families and former foster children.

Free educational counseling to include document retrieval, career and school research, access to testing and tutoring, help with financial aid, mentors, and community resources.

Senior Community Service Employment Program offered at National Indian Council on Aging

8500 Manual Boulevard N.E., Albuquerque, NM 87112

Hours: Call for information.

Phone: (505) 292-2001

Eligibility: Low income people aged 55 and older

The Senior Community Service Employment Program (SCSEP) at NICOA (National Indian Council on Aging) serves elderly, low-income people by building their job skills, work experience, confidence, financial security, and wellbeing.

Helps elders find work, develop new skills, new talents, and earn income by participating in our on-the-job training and employment program.

Family/Parenting/Child Care

Pregnancy Services offered at Option 1

103 22nd Avenue, Brookings, SD 57006

Website: <http://option1.org/> **Email:** info@option1.org

Hours: 12:00noon - 4:00pm (CT), Monday, Wednesday 6:00pm - 8:00pm (CT) Thursday

Phone: (605) 692-1600

Eligibility: Expecting women and men

Offers 1. Empowerment through education, 2. Immediate access to licensed medical staff and 3. Safe, confidential, no-cost services.

Hot Meal offered at Harvest Table

625 5th Street, Brookings, SD 57006

Email: brookingsharvesttable@gmail.com

Hours: Meal: 5:30pm - 6:30pm (CT), most Mondays (except major holidays) Office hours: 8:30am - 4:30pm (CT), Monday - Thursday 8:30am - 12:00noon (CT), Friday

Phone: (605) 692-4345

Eligibility: Open to all

Provides diapers and baby wipes during a weekly meal served 5:30pm - 6:30pm, Monday (except major holidays).

Child Seat Distribution Program offered at South Dakota Child Safety Seat Distribution Program

1057 8th Street, Pugsley Center, Room 201, Northeast Region Distributing Agency - Child & Family Resource Network, Brookings, SD 57007

Website: <https://dss.sd.gov/childcare/childsafetyseat/>

Email: sdsu.frn@sdstate.edu

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 688-5730

Eligibility: Family must participate in an income eligible program such as WIC, CHIP, Medicaid, SNAP, Head Start, or Child Care Assistance

Call for distribution agency locations and times. Keeping children safe by providing child safety seats at no cost to families that meet income eligibility requirements to ensure that they are in the best child seat for their height and weight until they are at least 4'9. At 4'9, most children can safely wear a seat belt.

DSS Child Care Services offered at South Dakota Department of Social Services

1310 Main Avenue S., Suite 101, Brookings, SD 57006

Website: www.dss.sd.gov/childcare

Email: DSSRegion6EA@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 688-4330

Eligibility: Call for information

Provides financial help for child care costs for families who are working and/or going to school.

Spanish-Speaking Community Group offered at Bienvenidos a Brookings

4026 Willow Lane, Brookings, SD 57006

Hours: Available by appointment

Phone: (605) 691-5808

Eligibility: Open to all; assistance is provided to immigrant families

Works to bring immigrants, immigrant advocates, and non-immigrant community members together to deepen their relationships and cultural understanding. Nearly all efforts are focused on Latin immigrants.

For immigrant families in need:

-Can provide food, furniture, school supplies, household items, and diapers

Also provides:

-Organizing community English classes and connecting ESL volunteers with new English language learners

-Networking with immigration service providers in Eastern South Dakota

-Creating a general referral service for immigrants needing assistance

-Arranging translation services when needed

-Assisting families with their efforts to change immigration status

-Community outreach to educate the non-immigrant community about obstacles immigrants experience in the Brookings area

Earn While You Learn offered at Alpha Center

3405 S. Kiwanis Avenue, Sioux Falls, SD 57105

Website: www.alphacenter.org **Email:** info@alphacenter.org

Hours: 8:30am - 5:30pm (CT), Monday - Friday

Phone: (605) 361-3500

Eligibility: Call for information.

Offering Pregnancy Tests, Options Consultation, Parenting Resources, Earn While You Learn program, Life Skills Classes, Sexual Integrity Program, Fatherhood and Women's Mentoring programs, Post Abortion Support and STD testing.

DSS Child Care Services offered at South Dakota Department of Social Services

116 E. 11th Avenue, Mitchell, SD 57301

Website: www.dss.sd.gov/childcare **Email:** DSSRegion6EA@state.sd.us

Hours: Call for information

Phone: (605) 995-8000

Eligibility: Call for information

Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services

3113 Spruce Street, Suite 200, Yankton, SD 57078

Website: www.dss.sd.gov/childcare **Email:** DSSRegion7EA@state.sd.us

Hours: 8:00am - 12:00noon;1:00pm - 5:00pm (CT), Monday - Friday

Phone: (605) 668-3030

Eligibility: Call for information

Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services

3401 10th Avenue S.E., Aberdeen, SD 57401

Website: www.dss.sd.gov/childcare **Email:** DSSRegion5EA@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 626-3160

Eligibility: Call for information

Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services

912 E. Sioux Avenue, Pierre, SD 57501

Website: www.dss.sd.gov/childcare **Email:** DSSRegion3EA@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 773-3612

Eligibility: Call for information

Provides financial help for child care costs for families who are working and/or going to school.

DSS Child Care Services offered at South Dakota Department of Social Services

221 Mall Drive, Suite 101, Rapid City, SD 57701

Website: www.dss.sd.gov/childcare **Email:** RCCustomersupport@state.sd.us

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: (605) 394-2525

Eligibility: Call for information

Provides financial help for child care costs for families who are working and/or going to school.

Vehicle Safety Hotline - National Highway Traffic Safety Administration offered at United States Department of Transportation

1200 New Jersey Avenue, S.E., Washington, DC 20590

Hours: Office Hours: 8:30am - 5:30pm (ET), Monday - Friday (excludes Federal Holidays)

Phone: (888) 327-4236

Eligibility: Open to all

A hotline set up for individuals to report problems regarding auto safety or child safety seats. Information can be obtained about auto safety and auto recalls in the United States.

Financial

Financial and Homebuying Counseling offered at Lutheran Social Services - Northeast Region

752 22nd Avenue, Brookings, SD 57006

Website: <https://lsssd.org/what-we-do/center-for-financial-resources/>

Email: cccs@lsssd.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday, or by appointment

Phone: (888) 258-2227

Eligibility: Open to anyone seeking help with personal finance issues.

Provides financial counseling and education, homeownership counseling and education, debt management plans, bankruptcy counseling, and the Sharpen Your Financial Focus program.

My Neighbor

No Physical Address, Brookings, SD 57006

Website: www.myneighborbrookings.net

Email: info@myneighborbrookings.net

Hours: This is a fully remote organization, the website is available 24 hours a day / 7 days a week for a requester to fill out the online request form.

Phone: (605) 691-3225

Eligibility: Must live and work in Brookings. Must demonstrate current employment or very recent history of self-sufficiency through employment.

A community information and referral program that may be able to assist with rent, deposit, utilities, daycare, small car repairs, car payments (if employed), small health care needs, and Salvation Army vouchers.

Human Services Office offered at Brookings County

520 3rd Street, Suite 330, SUITE 220, Brookings, SD 57006

Website: www.brookingscountysd.gov

Email: BCHS@brookingscountysd.gov

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 696-8261

Eligibility: Must reside in Brookings County.

Provides emergency assistance with rent, utilities, prescriptions, medical expenses, transportation, and county burials as a last resort.

Emergency Services offered at Salvation Army Brookings, The

619 5th Avenue, Suite 4B, Brookings, SD 57006

Website: www.salarmybrookings.org

Email: salarmybrookings@usc.salvationarmy.org

Hours: 12:00noon - 4:00pm (CT), Monday - Friday Residents can call and schedule appointments outside of office hours.

Phone: (605) 692-8863

Eligibility: Open to all

Provides rent assistance for eviction notices, utility assistance for disconnect notices, transportation help for medical reasons or stranded motorists, emergency hotel stays, prescription assistance, and disaster assistance such as in the event of a house fire or flood. After hours call non-emergency dispatch at (605) 692-2113.

Emergency Services offered at Inter-Lakes Community Action Partnership

415 8th Street S., Brookings, SD 57006

Hours: 10:00am - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday 10:00am - 4:30pm (CT), Wednesday

Phone: (605) 692-6391

Eligibility: Vary by program

Helps with emergency utilities and rent for income qualified households. Must meet all requirements. Food Pantry Voucher: offered to those who qualify. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

415 8th Street S., Brookings, SD 57006

Hours: 12:00noon - 5:00pm (CT), Monday - Thursday Walk-ins only accepted on an emergency basis only

Phone: (605) 692-6391

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

112 E. Pipestone, Flandreau, SD 57028

Hours: Accessible parking and entrance.

Phone: (605) 997-2824

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

111 N. Van Eps Avenue, Madison, SD 57042

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 256-6518

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

408 4th Street W., Deuel County Courthouse, Clear Lake, SD 57226

Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday

Phone: (605) 874-2062

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

300 4th Street, Hamlin County Courthouse, Hayti, SD 57241

Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday

Phone: (605) 783-3867

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

202 2nd Street S.W., Kingsbury County Courthouse, Upper Level, De Smet, SD 57231

Hours: 8:00am - 10:30am;2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday

Phone: (605) 854-3701

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

108 E. Highway 34, Howard, SD 57349

Hours: Vary;call for information.

Phone: (605) 772-5712

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

7 8th Avenue S.E., Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday Must call for an appointment

Phone: (605) 886-7674

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

130 W. Essex Avenue, McCook County Courthouse, Main Level, Salem, SD 57058

Hours: 8:00am - 4:30pm (CT), Monday and Wednesday

Phone: (605) 425-2271

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

409 N. Western Avenue, Sioux Falls, SD 57104

Hours: 8:00am - 4:30pm (CT), Monday - Friday (office closed from 12:00noon - 1:00pm) *COVID info below

Phone: (605) 334-2808 Ext. 0

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Sioux Empire Housing Partnership, Inc.

200 N. Phillips Avenue, Suite 200, Suite 200, Sioux Falls, SD 57104

Website: <http://siouxempirehousing.org> **Email:** sehp@siouxfalls.com

Hours: 8:00am - 5:00pm (CT), Monday - Friday Evening sessions and Saturday classes available once a month

Phone: (605) 339-0942

Eligibility: Individuals interested in homeownership or rental education, financial literacy and establishing or rebuilding credit. Youth seeking financial literacy.

Sioux Empire Housing Partnership (SEHP) offers housing education programs, such as Homebuyer & Rental Education, Financial Literacy and Debt Management, and Credit Review Services.

Tri-State HELP offered at Sioux Falls Housing and Redevelopment Commission

630 S. Minnesota Avenue, Sioux Falls, SD 57104

Website: www.siouxfallshousing.org **Email:** sfhrc@siouxfallshousing.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 332-0704

Eligibility: Serves persons who are diagnosed with HIV/AIDS and meet income limitations.

Provides short or long term rental assistance and mortgage payment assistance to persons who are diagnosed with HIV/AIDS and meet income limitations.

SD Cares Rental Assistance Program offered at South Dakota Housing Development Authority

No Physical Address, Sioux Falls, SD 57105

Hours: Applications currently being accepted.

Eligibility: Must be a renter; Have income at or below 80% of AMI for respective county; Owe past due rent or utilities or unable to pay current expenses.

Provides rental and utility assistance. Assistance provided is not a loan and does not have to be paid back. Online only application - fill this out first.

Center for Financial Resources offered at Lutheran Social Services - Statewide

705 E. 41st Street, Suite 100, Sioux Falls, SD 57105

Website: <https://lsssd.org/what-we-do/center-for-financial-resources/> **Email:** info@lsssd.org

Hours: 8:00am - 7:00pm (CT), Monday, Tuesday, Thursday 8:00am - 5:00pm (CT), Wednesday, Friday Occasionally Saturday - Call for information

Phone: (605) 330-2700

Eligibility: Open to anyone seeking help with personal finance issues, including debt management.

Provides financial counseling and education, homeownership counseling and education, debt management plans, bankruptcy counseling, and the Sharpen Your Financial Focus program.

Housing Services offered at Inter-Lakes Community Action Partnership

116 N. Commercial Street, Clark, SD 57225

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 532-3722

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

210 E. 5th Avenue, County Courthouse, Milbank, SD 57252

Hours: 8:00am - 5:00pm (CT), Monday - Friday Call to schedule an appointment

Phone: (605) 432-6571

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

400 S. Main Avenue, Turner County Courthouse, Lower Level, Parker, SD 57053

Hours: 8:00am - 4:00pm (CT), Tuesday 8:00am - 4:30pm (CT), Thursday

Phone: (605) 256-6518

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Services offered at Inter-Lakes Community Action Partnership

104 N. Main Street, Suite 140, Canton, SD 57013

Hours: 8:00am - 4:00pm (CT), Monday

Phone: (605) 940-1909

Eligibility: Vary by program

Eligibility based programs that help people who are homeless secure housing, and those who need help repairing housing, get it fixed. Services in Sioux Falls are very limited due to a shortage in funding.

Housing Programs offered at GROW South Dakota

104 Ash Street E., Sisseton, SD 57262

Website: www.growsd.org **Email:** info@growsd.org

Hours: 8:00am - 4:30pm (CT), Monday - Friday (summer hours may vary)

Phone: (605) 698-7654

Eligibility: All programs have varying income guidelines, service areas and eligibility restrictions. Availability and sources of funds may vary.

Home ownership preparation services and Home Buyer Education classes. For eligible individuals/families, down payment/closing cost assistance or low-cost loans for purchasing a home or home improvements may be available.

Small Business Assistance offered at Four Bands Community Fund, Inc.

412 S. Main Street, Eagle Butte, SD 57625

Website: www.fourbands.org **Email:** info@fourbands.org

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: (605) 964-3687

Eligibility: Open to all potential and existing Native American owned businesses in South Dakota
Provides the following services to all potential and existing Native American owned businesses in South Dakota:
-Business training/coaching - to help clients enhance business skills and become business owners
-Financial empowerment coaching - to help clients improve financial skills and become better stewards of money
-Lending - up to \$400,000 for businesses, including agriculture

Bankruptcy Advice Helpline offered at CareConnect USA

2019 Sandy Pond Lane, Waxhaw, NC 28173

Website: <http://careconnectusa.org/free-bankruptcy-advice/> **Email:** info@careconnectusa.org

Hours: 9:00am - 8:00pm (ET), Monday - Friday

Phone: (800) 379-0985

Eligibility: Must have burdensome debt without ability to pay it back in a timely manner.
Free Bankruptcy Advice Hotline (800) 379-0985.

Debt Counseling Helpline offered at CareConnect USA

2019 Sandy Pond Lane, Waxhaw, NC 28173

Website: <https://careconnectusa.org/debt-relief-help-line/> **Email:** info@careconnectusa.org

Hours: 9:00am - 6:00pm (ET), Monday - Friday

Phone: (800) 453-1738

Eligibility: Must have unsecured (credit card) debt and a willingness to receive counseling.
Debt Relief Helpline (800) 453-1738.

Private Student Loan Relief Helpline offered at CareConnect USA

2019 Sandy Pond Lane, Waxhaw, NC 28173

Website: careconnectusa.org/private-student-loan-relief **Email:** info@careconnectusa.org

Hours: 8:00am - 5:00pm (ET), Monday - Friday

Phone: (888) 669-1064

Eligibility: Open to student loan borrowers who have private loans through a bank or credit union.
Helpline for student loan borrowers who have a private loan from a bank or credit union. This helpline discusses options for payment reductions and catching up missed loan payments. Options include settling previous debts and issuing a new loan with low interest rate.

Food

Senior Services offered at Inter-Lakes Community Action Partnership

519 Heritage Drive, Heritage Apartments, Brookings, SD 57006

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

790 22nd Avenue S., Hy-Vee, Brookings, SD 57006

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

402 7th Avenue S., Sunchase Apartments, Brookings, SD 57006

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Food Program offered at Feeding Brookings

2030 3rd Street, Distribution Site: Ascension Lutheran Church, Brookings, SD 57006

Website: www.feedingbrookings.org **Email:** feedingbrookings@brookings.net

Hours: Distribution: 4:00pm - 5:00pm (CT), Thursday

Phone: (605) 692-6565

Eligibility: All in need are welcome. Income guidelines must be met to receive some of the TEFAP food items but there is still other food to give to all who come.

Provides meat, tuna, eggs, milk, produce, bakery items, canned goods, other non-perishable foods and hygiene supplies.

4:00pm - 5:00pm, every Thursday

Senior Services offered at Inter-Lakes Community Action Partnership

300 22nd Avenue, Brookings Health System, Brookings, SD 57006

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

320 5th Avenue, Brookings Activity Center, Brookings, SD 57006

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

913 Onaka Trail, Arrowhead Apartments, Brookings, SD 57006

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Food Pantry offered at Council for Emergency Services

908 Hope Drive, Brookings, SD 57006

Website: www.brookingscountyfoodpantry.weebly.com

Email: bkfoodpantry@swiftel.net

Hours: 1:00pm - 4:30pm (CT), Monday, Wednesday, Friday

Phone: (605) 692-5007

Eligibility: Open to all

Distributes food 1:00pm - 4:30pm, Monday, Wednesday, and Friday. Bring valid picture ID and proof of current address.

Backpack Program offered at Brookings Backpack Project

908 Hope Drive, Brookings, SD 57006

Website: www.brookingsbackpackproject.org/

Email: volunteersbbp@gmail.com

Hours: Summer distribution: 12:00noon - 6:30pm (CT), Thursday School year distribution: 12:00noon - 3:00pm (CT), Friday

Phone: (605) 651-3900

Eligibility: Children, Head Start through 12th Grade, Family

Assists children and youth in Brookings County who may not have food on the weekends by providing easy-to-prepare meals and snacks throughout the school year and summer months. No financial guidelines to provide and all ages from Head Start through Senior High are eligible. Food is distributed through the schools on Fridays and is available for pick up in the summer.

Senior Services offered at Inter-Lakes Community Action Partnership

601 Samara Avenue, Westside Apartments, Volga, SD 57071

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

919 Jay Street, The Ridge, Bruce, SD 57220

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

100 1st Street, Mortland's Burgers and More, Elkton, SD 57026

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday Lunch: 11:30am (CT), Monday - Friday

Phone: (605) 692-1407

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

102 E. 2nd Avenue, Hunkake Cafe, Flandreau, SD 57028

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday

Phone: (605) 997-2824

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

611 E. 2nd Avenue, Riverview Health Care, Flandreau, SD 57028

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday

Phone: (605) 997-2824

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

300 E. Elm Avenue, Four Wind Apartments, Flandreau, SD 57028

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday

Phone: (605) 997-2824

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

407 Bill Davis Street #34, BlueJays C-Store, Egan, SD 57024

Hours: 8:00am - 4:00pm (CT), Monday, Wednesday and Thursday

Phone: (605) 997-2824

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

111 Washington Avenue W., Lake View Tower Apartments, Madison, SD 57042

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 256-6518

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

111 N. Van Eps Avenue, Project Office Location, Madison, SD 57042

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 256-6518

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

219 S.W. 8th Street, Prairie View Apartments, Madison, SD 57042

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 256-6518

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

511 Main Street, The Bullpen, Lake Norden, SD 57248

Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12noon (CT), Friday

Phone: (605) 783-3867

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

105 Main Street, Ships Inn Bar and Grill, Castlewood, SD 57223

Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12noon (CT), Friday

Phone: (605) 783-3867

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

406 3rd Avenue S., Pizza and Burger Shack, Clear Lake, SD 57226

Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday

Phone: (605) 874-2062

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

213 3rd Avenue S., August 17th Gourmet Coffee and Sandwich Shoppe, Clear Lake, SD 57226

Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday

Phone: (605) 874-2062

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

219 1st Avenue, The Alibi, Gary, SD 57237

Hours: 8:00am - 5:00pm (CT), Monday, Wednesday, and Thursday

Phone: (605) 874-2062

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

127 Calumet Avenue S.W., Wards Store and Bakery, De Smet, SD 57231

Hours: 8:00am - 10:30am; 2:00pm - 5:00pm (CT), Monday - Thursday 8:00am - 10:30am (CT), Friday

Phone: (605) 854-3701

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

300 W. Hazel Avenue, Good Samaritan Center, Howard, SD 57349

Hours: Vary; call for information.

Phone: (605) 772-5712

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

108 E. Highway 34, Nearly New Store, Howard, SD 57349

Hours: Vary; call for information.

Phone: (605) 772-5712

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

1320 9th Avenue S.E., Hy-Vee, Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday

Phone: (605) 886-7674

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

1007 9th Avenue S.W., The Roadhouse Cafe, Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday

Phone: (605) 886-7674

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

215 S. Maple, Town View Apartments, Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday

Phone: (605) 886-7674

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

301 E. Kemp, Watertown Senior Center, Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday

Phone: (605) 886-7674

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

6 1st Street S.W., Highrise Apartments, Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday

Phone: (605) 886-7674

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

17 1st Street S.W., Towers Apartment, Watertown, SD 57201

Hours: 8:00am - 4:30pm (CT), Monday - Thursday

Phone: (605) 886-7674

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

113 Main Street, Animal's Bar and Grill, Canova, SD 57321

Hours: Vary;call for information.

Phone: (605) 772-5712

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

131 Main Street W., Prairie Inn, Carthage, SD 57323

Hours: Vary;call for information.

Phone: (605) 772-5712

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

221 Garfield Avenue, The Rusty Nail, Willow Lake, SD 57278

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 854-3701

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

109 Main Street, Labolt Mini Mall, Labolt, SD 57246

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 882-2166

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Statewide Mobile Food Distribution Program offered at Feeding South Dakota

Sioux Falls, SD 57105

Website: www.feedingsouthdakota.org/mobile **Email:** info@feedingsouthdakota.org

Hours: Find locations and schedules on website.

Phone: (605) 335-0364

Eligibility: When picking up food, guests will be asked to register their household and self-declare their income. Distributes free food to individuals and families. Visit website to see list of location dates/times in your area.

Senior Services offered at Inter-Lakes Community Action Partnership

123 S. Main Street, Ruger's General Store, Strandburg, SD 57265

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 432-6571

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

202 N. Main Street, Alice's Restaurant, Stockholm, SD 57264

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 432-6571

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

100 N. Commercial Street, Corner Diner, Clark, SD 57225

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 854-3701

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

121 1st E. Avenue, Heather's Bistro, Clark, SD 57225

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 854-3701

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

524 415th Avenue, Carpenter Cafe, Carpenter, SD 57322

Hours: 11:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 854-3701

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

204 S. 4th Street, Columbus Heights Apartments, Milbank, SD 57252

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 432-6571

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

103 N. Viola Street, St. William's Care Center, Milbank, SD 57252

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 432-6571

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

Senior Services offered at Inter-Lakes Community Action Partnership

16 W. Williams Street, Hazel Community Cafe, Hazel, SD 57242

Hours: 8:00am - 5:00pm (CT), Tuesday 8:00am - 12:00noon (CT), Friday

Phone: (605) 783-3867

Eligibility: Anyone 60 years or older

60's + Dining: A senior congregate meal program that provides a nutritious lunch meal which reduces or prevents malnutrition and provides socialization for the participants. Home Meal Delivery: Provides a home delivered meal to persons who are unable to leave their homes due to illness or frailty.

The Dysphagia Outreach Project offered at Dysphagia Outreach Project, The

300 W. Carolina Avenue, Suite 9, Ruston, LA 71270

Website: www.dysphagiaoutreach.org **Email:** team@dysphagiaoutreach.org

Hours: Online database;monitored daily

Eligibility: For individuals diagnosed with dysphagia and their caregivers.

Collects and distributes dysphagia supplies to individuals in need, establish a dysphagia awareness advocacy program, provide education services relating to appropriate prescription and use of dysphagia supplies, and assist in establishing a network of interconnected dysphagia support groups across the country.

Cooked Meals offered at Lasagna Love

Williamstown, MA 1267

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Eligibility: Open to all

Provides 1 cooked meal per month for families in need;also delivers the meal. Currently, serving South Dakota.

-Please note: there may be a 1 - 7 week wait for the meal delivery.

-Practices contactless delivery

It may be possible to cater to families with dietary restrictions and meals are not limited to just lasagnas;other dishes may be available.

To request a meal delivery: sign up here. (www.lasagnalove.org/request)

Clothing

Thrift Store offered at Goodwill of the Great Plains

625 Main Avenue, Brookings, SD 57006

Hours: 9:00am - 9:00pm (CT), Monday - Saturday 10:00am - 6:00pm (CT), Sunday

Phone: (605) 692-2085

Eligibility: Open to all

Recycles donated clothing, furniture, household goods, books, and other items by offering them for purchase. Clothing vouchers available with referral from social service agencies.

Shoe and Mitten Program offered at Goodwill of the Great Plains

625 Main Avenue, Brookings, SD 57006

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 4:00pm - 6:00pm, Tuesday, December 12, 2023

Phone: (605) 692-2085

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Ivy Closet offered at Brookings Behavioral Health & Wellness

211 4th Street, The Ivy Center, Brookings, SD 57006

Website: www.brookingsivycenter.org **Email:** info@brookingsivycenter.org

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Crisis Services Available 24 hours a day / 7 days a week

Phone: (605) 697-2850

Eligibility: Open to Brookings County residents; once every 3 months

The Ivy Closet is a free resource open to Brookings County residents. Individuals must schedule an appointment with a Systems of Care Coordinator or Case Manager and complete a short intake form prior to receiving donations from the Ivy Closet.

Thrift Store offered at Encore Family Store

209 S. Egan Avenue, Madison, SD 57042

Hours: 10:00am - 6:00pm (CT), Tuesday - Friday 10:00am - 3:00pm (CT), Saturday

Phone: (605) 556-3100

Eligibility: Open to all

Offers low cost clothing, furniture, and household items. Vouchers may be available from ICAP.

Shoe and Mitten Program offered at Goodwill of the Great Plains

2318 9th Avenue S.E., Watertown, SD 57201

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 5:30pm - 7:00pm (CT), Monday, December 4, 2023

Phone: (605) 886-6379

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains

3400 S. Norton Avenue, Sioux Falls, SD 57105

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 9:00am - 1:00pm (CT), Saturday, December 16, 2023

Phone: (605) 731-1930

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains

1415 W. Haven, Unit 6, Mitchell, SD 57301

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 2:00pm - 4:00pm (CT), Saturday, December 9, 2023

Phone: (605) 996-3640

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains

2508 Fox Run Parkway, Yankton, SD 57078

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 12:00noon - 3:00pm (CT), Sunday, December 10, 2023

Phone: (605) 665-8847

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains

424 S. Brown County Highway 19, Aberdeen, SD 57401

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 4:30pm - 6:30pm (CT), Thursday, December 8, 2023

Phone: (605) 225-0822

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains

1902 Eastgate Avenue, Pierre, SD 57501

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 4:00pm - 6:00pm (CT), Wednesday, December 6, 2023

Phone: (605) 494-3033

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Shoe and Mitten Program offered at Goodwill of the Great Plains

611 Lindbergh Avenue, Rapid City, SD 57701

Website: www.goodwillgreatplains.org **Email:** marketing@goodwillgreatplains.org

Hours: 9:00am - 1:00pm (MT), Saturday, December 2, 2023

Phone: (605) 737-3955

Eligibility: Families with children ages 5-11.

This annual tradition provides new shoes, socks, a hat and mittens to elementary aged children in need.

Registrations will be limited and provided on a first-come, first-served basis. Registration is in store only.

Crisis Hotline and Emergency Shelter offered at Brookings Domestic Abuse Shelter

807 Onaka Trail, Brookings, SD 57006

Website: <https://brookingsdomesticabusesheltersd.weebly.com/>

Email: domestic@brookingssshelter.com

Hours: 24 hours a day / 7 days a week

Phone: (605) 692-7233

Eligibility: Battered Person / Sexual Assault Victim / Stalking Victim Residency of Brookings County is not required. A 24-hour crisis program for victims of domestic abuse, sexual assault, and stalking. Services include crisis hotline, emergency shelter, support group, safety planning, crisis intervention, supportive listening, civil/legal assistance with protection orders, referral services, and limited financial assistance.

Arise Youth Center East offered at Lutheran Social Services - Southeast Region

621 E. Presentation Street, Sioux Falls, SD 57104

Website: <https://lsssd.org/what-we-do/detention-alternatives/>

Email: info@lsssd.org

Hours: 24 hours a day / 7 days a week

Phone: (605) 221-2346

Eligibility: Children aged 10-17

Temporary care alternative for youth, services include identifying assistance programs and court system collaboration.

South Dakota Housing for Homeless Consortium Coordinated Entry System offered at South Dakota Housing Development Authority

505 N. Western Avenue, Inter-Lakes Community Action Partnership, Sioux Falls, SD 57104

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 334-2808

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources. A state-wide toll-free telephone number, where a staff member will administer an assessment for services for persons who are homeless or at imminent risk of homelessness.

Domestic Violence Hotline for South Dakota

No Physical Address, Sioux Falls, SD 57105

Hours: 24 hours a day / 7 days a week

Phone: (800) 430-7233

Eligibility: Open to anyone in a domestic violence situation, friends, or concerned loved ones. Provides support and crisis intervention 24 hours a day / 7 days a week.

Axis180 offered at Volunteers of America, Dakotas

3201 S. Theodore Avenue, Sioux Falls, SD 57106

Website: www.voa-dakotas.org **Email:** axis180@voa-dakotas.org

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 366-7803

Eligibility: Homeless youth ages 16 - 21

Provides shelter, case management, life skills, and education services to young people ages 16 to 21, who are preparing for independent living. The program provides young people with a safe, supportive environment while they learn the skills necessary to succeed on their own.

Youth Residential Treatment Center offered at Lutheran Social Services - Northeast Region

1601 Milwaukee Avenue N.E., New Beginnings Center, Aberdeen, SD 57401

Website: <https://lsssd.org/what-we-do/residential-services-for-children-youth/>

Email: info@lsssd.org

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential services: 24 hours a day / 7 days a week

Phone: (605) 262-5300

Eligibility: Boys and girls 10-17 years

Serves youth who need emergency shelter, transitional care, and long-term group care with a co-educational group home serving youth, ages 10-17, with behavioral, emotional, and educational challenges.

Maggie's House

15 Wasuya Avenue, Kyle, SD 57752

Email: maggieshousetlp@gmail.com

Hours: 24 hours a day / 7 days a week

Phone: (605) 455-1214

Eligibility: Ages 17 - 21

Provides a safe and stable environment enriched with culturally appropriate and evidence based services to youth aging out of foster care, trafficked, homeless, parenting teens, and young adults ages 17-21.

National Runaway Safeline

3141 B N. Lincoln Avenue, Chicago, IL 60657

Website: www.1800RUNAWAY.org **Email:** info@1800runaway.org

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday Hotline hours: 24 hours a day / 7 days a week / 365 days a year

Phone: (800) 786-2929

Eligibility: Youth 21 years of age and under and families

Confidential, 24/7 crisis intervention for runaway and homeless youth and their families via phone, chat, email, and bulletin board. Referrals, conference calling with a parent upon youth's request, conflict mediation, and information hotline. Free bus tickets home to family or shelter for qualified youth ages 12-21. Call 1-800-RUNAWAY (786-2929) or visit www.1800runaway.org

Housing

Teen Challenge of the Dakotas

600 W. 16th Avenue S., Brookings, SD 57006

Hours: Office hours: 8:30am - 5:00pm (CT), Monday - Friday

Phone: (605) 693-9753

Eligibility: Men, 18 years and older with life controlling problems such as addictions

A residential, Christian discipleship program utilizing biblical principles including faith and genuine repentance to help men (18 years and older) overcome life-controlling problems such as addictions.

Housing Authority offered at Brookings Housing Authority

1310 Main Avenue S., Suite 106, Brookings, SD 57006

Website: www.brookingscountysd.gov **Email:** sdbhrc@brookings.net

Hours: 8:00am - 5:00pm (CT), Monday - Thursday

Phone: (605) 692-1670

Eligibility: Open to all

Provides housing rental assistance to low income families. Preference is given to elderly, disabled, and those experiencing domestic violence situations. Family Self-Sufficiency Program available to families that participate in the Section 8 Voucher Program.

Volga Housing and Redevelopment

601 Samara Avenue, Volga, SD 57071

Email: aglovjlb@itctel.com

Hours: 9:00am - 11:00am (CT), Monday - Friday

Phone: (605) 627-5249

Eligibility: Income guidelines, call for information.

HUD low income house. Rent dependent upon income.

Serenity Hills offered at Human Service Agency

1526 Highway 20 N.W., Watertown, SD 57201

Hours: 24 hours a day / 7 days a week

Phone: (605) 884-0650

Eligibility: Diagnosed with chemical dependency and mental illness (Must have dual-diagnosis)

Detox is available for both genders and no other admission criteria other than needing detox

A therapeutic place of residence for persons suffering from mental illness and chemical dependency. Offering dignity and serenity for chemically dependent and or mentally ill persons to continue the journey of recovery, healing, and wholeness.

Serenity Hills offers 3 distinct programs:

-social setting detoxification

-halfway house

-safe rooms (Individuals having thoughts of suicide can stay for up to 5 days until they can be evaluated)

Combines a strong AA 12-step philosophy with a multi-disciplinary team approach, including professional psychiatric and psychological care.

Marissa's Project offered at Call to Freedom

Sioux Falls, SD 57104

Website: www.calltofreedom.org **Email:** info@calltofreedom.org

Hours: Call for information.

Phone: (605) 261-1880

Eligibility: Women 18+ and their children (call for age specific information) (Victims/Survivors of Human Trafficking and sexual exploitation)

Call to Freedom provides victim-centered responsive services to those who have experienced sexual exploitation and human trafficking. Our Vision is to create a cohesive community model of care and support for victims, bringing communities together while educating and advocating to stop human trafficking.

Kingdom Boundaries Prison Aftercare

417 S. Summit Avenue, Sioux Falls, SD 57104

Hours: 6:00am - 6:00pm (CT), Monday - Friday

Phone: (605) 695-0048

Eligibility: Can only house male ex-offenders.

Transitional housing for up to 20 males. Program also helps anyone re-entering society after incarceration including finding employment, clothes, furniture, etc. (based on what is currently available).

Glory House Apartments offered at Glory House of Sioux Falls

1654 W. 51st Street, Sioux Falls, SD 57105

Hours: 8:00am - 4:00pm (CT), Monday - Friday

Phone: 605-271-0838

Eligibility: Open to most; persons with certain criminal charges in history are restricted Permanent house - individuals are required to be placed on interest list, complete application and sign a lease upon approval.

Drug and alcohol free apartment complex.

Inpatient Treatment for Women offered at Volunteers of America, Dakotas

1401 W. 51st Street, Sioux Falls, SD 57105

Website: www.voa-dakotas.org **Email:** info@voa-dakotas.org

Hours: 24 hours a day / 7 days per week

Phone: (605) 357-0982

Eligibility: Pregnant and parenting women aged 18 and older are eligible for the New Start for Women program.

Offers substance use evaluations for adolescents and adults. The evaluation is the first step in determining if the individual needs further assistance with their substance use.

Residential Program offered at Glory House of Sioux Falls

4000 S. West Avenue, Sioux Falls, SD 57105

Hours: 24 hours a day / 7 days a week

Phone: (605) 332-3273

Eligibility: Adult, employable, eligible according to referral agency criteria, willing to comply with rules and programming
Transitional program provides assistance with employment, money management, recovery from substances, as well as co-occurring conditions assisting the individual in establishing and the continuation of applying these life skills.

HUD South Dakota offered at United States Department of Housing and Urban Development

4301 W. 57th Street, Suite 101, Sioux Falls Field Office, Sioux Falls, SD 57108

Website: www.hud.gov **Email:** sd_webmanager@hud.gov

Hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 330-4223

Eligibility: Open to all

Provides information on low income (subsidized) rental units and public housing authorities.

Stepping Stones Rehabilitation Services offered at Dakota Counseling Institute

901 S. Miller, Mitchell, SD 57301

Website: www.dakotacounseling.net **Email:** info@dakotacounseling.net

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 2:00pm (CT), Friday to schedule appointment Treatment center is open 24 hours a day / 7 days a week / 365 days a year

Phone: (605) 995-8180

Eligibility: Open to all

Provides professional prevention services, education, assessment, intervention, counseling, referral, group and individual therapy, social detoxification, transitional living and continued care for those affected directly or indirectly by mood-altering chemical use or dependency.

Sober Living Services offered at Reflections Recovery Home

110 E. 7th Avenue, Redfield, SD 57469

Website: <https://www.reflectionsrecovery.com/> **Email:** reflectionsrecovery@gmail.com

Hours: 24 hours a day / 7 days a week

Phone: (605) 460-2444

Eligibility: Men 18 years and older.

A structured sober living home for men centered on residents and providing a healthy environment with shared values of accountability, reflection, growth, and empowerment. With the help of staff, residents encourage each other in long-term sobriety to enable a successful recovery.

Housing Assistance offered at South Dakota Housing Development Authority

3060 E. Elizabeth Street, Pierre, SD 57501

Website: <https://www.sdhousing.org/> **Email:** info@sdhda.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 773-3181

Eligibility: Program guidelines apply

Provides mortgage and down payment assistance, housing construction and rehabilitation, homelessness prevention, and rental assistance.

SD Housing Search offered at South Dakota Housing Development Authority

3060 E. Elizabeth Street, Pierre, SD 57501

Website: www.sdhousingsearch.com **Email:** info@sdhda.org

Hours: Website: 24 hours a day / 7 days a week

Phone: (605) 773-7603

Eligibility: Open to all

A free housing locator providing information on Section 8 and income based rental units.

Paint South Dakota offered at South Dakota Housing Development Authority

3060 E. Elizabeth Street, Pierre, SD 57501

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 773-7603

Eligibility: The nominee must own and currently live in the home to be painted. It cannot be a business, rental house, units or property used for other purposes besides a primary residence. The nominee must need their home repainted and would otherwise not be able to paint the house due to their financial or physical difficulty.

Bringing people together, providing a new coat of paint to a household in need, and helping beautify the community.

A volunteer group nominates the home of someone in the community. Paint and primer are purchased by the organization and reimbursed by SDHDA. The volunteer group is responsible for supplies such as caulk, scrapers, ladders, brushes, and buckets.

If an applicant would like to nominate themselves, they are responsible for finding the volunteers to do the painting.

Treatment Program offered at Rosebud Sioux Tribe

719 Hospital Drive, Alcohol Treatment Center, Rosebud, SD 57570

Website: www.greatplainsbehavioralhealth.org/rosebud-sioux-tribe-alcohol-drug-tr

Hours: 24 hours a day / 7 days a week

Phone: (605) 747-2342

Eligibility: Enrolled member of federally recognized tribe

Culturally sensitive adult and youth outpatient treatment programs and residential alcohol treatment facility. After care programs, youth alcohol and drug assessments, and youth treatment placement.

Full Circle offered at Behavior Management Systems

350 Elk Street, Rapid City, SD 57701

Hours: Full Circle: 24 hours a day / 7 days a week

Phone: (605) 343-7262

Eligibility: Pregnant and parenting women

A residential substance abuse treatment and prevention program for pregnant and parenting women. Intensive inpatient treatment is offered along with prenatal care, parenting information, case management, and continued care in a residential facility for those who have completed treatment. Also, offers MAT (Medication Assisted Treatment).

Residential Treatment Program offered at New Dawn Center

19271 SD Highway 79, Vale, SD 57788

Hours: Facility is open and staffed 24 hours a day / 7 days a week.

Phone: (605) 309-5105

Eligibility: Men who have completed prior treatment programs, or awaiting admittance to treatment facility

Provides transitional, clinically-managed, low-intensity, open-ended residential treatment program. Residents are encouraged to take part in the outdoor operation of the facilities and participate in any of the recreational therapy programs. ASAM level 3.1 transitional substance abuse treatment.

VA Black Hills Health Care System offered at United States Department of Veterans Affairs

500 N. 5th Street, Hot Springs, SD 57747

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Urgent Care: 7:00am - 7:00pm (MT), Monday - Friday Nurse Advice Line: evenings, weekends, and holidays Residential care: 24 hours a day / 7 days a week

Phone: (605) 745-2000

Eligibility: Eligible and enrolled Veterans

General medical and surgical, primary, nursing home and rehabilitative care.

Behavioral Health Services include:

- Addictive Disorder Services (ADS) - outpatient and short and long-term residential treatment;transitional residence / halfway house
- Compensated work therapy
- Residential Post Traumatic Stress (PTSD) program
- Mental health intensive case management
- Outpatient psychiatric services
- The Suicide Prevention Coordinator has gun locks available.

USDA - Rural Development Multi-Family Housing Rentals offered at United States Department of Agriculture

No Physical Address, , SD

Hours: Vary by site Available online 24 hours a day / 7 days a week

Phone: (202) 720-1494

Eligibility: Website is open to all

Through the website, people who are looking for low-cost rentals, can find units for rent in rural South Dakota. Search based on county or town. Then, contact the property company regarding how to apply. To find apartments in rural areas: 1. Go to www.rd.usda.gov 2. Scroll down on left hand side, it says, Find Rural Rentals 3. Then click on South Dakota in the map 4. Then, select your County.

Immigration/refugee resources

Glacial Lakes Multicultural Center, Inc.

653 W. Kemp, Watertown, SD 57201

Website: GLMcenter.org **Email:** bmc-secretary@live.com

Hours: 9:00am - 4:30pm (CT), Monday - Friday

Phone: (605) 878-2021

Eligibility: Open to all immigrants

Teaches English as a Second Language, helps with immigration issues (i.e., DACA renewals), assists with travel to immigration court, extensive Spanish interpretations to medical/dental offices and help with other issues in the community (i.e. employment applications.)

Also, helps with dental expenses and emergency needs for immigrants, as well as finding furniture, outside clothing, household goods for new arrivals.

Community Interpreter Service offered at Lutheran Social Services - Southeast Region

300 E. 6th Street, Center for New Americans, Sioux Falls, SD 57104

Website: <https://lsssd.org/what-we-do/center-for-new-americans/> **Email:** info@lsssd.org

Hours: 24 hours a day / 7 days per week

Phone: (605) 731-2010

Eligibility: Open to all

Provides interpretation and written translation to the major languages and other minor, regional, or tribal dialects. Able to facilitate on-site interpretation, message relay, conference call, written translation, and video interpretation.

United States Department of Homeland Security

245 Murray Lane S.W., Washington, DC 20528

Hours: Call for information

Phone: (202) 282-8000

Eligibility: Open to all

The Department of Homeland Security was formed after the terrorist attacks of September 11, 2001, as part of a national effort to safeguard the United States against terrorism. Missions include:

- Preventing terrorism and enhancing security
- Managing borders
- Administering immigration laws
- Securing cyberspace
- Ensuring disaster resilience

Oversees:

- U.S. Immigration and Customs Enforcement
- U.S. Citizenship and Immigration Services
- Federal Law Enforcement Training Centers
- Federal Protective Services
- U.S. Customs and Border Protection
- Transportation Security Administration (TSA)
- U.S. Coast Guard
- U.S. Secret Service
- Federal Emergency Management Agency (FEMA)

Language Translation Services offered at LanguageLine Solutions

1 Lower Ragsdale Drive, Building 2, Monterey, CA 93940

Website: www.languageline.com **Email:** customercare@languageline.com

Hours: 24 hours a day/7 days a week

Phone: (800) 752-6096

Eligibility: Open to all

Provides 24-hour interpreting service as well as translation/localization and video interpreting to over 240 languages.

Mental Health / Substance Abuse

Counseling Services offered at Circle of Encouragement Counseling

1514 12th Street S., 306 4th Street, Suite D, Brookings, SD 57006

Email: encourage@brookings.net

Hours: 8:00am - 6:00pm (CT), Monday - Friday by appointment

Phone: (605) 691-7630

Eligibility: Open to all with emphasis on working with children, adolescents, and families.

Provides individual therapy and consultation/training services in the following areas anxiety, behavioral concerns, depression, divorce, grief and loss, life transitions, parenting, school issues, and workplace management. Primary emphasis is working with children, adolescents, and families.

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

752 22nd Avenue, Brookings, SD 57006

Website: <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** info@lsssd.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday, and by appointment

Phone: (605) 444-7500

Eligibility: Open to all

Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

Counseling Services offered at New Perspectives Counseling, LLC

1451 6th Street, Brookings, SD 57006

Website: <https://www.clearreflections-counseling.com> **Email:** new.perspectives@hotmail.com

Hours: 9:00am - 6:00pm (CT), Monday - Thursday

Phone: (605) 864-6946

Eligibility: Open to all

Provides individual and/or family therapy in the areas such as anxiety, depression, stress management, behavioral issues, school issues, divorce, grief and loss, life transitions, parent education, and trauma. Primary emphasis is working with children, adolescents, and families. Also, provides treatment using brainspotting techniques. Tele-mental health services are available via Zoom. First session preferably in person.

Counseling Services offered at Clear Perspectives Counseling Associates

1451 6th Street, Brookings, SD 57006

Hours: 9:00am - 6:00pm (CT), Monday - Thursday Friday by appointment only

Phone: (605) 651-7416

Eligibility: Open to all

Provides mental health counseling services to individuals, couples, groups, and families. Works with a wide range of client populations experiencing issues including, but not limited to; anxiety, depression, mood disorders, life stage changes, adjustment issues, relationship problems, behavior issues, substance abuse and recovery, grief, trauma, parenting and discipline, educational/vocational concerns, and more. Offers EMDR and Brainspotting for trauma treatment and recovery.

Brookings - Avera Medical Group offered at Avera

400 22nd Avenue, Brookings, SD 57006

Hours: Clinic hours: 8:00am - 5:00pm (CT), Monday - Friday Urgent Care: 5:00pm - 7:00pm (CT), Monday - Friday Urgent Care: 9:00am - 12:00noon (CT), Saturday, Sunday

Phone: (605) 697-9500

Eligibility: Open to all

A multi-specialty medical clinic. Clinic hours: 8:00am - 5:00pm, Monday - Friday / Urgent Care hours: 5:00pm - 7:00pm, Monday - Friday, 9:00am - 12:00noon, Saturday, Sunday

Counseling Services offered at Rising Hope Counseling, LLC

601 4th Street, Suite 102, Brookings, SD 57006

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

NAMI offered at NAMI South Dakota

300 22nd Avenue, Meeting location: Brookings Hospital, private dining room or conference room, Brookings, SD 57006

Hours: Call for information.

Phone: (605) 692-8948

Eligibility: Serves people with mental illness, their families (adult or child), mental health professionals, and the general public

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neuro-biologically based brain diseases and their family members. In addition, NAMI South Dakota works to increase public awareness and to advocate for increased research and improved services for persons living with serious mental illness.

Family-To-Family: Classes are held twice a year usually in Winter/Spring and Fall. Call for information.

Check Facebook page www.facebook.com/namisodak or website for additional programs, times and locations.

Avera Medical Group Behavioral Health Clinic Brookings offered at Avera

1024 6th Street, Suite B, Brookings, SD 57006

Hours: Appointments available as needed, evening hours available.

Phone: (605) 322-4079

Eligibility: Open to all

Avera Behavioral Health of Brookings provides outpatient mental health therapeutic services all across the lifespan (pre-natal to gerontology). Individual, Couples, Family, Group and School-Based services are available. Specialized therapeutic services such as Theraplay, Play Therapy, Tapping and Acu-Detox interventions are available.

Counseling Services offered at Brookings Counseling Solutions, LLC

1304 Main Avenue S., Brookings, SD 57006

Website: brookingscounselingsolutions.com **Email:** office@srbsservice.com

Hours: Generally 8:00am - 5:00pm (CT), Monday - Thursday by appointment only

Phone: (605) 999-6162

Eligibility: Open to all

Provides mental health and addictions counseling to individuals, couples, and families ages 6 and up, all genders. Provides holistic wellness coaching in individuals 18 and up. Provides Reiki services.

Counseling Services offered at Sandra Diedrich, MS, LPC-MH

306 4th Street, Suite G, Brookings, SD 57006

Hours: 8:00am - 6:00pm (CT), Monday, Wednesday 8:00am - 12:00noon (CT), Tuesday 8:00am - 5:00pm (CT), Thursday

On site appointments April - October

Phone: (605) 690-9062

Eligibility: Open to all

Christian Counseling - Provides individual, couples (including premarital & divorce recovery), and family therapy in a setting where clients' Christian beliefs will be integrated into the therapeutic process.

Topics covered include addressing depression, anxiety, stress management, trauma and multi-cultural concerns.

Services offered include; individual counseling, family counseling, marriage counseling, divorce counseling, mental health screening, faith based counseling, grief/bereavement counseling, cognitive behavioral therapy, dialectical behavior therapy, sliding fee scale counseling, hoarding counseling, child abuse survivor counseling for adults and telehealth counseling.

Counseling Services offered at Psychiatric Services, LLC

306 4th Street, Suite G, Brookings, SD 57006

Email: clientservices@strivingtoimprove.org

Hours: 8:00am - 5:00pm (CT), Monday, Tuesday, and Thursday

Phone: (605) 988-8366

Eligibility: Open to all

Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Counseling Services offered at Uckert Counseling

619 5th Avenue, Suite 3, Brookings, SD 57006

Website: www.uckertcounseling.com **Email:** uckertcounseling@gmail.com

Hours: 9:00am - 4:00pm (CT), Monday - Thursday

Phone: (605) 592-5300

Eligibility: Open to all

Providing mental health counseling to individuals. Areas of specialty include using Accelerated Resolution Therapy for anxiety, trauma, and other issues.

Counseling Services offered at Brookings Behavioral Health & Wellness

211 4th Street, The Ivy Center, Brookings, SD 57006

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Crisis Services Available 24 hours a day / 7 days a week

Phone: (605) 697-2850

Eligibility: Open to all

A fully-integrated community-based mental health and substance abuse service provider. Direct services are provided after a comprehensive, interactive assessment (including mental health, chemical dependency, behavior, strengths, capabilities, supports, etc.) determines appropriate services needed.

Counseling Services offered at Lighthouse Counseling Services

628 Main Avenue, Suite B, Brookings, SD 57006

Email: lighthousecounselingservices@outlook.com

Hours: 7:00am - 7:00pm (CT), Monday - Friday Weekend appointments available

Phone: (605) 690-4645

Eligibility: Open to all

Offers mental health services for adults, couples, children (including adolescents), and families.

Student Health Clinic and Counseling Services offered at South Dakota State University

1440 N. Campus Drive, Box 2818, Brookings, SD 57007

Website: www.sdstate.edu/health-wellness/student-health-clinic-and-counseling-services

Email:

sdsu.shc@sdstate.edu

Hours: 9:00am - 5:00pm (CT), Monday 8:00am - 5:00pm (CT), Tuesday - Friday

Phone: (605) 688-4157

Eligibility: Registered SDSU Students

Offers a wide range of confidential services to currently enrolled SDSU students. These services include, but are not limited to individual and group counseling, crisis intervention, and self-help resources.

Counseling Services offered at Rising Hope Counseling, LLC

700 S. Washington Avenue, Suite 100, Madison, SD 57042

Website: risinghope605.com

Email: admin@risinghope605.com

Hours: Call for information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Better Me Counseling and Consulting

818 S. Broadway, Suite 113, Watertown, SD 57201

Hours: 8:30am - 5:30pm (CT), Tuesday, Wednesday, Thursday 9:00am - 7:00pm (CT), Monday

Phone: (605) 880-0100

Eligibility: Serving ages 4-65+

Provides mental health counseling for children, adults, families and couples. Including the following services:

- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjunct) counseling
- trauma informed therapy
- cognitive behavioral therapy
- adolescent/youth counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling
- farm crisis counseling
- retirement and aging concerns

Counseling Services offered at Rising Hope Counseling, LLC

818 S. Broadway Street, Suites 109 & 110, Watertown, SD 57201

Website: risinghope605.com

Email: admin@risinghope605.com

Hours: Call for information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

120 S. Main Street, The Minor County Pioneer, Howard, SD 57349

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

304 W. SD Highway 38, Suite 126, Hartford, SD 57033

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

State Office offered at NAMI South Dakota

1601 E. 69th Street, Suite 210, Sioux Falls, SD 57104

Hours: Office hours: 9:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 271-1871

Eligibility: Open to all

Provides practical support group, useful education, and understanding to people who are living and coping with neurobiologically based brain diseases and to their family members.

Residential Treatment offered at Children's Home Society of South Dakota

801 N. Sycamore Avenue, Loving School, Sioux Falls, SD 57110

Hours: Office hours: 8:00am - 5:00pm (CT), Monday - Friday Residential 24 hours a day / 7 days a week

Phone: (605) 334-6004

Eligibility: Children ages 4 - 14 with emotional or behavioral problems

Residential treatment center; educational services; foster care and adoption information; community prevention information and trainings available.

Counseling Services offered at Lourdes Center, The

523 N. Duluth Avenue, Sioux Falls, SD 57104

Website: www.thelourdescenter.com **Email:** tlc@sfcatholic.org

Hours: 8:30am - 5:00pm (CT), Monday - Friday Tuesday evening by appointment.

Phone: (605) 988-3775

Eligibility: Open to all

Licensed, professional counseling for adults and children. All areas of counseling are available including individual, marriage, and family.

Therapy offered at Lifescape

1020 W. 18th Street, Sioux Falls, SD 57105

Hours: 8:00am - 5:30pm (CT), Monday - Friday

Phone: (605) 444-9700

Eligibility: Open to all who could benefit from therapy services.

Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Counseling Services offered at Alexander Therapy & Consulting, PLLC

No Physical Address, Sioux Falls, SD 57103

Hours: 9:00am - 9:00pm (CT), Monday and Tuesday 9:00am - 3:00pm (CT), Wednesday

Phone: (605) 206-9301

Eligibility: Adults ages 18 and up

Provide a safe and compassionate space for people from all walks of life to work through various mental health struggles so they can live a more vibrant and healthy life. Specializes in LGBTQ+ topics and sex therapy, however, also addresses mental health concerns such as depression, anxiety, trauma, parenting difficulties, and grief.

Counseling Services offered at Psychiatric Services, LLC

2116 S. Minnesota Avenue, Suite 5, Sioux Falls, SD 57105

Email: clientservices@strivingtoimprove.org

Hours: 8:00am - 5:00pm (CT), Wednesday

Phone: (605) 697-5352

Eligibility: Open to all

Diagnosing and treating mental illnesses such as depression, anxiety, attention deficit hyperactivity disorder (ADD/ADHD), obsessive compulsive disorders (OCD), trauma issues, eating disorders, bipolar, schizophrenia, and addiction issues.

Avera Medical Group Behavioral Health Clinic - Addiction Recovery Program offered at Avera - Sioux Falls

2412 S. Cliff Avenue, Suite 100, Avera Professional Plaza, Sioux Falls, SD 57105

Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday Various daytime and evening group programming available.

Phone: (605) 322-4079

Eligibility: Open to individuals, couples, and families affected by addiction or co-occurring issues.

-Individuals, couples, or families can receive specialized treatment for co-occurring issues of substance abuse/addictive disorders in conjunction with mental health conditions such as clinical depression, mood disorders and/or anxiety-based difficulties.

-Adult group programming for intensive outpatient treatment, early intervention, relapse prevention. Day and evening tracks are available for intensive outpatient treatment.

-Court-approved provider for chemical dependency assessments, counseling and treatment services.

-Adolescents can be seen for chemical dependency evaluations, individual therapy and aftercare group.

-Specialized counseling services available (individual, couples, family and group therapy) for pain management-related difficulties.

-Dual-credentialed therapists licensed in mental health and addictions.

Telemedicine counseling services including CD assessments and individual therapy. Anyone can participate in this service.

Accredited by the State of South Dakota as well as by the Joint Commission (JCAHO).

Therapy offered at Lifescape

7220 W. 41st Street, Sioux Falls, SD 57106

Hours: 8:00am - 5:30pm (CT), Monday - Friday

Phone: (605) 444-9700

Eligibility: Open to all who could benefit from therapy services.

Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Counseling Services offered at Yellow Brick Road Counseling and Therapy

3508 S. Minnesota Avenue, Suite 100, Two Willows Place, Sioux Falls, SD 57105

Hours: 8:00am - 6:00pm (CT), Monday - Thursday

Phone: (605) 214-6855

Eligibility: Open to all

Mental health clinic addressing trauma in a safe and healthy way. Services offered include:

- Individual counseling
- Marriage counseling
- Divorce counseling
- Grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- Child abuse counseling
- Child abuse survivor counseling for adults
- Family counseling
- Couples counseling
- Trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- Adolescent/youth counseling
- Parent counseling
- Spouse/intimate partner abuse counseling
- Telemental health
- Traumatic Incident Reduction
- Eye Movement Desensitization and Reprocessing (EMDR)

Counseling Services offered at Balance Point, LLC

3508 S. Minnesota Avenue, Suite 100, Sioux Falls, SD 57105

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 524-8910

Eligibility: Open to all

Provides individual, couple, and family therapy services. Collaborative space to challenge life's ups and downs.

Counseling Services offered at Counseling Resource

4109 S. Carnegie Circle, Sioux Falls, SD 57106

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 2:00pm (CT), Friday

Phone: (605) 331-2419

Eligibility: Ages 17 years and older

Outpatient mental health, substance abuse and co-occurring disorders therapy. Caring, confidential and professional.

Counseling Services offered at Stronghold Counseling Services, Inc.

4300 S. Louise Avenue, Suite 201, Sioux Falls, SD 57106

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com

Hours: 8:00am - 8:00pm (CT), Monday - Thursday 8:00am - 12:00noon (CT), Friday

Phone: (605) 334-7713

Eligibility: Open to all

Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

Counseling Services offered at Midwest Wellness Institute, PLLC

4308 S. Arway Drive, Sioux Falls, SD 57106

Website: www.mwihealth.org/ **Email:** office@mwihealth.org

Hours: 8:00am - 5:00pm (CT), Monday - Friday Office staff works remotely some days; please call before stopping in.

Phone: (605) 573-2000

Eligibility: Open to all

MWI Health finds innovative ways to improve lives with team of mental health providers, offering psychiatric evaluations, medication management, and individual psychotherapy in Sioux Falls, SD, with telehealth options available, as well as NeuroStar TMS Advanced Therapy, Spravato Treatment, Suboxone Treatment, Botox Injections, Veteran's Compensation & Pension Examinations and Forensic Psychiatry.

Counseling Services offered at Guiding Light Counseling, LLC

5000 S. MacArthur Lane, Suite 104, Sioux Falls, SD 57108

Website:

<https://sarah-scherr.clientsecure.me/?mld=18341d8b6e8569-0e1e8db0ccd33d-26021c51-15f900-18341d8b6e93cc#home>

Hours: Monday - Friday; Call for specific hours

Phone: (605) 413-6835

Eligibility: Ages 13 and up.

A for-profit counseling center serving teens and adults in the Sioux Falls area. Also trained in Accelerated Resolution Therapy - a type of therapy that helps alleviate trauma symptoms.

Avera Behavioral Health - Adolescent Partial Program offered at Avera - Sioux Falls

4400 W. 69th Street, Sioux Falls, SD 57108

Hours: 8:00am - 5:00pm (CT), Monday - Friday

Phone: (605) 322-4056

Eligibility: Adolescents ages 12 - 18

Clients receive help with depression, anxiety, behavioral problems, adjustment issues, grief and loss, as well as other mental health issues. An adolescent outpatient, time-limited, intensive, and coordinated clinical treatment program with the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay.

-Partial Hospital Program (PHP)

-Serves as a positive alternative when individual counseling does not fully meet the needs of the individual and when inpatient care is not necessary.

-5 days per week, 4 hours per day.

-Intensive Outpatient Program (IOP)

-The goal of program is to provide support while promoting independence, growth, individuality and self-reliance. Clients are assisted in learning new and more effective coping skills while remaining in their homes and their jobs.

-Generally 7 - 11 hours of structured programming per week consisting of counseling and education groups.

Avera Behavioral Health Urgent Care offered at Avera - Sioux Falls

4400 W. 69th Street, Sioux Falls, SD 57108

Hours: Open 24 hours a day / 7 days a week

Phone: (605) 322-4065

Eligibility: Open to all

Provides a level of care assessment and identifies referral options for patients in behavioral health crisis.

Avera McKennan Behavioral Health Center - Assessment and Referral offered at Avera - Sioux Falls

4400 W. 69th Street, Suite 100, Sioux Falls, SD 57108

Hours: 24 hours a day / 7 days a week. A message may be left if call is not able to be answered immediately. A staff will respond to messages as soon as possible.

Phone: (605) 322-4065

Eligibility: Open to all, including children

Program provides assessments 24-hours a day for mental health problems to determine an appropriate level of care.

Counseling Services offered at Rising Hope Counseling, LLC

6340 S. Western Avenue, Suite 120, Sioux Falls, SD 57108

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Aspire Counseling, LLC

6340 S. Western Avenue, Sioux Falls, SD 57108

Website: www.aspirecounselingsd.com **Email:** info@aspirecounselingsd.com

Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 4:00pm (CT), Friday

Phone: (605) 277-1422

Eligibility: Ages 5 and up

Provides therapy services for those with mental health needs, striving to meet clients in their time of need, creating a secure location to explore, process and establish healthy coping skills.

Services include:

- individual counseling
- marriage counseling
- divorce counseling
- grief/bereavement counseling
- dialectical behavioral therapy
- terminal illness counseling
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- couples (conjoint) counseling
- trauma informed therapy
- cognitive behavioral therapy
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

Counseling Services offered at Counseling Cafe, The

4804 S. Minnesota Avenue, Suite 108, Sioux Falls, SD 57108

Hours: 8:30am - 8:00pm (CT), Monday 8:30am - 6:00pm (CT), Tuesday - Thursday 7:30am - 12:00noon (CT), Friday

Phone: (605) 271-8008

Eligibility: Adults and children ages 9 years and above

Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include:

- Evaluations and assessments
- Professional therapy and counseling
- Free coffee bar and baked goods for clients

Licensed clinical professionals work with individuals, couples and families.

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Middle School, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

230 6th Street, Hanson Elementary, Alexandria, SD 57311

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

904 E. 5th Street, Canton, SD 57013

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

110 3rd Street S.W., Suite 107, Huron, SD 57350

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for more information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

1401 N. Main Street, Mitchell, SD 57301

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: 9:00am - 5:00pm (CT), Monday and Wednesday 10:00am - 6:00pm (CT), Tuesday

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

1108 W. Cedar Street, Suite 5B, Beresford, SD 57004

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

104 W. Main Street, Parkston, SD 57366

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

600 Billars Street, Scotland, SD 57059

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Stronghold Counseling Services, Inc.

610 W. 23rd Street, Suite 8, Yankton, SD 57078

Website: www.strongholdcounseling.com **Email:** info@strongholdcounseling.com

Hours: 10:00am - 8:00pm (CT), Monday - Thursday

Phone: (605) 334-7713

Eligibility: Open to all

Assessments and therapy for individuals, groups, families, of all ages. Services address alcohol abuse and addiction, sexual abuse, spiritual abuse, marriage problems, family problems, adolescent and child adjustment, anxiety, grief, eating disorders, physical abuse, emotional abuse, delinquency problems, parent-child conflicts, stress, depression, spiritual needs, and mid-life issues.

Offers telehealth sessions only if it is covered by insurance and client is located in state at the time of the call. Preference is for the first appointment to be face-to-face. The website wecounsel is used for telehealth services.

Counseling Services offered at Rising Hope Counseling, LLC

717 E. Main Street, Vermillion, SD 57069

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Behavioral Health Services offered at Lutheran Social Services - Northeast Region

110 6th Avenue S.E., Suite 200, Aberdeen, SD 57401

Website: <https://lsssd.org/what-we-do/behavioral-health-services/> **Email:** info@lsssd.org

Hours: 8:00am - 6:00pm (CT), Monday - Thursday 8:00am - 5:00pm (CT), Friday

Phone: (605) 262-6300

Eligibility: Open to all

Offers individual, couples, family therapy, education groups, and mental health assessment and evaluations.

Counseling Services offered at Shelterbelt Counseling, LLC

416 S. Dakota Street, Suite 1, Suite 1, Aberdeen, SD 57401

Hours: 11:00am - 6:00pm (CT), Monday 8:00am - 6:00pm (CT), Tuesday, Wednesday 10:00am - 7:00pm (CT), Thursday 10:00am - 12:00noon (CT), Friday

Phone: (605) 824-4288

Eligibility: 18 years and older

Provides both individual and group counseling for adults using cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) using in-person and telemedicine services. Offers comprehensive dialectical behavior therapy services in which staff have received advance training.

Counseling Services offered at Empowerment Counseling, LLC

12 2nd Avenue S.W., Suite 202A, Aberdeen, SD 57401

Website: empowermentcounselingsd.com **Email:** empowermentcounselingsd@gmail.com

Hours: 8:00am - 5:00pm (CT), Monday - Thursday 8:00am - 12:00pm (CT), Friday

Phone: (605) 846-0464

Eligibility: Ages 14 and up

Services provided:

- Individual counseling
- Marriage counseling
- Dialectical behavioral therapy
- Family counseling
- Family functional therapy
- Couples (conjoint) counseling
- Trauma informed therapy
- Cognitive behavioral therapy
- Telemental health

Counseling Services offered at Rising Hope Counseling, LLC

426 N. Highway 281, Suite 3, Aberdeen, SD 57401

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for more information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Inspire Counseling, LLC

405 8th Avenue N.W., Suite 321, Aberdeen, SD 57401

Hours: 8:30am - 5:00pm (CT), Monday - Thursday 8:30am - 2:30pm (CT), Friday

Phone: (605) 262-0513

Eligibility: Ages 5 and up

Specific training in trauma therapy including child trauma certified. Works with all ages, diagnosis, and families. Also provides a Spanish speaking translator at no cost if needed. Other services include:

- individual counseling
- divorce counseling
- grief/bereavement counseling
- Dialectical Behavioral Therapy (DBT)
- LGBTQ counseling
- child abuse counseling
- child abuse survivor counseling for adults
- family counseling
- play therapy
- trauma informed therapy
- Cognitive Behavioral Therapy (CBT)
- adolescent/youth counseling
- gender identity counseling
- parent counseling
- spouse/intimate partner abuse counseling
- internet (tele-health) counseling

Counseling Services offered at Rising Hope Counseling, LLC

118 S. Main Street, Suite 1, Chamberlain, SD 57325

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Counseling Services offered at Rising Hope Counseling, LLC

841 Jackson Street, Suite C, Burke, SD 57523

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Educational Directory (Elementary, Intermediate, Middle and High Schools) offered at South Dakota Department of Education

No Physical Address, Pierre, SD 57501

Hours: See website for details.

Eligibility: Open to all

Visit the South Dakota Educational Directory to get details about any elementary, intermediate, middle, high school or alternative program within South Dakota.

Counseling Services offered at Rising Hope Counseling, LLC

420 S. Henry Street, Pierre, SD 57501

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information.

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Emotions Anonymous International

No Physical Address, Saint Paul, MN 55104

Hours: Vary by meeting, please see description for information.

Phone: (651) 647-9712

Eligibility: Open to adults

12-step program for individuals who want to become emotionally well. Support group meetings lead by peers, following the 12-step model of recovery.

There are many forms of virtual meetings available. Go to www.emotionsanonymous.org for meeting information.

Counseling Services offered at Support Circle, The

1710 E. Grand Crossing, Mobridge, SD 57601

Website: <https://www.thesupportcircle.com/> **Email:** hello@thesupportcircle.com

Hours: 8:00am - 10:00pm (CT)

Phone: (605) 845-2058

Eligibility: Open to individuals 5 years of age and older.

To provide individualized care for a variety of situations.

Prevention Services offered at Aneptu Luta Otipi

North Route, Kyle, SD 57752

Hours: 8:00am - 4:30pm (MT), Monday - Friday

Phone: (605) 455-2331

Eligibility: Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required. A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. waca'tognaka (generosity), woohitika (courage), wowaci'ta'ka (perseverance), waoholaka (respect), wau'sila (compassion), and woksape (wisdom)).

Prevention services include:

-Prevention:

-Aims to delay the initiation and/or progression ATODs. Prevention initiatives can be implemented at the population level as well as within the small group setting. Anpetu Luta Otipi's strategy for prevention includes: 1. Developing the capacity of prevention stakeholders to plan and implement evidence based prevention practices; 2. Promote policies that promote the health of the public and restrict access to ATODs; 3. Health promotion/disease prevention through social Marketing and health communication; and 4 facilitation of cultural-based alcohol and drug free events that communicate public health messages.

-Early Intervention:

-Aims to curb at risk behavior (I.E. binge drinking) that has not yet become a disorder (I.E. alcoholism). Early Intervention services are delivered in groups or one-on-one with clients. Early Intervention links the client with both internal and/or external resources that are the most appropriate for his/her situation. Offers 2 types of early interventions:

-South Dakota's DUI First Program, provides 12 hours of education to individuals who have been convicted of a first offense DUI/DWI.

-Provides youth diversion for infractions and/or misdemeanors related to alcohol and substance abuse.

-Parenting (Online)

-Online Meeting: Thursday at 2:00pm

-Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

Support Groups offered at Aneptu Luta Otipi

North Route, Kyle, SD 57752

Hours: 8:00am - 4:30pm (MT), Monday - Friday

Phone: (605) 455-2331

Eligibility: Enrolled Tribal Members 12 years of age and older; degree of Indian blood or Tribal Enrollment number required.

A comprehensive substance abuse program offering addiction prevention, treatment, and recovery support services for adolescents and adults experiencing problems with alcohol and drugs. Traditional concepts of health among many American Indian families within the Pine Ridge Tribal Lands involve the intersection of physical, mental, and spiritual wellbeing, which are all seen as inextricably linked. Therefore, ALO uses a comprehensive approach for behavioral health programming, which is guided by traditional Lakota values (ie. wacatognaka (generosity), woohitika (courage), wowacitaka (perseverance), waoholaka (respect), wausila (compassion), and woksape (wisdom)).

Support Services include:

-Recovery Support Meeting (Online):

-Assists clients in recovery maintenance. Recovery Support services includes formal aftercare programs, wellbriety and traditional pathways, and talking circles. There are no requirements to participate.

-Online Meetings: 2:00pm, every Wednesday and Thursday

-Join the meeting in 2 steps: Step 1: go to www.zoom.us and Step 2: Meeting ID (883-9859-6211) No passcode

-Family Support Meeting (Online)

-Support for family members who struggle with a friend or relative with a substance use addiction.

-Online meeting every Monday at 2:00pm

-Recovery Support Meeting (Online)

-Individuals at all stages of recovery are welcome. There are no requirements to participate.

-Online meeting every Wednesday and Thursday at 2pm

-Parenting (Online)

-Online Meeting: Thursday at 2:00pm

-Join the meeting in 2 steps: Step 1: Go to www.zoom.us Step 2: Meeting ID (856-8255-7067) Passcode (227449)

Residential Addiction Recovery Center offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

Website: www.wellfully.org **Email:** info@wellfully.org

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Residential services: 24 hours a day / 7 days a week *COVID info below

Phone: (605) 718-4870

Eligibility: Youth ages 10 - 17 years old with an addiction assessment recommending level 111.7 Medically Monitored High Intensity Residential Substance Abuse Treatment.

Residential program offering 24 hour supervision, intensive 45-60 day program offering addiction recovery therapy. Seeks to meet each youth's educational, emotional, health, and family needs. Services offered:

-Free assessment

-Treatment planning

-Mental health evaluation

-Group therapy

-Family involvement

-Individual therapy

-Aftercare planning

-Aftercare groups

-12-step groups

-Advocacy

-Referrals

Counseling Services offered at Rising Hope Counseling, LLC

1301 W. Omaha Street, Suite 202, Rapid City, SD 57701

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Therapy offered at Lifescape

7110 Jordan Drive, Rapid City, SD 57702

Hours: 8:00am - 5:30pm (MT), Monday - Friday

Phone: (605) 791-7400

Eligibility: Open to all who could benefit from therapy services.

Specialized therapy and psychology services for individuals of all ages. Free screenings for Autism (for children 4 and under), and visual challenges (for children of all ages). Services may vary by location.

Brain Injury Services offered at Black Hills Brain Health

803 Sioux San Drive, Rapid City, SD 57702

Website: www.blackhillsworks.org/programs-services/enterprises/the-brain-rehabilitation-center

Hours: 8:00am - 4:00pm (MT), Monday - Friday

Phone: (605) 343-7297

Eligibility: Open to all

Services offered:

- Neuropsychological Evaluation
- Autism Spectrum Evaluation
- Various other evaluations
- Occupational Therapy
- Counseling (individual, family, and group formats)
- Cognitive Retraining
- The Aging Brain Workshop
- Driving Simulator

Oyate Health Center - Behavioral Health Program offered at Great Plains Tribal Leaders Health Board

3200 Canyon Lake Drive, Rapid City, SD 57702

Hours: Outpatient Clinic Hours: 8:00am - 4:30pm (MT), Monday - Friday Urgent care: 7:00am - 7:00pm (MT), Monday - Sunday Pediatric after hours urgent care appointments available

Phone: (605) 355-2500

Eligibility: American Indian enrollees

Oyate Behavioral Health is a component of Integrated Health Care. Individual Behavioral health services are offered through Clinic Appointment and Telehealth scheduled appointments. Walk-ins may be available. Provides the following services:

- Comprehensive assessment
- Outpatient child/adult counseling and psychiatric services
- Medication management
- Group and family counseling
- Community support and education
- Telepsychiatry consultation
- Dual diagnosis treatment

To schedule time for the Sweat Lodge contact: Jacqueline Arpan at (605) 719-5408 or Sheila Red Thunder at (605) 355-2376

Counseling Services offered at Rapid City Mental Health Professionals, LLC

3939 Canyon Lake Drive, Suite A, Rapid City, SD 57702

Website: www.rapidcitymentalhealth.com **Email:** office@rapidcitymentalhealth.com

Hours: 8:00am - 5:00pm (MT), Monday - Friday *Some hours of availability on Saturdays

Phone: (605) 716-3555

Eligibility: Open to all ages

Provides medication management of mental health disorders: depression, anxiety, PTSD, OCD, ADHD, bipolar disorder, schizophrenia and other psychotic illnesses. Services provided by psychiatric mental health nurse practitioners who have been employed in the inpatient settings, correctional facilities, and outpatient mental health.

Other services provided:

- Adolescent psychiatry
- Medication management
- Mental health screening
- Adult psychiatry
- Geriatric psychiatry
- Spravato treatment
- Culturally sensitive
- Photobiomodulation Therapy (light therapy)

Residential Treatment offered at Children's Home Society of South Dakota

24100 S. Rockerville Road, Owen School, Rapid City, SD 57702

Hours: Office hours: 8:00am - 5:00pm (MT), Monday - Friday Residential 24 hours a day / 7 days a week

Phone: (605) 343-5422

Eligibility: Children ages 4 - 14 with emotional or behavioral problems

Residential treatment center; educational services; foster care and adoption information; community prevention information and trainings available.

Counseling Services offered at Belle Fourche Counseling, LLC

515 National Street, Suite 103, Suite 103, Belle Fourche, SD 57717

Website: www.bellefourchecounseling.com **Email:** info@bellefourchecounseling.com

Hours: 8:00am - 5:00pm (MT), Monday - Friday

Phone: (605) 722-8090

Eligibility: Open to all

Individual and family therapy services, specializing in eye movement desensitization and reprocessing (EMDR), trauma (including abuse) focused cognitive behavioral therapy (CBT), critical incident stress management, Thinking for a Change Group, and Love and Logic Parenting.

Offers telehealth counseling. Does not require the person to attend an intake session in person. Can mail intake paperwork and this should be returned via mail or email prior to first session. Services are provided through a secure video connection.

Strives to provide culturally relevant and sensitive care.

Counseling Services offered at Rising Hope Counseling, LLC

3105 W. Fairground Loop, Spearfish, SD 57783

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

Depression and Bipolar Support Alliance

55 E. Jackson Boulevard, Suite 490, National Headquarters (not location of services provided), Chicago, IL 60604

Website: www.DBSAAlliance.org **Email:** info@dbsalliance.org

Hours: 7:00am - 6:00pm (CT), Monday - Friday

Phone: (312) 642-0049

Eligibility: Open to all

Peer based services and resources include:

- Online resources at DBSAlliance.org
- Online support groups
- Audio and video casts
- Parent and caregiver support network
- Advocacy for quality mental health care treatment
- Peer Specialist trainings

*Currently there are no in-person support groups in South Dakota, although online support groups are open to all.

Counseling Services offered at Rising Hope Counseling, LLC

317 N. Heritage Parkway, Tea, SD 57064

Website: risinghope605.com **Email:** admin@risinghope605.com

Hours: Call for information

Phone: (605) 494-1500

Eligibility: Open to all

Provides services for individual, couples, children, and family counseling as well as anger evaluations, and anger management. Committed to helping people who are experiencing emotional, psychological, personal, or family problems to increase hope and fulfill their treatment goals for a better life.

SAMHSA Behavioral Health Treatment Finder offered at Substance Abuse and Mental Health Services Administration

5600 Fishers Lane, Substance Abuse and Mental Health Services Administration, Rockville, MD 20857

Hours: Website available 24 hours a day / 7 days a week

Phone: (800) 662-4357

Eligibility: Open to all

The Behavioral Health Treatment Services Locator, is a source of information related to substance abuse/addiction and/or mental health services for persons seeking treatment facilities (outside of South Dakota) in the United States or U.S. Territories.

Counseling and Support Groups offered at CancerCare

275 7th Avenue, New York, NY 10001

Website: www.cancercare.org **Email:** info@cancercare.org

Hours: 10:00am - 6:00pm (ET), Monday - Thursday 10:00am - 5:00pm (ET), Friday

Phone: (212) 712-8400

Eligibility: Anyone who is touched by cancer including: the person diagnosed, family, friends, co-workers, and the bereaved. Comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All services are provided by oncology social workers and world-leading cancer experts. Offers individual counseling or support groups in three ways: face-to-face, on the telephone, and online. Connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by master's-prepared oncology social workers.

Online support groups are available, 24 hours a day, 7 days a week.

MindWise Innovations

270 Bridge Street, Suite 205, Dedham, MA 2026

Website: mindwise.org **Email:** info@mindwise.org

Hours: 24 hours a day / 7 days a week

Phone: (781) 239-0071

Eligibility: Open to all including College Students, Active-Duty Military, National Guard, Reserves, Veterans, and their families

A self-assessment questionnaire, regarding mental health and substance abuse, to assess if treatment or evaluation would be beneficial.

Transportation

Home Again offered at Teen Challenge of the Dakotas

317 3rd Avenue, Home Again Store, Brookings, SD 57006

Hours: 11:00am - 4:00pm (CT), every Saturday

Phone: (605) 692-4744

Eligibility: Open to all

Offers used furniture and home furnishings for sale.

Transportation offered at Inter-Lakes Community Action Partnership

415 8th Street S., Brookings, SD 57006

Hours: 10:00am - 5:00pm (CT), Monday, Tuesday, Thursday, and Friday 10:00am - 4:30pm (CT), Wednesday

Phone: (605) 692-6391

Eligibility: Must be related to employment or medical reasons and meet income requirements.

Gas vouchers and local bus passes are available for employment (including job searching) or medical purposes. Services in Sioux Falls are very limited due to a shortage in funding.

Public Transit offered at Brookings Area Transit Authority

418 Western Avenue, Brookings, SD 57006

Website: www.batabus.com **Email:** bata@batabus.com

Hours: 5:00am - 11:00pm (CT), Monday - Friday

Phone: (605) 692-2222

Eligibility: Open to all

Provides transportation in and around the Brookings County area. Offers door-to-door service and weekday shuttles to and from Sioux Falls.

Statewide Services offered at River Cities Public Transit

1600 E. Dakota Avenue, Pierre, SD 57501

Hours: 24 hours a day / 7 days a week / 365 days a year

Phone: (605) 945-2360

Eligibility: Open to all

RCPT coordinates with all other transit agencies in South Dakota and can facilitate a ride statewide for medical appointments.