

Basic Needs Resource Guide

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Employment

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.

Coverage Area: South Dakota

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

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: 605-737-6079

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

Coverage Area: South Dakota

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

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

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

Hours: Call for information.

Phone: 800-670-3989

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

Coverage Area: South Dakota

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.)

Job Center offered at Goodwill of the Great Plains

611 Lindbergh Avenue, Rapid City, SD 57701

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

Phone: 605-341-3581

Eligibility: Adults searching for employment

Coverage Area: Areas of Rapid City and Sioux Falls

Assists individuals with barriers to employment by providing assistance with job search, applications, interview, computer access, and faxing.

Job Center offered at Goodwill of the Great Plains Rapid City

611 Lindbergh Avenue, Rapid City, SD 57701

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

Phone: 605-341-3581

Eligibility: Open to all

Coverage Area: Rapid City area

Assistance with job search and preparation, resume building, and interviewing skills.

Veteran Outreach Center offered at Volunteers of America, Northern Rockies

111 New York Street, Rapid City, SD 57701

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

Phone: 605-341-8336

Eligibility: Veterans

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Offers case management, laundry facility, showers and bathrooms, computer access for job searches and resume preparation, phone message and mail center, and snacks. Cooking and Non-Cooking food boxes available.

Stronger Family Program offered at Youth & Family Services

120 E. Adams Street, Suite 100, Rapid City, SD 57701

Website: www.strongerfamily.org **Email:** wehelpkids@youthandfamilyservices.org

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

Phone: 605-791-5025

Eligibility: Open to all adults

Coverage Area: Rapid City area

Focuses on strengthening families as a whole by providing curriculum, strategies, and activities that will support healthy marriages, relationships, and families. Participants will develop the skills necessary to build strong relationships and increase their trajectory toward economic stability, mobility, and employability.

Independent Living Assistance offered at Western Resources for Independent Living

909 E. Saint Patrick Street, Suite 4, Rapid City, SD 57701

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

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

Phone: 888-434-4943

Eligibility: Open to all individuals of all ages with a significant disability

Coverage Area: Counties of Butte, Custer, Fall River, Haakon, Harding, Hughes, Jackson, Jones, Lawrence, Lyman, Meade, Mellette, Pennington, Perkins, Stanley, Sully, and Tripp

Western Resources for Independent Living is a center for independent living for all individuals of all ages with disabilities. We are a private non-profit agency with offices in Rapid City, Spearfish & Pierre, serving the people of 17 counties in western and central South Dakota. Independent Living is the right of an individual to make decisions to increase control over one's own life and to be responsible for those choices. Listed below are the 5 Core Services and other services provided.

- Individual & Systems Advocacy program
- Information & Referral Services
- Peer Support
- Independent Living Skills
- Transitions

Other Services Include:

- Home Modifications, Ramps and Adaptive Devices
- Housing: assist with locating affordable housing in the community
- Employment Services: increase knowledge in career research, completing applications, resumes and developing interview skills
- Recreational Services: assist an individual to identify opportunities in the community that provide meaningful leisure time activities and to learn socialization skills
- Technology Adaptive Services TAD: devices that assist an individual to independently communicate
- Commute (Transportation) Options: transportation training, to help understand options and referrals available for transportation
- Youth Transition Services: services for youth 12-24 years old that promote self-awareness, self-esteem, advocacy and self-empowerment skills.
- Security Deposit Assistance Program: low income persons with disabilities and/or the elderly. Other factors include need of security deposit and meeting HUD income eligibility.
- Social Security: assist individuals with applying for SSI/SSDI benefits

Life INC offered at Love INC of the Black Hills

414 E. Omaha Street, Rapid City, SD 57701

Website: www.loveinonline.com **Email:** mail@love-inc.us

Hours: Office hours: 8:30am - 4:30pm (MT), Monday - Thursday 8:30am - 12:00noon (MT), Friday

Phone: 605-718-5683

Eligibility: Classes held in Rapid City, Hill City, and Sturgis; anyone welcome to attend regardless of residency.

Coverage Area: Black Hills region

A 8-week program (held in Rapid City, Hill City, or Sturgis) with classes on money management, parenting, relationships, nutrition, and Christianity. Ability to earn groceries, haircuts, and other incentives through attendance and homework. Meal, childcare, and transportation provided. Application required.

Support Services offered at South Dakota Deaf Resource & Outreach Programs

2310 N. Maple Avenue, Rapid City, SD 57701

Website: sddrop.org **Email:** Programs@sddrop.org

Hours: 8:00am - 12:00noon (MT), Monday - Friday (afternoons by appointment)

Phone: 605-394-6864

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

Coverage Area: South Dakota

Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

Youth and Young Adult Drop-In and Transitional Housing Center offered at Family Connections Center

706 E. Monroe Street, Rapid City, SD 57701

Hours: 1:00pm - 8:00pm (MT), Monday - Sunday

Phone: 605-716-0422

Eligibility: Youth and Young Adults ages 16-24

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, and Pennington Counties.

Providing a variety of services for youth to access educational, employment, and live independently.

Adult Education/GED/ESL Program offered at Black Hills Special Services Cooperative

730 E. Watertown Street, 730 East Watertown Street, Rapid City, SD 57701

Hours: Front office: 7:30am - 4:00pm (MT), Monday - Friday Evening classes: call the evening line to gain admittance to class (605) 721-7431

Phone: 605-394-5120

Eligibility: Open to those 18 years of age and older

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, and Pennington

The Career Learning Center of the Black Hills provides adult education to individuals 18 years and older to prepare for the GED and/or brush-up on their educational skills in order to pursue post-secondary education.

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

Coverage Area: South Dakota

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.

Career Learning Center of the Black Hills offered at Black Hills Special Services Cooperative

730 E. Watertown Street, Rapid City, SD 57701

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

Phone: 605-394-5120

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Offers a variety of education, training, and employment services; including GED preparation and testing. Call for locations in Spearfish and Belle Fourche.

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

2330 N. Maple Avenue, Suite 1, Rapid City, SD 57701

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (MT), Monday - Wednesday, Friday 9:00am - 5:00pm (MT), Thursday Walk-ins welcome, appointment preferred.

Phone: 605-394-2296

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

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

2330 N. Maple Avenue, Suite 2, Rapid City, SD 57701

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

Phone: 605-394-2261

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

Coverage Area: Counties of Bennett, Custer, Fall River, Jackson, Eastern Meade, Pennington, Perkins, and Oglala Lakota
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.

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

2330 N. Maple, Suite 2, Rapid City, SD 57701

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

Phone: 605-394-2261

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

Coverage Area: Counties of Bennett, Butte, Custer, Fall River, Haakon, Harding, Jackson, Lawrence, Meade, Oglala Lakota, Pennington, Perkins, and Ziebach.

State agency that works with individuals who are blind and or visually impaired in the area of employment and independent living.

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

120 Industrial Drive, Suite 8, Spearfish, SD 57783

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (MT), Monday - Wednesday, and Friday 9:00am - 5:00pm (MT), Thursday Appointment only, call or email to schedule.

Phone: 605-642-6900

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

Independent Living Assistance offered at Western Resources for Independent Living

430 Oriole Drive, Suite C, Spearfish, SD 57783

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

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

Phone: 888-434-4943

Eligibility: Open to all individuals of all ages with a significant disability

Coverage Area: Counties of Butte, Custer, Fall River, Haakon, Harding, Hughes, Jackson, Jones, Lawrence, Lyman, Meade, Mellette, Pennington, Perkins, Stanley, Sully, and Tripp

Western Resources for Independent Living is a center for independent living for all individuals of all ages with disabilities. We are a private non-profit agency with offices in Rapid City, Spearfish & Pierre, serving the people of 17 counties in western and central South Dakota. Independent Living is the right of an individual to make decisions to increase control over one's own life and to be responsible for those choices. Listed below are the 5 Core Services and other services provided.

- Individual & Systems Advocacy program
- Information & Referral Services
- Peer Support
- Independent Living Skills
- Transitions

Other Services Include:

- Home Modifications, Ramps and Adaptive Devices
- Housing: assist with locating affordable housing in the community
- Employment Services: increase knowledge in career research, completing applications, resumes and developing interview skills
- Recreational Services: assist an individual to identify opportunities in the community that provide meaningful leisure time activities and to learn socialization skills
- Technology Adaptive Services TAD: devices that assist an individual to independently communicate
- Commute (Transportation) Options: transportation training, to help understand options and referrals available for transportation
- Youth Transition Services: services for youth 12-24 years old that promote self-awareness, self-esteem, advocacy and self-empowerment skills.
- Security Deposit Assistance Program: low income persons with disabilities and/or the elderly. Other factors include need of security deposit and meeting HUD income eligibility.
- Social Security: assist individuals with applying for SSI/SSDI benefits

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

Coverage Area: South Dakota

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.

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: 605-773-3101

Eligibility: High school students and youth ages 14-24

Coverage Area: Cities of Belle Fourche, Box Elder, Brookings, Lead/Deadwood, New Underwood, Rapid City, Sioux Falls, Spearfish, Sturgis, Yankton

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

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

116 W. Missouri Avenue, Pierre, SD 57501

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only, call or email to schedule.

Phone: 605-773-3372

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

Independent Living Assistance offered at Western Resources for Independent Living

633 E. Sioux Avenue, Suite 6, Pierre, SD 57501

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

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

Phone: 888-434-4943

Eligibility: Open to all individuals of all ages with a significant disability

Coverage Area: Counties of Butte, Custer, Fall River, Haakon, Harding, Hughes, Jackson, Jones, Lawrence, Lyman, Meade, Mellette, Pennington, Perkins, Stanley, Sully, and Tripp

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- Youth Transition Services: services for youth 12-24 years old that promote self-awareness, self-esteem, advocacy and self-empowerment skills.
- Security Deposit Assistance Program: low income persons with disabilities and/or the elderly. Other factors include need of security deposit and meeting HUD income eligibility.
- Social Security: assist individuals with applying for SSI/SSDI benefits

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

1000 18th Street S.W., Suite 5, Huron, SD 57350

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Walk-ins welcome, appointment preferred.

Phone: 605-353-7155

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

Support Services offered at South Dakota Deaf Resource & Outreach Programs

14 S. Main Street, Suite 305, Aberdeen, SD 57401

Website: sddrop.org **Email:** Programs@sddrop.org

Hours: 10:00am - 3:00pm (CT), Monday - Thursday, other hours by appointment

Phone: 605-626-2668

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

Coverage Area: South Dakota

Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

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

420 S. Roosevelt Street, Aberdeen, SD 57401

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only - call or email to schedule

Phone: 605-626-2340

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

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

1321 N. Main Street, Mitchell, SD 57301

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only, call or email to schedule

Phone: 605-995-8060

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

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

2001 9th Avenue S.W., Suite 200, Watertown, SD 57201

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Walk-ins welcome, appointment preferred.

Phone: 605-882-5131

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

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

3113 Spruce Street, Suite 124, Yankton, SD 57078

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Wednesday, and Friday 9:00am - 5:00pm (CT), Thursday Walk-ins welcome, appointment preferred.

Phone: 605-668-2900

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

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

No Physical Address, Brookings, SD 57006

Email: dlr.siouxfalls@state.sd.us

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

Phone: 605-688-4350

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

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.

Coverage Area: South Dakota

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

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.

Coverage Area: South Dakota. Can serve individuals from other states if funding is available and the referring state is willing to accept South Dakota program standards.

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

Job Center offered at Goodwill of the Great Plains

3401 S. Duluth Avenue, Sioux Falls, SD 57105

Hours: 9:00am - 5:00pm (CT), Monday - Thursday 9:00am - 12:00noon (CT), Friday

Phone: 605-357-6171

Eligibility: Adults searching for employment

Coverage Area: Areas of Rapid City and Sioux Falls

Assists individuals with barriers to employment by providing assistance with job search, applications, interview, computer access, and faxing.

Post-High School and Therapy Services offered at 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

Coverage Area: South Dakota

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.

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

Coverage Area: South Dakota

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.

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

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

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Walk-ins welcome, appointment preferred.

Phone: 605-367-5300

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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.

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

Coverage Area: South Dakota

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.)

Support Services offered at South Dakota Deaf Resource & Outreach Programs

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

Coverage Area: South Dakota

Support for deaf/hard of hearing individuals and families, including direct instruction and communication equipment.

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

904 E. Cherry Street, Vermillion, SD 57069

Email: dlr.siouxfalls@state.sd.us

Hours: 8:00am - 5:00pm (CT), Monday - Friday Appointment only, call or email to schedule

Phone: 605-677-6900

Eligibility: Call for information

Coverage Area: Cities served: Aberdeen, Brookings, Huron, Mitchell, Pierre, Rapid City, Sioux Falls, Spearfish, Vermillion, Watertown, and Yankton

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

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

Hours: Call for information.

Phone: 505-292-2001

Eligibility: Low income people aged 55 and older

Coverage Area: Counties of: Aurora, Buffalo, Beadle, BonHomme, Brookings, Brown, Brule, Campbell, Charles Mix, Clark, Clay, Codington, Corson, Custer, Davison, Day, Dewey, Douglas, Deuel, Fall River, Faulk, Grant, Gregory, Haakon, Hamlin, Hughes, Hutchinson, Hyde, Jackson, Jerauld, Jones, Kingsbury Lake, Lawrence, Lincoln, Marshall, McCook, McPherson, Meade, Mellette, Miner, Minnehaha, Moody, Oglala, Pennington, Perkins, potter, Roberts, Sanborn, Stanley, Todd, Tuner, Union, Walworth, Yankton, Ziebach

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

Preschool Scholarships offered at Starting Strong Rapid City

3645 Sturgis Road, Suite 110, Rapid City, SD 57702

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday

Phone: 605-342-6464

Eligibility: 3 and 4 year old children

Coverage Area: Rapid City Area School district boundaries

Provides preschool scholarships to children from economically disadvantaged families in Rapid City. Children that receive scholarships can choose from 5 different area preschools.

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

3645 Sturgis Road, Suite 110, West Region Distributing Agency - Early Childhood Connections, Rapid City, SD 57702

Website: <https://dss.sd.gov/childcare/childsafetyseat/> **Email:** sdsu.frn@sdstate.edu

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday Call to schedule an appointment to ensure seat availability.

Phone: 888-999-7759

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

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

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.

Pregnancy Services - Rapid City offered at Birthright

2002 5th Street, Rapid City, SD 57701

Website: www.facebook.com/profile.php?id=100070412975938

Email: rapidcity@birthright.org

Hours: 12:00noon - 4:00pm (MT), Monday, Wednesday, Friday

Phone: 605-343-1732

Eligibility: Open to all

Coverage Area: Black Hills area

Provides women free and confidential pregnancy tests, emotional support, prenatal information, and referrals.

Community Outreach offered at Volunteers of America, Northern Rockies

111 New York Street, Rapid City, SD 57701

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

Phone: 605-341-8336

Eligibility: Open to all

Coverage Area: Rapid City area

Offers access to crisis intervention, emergency resources, and case management support for those living in poverty. Some diapers, formula, and children's clothing available dependent on community donations.

Mommy's Closet offered at Volunteers of America, Northern Rockies

111 New York Street, Rapid City, SD 57701

Hours: 11:00am - 4:00pm (MT), Monday, Tuesday, Thursday, Friday Case management by appointment

Phone: 605-341-8336

Eligibility: Parents and guardians of children under age 5 who are in an emergency need of basic baby items.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Provides case management services to parents and guardians of children under 5 to problem-solve areas surrounding housing, education, employment and general finances. Provides diapers, wipes, child safety seats, clothing and formula.

Car Seat Safety offered at Sue Jarvis, CPST

No Physical Location, Hill City, SD 57745

Hours: Flexible. Text message to schedule.

Phone: 605-430-2704

Eligibility: Open to all

Coverage Area: Rapid City and surrounding area

Assists with car seat installation and inspections.

Pregnancy Resources offered at Black Hills Pregnancy Center

1774 Center Street, Suite 1, Rapid City, SD 57703

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

Hours: 9:00am - 5:00pm (MT), Monday - Friday Helpline: 24 hours a day / 7 days a week

Phone: 605-341-4477

Eligibility: Open to all

Coverage Area: Western South Dakota

Provides all services free: pregnancy testing, limited ultrasound, pre-natal vitamins, local support, community referrals, maternity and infant clothing, and parenting classes.

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:** CCS@state.sd.us

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

Phone: 605-394-2525

Eligibility: Call for information

Coverage Area: South Dakota

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

Earn While You Learn offered at Bella Pregnancy Resource Center

119 E. Grant Street, Suite 2, Spearfish, SD 57783

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

Hours: 12:00noon - 5:00pm (MT), Monday, Wednesday 10:00am - 3:00pm (MT), Tuesday, Thursday

Phone: 605-642-4140

Eligibility: Any expectant parent or any parent who has an infant or toddler

Coverage Area: Counties of Butte, Harding, Lawrence, Meade, and Pennington

An educational program designed to help parents become the best parents they can be, while at the same time giving them the opportunity to earn some of the items necessary to meet the physical needs of their babies.

As parents learn valuable information on pregnancy care and parenting skills, they earn Mommy Money and Man Bucks to use in the Baby Boutique for items such as clothing, furniture, and baby items.

Pregnancy Resources offered at Black Hills Pregnancy Center

118 Chanku Waste Drive, Porcupine, SD 57772

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

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

Phone: 605-223-0852

Eligibility: Open to all

Coverage Area: Western South Dakota

Provides all services free: pregnancy testing, limited ultrasound, pre-natal vitamins, local support, community referrals, maternity and infant clothing, and parenting classes.

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:** CCS@state.sd.us

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

Phone: 605-773-3612

Eligibility: Call for information

Coverage Area: South Dakota

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:** CCS@state.sd.us

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

Phone: 605-626-3160

Eligibility: Call for information

Coverage Area: South Dakota

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

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

2905 3rd Avenue, S.E., Aberdeen, SD 57401

Website: <https://dss.sd.gov/childcare/childsafetyseat/> **Email:** sdsu.frn@sdstate.edu

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

Phone: 605-226-5675

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

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

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

116 E. 11th Avenue, Mitchell, SD 57301

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

Hours: Call for information

Phone: 605-995-8000

Eligibility: Call for information

Coverage Area: South Dakota

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:** CCS@state.sd.us

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

Phone: 605-668-3030

Eligibility: Call for information

Coverage Area: South Dakota

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

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

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

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

Phone: 605-688-4330

Eligibility: Call for information

Coverage Area: South Dakota

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

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

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

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.

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

5015 S. Western Avenue, Suite 120, Sioux Falls, SD 57108

Website: <https://dss.sd.gov/childcare/childsafetyseat/> **Email:** sdsu.frn@sdstate.edu

Hours: 8:00am - 5:00pm (CT), Monday - Friday Please make an appointment for installation and education.

Phone: 605-312-8390

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

Coverage Area: Counties of Brookings, Brown, Lincoln, Meade, Minnehaha, and Pennington.

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

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

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

Hours: 8:00am - 5:00pm (CT), Monday - Friday After hours contact local law enforcement

Phone: 605-367-5444

Eligibility: Call for information

Coverage Area: South Dakota

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

Coverage Area: United States

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

Counseling Services offered at Jetson Counseling

1301 W. Omaha Street, Suite 220, Rapid City, SD 57701

Website: www.jetsoncounseling.com **Email:** jetsond@yahoo.com

Hours: 9:00am - 6:00pm (MT), Monday - Wednesday Workshops, trainings, and paid speaking engagements are available Thursday - through Sunday

Phone: 605-718-5500

Eligibility: Open to all

Coverage Area: Located in Rapid City but serving South Dakota and Montana via telehealth.

Individual, couples, marriage, family, group counseling, and workshops focusing on areas such as co-dependency, trauma, sexuality, depression, anxiety, sexual abuse trauma, mild traumatic brain injury, relationship issues, boundaries, and financial therapy / coaching.

Never Give Up Hope offered at FoY Foundation, Inc.

429 Kansas City Street, Suite 2-3, Rapid City, SD 57701

Website: www.FoYFoundationInc.org **Email:** FoYFoundationInc@gmail.com

Hours: 9:00am - 3:00pm (MT), by appointment

Phone: 605-721-7775

Eligibility: Adults 18 - 65 years old undergoing invasive major surgery to remove cancer.

Coverage Area: South Dakota

Helps adult cancer patients who need surgery with rent/mortgage payments.

Financial and Housing Counseling offered at Consumer Credit Counseling Service of the Black Hills

2310 N. Maple Avenue, Rapid City, SD 57701

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

Hours: 8:00am - 5:00pm (MT), Monday, Tuesday, Thursday 8:00am - 8:30pm (MT), Wednesday 8:00am - 3:00pm (MT), Friday

Phone: 605-348-4550

Eligibility: Open to all

Coverage Area: Western South Dakota, Pierre, Wyoming

Counseling services helps individuals develop a plan to address their financial situation by reviewing income, budget, and current creditors. Debt Management can lower debt payments and variety of education programs help consumers make informed financial decisions. Also has housing counseling and bankruptcy services.

Debt Management offered at Consumer Credit Counseling Service of the Black Hills

2310 N. Maple Avenue, Rapid City, SD 57701

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

Hours: 8:00am - 5:00pm (MT), Monday, Tuesday, Thursday 8:00am - 8:30pm (MT), Wednesday 8:00am - 3:00pm (MT), Friday

Phone: 605-348-4550

Eligibility: Open to all

Coverage Area: Western South Dakota

Provides lower debt payments and many creditors reduce interest rates and eliminate late fees.

Financial Education offered at Consumer Credit Counseling Service of the Black Hills

2310 N. Maple Avenue, Rapid City, SD 57701

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

Hours: 8:00am - 5:00pm (MT), Monday, Tuesday, Thursday 8:00am - 8:30pm (MT), Wednesday 8:00am - 3:00pm (MT), Friday

Phone: 605-348-4550

Eligibility: Open to all

Coverage Area: Western South Dakota, Pierre

CCCS offers a variety of education programs and information to help you make informed financial decisions and live better.

Personal Financial Resources and Counseling offered at Black Hills Community Loan Fund

1764 Centre Street, Suite 1, Rapid City, SD 57703

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

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

Phone: 605-519-5124

Eligibility: Must be 18 or older, gainfully employed at least 6 months and a resident in either Butte, Custer, Fall River, Meade or Pennington Counties

Coverage Area: Five Counties: Butte, Custer, Fall River, Meade, and Pennington

BHCLF is a resource for Financial education and literacy. BHCLF hosts Financial Skills for Families classes, Pathways to Homeownership and Indianpreneurship a program designed to guide one through the business plan writing process.

Human Services offered at Pennington County

321 Kansas City Street, Suite 100, Care Campus, Rapid City, SD 57701

Hours: Office hours: 6:30am - 5:00pm (MT), Monday - Friday (excluding holidays)

Phone: 605-394-2156

Eligibility: Pennington County residents who meet the eligibility criteria established in state statute and county guidelines.

Coverage Area: Pennington County

Eligibility based assistance with rent, utilities, transportation for work or medical appointments, pre-approved medical expenses including most prescription medications, emergency hospitalization, and qualified burial or cremation expenses. Anyone who receives assistance will have a lien filed in their name for that amount and will be responsible for repayment of that lien to the County.

Debt Management offered at Pioneer Credit Counseling

1644 Concourse Drive, Rapid City, SD 57703

Website: www.pioneercredit.com **Email:** service@pioneercredit.com

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

Phone: 605-348-1608

Eligibility: Open to all

Coverage Area: Pennington County

Pioneer Credit Counseling is a bonded, non-profit credit counseling agency offering debt management programs, financial counseling, bankruptcy counseling and housing counseling.

Home Repair Assistance offered at NeighborWorks Dakota Home Resources

795 Main Street, Deadwood, SD 57732

Website: www.neighborworksdsdr.org **Email:** info@nwdhr.org

Hours: 8:00am - 12:00noon;1:00pm - 5:00pm (MT), Monday - Friday Summer hours (Memorial Day - Labor Day): 8:00am - 5:00pm (MT), Monday - Thursday;8:00am - 12:00noon, Friday

Phone: 605-578-1401

Eligibility: Low to moderate income residents of western South Dakota

Coverage Area: Western SD including Butte, Custer, Fall River, Lawrence, Meade, and Pennington Counties.

Helping families, buy, fix, and keep their homes through credit counseling, home-buyer education, foreclosure prevention, down payment and closing cost assistance.

Housing Authority offered at Oglala Sioux Tribe Partnership for Housing, Inc.

4 Fraggie Rock Street, Pine Ridge, SD 57770

Website: ostpartnershipforhousing.info **Email:** ostph@yahoo.com

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

Phone: 605-867-1555

Eligibility: Open to all

Coverage Area: Counties of Bennett, Custer, Fall River, Jackson, Oglala Lakota, and Pennington

Provides the following services - Housing counseling, Credit counseling, Support services and referrals, Veterans' assistance, Homebuyer programs, Rehab assistance, Food security assistance, and Small business counseling.

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

Coverage Area: Counties of Dewey and Ziebach, and all potential and existing Native American owned businesses in South Dakota

Providing business training/coaching, financial empowerment coaching, and lending to potential and existing Native American owned businesses in South Dakota.

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.

Coverage Area: South Dakota

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.

Housing Opportunities for People with Aids 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: Main office is closed to the public. Paperwork may be dropped off from 8:00am - 5:00pm (CT), Monday - Friday.

Please call for appointments or more information.

Phone: 605-332-0704

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

Coverage Area: South Dakota

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.

Coverage Area: South Dakota

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.

Housing Education Programs offered at Sioux Empire Housing Partnership, Inc.

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

Website: <http://www.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.

Coverage Area: South Dakota

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

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.

Coverage Area: United States

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.

Coverage Area: Nationwide

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.

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.

Coverage Area: United States

Free Bankruptcy Advice Hotline 800-379-0985.

Food

Food Pantry offered at Lamb Chop Ministries

4813 S. Canyon Road, Freedom Motorcycle Church, Rapid City, SD 57702

Hours: 9:00am - 3:00pm (MT), Monday - Friday

Phone: 520-300-1093

Eligibility: Open to all who are currently working.

Coverage Area: Black Hawk, Piedmont, Summerset, Rapid City

Provides the following to help supplement income: meats, fresh vegetables, fruit, milk, eggs, and canned goods.

Congregate Meals and Delivery Locations offered at Meals on Wheels Western South Dakota

1621 Sheridan Lake Road, Suite C, Meals on Wheels Main Office, Rapid City, SD 57702

Hours: Call for hours and locations Meals are not served on the following holidays: New Years Day, Martin Luther King Day, President's Day, Memorial Day, 4th of July, Labor Day, Veteran's Day, Thanksgiving Day and the Friday following Thanksgiving Day, and Christmas Day.

Phone: 605-394-6002

Eligibility: Seniors, 60 years and older

Coverage Area: Communities Served: Belle Fourche, Black Gap, Bison, Black Hawk, Box Elder, Caputa, Custer, Deadwood, Dupree, Edgemont, Faith, Farmingdale, Hart Ranch, Hayward, Hermosa, Hill City, Hisega, Hot Springs, Isabel, Johnson Siding, Kadoka, Keystone, Lead, Lemmon, Martin, Murdo, New Underwood, Newell, Nisland, Phillip, Piedmont, Rapid City, Rapid Valley, Rockerville, Sturgis, Timber Lake, Vale, and Wall

Weekday lunches to seniors (60+) in congregate settings, and delivered to homes in many towns.

Food Program offered at Fork Real Community Cafe, Inc.

324 St. Joseph Street, Rapid City, SD 57701

Hours: Breakfast: 8:30am - 1:30pm (MT), Tuesday - Friday; 8:30am - 11:30am (MT), Saturday Lunch: 11:00am - 1:30pm (MT), Tuesday - Friday Office hours: 9:00am - 3:00pm (MT), Tuesday - Friday

Phone: 605-718-5020

Eligibility: 14 years of age or older

Coverage Area: Rapid City area

A non-profit, pay-what-you-can cafe. People may donate for the meals by cash, credit or volunteer an hour for their meal.

Free Little Pantry offered at Open Heart United Methodist Church

202 E. Indiana Street, Open Heart United Methodist Church, Rapid City, SD 57701

Website: www.openheartumc.org **Email:** openheartumc@gmail.com

Hours: 9:30am - 12:30pm (MT), Tuesday - Friday

Phone: 605-343-1813

Eligibility: Open to all

Coverage Area: Pennington County

Free little pantry - located in front of the church, on the lawn. Accessible 24 hours a day / 7 days a week.

Monthly meal on the 2nd Tuesday of each month at 6:00pm, free and open to the public.

Meal Service offered at Cornerstone Rescue Mission

30 Main Street, Rapid City, SD 57701

Hours: Breakfast: 7:30am - 8:00am (MT), Monday - Friday 8:30am - 9:00am (MT), Saturday - Sunday (and holidays) Lunch: 12:30pm - 1:00pm (MT), Monday - Saturday 1:30pm - 2:00pm (MT), Sunday (and holidays) Dinner: 6:00pm - 6:30pm (MT), Monday - Sunday

Phone: 605-341-2844

Eligibility: Open to all

Coverage Area: Rapid City area

Serves 3 free meals a day: Breakfast - only serving shelter guests (not open to the public) Lunch - not open to the public at this time Dinner - open to the public

Emergency Services offered at Church Response

30 Main Street, Same building as Cornerstone Rescue Mission, Rapid City, SD 57701

Email: churchresponsepantry@gmail.com

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

Phone: 605-342-5360

Eligibility: Open to all people with low income

Coverage Area: Pennington County and surrounding area if there is no food source closer.

Food Assistance: Groceries and past due utilities.

Daily Meals offered at Pejuta Waste O'Tipi

522 Anamosa Street, Rapid City, SD 57709

Website: <https://www.pejutawaste.org/> **Email:** pejutawasteotipi@gmail.com

Hours: Breakfast daily: 8:00am - 9:00am (MT) Lunch daily: 12:00noon - 1:00pm (MT) Dinner daily: 5:00pm - 6:00pm (MT)

Phone: 605-389-3509

Eligibility: Open to all

Coverage Area: Rapid City area

Serves breakfast, lunch, and dinner to the most vulnerable relatives with compassion and safety.

Food Pantry offered at Mother Butler Center Food Pantry

221 Knollwood, Mother Butler Center, Rapid City, SD 57701

Website: www.rapidcitydiocese.org **Email:** stisaac@rushmore.com

Hours: 11:00am - 2:00pm (MT) Monday - Friday

Phone: 605-343-2165

Eligibility: Open to all

Coverage Area: Pennington County

A food pantry that consists of non-perishable food items and personal hygiene items.

Youth Center offered at Boys & Girls Clubs of the Black Hills

297 Walnut Avenue, Hill City, SD 57745

Website: www.BGCBlackHills.org **Email:** bgcgb@bgcblackhills.org

Hours: School year hours: 3:00pm - 6:00pm (MT), Monday - Friday Summer hours: 7:15am - 5:30pm (MT), Monday - Friday

Phone: 605-574-2010

Eligibility: Club Membership grades K-12; Teen Center open to Middle & High School age Club Prep Pre-K program ages 3 - 6

Coverage Area: Custer, Deadwood, Edgemont, Hill City, Hot Springs, Keystone, Lead, Oelrichs, Rapid City, Rochford, Spearfish, and Sturgis.

A youth organization that provides a safe place for kids to go after school. Youth get to participate in a variety of activities such as homework help/tutoring, organized sports programs, Youth for Unity, Teen Center, and guided activities on character and leadership, education and career skills, and healthy living/active lifestyles. Snacks are provided to the youth.

The Club is open year round with a summer program that provides a safe, fun place for children. Benefits include swimming lessons, outdoor activities, and hands-on reading, math, science activities (STEM) to keep young minds engaged out of school and lessen the summer learning gap.

Emergency Services offered at Salvation Army of the Black Hills

405 N. Cherry Avenue, 405 N. Cherry Ave., Rapid City, SD 57701

Hours: Emergency Food: 1:00pm - 4:00pm (MT), Monday - Friday Clothing & Household Vouchers: 1:00pm - 4:00pm (MT), Monday - Friday Utility Assistance: By appointment only. Call to make an appointment.

Phone: 605-342-0982

Eligibility: Open to all

Coverage Area: Western South Dakota

Serving Western South Dakota through various services, including food programs, worship and spiritual development, material and seasonal assistance, Pathway of Hope, and more.

Food Pantry offered at Hill City Community Food Pantry, The

525 Main Street, Little White Church, Hill City, SD 57745

Email: office@thelittlewhitechurch.net

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

Phone: 605-574-2426

Eligibility: Open to those in need

Coverage Area: Cities of Hill City, Keystone, and Custer

Food pantry serving Hill City, Keystone, and Custer. Available 9:00am - 11:00am (MT), Monday and Friday

Adventist Food Pantry offered at Rapid City Seventh-Day Adventist Church

1636 Concourse Court, Rapid City, SD 57703

Website: <https://rapidcitysd.adventistchurch.org> **Email:** rapidsda@gmail.com

Hours: 10:00am - 2:00pm (MT), Monday - Thursday *Open by appointment only

Phone: 605-503-1279

Eligibility: Open to all by appointment only

Coverage Area: City of Rapid City

Emergency food pantry.

Youth Center offered at Boys & Girls Clubs of the Black Hills

32 Baltimore Street, Lead, SD 57754

Website: www.BGCBlackHills.org **Email:** bgcbh@bgcblackhills.org

Hours: School year hours: 3:00pm - 7:00pm (MT), Monday - Friday

Phone: 605-340-0389

Eligibility: Club Membership grades K-12; Teen Center open to Middle & High School age Club Prep Pre-K program ages 3 - 6

Coverage Area: Custer, Deadwood, Edgemont, Hill City, Hot Springs, Keystone, Lead, Oelrichs, Rapid City, Rochford, Spearfish, and Sturgis.

A youth organization that provides a safe place for kids to go after school. Youth get to participate in a variety of activities such as homework help/tutoring, organized sports programs, Youth for Unity, Teen Center, and guided activities on character and leadership, education and career skills, and healthy living/active lifestyles. Snacks are provided to the youth.

The Club is open year round with a summer program that provides a safe, fun place for children. Benefits include swimming lessons, outdoor activities, and hands-on reading, math, science activities (STEM) to keep young minds engaged out of school and lessen the summer learning gap.

Food Pantry offered at City of New Underwood

423 S. A Avenue, New Underwood, SD 57761

Hours: 8:00am - 2:00pm (MT), Monday - Thursday Other times as necessary

Phone: 605-754-6777

Eligibility: Open to all

Coverage Area: New Underwood area

Dry food goods are donated to the Food Pantry located at City Hall. Anyone needing food can take what they need/want.

Youth Center offered at Boys & Girls Clubs of the Black Hills

105 N. River Street, Hot Springs, SD 57747

Website: www.BGCBlackHills.org **Email:** bgcbh@bgcblackhills.org

Hours: School year hours: 3:00pm - 6:30pm (MT), Monday - Thursday 7:30am - 5:30pm (MT), Friday Summer hours: 7:30am - 5:30pm (MT), Monday - Friday

Phone: 605-745-8000

Eligibility: Club Membership grades K-12; Teen Center open to Middle & High School age Club Prep Pre-K program ages 3 - 6

Coverage Area: Custer, Deadwood, Edgemont, Hill City, Hot Springs, Keystone, Lead, Oelrichs, Rapid City, Rochford, Spearfish, and Sturgis.

A youth organization that provides a safe place for kids to go after school. Youth get to participate in a variety of activities such as homework help/tutoring, organized sports programs, Youth for Unity, Teen Center, and guided activities on character and leadership, education and career skills, and healthy living/active lifestyles. Snacks are provided to the youth.

The Club is open year round with a summer program that provides a safe, fun place for children. Benefits include swimming lessons, outdoor activities, and hands-on reading, math, science activities (STEM) to keep young minds engaged out of school and lessen the summer learning gap.

Food Pantry offered at Country Cupboard/Food Pantry

505 Glenn Street, Wall, SD 57790

Hours: Summer Hours (May - August): 9:00am - 11:00am and 5:00pm - 7:00pm (MT), 3rd Wednesday of the Month 9:00am - 11:00am, 3rd Saturday of the Month Winter Hours (September - May): 1:00pm - 4:00pm (MT), 1st, 2nd, and 3rd Wednesdays of the month 9:00am - 11:00am (MT), 2nd and 3rd Saturday of the month

Phone: 605-279-2453

Eligibility: Anyone in Wall and Philip service areas.

Coverage Area: Wall and Philip areas

The Country Cupboard is a food pantry for those in Wall and Philip service areas. The pantry has no income guidelines.

HOPE Waivers offered at South Dakota Department of Human Services

3800 E. Highway 34, Division of Long Term Services and Supports, Hillsvie Plaza, Pierre, SD 57501

Website: <https://dhs.sd.gov/en/ltss/hope-waiver>

Email: DakotaAtHome@state.sd.us

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

Phone: 833-663-9673

Eligibility: Open to those 65 and older or age 18 and older with a qualifying disability

Coverage Area: South Dakota

Provides home and community-based services to people who need nursing facility level of care. The waiver allows people age 65 and older, and people age 18 and older who have a qualifying disability, to live at home or in the setting that is most independent for them.

Rapid City Food Calendar offered at Helpline Center - Resource Guides

No Physical Address, Sioux Falls, SD 57104

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

Phone: 605-339-4357

Eligibility: Open to all

Coverage Area: Rapid City area

The Rapid City Food Calendar contains information about reoccurring meals, food pantries and food giveaways.

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.

Eligibility: When picking up food, guests will be asked to register their household and self-declare their income.

Coverage Area: South Dakota

Distributes free food to individuals and families. Visit website to see list of location dates/times in your area.

Programs and Services 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.

Coverage Area: United States

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

Coverage Area: South Dakota

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 Cornerstone Rescue Mission

401 11th Street, Rapid City, SD 57701

Website: www.cornerstonemission.org **Email:** tsadmin@cornerstonemission.org

Hours: 11:00am - 5:00pm (MT), Tuesday - Friday 9:00am - 5:00pm (MT), Saturday

Phone: 605-716-2768

Eligibility: Open to all

Coverage Area: Rapid City area

Offers clothing, furniture, household goods, and more available for purchase.

Thrift Store and Document Shredding Services offered at Goodwill of the Great Plains Rapid City

611 Lindbergh Avenue, Rapid City, SD 57701

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

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

Phone: 605-737-3955

Eligibility: Open to all

Coverage Area: Rapid City area

Offers clothing, furniture, and household items;work clothing vouchers available with referral from a social service agency.

Thrift Store offered at Goodwill of the Great Plains

611 Lindbergh Avenue, Rapid City, SD 57701

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

Phone: 605-737-3955

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store offered at We Care Rapid City, Inc.

401 E. Boulevard North, Rapid City, SD 57701

Website: www.facebook.com/WeCareThriftRapidCity **Email:** wecarerapidcity@gmail.com

Hours: 9:30am - 5:30pm (MT), Tuesday - Saturday 11:00am - 5:00pm (MT), Sunday

Phone: 605-716-0256

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Offers clothing for sale. Vouchers provided as available (identification required).

Thrift Store offered at Salvation Army of the Black Hills

621 E. St. Patrick Street, Rapid City, SD 57701

Hours: 10:00am - 3:00pm (MT), Tuesday - Saturday

Phone: 605-342-8849

Eligibility: Open to all

Coverage Area: Pennington County and Northern, Southern Hills area

Offers gently used items for sale at bargain prices. Vouchers available at the Salvation Army Social Services Center.

Clearinghouse offered at Love INC of the Black Hills

414 E. Omaha Street, Rapid City, SD 57701

Website: www.loveinonline.com **Email:** mail@love-inc.us

Hours: 8:30am - 4:30noon (MT), Monday - Thursday 8:30am - 12:00noon (MT), Friday

Phone: 605-718-5683

Eligibility: Vary by program;see description

Coverage Area: Cities of Rapid City, Box Elder, Black Hawk, Piedmont, and Sommerset

Earn household items (pots, pans, plates, silverware, linens, or furniture) by volunteering.

Rapid City Clothe-a-Kid offered at Love INC of the Black Hills

414 E. Omaha Street, Rapid City, SD 57701

Website: <https://loveinonline.com/clothe-a-kid/> **Email:** mail@love-inc.us

Hours: 8:30am - 4:30noon (MT), Monday - Thursday 8:30am - 12:00noon (MT), Friday

Phone: 605-718-5683

Eligibility: Participants must graduate from a Life INC class to receive Clothe-A-Kid award (cannot miss more than 1 night of class). Participants must also be willing to go shopping with a Love INC volunteer who can assist with kids and shopping during the experience.

Coverage Area: Rapid City School District, Douglas School District & New Underwood School District

Clothe-A-Kid assists families in need or struggling financially to obtain school clothing. Participants can earn a \$200.00 shopping experience at Kohl's by graduating from Life INC classes any quarter of the year (NOT summer only!). Participants must provide official documents providing guardianship of children ages 5 - 18.

Household Items offered at Western South Dakota Community Action

1844 Lombardy Drive, Rapid City, SD 57703

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

Hours: Office hours: 8:00am - 4:30pm (MT), Monday - Friday Direct services hours: 9:00am - 12:00pm;12:30pm - 4:00pm (MT), Monday - Thursday 9:00am - 12:00pm;12:30pm - 3:00pm (MT), Friday

Phone: 605-348-1460

Eligibility: Call for information. Personal care items are available for income eligible clients who are currently signed up.

Coverage Area: Counties of Bennett, Butte, Corson, Custer, Dewey, Fall River, Haakon, Harding, Jackson, Lawrence, Meade, Pennington, Perkins, and Ziebach

A private, non-profit, anti-poverty corporation whose purpose is to make a positive impact upon the causes and effects of poverty. This agency operates the following programs:

- Air Conditioners - Must be income eligible (125%), be signed up at the agency and have a medical statement stating they need an AC. Also cannot have received one in the last 3 years. Distribution is primarily in June of each year. Please call for an appointment.
- Medical Equipment Lending - Available for those in need of bathtub seats, shower and tub rails.
- Thrift Store - Low cost items with proceeds going to fund free food and special projects. 9:00am - 4:00pm, Monday - Friday.

Employment Support offered at Western South Dakota Community Action

1844 Lombardy Drive, Rapid City, SD 57703

Website: www.wsdca.org **Email:** wsdcap@rapidcity.com

Hours: Office hours: 8:00am - 4:30pm (MT), Monday - Friday Direct services hours: 9:00am - 12:00noon;12:30pm - 4:00pm (MT), Monday - Thursday 9:00am - 12:00noon;12:30pm - 3:00pm (MT), Friday

Phone: 605-348-1460

Eligibility: Call for information

Coverage Area: Counties of Bennett, Butte, Custer, Fall River, Harding, Jackson, Lawrence, Meade, Pennington, Corson, Dewey, Haakon, Perkins, and Ziebach

This program offers grants up to \$250.00 which enables clients to accept work that requires tools, uniforms, licensees, etc.

Thrift Store offered at Club for Boys, The

960 Cambell Street, Rapid City, SD 57701

Website: www.theclubforboys.org **Email:** contact@theclubforboys.org

Hours: Store Hours: 9:00am - 6:00pm (MT), Monday - Friday 9:00am - 5:00pm (MT), Saturday Donation Drop Off: 9:00am - 1:00pm (MT), Monday - Saturday

Phone: 605-341-8878

Eligibility: Open to all

Coverage Area: Rapid City area

Offers low cost household goods, clothing, furniture, and more.

Thrift Store and Document Shredding Services offered at Goodwill of the Great Plains Rapid City

611 Timmons Boulevard, Rapid City, SD 57703

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

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

Phone: 605-737-3955

Eligibility: Open to all

Coverage Area: Rapid City area

Offers clothing, furniture, and household items; work clothing vouchers available with referral from a social service agency.

Thrift Store offered at Goodwill of the Great Plains

611 Timmons Boulevard, Rapid City, SD 57703

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

Phone: 605-731-1930

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store and Donations offered at Twin City Clothing Center

306 W. Main Street, Lead, SD 57754

Hours: 10:00am - 4:00pm (MT), Monday, Friday 12:00pm - 6:00pm (MT), Wednesday

Phone: 605-717-0739

Eligibility: Open to all

Coverage Area: West River South Dakota

A volunteer based organization that collects and processes clothing and household goods for placement in a free-cycling setting resembling a retail store.

Thrift Store offered at Goodwill of the Great Plains

1902 Eastgate Avenue, Pierre, SD 57501

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

Phone: 605-494-3033

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store offered at Goodwill of the Great Plains

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

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

Phone: 605-225-0822

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store offered at Goodwill of the Great Plains

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

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

Phone: 605-996-3640

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store offered at Goodwill of the Great Plains

2508 Fox Run Parkway, Yankton, SD 57078

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

Phone: 605-665-8847

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store offered at Goodwill of the Great Plains

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

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

Phone: 605-886-6379

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

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

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store offered at Goodwill of the Great Plains

120 N. Kiwanis Avenue, Sioux Falls, SD 57104

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

Phone: 605-334-2028

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Gender-Diverse Clothing Closet offered at Transformation Project, The

500 N. Western Avenue, Suite 300, Sioux Falls, SD 57104

Website: www.transformationprojectsd.org

Email: info@transformationprojectsd.org

Hours: Check website for appointment availability.

Phone: 605-836-3105

Eligibility: Open to all

Coverage Area: South Dakota

Providing Transgender & Gender Diverse individuals in need of clothing a meeting with a personal stylist to choose clothing, shoes and accessories and take home a week's worth at no cost to them.
Fill out an online application or call to book an appointment.

Thrift Store offered at Goodwill of the Great Plains

3400 S. Norton Avenue, Sioux Falls, SD 57105

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

Phone: 605-731-1930

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Thrift Store offered at Goodwill of the Great Plains

4701 E. 41st Street, Sioux Falls, SD 57110

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

Phone: 605-338-2431

Eligibility: Open to all

Coverage Area: Aberdeen, Brookings, Bon Homme, Mitchell, Pierre, Rapid City, Watertown, and Yankton areas.

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

Shelters

Outreach Advocacy and Support Services offered at Where all Women are Honored - Winyan Wicayuniahn Oyanke

2218 Jackson Boulevard, Suite 6, Rapid City, SD 57701

Hours: 24 hours a day / 7 days a week

Phone: 605-391-2609

Eligibility: Open to all; serving victims of intimate partner violence (IPV), Sexual Assault, Human Trafficking and Teen Dating Violence.

Coverage Area: Counties of Butte, Custer, Dewey, Fall River, Lawrence, Meade, Oglala Lakota, Pennington, Todd, and Ziebach

Services provided are Outreach Advocacy, 24-Hour Crisis Line, Women's Support Group, Women's Re-education, Men's Re-education, Emergency items, Respond to emergency 911 calls with public safety or at the hospital, and Protection Orders.

Survivor Outreach Services offered at Working Against Violence, Inc.

527 Quincy Street, Rapid City, SD 57701

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

Phone: 605-341-3292

Eligibility: Victim of domestic violence, sexual assault, IPV stalking, human trafficking

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Emergency shelter for victims of intimate personal domestic violence, sexual assault, IPV stalking, or human trafficking.

Men's Shelter offered at Cornerstone Rescue Mission

30 Main Street, Rapid City, SD 57701

Hours: 24 hours a day / 7 days a week

Phone: 605-341-2844

Eligibility: Open to males 18 years or older unless accompanied by a verifiable guardian.

Coverage Area: Western South Dakota and Eastern Wyoming

Provides a bed, 3 daily meals, case management, and shower facilities.

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

111 New York Street, Volunteers of America, Northern Rockies, Rapid City, SD 57701

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

Phone: 605-341-8336

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

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.

Arise Youth Center West offered at Lutheran Social Services - Western Region

3505 Cambell Street, Rapid City, SD 57701

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

Email: info@lsssd.org

Hours: Call for information

Phone: 605-716-1837

Eligibility: Youth ages 10-17

Coverage Area: Currently set only to serve Pennington County For Reception Center. Shelter Care in South Dakota upon approval (runaway/homeless services and shelter located in Rapid City, South Dakota referrals accepted but transportation to the center outside of local area is not typically provided);contact for assistance. Evening Report Center available to local court system referrals.

Provides shelter (up to 21 days) and case management services that attempt to find long term and stable living options for runaway and homeless youth.

Transitional Shelter offered at Maggie's House

15 Wasuya Avenue, Kyle, SD 57752

Email: maggieshousetp@gmail.com

Hours: 24 hours a day / 7 days a week

Phone: 605-455-1214

Eligibility: Ages 17 - 21

Coverage Area: Great Plains

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.

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

17 Park Avenue, ROCS Lake Andes Office, Lake Andes, SD 57356

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

Phone: 605-487-7634

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

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.

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

420 S. Washington Street, The Journey Home, Aberdeen, SD 57401

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

Phone: 605-725-7031

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

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.

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

106 West S.W., Rural Office of Community Services, Wagner, SD 57380

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

Phone: 605-384-3883

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

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.

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

1307 N. Main, Rural Office of Community Services, Mitchell, SD 57301

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

Phone: 605-996-9626

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

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.

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

7 W. Kemp, Inter-Lakes Community Action Partnership, Watertown, SD 57201

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

Phone: 605-954-8093

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

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.

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

920 Broadway Avenue, Suite 1, Rural Office of Community Services, Yankton, SD 57078

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

Phone: 605-665-4559

Eligibility: Individual or families who are experiencing or at risk of being homeless and searching for housing resources

Coverage Area: South Dakota

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.

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

Coverage Area: South Dakota

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.

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

Coverage Area: South Dakota

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.

24/7 Hotline Number offered at 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

Coverage Area: South Dakota

Provides support and crisis intervention 24 hours a day / 7 days a week.

24/7 Crisis Intervention Safeline offered at 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

Coverage Area: United States

? 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

Low Income Housing Assistance offered at Pennington County Housing and Redevelopment Commission

1805 W. Fulton Street, Suite 101, Suite 101, Rapid City, SD 57702

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

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

Phone: 605-394-5350

Eligibility: Must meet income guidelines.

Coverage Area: Pennington County

Administers various housing assistance programs that promote the development of safe and affordable housing opportunities and encourages self-sufficiency.

Women and Children's Shelter offered at Cornerstone Rescue Mission

301 Fox Run Drive, Rapid City, SD 57701

Hours: Intake: 8:00am - 7:00pm (MT), Monday - Sunday

Phone: 605-721-7860

Eligibility: Women 18 years and older, children with an adult woman (boys older than 12 years of age are not eligible to stay at this facility)

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, and Pennington

Provides a bed, 3 daily meals, case management, transportation (on a limited basis), laundry, and shower facilities for women and children.

Full Circle offered at West River Mental Health

350 Elk Street, Rapid City, SD 57701

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday

Phone: 605-343-7262

Eligibility: Pregnant and parenting women

Coverage Area: Located in Rapid City, but serving residents of South Dakota

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).

Transitional Housing offered at OneHeart

217 Kansas City Street, Suite 100, Rapid City, SD 57701

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

Phone: 605-718-9153

Eligibility: Open to all

Coverage Area: Rapid City area

The campus offers person-centered, trauma-informed, recovery-oriented care. In return each resident will be expected to create a self-directed income plan and housing plan and agree to live clean and sober.

Sober Living Home offered at Oxford House

3602 Arizona Street, Rapid City, SD 57701

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

Phone: 605-569-2111

Eligibility: Houses for men, women, women and children;no co-ed houses

Coverage Area: Cities served: Aberdeen, Rapid City, and Sioux Falls.

Established to provide a safe, supportive and structured environment where men, women and women with children can live while learning to live without drugs and alcohol.

Housing offered at Cornerstone Rescue Mission

1220 East Boulevard, Rapid City, SD 57701

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

Phone: 605-721-9497

Eligibility: Homeless and disabled individuals and families

Coverage Area: Pennington County

Offers permanent supportive housing for homeless and disabled individuals and families. Case management and referrals/partnerships with area agencies are provided to assist residents to strive for self-sufficiency.

New Alternatives offered at Lutheran Social Services - Western Region

120 Philadelphia Street, Rapid City, SD 57701

Website: <https://lsssd.org/what-we-do/independent-living-services/>

Email: info@lsssd.org

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

Phone: 605-791-2405

Eligibility: Young adults, ages 18 - 22

Coverage Area: South Dakota

An independent living program located in Rapid City that provides housing and a variety of supportive services to young adults ages 18-21 who are living with severe mental illness .

Transitional Housing offered at Passages Women's Transitional Living

Rapid City, SD 57701

Website: www.passagesliving.com

Email: passagesliving@gmail.com

Hours: Office Hours: 9:00am - 4:00pm (MT), Monday - Friday Program: 24 hours a day / 7 days a week

Phone: 605-791-0273

Eligibility: Women, age 18+ struggling with drug/alcohol addictions

Coverage Area: Rapid City area

Program that works to help women in the following areas: life skills;employment;physical health;relationships and spiritual growth. Each woman who chooses to go through the Passages Transformation Program must pay a program fee;comply with the house rules and attend various classes/trainings.

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

Coverage Area: Located in Vale, but serving residents of South Dakota

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.

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

Coverage Area: Located in Rosebud, but serving South Dakota

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.

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.

Coverage Area: South Dakota

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.

SD Housing Search offered at South Dakota Housing Development Authority

Pierre, SD 57501

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

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

Eligibility: Open to all

Coverage Area: South Dakota

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

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

Coverage Area: South Dakota

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

Sober Living Services offered at Reflections Recovery Home

110 E. 7th Avenue, Redfield, SD 57469

Website: <https://www.reflectionsrecoverysd.com/>

Email: reflectionsrecoverysd@gmail.com

Hours: 24 hours a day / 7 days a week

Phone: 605-460-2444

Eligibility: Men 18 years and older.

Coverage Area: United States

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.

Sober Living Home offered at Oxford House

2 Oxford Houses in Aberdeen, Aberdeen, SD 57401

Hours: Residential services are 24 hours a day / 7 days a week

Phone: 605-254-7636

Eligibility: Houses for men, women, women and children; no co-ed houses

Coverage Area: Cities served: Aberdeen, Rapid City, and Sioux Falls.

Established to provide a safe, supportive and structured environment where men, women and women with children can live while learning to live without drugs and alcohol.

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

Coverage Area: Located in Mitchell, but serving residents of South Dakota

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.

Halfway House and Detox Center offered at Human Service Agency

119 19th Street N.E., Watertown, SD 57201

Hours: 24 hours a day / 7 days a week

Phone: 605-884-0650

Eligibility: Halfway House: Males, 18 and over, diagnosed with substance use disorder and mental illness. Detox: Available for males and females, 18 and over. Admission criteria is either currently experiencing intoxication or withdrawal symptoms with the desire for recovery. Crisis Intervention: Available for 18 and over experiencing severe Mental Health crisis or suicidal thought.

Coverage Area: Located in Watertown, but serving residents of South Dakota

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.

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

Coverage Area: Located in Brookings, but serving residents of South Dakota

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.

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/southdakota **Email:** sd_webmanager@hud.gov

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

Phone: 605-330-4223

Eligibility: Open to all

Coverage Area: South Dakota

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

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

Coverage Area: Located in Sioux Falls, but serving residents of South Dakota

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.

Ex-Offender Transitional Housing offered at 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.

Coverage Area: South Dakota

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).

Inmate and Ex-Offender Support Services offered at Hope Prison Ministry

PO Box 284, Sioux Falls, SD 57104

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

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

Phone: 605-338-7526

Eligibility: All prison inmates released within the last 6 months and have not been assisted by Hope Prison Ministry previously.

Coverage Area: South Dakota

Helps men and women after release from incarceration by providing them with clothes and resources needed to find food, housing resource information and other items on a one-time basis.

Marissa's House offered at Call to Freedom

Sioux Falls, SD 57104

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

Hours: Call for information

Phone: 605-759-3565

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

Coverage Area: South Dakota

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.

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: 605-334-1414

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

Coverage Area: Located in Sioux Falls, but serving residents of South Dakota

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.

Sober Living Home offered at Oxford House

8 Oxford Houses in Sioux Falls, Sioux Falls, SD 57104

Hours: Residential services are 24 hours a day / 7 days a week

Phone: 605-569-2111

Eligibility: Houses for men, women, women and children;no co-ed houses

Coverage Area: Cities served: Aberdeen, Rapid City, and Sioux Falls.

Established to provide a safe, supportive and structured environment where men, women and women with children can live while learning to live without drugs and alcohol.

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

No Physical Address, , SD

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

Phone: 202-720-1494

Eligibility: Website is open to all

Coverage Area: South Dakota

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

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

Coverage Area: South Dakota

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.

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

Coverage Area: United States, UK, Costa Rica

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

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

Coverage Area: United States

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)

Mental Health / Substance Abuse

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

Phone: 605-716-3555

Eligibility: Open to all ages

Coverage Area: South Dakota

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)

Counseling Services offered at Living Graciously Therapy

2101 City Springs Road, Rapid City, SD 57702

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

Phone: 605-209-5540

Eligibility: Open to all

Coverage Area: Rapid City area

Effective therapy, evaluations, educational resources offered.

Behavioral Health Center offered at Monument Health

915 Mountain View Road, Rapid City, SD 57702

Website: www.monument.health **Email:** ksullivan1@monument.health

Hours: Outpatient clinic: 8:30am - 5:00pm (MT), Monday - Friday Inpatient treatment: 24 hours a day / 7 days a week Visiting hours child and adolescent unit: 5:00pm - 7:00pm (MT), Monday - Friday 3:00pm - 7:00pm (MT), Sunday Visiting hours adult unit: 6:00pm - 8:00pm (MT), Monday - Friday 3:00pm - 8:00pm (MT), Saturday - Sunday

Phone: 605-755-7300

Eligibility: There are criteria for inpatient admission (danger to self or others). Age range 5 - adult patients.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

A psychiatric hospital offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns. Specifically, offering inpatient treatment, and outpatient clinic with individual and family counseling services, as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

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: 605-718-5095

Eligibility: American Indian enrollees

Coverage Area: Located in Rapid City

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.

Counseling Services offered at Lisa Porisch Counseling

3421 W. Main Street, Rapid City, SD 57702

Website: lisaporischcounseling.com **Email:** hello@lisaporischcounseling.sprucecare.com

Hours: 8:00am - 2:30pm (MT), Monday - Friday

Phone: 605-468-1865

Eligibility: Ages 3 - 100

Coverage Area: Western South Dakota but serving South Dakota via telehealth

Offers the following services - Individual counseling, Divorce counseling, Grief/bereavement counseling, Terminal illness counseling, and child abuse survivor counseling for adults.

Counseling Services offered at Mindfulness Matters Behavioral Health, LLC

No Physical Address, Rapid City, SD 57702

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

Phone: 605-718-0488

Eligibility: Open to all

Coverage Area: Western South Dakota

Provides individual and family therapy to children, adolescents, and adults with experience in anxiety, mood, ADHD, depression, trauma, grief, sexual abuse, domestic violence, low self-esteem, self-harm behaviors, anger management, assisting children affected by divorce, behavior management, attachment issues, personality disorders, and autism spectrum disorders. Specialties include trauma work utilizing Trauma Focused Cognitive Behavioral therapies, Play Therapy, Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavioral Therapy (DBT). Only offering services via telehealth.

Counseling Services offered at Scovel Psychological and Counseling Services, LTD

2902 W. Main Street, Rapid City, SD 57702

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

Phone: 605-721-8822

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington, serving South Dakota via telehealth.

Provides individual, couple and family psychotherapy. Offers psychological and forensic assessments.

Behavioral Health Services offered at Lutheran Social Services - Western Region

2920 Sheridan Lake Road, Rapid City, SD 57702

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

Hours: 9:00am - 6:00pm (MT), Monday - Thursday Staff are available after hours

Phone: 855-334-2953

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Provides individual, group, family and couples counseling. Accepts private insurance, Medicaid, Medicare and offers a sliding fee based on household income.

Counseling Services offered at Chrysalis Association, LLC

403 National Street, Suite 1, Rapid City, SD 57702

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

Phone: 605-341-8647

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington as well as surrounding area
Psychological assessments for attention deficit / hyperactive disorder (ADD/ADHD), learning disorders, and all other psychiatric conditions. Individual treatment for anxiety, depression, post traumatic stress (PTSD), trauma, personality disorders, and marital issues. Custody, competency, and forensic evaluations available. Therapeutic approaches include cognitive behavioral (CBT) and reprocessing therapy. Specialized services for sex offenders and non-adjudicated individuals with psychosexual issues.

Counseling Services offered at Suzette Wasvick Counseling Services

403 National Street, Suite 1, Rapid City, SD 57701

Website: wasvickcounseling.com **Email:** sw.counselingservices@yahoo.com

Hours: 9:00am - 5:00pm (MT), Tuesday, Wednesday

Phone: 605-390-8791

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington Offices in Hill City and Rapid City.
Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.

Counseling Services offered at Family Solutions Center

2650 Jackson Boulevard, Creekside Plaza, Rapid City, SD 57702

Hours: 8:00am - 6:00pm (MT), Tuesday - Friday by appointment only

Phone: 605-359-9491

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington
Specializing in individual (including adolescents), couples, and family therapy.

Counseling Services offered at Heynen Health & Wellness Services

2650 Jackson Boulevard, Suite 2, Rapid City, SD 57702

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

Hours: By appointment.

Phone: 605-390-8332

Eligibility: Open to all

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

- In-office or telehealth Mental Health Counseling and Therapy to help navigate through mental and emotional stresses, alleviate anxiety and depression, and reach daily and life goals.
- Assessment and goal-setting.
- On-line or in-office Life Coaching, Counseling, Consulting.
- Helps facilitate processes for individuals to reach goals in life through practical direct direction, emotion management, habit change, and skill building.

Counseling Services offered at Haven Counseling LLC

Rapid City, SD 57702

Hours: 9:00am - 5:00pm (MT), Monday, Wednesday, Thursday 9:00am - 12:00pm (MT), Friday

Phone: 605-863-2498

Eligibility: Open to adults 18 and older

Coverage Area: Located in Black Hills, serving South Dakota via telehealth.

Individual counseling for those 18 and older.

Counseling Services offered at Knuppe Counseling

2650 Jackson Boulevard, 11, Rapid City, SD 57702

Email: knuppecounseling@gmail.com

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

Phone: 605-390-7055

Eligibility: Open to all

Coverage Area: Black Hills area

Working with individuals ages 12 to adult, couples and families with a variety of challenges.

Trauma Therapy offered at Isaacs Behavioral Health, LLC

2650 Jackson Boulevard, Suite 18, Rapid City, SD 57702

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

Phone: 605-877-2010

Eligibility: Open to all 18 years of age and up.

Coverage Area: Rapid City area

Services Offered: Individual psychotherapy for PTSD, trauma, depression, anxiety, loss-grief, addictions, communications, self-esteem, and behavioral issues and group therapy (Survivor Strong Groups for female survivors of sexual, physical and psychological abuse) through the following modalities: Eye movement desensitization and reprocessing (EMDR), motivational interviewing (MI), cognitive behavior therapy (CBT), rational emotive behavioral therapy (REBT), and dialectical behavior therapy (DBT).

Counseling Services offered at Journey Counseling Services, LLC

2525 W. Main Street, Suite 214, Rapid City, SD 57702

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

Hours: 10:00am - 7:00pm (MT), Tuesday - Thursday 9:00am - 6:00pm (MT), Friday Available by appointment only. Evening appointments available.

Phone: 605-988-8131

Eligibility: Open to adults

Coverage Area: Rapid City area for in office services and the State of South Dakota by telehealth.

Individual, couple, and family therapy for a wide range of mental and behavioral health concerns.

Counseling Services offered at Black Hills Center for Healing and the Advancement of Psychotherapy

2525 W. Main Street, Suite 303A6, 303A6, Rapid City, SD 57702

Hours: By appointment only.

Phone: 605-440-2287

Eligibility: Open to all adults, 18+.

Coverage Area: Located in Rapid City

Individual therapy for adults, specializing in trauma, including dissociative functioning and complex trauma. Integrative treatments for trauma, as well as depression/anxiety that has not been responsive to traditional modalities. Mindfulness and self compassion focused approaches improve one's relationship with oneself and others. Seasonal experiential workshops, including equine assisted therapy, are held periodically. Contact for more information.

Telehealth available on a limited basis. Inquire for additional information.

Counseling Services offered at Bach Counseling Services, LLC

2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702

Hours: 8:00am - 1:00pm (MT), Monday 8:00am - 5:00pm (MT), Tuesday - Thursday 10:00am - 4:00pm (MT), Friday

Phone: 605-431-4106

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Specializing in anxiety, depression, mood disorders, bipolar disorder, attention deficit / hyperactivity disorder (ADD/ADHD), trauma, post traumatic stress (PTSD), chronic pain, life-altering health issues, communication and relationship concerns, stress management, grief and loss, abuse issues and identity development / LGBTQ counseling.

Counseling Services offered at Lecy Therapy

2218 Jackson Boulevard, Suite 13, Rapid City, SD 57702

Hours: Call for information

Phone: 605-864-4151

Eligibility: Adults 18 and over

Coverage Area: Rapid City area

A for-profit counseling center using a mindfulness-based approach serving the Rapid City area. Counseling services included are individual counseling, LGBTQ+ Counseling, family counseling, couples therapy, and trauma informed therapy.

Counseling Services offered at Family First Therapy

2040 W. Main Street, Suite 214, Rapid City, SD 57702

Website: <https://family-first-therapy-services-llc.business.site/?fbclid=IwAR0zbLgDU7FjcmE9YN50GPGs5UVKoXcNzQpXyiWiklo4C>

Hours: 8:00am - 6:00pm (MT), Monday - Friday

Phone: 605-786-7797

Eligibility: Ages 3 to 100

Coverage Area: Rapid City area

Counseling services range from individual counseling, adult/adolescent psychiatry, cognitive behavioral therapy, and parent child interaction therapy.

Counseling Services offered at Gammeter & Associates LLC

810 Mountain View Road, Rapid City, SD 57702

Hours: 1:00pm - 6:00pm (MT), Tuesday - Thursday 10:30am - 5:00pm (MT), Friday (advance appointment only) Phone monitored 24 hours a day

Phone: 605-431-8876

Eligibility: Open to all

Coverage Area: Black Hills area

National certified mental health counselor, with national certifications in Trauma Focused Cognitive Behavior Therapy and Eye Movement Desensitization and Reprocessing trauma focused therapy from pediatrics to geriatrics.

Mental Health Services offered at Support Circle, The

No Physical Address, Rapid City, SD 57709

Website: www.thesupportcircle.com/ **Email:** hello@thesupportcircle.com

Hours: Call for information.

Phone: 605-845-2058

Eligibility: Open to Adolescents and Adults. Minimum age may vary depending on location.

Coverage Area: North Central South Dakota and Rapid City area

Provides individualized care for a variety of situations. Offers both in-person and virtual counseling options.

Counseling Services offered at Bridgewater Behavioral Health, LLC

1770 Rand Road, Rapid City, SD 57702

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

Phone: 605-791-1514

Eligibility: Open to all 13 years of age and above.

Coverage Area: Black Hills area

Providing individual and family therapy for those who are struggling with behavioral, emotional, social, developmental, and situational difficulties including post traumatic stress (PTSD), depression, anxiety, trauma, personality disorders, bipolar disorder, and relationship difficulty.

Counseling Services offered at Christian Counseling & Ministries of the Black Hills

1719 W. Main, Suite 109, Rapid City, SD 57702

Hours: By appointment.

Phone: 605-342-9333

Eligibility: Open to all

Coverage Area: Located in Rapid City but serves South Dakota via telehealth.

Individual, couples, and family counseling for all ages regarding issues of depression, anxiety, grief and loss, recovery, stress, crisis, relationship issues, anger, forgiveness, communication, self-concept, learning disabilities, attention deficit / hyperactive disorder (ADD/ADHD), parenting, and spiritual direction.

Also, provides tele-counseling (via phone). Preferred that inquiring clients attend the intake appointment in person.

Counseling Services offered at Understood Therapy

1719 W. Main Street, Suite 208, Rapid City, SD 57702

Website: www.understoodtherapy.org **Email:** understoodtherapy@yahoo.com

Hours: 4:30pm - 7:00pm (MT), Monday - Friday 8:00am - 5:00pm (MT), Saturday By appointment only

Phone: 605-939-3771

Eligibility: Open to all

Coverage Area: Western South Dakota

Understood Therapy provides mental health services to a wide range of people using a variety of therapy specializations including: play therapy, family and couples therapy, solution-focused therapy, and client-centered therapy. Understood Therapy also addresses anxiety, depression, behavioral problems, grief and loss, parenting, communication, and more.

Therapy offered at Lifescape

7110 Jordan Drive, Rapid City, SD 57702

Hours: 7:30am - 5:30pm (MT), Monday - Friday

Phone: 605-791-7400

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

Coverage Area: Located in Sioux Falls and Rapid City, but serving South Dakota via telehealth.

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 Visionary Mental Health Services, LLC

Rapid City, SD 57702

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

Hours: 8:00am - 6:00pm (MT), Monday - Friday 10:00am - 4:00pm (MT), Saturday

Phone: 605-280-9778

Eligibility: Ages 10 and over

Coverage Area: Pierre and Rapid City areas.

Works with teens and adults to process through the hurts of the past and focus on the possibilities in the future. Offers counseling for individuals, family, marriage, couples, adolescent/youth, parents, LGBTQ, grief, substance use, hoarding, spouse/intimate partner abuse, and child abuse survivor for adults. Cognitive behavioral therapy (CBT), custody evaluations, and telemental health counseling are available.

Counseling Services offered at Abourezk Counseling

7501 Captain Soelzer Street, Unit 956, Black Hawk, SD 57718

Hours: 10:00am - 6:00pm (MT), Monday, Wednesday

Phone: 605-863-2881

Eligibility: Open to all ages 14 and up

Coverage Area: Located in Rapid City, but serving South Dakota via telehealth.

Individual therapy for ages 14 and up. Topics discussed include: anxiety, depression, trauma, PTSD, chronic pain, stress management, employment issues, abuse, grief and loss, LGBTQ+ counseling, and women's issues. Telehealth sessions available.

Counseling Services offered at Thorn Counseling

1301 W. Omaha Street, Suite 220, Rapid City, SD 57701

Email: jetsonea@yahoo.com

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

Phone: 605-716-9944

Eligibility: Open to all ages

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Individual, marital, family, and group counseling for depression, anxiety, marital issues, and trauma.

Counseling Services offered at Rising Hope Counseling, LLC

1301 W. Omaha Street, Suite 225, Rapid City, SD 57701

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

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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 Cornell Counseling, LLC

628 1/2 6th Street, Rapid City, SD 57701

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

Hours: Call for information.

Phone: 605-549-5433

Eligibility: Open to all ages 16 and up

Coverage Area: Rapid City area, but serving South Dakota via telehealth.

Mental health therapy for anxiety, depression, stress, life changes, and relationship issues.

Counseling Services offered at Psychological Associates of the Black Hills, LLC

#1, Rapid City, SD 57701

Website: www.pabh.org **Email:** officemanager@rushmore.com

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

Phone: 605-348-6500

Eligibility: Open to all

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Counseling for individuals, couples, groups, and families for all ages. Other services include play therapy, psychological assessments, psychotherapy, relationship counseling and limited neuropsychological assessments.

Counseling Services offered at Crossroads Counseling Services

809 S. Street, Suite 306, Suite 306, Rapid City, SD 57701

Hours: 12:00noon - 6:00pm (MT), Tuesday - Thursday Wednesday are telehealth sessions only.

Phone: 605-430-9521

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington. Individual counseling for ages 8 - 62. Therapeutic approaches include client centered, existential, and cognitive-behavioral. Christian counseling is also offered. Therapy techniques include EMDR, play therapy, art therapy, behavior modification, and short-term solution-focused therapy.

Telehealth is available through Doxy.me, a HIPAA compliant platform. Some phone sessions are also available.

Counseling Services offered at Healing Trauma Therapy Services

821 Columbus Street, Suite 5, Rapid City, SD 57701

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

Phone: 605-210-5956

Eligibility: Ages 2 and up

Coverage Area: Rapid City and surrounding area

Specializes in Autism, FASD, Individual/Family Therapy, and Functional Development. Offers mail recipient services for those in-need, as well as an on-site food pantry and hygiene closet for clients only.

Counseling Services offered at Rapid City Counselors

909 Saint Joseph Street, Suite 201, Ste 05, Rapid City, SD 57701

Website: www.rapidcitycounselor.com **Email:** info@rapidcitycounselors.com

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

Phone: 605-299-9100

Eligibility: Open to all 3 years of age and up.

Coverage Area: Located in Rapid City and serving South Dakota via Telehealth.

Empowering and inspiring individuals, children, adolescents, families and couples to identify concerns and issues within self and in relationships that impede a healthy, productive life. Research shows that healthy communication in relationships, as well as balancing body, mind, and soul substantiate and enhance one's ability to live a longer, fulfilling life.

Counseling Services offered at Project Recovery

625 Flormann Street, Rapid City, SD 57701

Website: www.project-recovery.org **Email:** info@project-recovery.org

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

Phone: 605-340-1234

Eligibility: Call for information.

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Provides a comprehensive range of state-accredited addiction counseling and mental health services. Services include: Treatment Needs Assessments (also known as drug and alcohol evaluations), individual counseling, couples counseling, and group counseling.

Mediation and Counseling Services offered at Torno Mediation and Mental Health Services

730 South Street, Rapid City, SD 57701

Hours: By appointment: 8:30am - 5:00pm (MT), Monday - Wednesday 8:30am - 11:30am (MT), Thursday

Phone: 605-718-3613

Eligibility: Open to all

Coverage Area: Located in Rapid City, serving South Dakota via telehealth

Court approved divorce and custody mediator, parent coordinator, and custody evaluator. Individual, couples, and family counseling with expertise in blended families, marriage, family counseling, play therapy, trauma, child abuse, post traumatic stress (PTSD), and sexual assault.

Groups and Workshops offered at West River Mental Health

350 Elk Street, Rapid City, SD 57701

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday Group times and start dates vary, please call for information.

Phone: 605-343-7262

Eligibility: Some may have qualifiers to participate, call for information

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, and Pennington

Group sessions are available at different times throughout the year. Some of the group sessions offered include:

- Corrective Thinking: For youth ages 13 - 18 to help members identify:
 - The five basic thinking errors and deterrents to thinking errors
 - The four characteristics that are essential for change
 - The impact of behaviors on family, friends, and the community

- Couples workshops: For couples who wish to enhance their relationship, whether or not they are having difficulties. Workshops offer:
 - Skill and idea description and demonstration
 - Opportunity for couples to practice skills privately
 - Participants have the opportunity to ask questions and discuss their experiences if they would like

- Introduction to Mindfulness: What happens in your life depends on your mind
- Keepin It Cool: For youth ages 9 - 12 years of age, who find managing their anger a challenge, the group focuses on: Sources of anger and behavior; What are you doing with that anger; What the future looks like
- Social Skills Group: For 10-15 year olds struggling with social skills or fitting in.
- Understanding Fetal Alcohol Spectrum Disorder: For children ages 5 - 11 and their birth, foster, or adoptive parents. While the parents or parenting team is involved in education, supportive discussion and training, the children will gather in a separate group to work on developmental and behavioral issues.
- Mental Health First Aid Trainings: Offered periodically. Participants are taught to assess for risk of suicide or harm; listen non-judgmentally; give reassurance and information; encourage appropriate professional help; and encourage self-help and other support strategies.
- Youth Mental Health First Aid Trainings: Offered periodically. Participants are taught to assess for risk of suicide or harm; listen non-judgmentally; give reassurance and information; encourage appropriate professional help; and encourage self-help and other support strategies. All within the context of helping the youth population.

Counseling Services offered at Greg Swenson

529 Kansas City Street, Suite 205, Rapid City, SD 57701

Email: gregswensonphd@gmail.com

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

Phone: 605-341-5436

Eligibility: Open to adults

Coverage Area: Located in Rapid City and Black Hills area.

Providing individual and marriage counseling from a Christian perspective, and psychological evaluations. Internet counseling available depending on insurance/third party payment or private pay.

Counseling Services - Rapid City offered at Catholic Social Services

529 Kansas City Street, Suite 100, Rapid City, SD 57701

Website: www.cssrapidcity.com Email: css@cssrapidcity.com

Hours: 8:00am - 7:00pm (MT), Monday 8:00am - 5:00pm (MT), Tuesday - Thursday 8:00am - 12:00noon (MT), Friday

Phone: 605-348-6086

Eligibility: Open to all

Coverage Area: All 22 counties of western South Dakota served by telehealth and satellite offices in Spearfish and Pine Ridge.

Licensed professional counselors offer compassionate outpatient therapy for individuals, couples and families to assist people on their journey to health. Services available by telehealth or in-person.

Trinity Pregnancy and Adoption offered at Catholic Social Services

529 Kansas City Street, Suite 100, Suite 100, Rapid City, SD 57701

Website: www.trinityadoption.org Email: trinity@cssrapidcity.com

Hours: 8:00am - 4:30pm (MT), Monday - Thursday 8:00am - 12:00noon (MT), Friday Schedule an appointment at

linktr.ee/trinityadoption

Phone: 605-348-6086

Eligibility: Expectant parents and prospective adoptive parents

Coverage Area: Located in Rapid City but provides services to South Dakota

Offers pregnancy support and case management, domestic infant adoption, support groups, and contract services.

Counseling Services offered at Black Hills Mental Health LLC

521 Kansas City Street, Rapid City, SD 57701

Hours: 8:00am - 5:00pm (MT), Monday - Friday. Other appointments available if needed.

Phone: 605-791-2500

Eligibility: Open to all

Coverage Area: Black Hills area

Provide medication management and supportive therapy to children (ages 10 and up), adolescents, and adults.

Counseling Services offered at Esthers Rising

Rapid City, SD 57701

Website: <https://esthersrisingministry.com/free23/>

Email: referrals.esthersrising@protonmail.com

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

Phone: 605-519-8870

Eligibility: Adolescents who are at risk for or have experienced sexual exploitation and/or sex trafficking

Coverage Area: South Dakota

Providing trauma-based counseling for adolescents 12 - 17 who have experience or are at risk for sexual exploitation or sex trafficking.

Counseling Services offered at Bosworth Therapy & Consultation Services, Inc.

420 Quincy Street, Rapid City, SD 57701

Hours: 10:00am - 7:00pm (MT), Monday - Friday 10:00am - 1:00pm (MT), Saturday

Phone: 605-343-7755

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Individuals, couples, and family therapy. Play therapy, mediation, and custody evaluations. Also offering telehealth services.

Pivot Point offered at West River Mental Health

308 Quincy City Street, Pivot Point, Rapid City, SD 57701

Hours: 8:00am - 4:00pm (MT), Monday - Sunday Counselors available 7:00am - 7:00pm (MT), Monday - Sunday

Phone: 605-391-4863

Eligibility: Adults 18 years or older

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

24/7 access to crisis stabilization for individuals 18+ experiencing a mental health and/or substance abuse crisis. Aftercare services include transitional counseling and case management.

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

Coverage Area: South Dakota

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

Counseling Services offered at Jean Hoem

550 N. 5th Street, Rapid City, SD 57701

Hours: 10:00am - 5:00pm (MT), Monday - Thursday 10:00am - 3:00pm (MT), Friday

Phone: 605-858-4134

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Offering individual, family, and couples psychotherapy.

Homeless Outreach Clinic offered at Complete Health

30 Main Street, Rapid City, SD 57701

Hours: Vary, call for information.

Phone: 605-721-8939

Eligibility: Serves people who lack stable housing.

Coverage Area: Rapid City area

Provides primary health services free of charge for the homeless.

Autism Support Services offered at Autism Society of the Black Hills

No Physical Address, Rapid City, SD 57701

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

Hours: On call as needed

Phone: 605-431-5005

Eligibility: Anyone of any age diagnosed with autism spectrum disorder.

Coverage Area: Western South Dakota

An all volunteer organization designed for families and individuals with autism to gain access to support groups, meetings, and additional information and resources. An affiliate of the Autism Society of America.

Counseling Services offered at Kelly Marker

No Physical Location, Rapid City, SD 57701

Website: www.psychologytoday.com/us/therapists/kelly-j-marker-rapid-city-sd/251966
kelly@choosewellnesscounseling.com

Email:

Hours: 1:00pm - 5:00pm (MT), Monday, Tuesday 9:00am - 1:00pm (MT), Wednesday

Phone: 605-545-0941

Eligibility: Ages 18 through adulthood

Coverage Area: Telehealth only for state of South Dakota

Specializes in helping adults reclaim their lives from stress, burnout, compassion fatigue, anxiety, situational depression, and challenges with life transitions.

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Rapid City, SD 57701

Hours: Check website for more information

Phone: 605-271-1871

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

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically 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.

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

Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills

1520 Haines Avenue, Suite 6, Rapid City, SD 57701

Hours: 8:00am - 8:00pm (MT), Monday - Thursday 8:00am - 2:00pm (MT), Friday 24 hours a day / 7 days a week on-call staff available

Phone: 605-716-7841

Eligibility: Open to individuals with substance abuse and gambling issues.

Coverage Area: Located in western South Dakota, but serving South Dakota via telehealth.

Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes. Telehealth services available.

Outpatient Treatment offered at ROADS Outpatient Treatment Program

103 E. Omaha Street, Rapid City, SD 57701

Email: roadsoutpatient@gmail.com

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

Phone: 605-348-8026

Eligibility: Open to adults (18+)

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Outpatient counseling (for Chemical Dependency and Co-Occurring Disorders) for adults 18 years and older including intensive outpatient treatment, continued care, Moral Reconciliation Therapy (MRT), and assessments.

Student Support offered at South Dakota Mines

501 E. Saint Joseph Street, Rapid City, SD 57701

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

Phone: 605-394-2511

Eligibility: Open to enrolled students

Coverage Area: Campus of South Dakota School of Mines, and surrounding area

Public Safety:

- All emergencies should be reported to 911 (9-911 from a campus phone). The Public Safety phone line 6100 from a campus phone or 605-394-6100 is monitored 24 hours a day and is available to report criminal concerns, safety issues, suspect activity, or to request a safety escort.

Counseling and ADA Services:

- The SD Mines Counseling Center offers support to students and assists with a variety of personal, academic, and relationship concerns at no cost to enrolled students. The ADA Services office provides accommodation for individuals with documented disabilities. To schedule an appointment call 605-394-2416.

Health and Safety:

- Provides Clinic Services, Immunizations, and Alcohol Education to enrolled students who pay the health fee at registration each semester. Call 605-755-2273 for summer clinics and 605-394-2354 during the school year.

Residential Life:

- Provides a safe environment that encourages learning and personal growth in an inclusive community that empowers and challenges our residents. Call 605-394-2348 to speak with Residential Life.

Testing, Tutoring, and Academic Support:

- For information or to schedule an appointment call 605-394-2428. Testing scheduling for placement testing, common exams, proctoring services, and more available. Tutoring services are provided for those who need assistance or coaching in coursework in all core subjects, all other courses dependent on tutor's area of expertise. Chemistry tutoring is provided by Alpha Chi Sigma, call the chemistry department at 605-394-1238 for current schedule.

Counseling Center offered at Youth & Family Services

202 E. Adams Street, Rapid City, SD 57701

Website: www.youthandfamilyservices.org

Email: ccgeneral@youthandfamilyservices.org

Hours: Call for information.

Phone: 605-342-4789

Eligibility: Open to all

Coverage Area: Rapid City and the Black Hills area

YFS Counseling Center offers crisis intervention, assessments, counseling, and case management services that help young people and their families overcome challenges and pave the way for an improved quality of life.

Youth Trauma Center offered at Youth & Family Services

202 E. Adams Street, Rapid City, SD 57701

Website: www.youthandfamilyservices.org

Email: ccgeneral@youthandfamilyservices.org

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

Phone: 605-342-4789

Eligibility: Open to youth ages 0-21, and caregivers for those under 18.

Coverage Area: Located in Rapid City, serving South Dakota via telehealth.

Youth & Family Services' Youth Trauma Center works to increase identification of youth and families who have been exposed to traumatic stress and shorten the time it takes to get them into effective treatment programs.

Counseling Services offered at Gossamer Threads Counseling

811 E. Saint Andrew Street, Suite 12, Suite 12, Rapid City, SD 57701

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

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

Phone: 605-209-5513

Eligibility: Open to all

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Areas of special emphasis include identity transformation and development, recovery from trauma, mood and anxiety concerns, relationship difficulties, family dynamics, and LGBTQIA+.

Counseling Services offered at Barse Counseling, LLC

811 E. St. Andrew Street, Suite 6, Rapid City, SD 57701

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

Hours: 8:00am - 5:00pm (MT), Tuesday - Thursday 8:00am - 11:30am (MT), Friday

Phone: 605-388-2258

Eligibility: Open to women, children, and teens

Coverage Area: Located in Rapid City but serving South Dakota via telehealth.

Helps provide navigation for children, teens, and adults through difficult life circumstances, emotional and behavioral problems, communication and relational conflicts, and social and self-esteem/self-confidence issues.

Specializes in helping decrease/eliminate problems with depression, anxiety, women's issues, anger management, acting out behaviors, and life transitions, including separation and divorce, and grief and loss through:

- Individual Counseling
- Family Counseling
- Sand Tray Therapy
- Play Therapy
- Cognitive Behavioral Therapy
- Psycho-educational Therapy
- Bibliotherapy

Telehealth services available and are provided through Simple Practice system. A secure, private link to this service will be emailed after scheduling an appointment. New clients are welcomed.

Counseling Services offered at LifeStages Counseling, LLC

811 E. Saint Andrew Street, Suite 3, Rapid City, SD 57701

Hours: 9:00am - 5:30pm (MT), Monday - Friday

Phone: 605-388-2163

Eligibility: Open to all

Coverage Area: Rapid City area

Provides counseling to children, adolescents, and their families in the Black Hills area. Issues that are addressed include: ADHD, adoption and foster care, adjustment to life situations, anxiety, anger management, behavioral concerns, coping skills, depression, family conflict, FASD, oppositional defiance, parenting, suicidal ideation, stress management, and trauma (including emotional, physical, and sexual abuse). Telehealth available and determined on a case by case basis.

Adolescent Crisis Care Center offered at Wellfully

22 Waterloo Street, Rapid City, SD 57701

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

Hours: Residential services: 24 hours a day / 7 days a week Front desk hours: 9:00am - 5:00pm (MT), Monday - Friday
10:00am - 4:00pm (MT), Saturday

Phone: 605-277-3750

Eligibility: Middle and high school students

Coverage Area: Primarily Pennington County, although open to anyone in the Black Hills

Outpatient, voluntary walk-in center for youth in middle and high school who are in crisis or considering suicide

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

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.

Coverage Area: Located in Rapid City, but serving residents of South Dakota

Residential program offering 24 hour supervision, intensive 45-60 day program offering addiction recovery therapy.

Native Healing Program offered at Oglala Sioux Tribe

1205 E. St. James Street, Rapid City, SD 57701

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

Phone: 605-342-8925

Eligibility: Open to all

Coverage Area: Black Hills area; anyone who is enrolled in any federally recognized tribe can receive services.

Provides alcohol and substance treatment to the Rapid City (Mni Luzahan) Native American Community and other affiliated tribes in the region, for adolescents and adults. The Native Healing Program utilizes the traditional Native American life ways as a method of Healing the Spirit. Specifically, offering the following: individual counseling; family counseling; substance use counseling; psychological assessments; outpatient substance use treatment; grief counseling. Also, providing Codependency Workshops, 12 hour DUI class, substance abuse treatment needs assessments, talking circle.

Fully accredited with State of South Dakota for outpatient services. Open to all.

Community Clinic offered at Complete Health

350 Pine Street, Rapid City, SD 57701

Hours: Medical Clinic Hours: 8:00am - 6:00pm (MT), Monday - Friday Dental Clinic: 8:00am - 5:00pm (MT), Monday - Thursday

Phone: 605-721-8939

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Primary care and several specialized fields including: well child checkups, physicals, immunizations, preventative medicine, chronic disease management, counseling, and emergency and preventive oral health care.

Iris (LGBTQ+) Clinic offered at Complete Health

350 Pine Street, Rapid City, SD 57701

Website: www.completehealthsd.care **Email:** iris@chsd.care

Hours: Clinic Hours: 8:00am - 5:00pm (MT), Monday - Friday Iris Clinic hours may vary.

Phone: 605-721-8939

Eligibility: People up to age 21

Coverage Area: Black Hills area

Provides primary LGBTQ+ health care for people up to the age of 21.

Counseling Services offered at Suzette Wasvick Counseling Services

280 Main Street, Suite 14, Hill City, SD 57745

Website: wasvickcounseling.com **Email:** sw.counselingservices@yahoo.com

Hours: 9:00am - 4:00pm (MT), Monday 9:00am - 6:00pm (MT), Thursday

Phone: 605-390-8791

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington Offices in Hill City and Rapid City.

Individuals, couples, and family counseling for children, adolescent, and adults. Counseling to help those who suffer from depression, anxiety, self-harm, post traumatic stress (PTSD), trauma, suicidal thoughts, grief and loss, Internal Family Systems (IFS), and other issues. Provides assisted animal therapy, play therapy, Cognitive Behavior Therapy (CBT), and Dialectical Behavior Therapy (DBT). Works closely with the LGBTQI population. Also offering services via telehealth.

Equine Therapy offered at Red Horse Healing

3315 S. Valley Drive, Rapid City, SD 57701

Hours: 9:00am - 5:00pm (MT), Monday - Friday Saturdays by appointment.

Phone: 605-441-2038

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, Pennington, and Western South Dakota
Equine-assisted psychotherapy for individuals, families, and groups. Specialize in trauma focused cognitive behavioral therapy, solution focused therapy, and youth with problematic sexual behaviors.

Connecting With Our Youth offered at Great Plains Tribal Leaders Health Board

725 N. LaCrosse Street, Rapid City, SD 57701

Website: www.greatplainstribalhealth.org **Email:** cwoy@gptchb.org

Hours: 8:00am - 5:00pm (MT), Monday - Friday Flexible to meet the needs of participants

Phone: 605-718-5095

Eligibility: American Indian youth and adults of all ages living in the He Sapa area (Pennington County) who have at least one of the following are invited to participate: at risk for suicide, experience with ongoing suicidal thoughts, self-harming behavior, severe substance misuse, isolationist behavior, or recent experience with high-level trauma. Families are welcome to enroll.

Coverage Area: Pennington County area

The CWOY Support Navigator program is designed to provide support for American Indian youth, adults, and their families in the He Sapa area who struggle with suicidal thoughts or behaviors. CWOY Support Navigators act as mentors, advocates, and resource guides for American Indian youth, adults, and families needing support for their healing and personal growth.

Counseling Services offered at Practical Christian Counseling, Inc.

1351 Jolly Lane, Rapid City, SD 57703

Hours: 8:00am - 8:30pm (MT), Tuesday, Wednesday 8:00am - 6:00pm (MT), Thursday 8:00am - 5:30pm (MT), Friday

Phone: 605-484-7089

Eligibility: Open to all

Coverage Area: Located in Rapid City, serving South Dakota via telehealth.

Counseling from a biblically Christian worldview. Services include counseling for couples, marriage, marriage preparation, parenting, family, adolescents, depression, anxiety, grief, anger, crisis management, decision making, male sex addiction, gambling addiction, self-esteem, adjustment, life/professional coaching.

New Trails Ministry offered at New Trails Ministry, Inc.

12480 Highway 16 A, Custer, SD 57730

Website: <https://newtrailsministries.org> **Email:** info@newtrailsministry.org

Hours: 10:00am - 4:00pm (MT), Tuesday, Thursday Monday and Wednesday by appointment only.

Eligibility: Open to all

Coverage Area: Located in Custer but serving South Dakota via telehealth.

New Trails works to sort through the challenges and issues in a person's life in an effort to help find a new trail of vitality. Providing a place where helping professionals can find support to deal with the challenges of caring. Also faith based professional counseling services on a limited schedule.

Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills

14 Mount Rushmore Road, Suite C, Custer, SD 57730

Hours: Office Hours: 12:00noon - 8:00pm (MT), Tuesday, Thursday 4:30pm - 8:00pm (MT), Wednesday 24 hours a day / 7 days a week on-call staff available

Phone: 605-673-2844

Eligibility: Open to individuals with substance abuse and gambling issues.

Coverage Area: Located in western South Dakota, but serving South Dakota via telehealth.

Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes. Telehealth services available.

Behavioral Health Center offered at Monument Health

2140 Junction Ave, Sturgis, SD 57785

Website: www.monument.health **Email:** ksullivan1@monument.health

Hours: Outpatient clinic: 8:30am - 5:00pm (MT), Monday - Friday Inpatient treatment: 24 hours a day / 7 days a week Visiting hours child and adolescent unit: 5:00pm - 7:00pm (MT), Monday - Friday 3:00pm - 7:00pm (MT), Sunday Visiting hours adult unit: 6:00pm - 8:00pm (MT), Monday - Friday 3:00pm - 8:00pm (MT), Saturday - Sunday

Phone: 605-755-7300

Eligibility: There are criteria for inpatient admission (danger to self or others). Age range 5 - adult patients.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

A psychiatric hospital offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns. Specifically, offering inpatient treatment, and outpatient clinic with individual and family counseling services, as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

Counseling Services offered at Black Hills Counseling LLC

1238 Main Street, Suite 4, Sturgis, SD 57785

Hours: 9:00am - 5:00pm (MT), Monday - Friday;by appointment only

Phone: 605-720-8090

Eligibility: Open to all ages 12 and up.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

Individual, couples, and family counseling (ages 12 and up). Specializing in family and/or co-parenting mediation, development of co-parenting plans, anger management and domestic violence training/therapy, critical incident stress management, and all mental health conditions and addictions.

Counseling Services offered at Make It Happen Counseling, LLC

824 1st Street, Sturgis Chiropractic, Sturgis, SD 57785

Hours: 9:00am - 6:00pm (MT), Monday - Friday (By appointment)

Phone: 605-490-7911

Eligibility: Children ages 12-18, adults, and older adults.

Coverage Area: Western South Dakota

Provides individual counseling for children ages 12-18, adults and older adults. Areas include depression, anxiety, stress, self-esteem, grief, trauma adjustment, and relationship issues.

Utilizes cognitive behavioral therapy (CBT), solution focused and strength based strategies in treatment. Face to face and telehealth options available.

Outpatient Services offered at Compass Point, The

1807 Williams Street, Sturgis, SD 57785

Hours: Outpatient Services: 8:00am - 5:00pm (MT), Monday - Friday Group: 5:00pm - 7:00pm (MT), Monday - Thursday

Phone: 605-347-3003

Eligibility: Over 18 years of age

Coverage Area: Located in Sturgis, but serving residents of western South Dakota

Screening, assessments, crisis intervention, and individual and group counseling for substance abuse and co-occurring disorders.

Psychiatric & Counseling Services offered at Black Hills Psychology

115 N. 7th Street, Suite 6, STE 6, Spearfish, SD 57783

Hours: 8:00am - 5:00pm (MT), Monday - Thursday 8:00am - 4:00pm (MT), Friday

Phone: 605-645-0100

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington.

Psychiatric evaluations, prescription medication management, psychological testing, and comprehensive therapy services including Eye Movement Desensitization and Reprocessing (EMDR). Psychological testing and evaluation services available for issues including Autism spectrum, learning disorders, attention deficit / hyperactive disorder (ADD/ADHD), bipolar, anxiety, depression, ability and achievement, IQ, memory, bariatric surgery evaluations, and court-ordered evaluations.

Specializing in therapeutic services for depression, life-transition, behavioral issues, divorce, premarital, families, relationship issues, parenting, work-life balance, LGBTQ, grief and loss, serious and chronic disease, postpartum depression, infertility, stress management, eating disorders, physical disability, abuse issues, and chronic pain. Also offering telehealth services.

Counseling Services offered at Northern Hills Counseling Associates

211 N. Main Street, Suite 203, Spearfish, SD 57783

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

Phone: 605-559-2006

Eligibility: Open to all

Coverage Area: Western South Dakota

Outpatient mental health counseling services for individuals and families.

Behavioral Health Center offered at Monument Health

1420 North 10th St, Spearfish, SD 57783

Website: www.monument.health **Email:** ksullivan1@monument.health

Hours: Outpatient clinic: 8:30am - 5:00pm (MT), Monday - Friday Inpatient treatment: 24 hours a day / 7 days a week Visiting hours child and adolescent unit: 5:00pm - 7:00pm (MT), Monday - Friday 3:00pm - 7:00pm (MT), Sunday Visiting hours adult unit: 6:00pm - 8:00pm (MT), Monday - Friday 3:00pm - 8:00pm (MT), Saturday - Sunday

Phone: 605-755-7200

Eligibility: There are criteria for inpatient admission (danger to self or others). Age range 5 - adult patients.

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

A psychiatric hospital offering a wide range of services for geriatric, adult, adolescent, and child patients. This center approaches patient care with a special emphasis on trauma-informed care as well as biological, psychological, and social concerns. Specifically, offering inpatient treatment, and outpatient clinic with individual and family counseling services, as well as psychiatric diagnostic interviewing and medication management for patients of all ages.

Post-Secondary Education offered at Black Hills State University

1200 University Street, Spearfish, SD 57799

Website: www.BHSU.edu **Email:** admissions@bhsu.edu

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

Phone: 605-642-6131

Eligibility: BHSU Student

Coverage Area: Campuses of BHSU in Spearfish and Rapid City, and serving students from the region

Offers a variety of support services to its students including Student Health & Counseling Services (605) 642-6520 or after hours (605) 641-6988.

Counseling Services offered at Life Counseling and Coaching, The

1930 N. Avenue, Suite 3, Spearfish, SD 57783

Hours: 8:00am - 6:00pm (MT), Monday - Friday

Phone: 605-639-5641

Eligibility: 16 and up

Coverage Area: Located in Spearfish but serving South Dakota via telehealth.

Provides individual and couples counseling for adults struggling with symptoms of anxiety, depression, grief and trauma as well as difficulties with parenting, relationships and professional burn-out. Telemental health services available.

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

Coverage Area: South Dakota

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 Sharon K. Hansen

Hot Springs, SD 57747

Hours: 8:00am - 12:00noon (MT), Monday, Tuesday Telehealth only

Phone: 605-890-0580

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade, and Pennington
Evaluation, individual psychotherapy, family therapy, and anger management.

Recovery and Counseling Services offered at Addiction Recovery Centers of the Black Hills

112 Chicago Street, Hot Springs, SD 57747

Hours: 8:00am - 8:00pm (MT), Monday - Thursday 8:00am - 2:00pm (MT), Friday 24 hours a day / 7 day a week on-call staff available

Phone: 605-745-6300

Eligibility: Open to individuals with substance abuse and gambling issues.

Coverage Area: Located in western South Dakota, but serving South Dakota via telehealth.

Provides adults with behavioral health services focusing on addiction and co-occurring disorders. Services include intensive outpatient treatment, after care, individual and group counseling, and 12-hour DUI classes. Telehealth services available.

Behavioral Health Services offered at Fall River Health Services

1201 Highway 71 South, Hot Springs, SD 57747

Website: www.frhssd.org **Email:** bh@frhssd.org

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

Phone: 605-745-8910

Eligibility: Ages 4 - 100+

Coverage Area: West River South Dakota

Provides comprehensive outpatient behavioral health services to help with a variety of mental health problems for all ages. Psychiatrists are Board Certified in adult, adolescent, and child psychiatry. The Clinical Social Workers provide counseling services.

Counseling Services offered at Belle Fourche Counseling, LLC

515 National Street, 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

Coverage Area: Located in Belle Fourche, serving South Dakota via telehealth.

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.

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.

Coverage Area: Pine Ridge Reservation

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)

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

Coverage Area: Pierre area

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

Coverage Area: South Dakota

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

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Pierre, SD 57501

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

Phone: 605-222-3874

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

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically 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.

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

Counseling Services offered at Visionary Mental Health Services, LLC

1709 N. Lincoln Avenue, Suite 102, Pierre, SD 57501

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

Hours: 8:00am - 6:00pm (CT), Monday - Friday 10:00am - 4:00pm (CT), Saturday

Phone: 605-280-9778

Eligibility: Ages 10 and over

Coverage Area: Pierre and Rapid City areas.

Works with teens and adults to process through the hurts of the past and focus on the possibilities in the future. Offers counseling for individuals, family, marriage, couples, adolescent/youth, parents, LGBTQ, grief, substance use, hoarding, spouse/intimate partner abuse, and child abuse survivor for adults. Cognitive behavioral therapy (CBT), custody evaluations, and telemental health counseling are available.

Mental Health Services offered at Support Circle, The

1710 E. Grand Crossing, Mobridge, SD 57601

Website: www.thesupportcircle.com/ **Email:** hello@thesupportcircle.com

Hours: Call for information.

Phone: 605-845-2058

Eligibility: Open to Adolescents and Adults. Minimum age may vary depending on location.

Coverage Area: North Central South Dakota and Rapid City area

Provides individualized care for a variety of situations. Offers both in-person and virtual counseling options.

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

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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.

Mental Health Resources and Advocacy offered at NAMI South Dakota

255 Iowa Avenue S.E., Meeting location: Drop Inn Center, Manor Apartment Building, Huron, SD 57350

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

Phone: 605-350-2320

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

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically 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.

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

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

Coverage Area: South Dakota

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

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

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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

Mental Health Services offered at Support Circle, The

211 8th Avenue N.E., Aberdeen, SD 57401

Website: www.thesupportcircle.com/

Email: hello@thesupportcircle.com

Hours: Call for information.

Phone: 605-845-2058

Eligibility: Open to Adolescents and Adults. Minimum age may vary depending on location.

Coverage Area: North Central South Dakota and Rapid City area

Provides individualized care for a variety of situations. Offers both in-person and virtual counseling options.

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Aberdeen, SD 57401

Hours: NAMI South Dakota office hours: 8:00am - 4:30pm (CT), Monday - Friday

Phone: 605-225-1010

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

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically 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.

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

Counseling Services offered at Rising Hope Counseling, LLC

1401 N. Main Street, Suite 108, 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

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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 Middle School, Alexandria, SD 57311

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

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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

451 Main Street, Scotland, SD 57059

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

Hours: Call for information

Phone: 605-494-1500

Eligibility: Open to all

Coverage Area: South Dakota

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

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

Coverage Area: South Dakota

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

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

Coverage Area: South Dakota

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.

Mental Health Resources and Advocacy offered at NAMI South Dakota

No Physical Address, Watertown, SD 57201

Hours: Office hours: 8:00am - 4:30pm (CT), Monday - Friday See description for meeting times in Watertown

Phone: 605-886-7799

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

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically 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.

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

Counseling Services offered at Better Me Counseling and Consulting

1105 Jensen Avenue, S.E., 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+

Coverage Area: Counties of Codington, Hamlin, Clark, and South Dakota via telehealth

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 (conjoint) 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 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

Coverage Area: South Dakota

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](http://wecounsel.com) is used for telehealth services.

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

Coverage Area: South Dakota

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

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

Coverage Area: South Dakota

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.

Mental Health Resources and Advocacy 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

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically 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.

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

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

Coverage Area: South Dakota

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

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

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

Phone: 605-791-7400

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

Coverage Area: Located in Sioux Falls and Rapid City, but serving South Dakota via telehealth.

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 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

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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.

Therapy offered at Lifescape

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

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

Phone: 605-791-7400

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

Coverage Area: Located in Sioux Falls and Rapid City, but serving South Dakota via telehealth.

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.

Black Hills Behavioral Health Guide offered at Helpline Center - Resource Guides

No Physical Address, Sioux Falls, SD 57104

Website: www.helplinecenter.org/wp-content/uploads/HLCRD-Black-Hills-Behavioral-Health-Guide.pdf
help@helplinecenter.org

Email:

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

Phone: 605-339-4357

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Fall River, Lawrence, Meade and Pennington

A Guide of licensed and/or credentialed behavioral health professionals is available in pdf or online searchable formats or a hard copy can be obtained by visiting the Helpline Center at 529 Kansas City Street, Ste 200, Rapid City, SD 57701.

Counseling Services offered at Parts of You Therapy

505 W. 9th Street, Suite 203, Sioux Falls, SD 57104

Website: <https://www.partsyou.org/> **Email:** crosby@partsyou.org

Hours: 9:00am - 6:00pm (CT), Monday - Thursday 8:00am - 12:00pm (CT), Friday

Phone: 605-550-2655

Eligibility: Open to teens and adults ages 12 and older.

Coverage Area: Individual and group therapy sessions for Sioux Falls area residents. Telehealth services throughout South Dakota.

Counseling Services include individual counseling, youth counseling, parent counseling, LGBTQ+ counseling, gender identity counseling, grief/bereavement counseling, and cognitive behavioral therapy.

Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire LLC

100 S. Spring Avenue, Sioux Falls, SD 57104

Hours: By appointment only.

Phone: 605-271-6979

Eligibility: Open to those 10 and up.

Coverage Area: South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

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

Coverage Area: South Dakota

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

Coverage Area: Located in Sioux Falls, serving South Dakota via telehealth

Provides therapy services for those with mental health needs.

Mental Health Counseling and Parenting Classes offered at Recourse Solutions Sioux Empire LLC

629 S. Minnesota Avenue, Suite 203, Sioux Falls, SD 57104

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

Phone: 605-271-6979

Eligibility: Open to those 10 and up.

Coverage Area: South Dakota and Iowa via telehealth. Social Early Neutral Evaluation (SENE) is available in Minnesota via telehealth.

Providing mental health services, Positive Indian Parenting (parenting education for Native American parents), and court approved parent education classes for parents who are separated or divorced.

Mental Health Resources and Advocacy offered at NAMI South Dakota

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

Hours: Flexible hours; call to schedule an appointment. If an emergency dial 211 or go to a mental health facility for an assessment

Phone: 605-271-1871

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

Coverage Area: South Dakota

NAMI South Dakota offers practical support, useful education and understanding to people who are living and coping with neurobiologically 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.

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

Counseling Services offered at Counseling Cafe, The

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

Website: thecounselingcafesf.com **Email:** info@thecounselingcafesf.com

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

Coverage Area: South Dakota, Northwest Iowa and Minnesota

Providing a safe place for people to explore, discover and accept the individual as they are. Services offered include evaluations and assessments and professional therapy and counseling.

Counseling Services offered at Evergreen Counseling and Consulting Services, LLC

6809 S. Minnesota Avenue, Suite 102, Sioux Falls, SD 57108

Hours: Varies; call for appointment times.

Phone: 605-423-7880

Eligibility: Open to all ages

Coverage Area: Located in Sioux Falls but serving the state of South Dakota via telemental health.

Focuses on supporting people through grief/loss, life transitions, mental health challenges, and family conflict.

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>

Email: guidinglightcounselingsf@gmail.com

Hours: Monday - Friday; call for specific hours

Phone: 605-413-6835

Eligibility: Ages 13 and up.

Coverage Area: South Dakota. Telehealth visits are available for people living outside of the Sioux Falls area.

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.

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

Coverage Area: South Dakota via telehealth

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.

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

Coverage Area: South Dakota

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

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

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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

Coverage Area: South Dakota

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.

12-Step Support Group offered at 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

Coverage Area: World Wide

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

Peer Support Services offered at 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

Coverage Area: Worldwide online

Peer based services and resources include online resources at DBSAAlliance.org, online support groups, audio and video casts, parent and caregiver support network, advocacy for quality mental health care treatment, and peer specialist trainings.

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

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

Coverage Area: United States (other than South Dakota)

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

Coverage Area: United States, Puerto Rico and U.S. Territories

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.

Mental Health Education offered at 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

Coverage Area: United States

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

Transportation

Transportation Service offered at Care-a-Ride

Rapid City, SD 57702

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

Hours: 8:00am - 5:00pm (MT), Monday - Friday Hours outside of 8-5 are available depending on situation Sunday only on emergent basis, with additional charges

Phone: 605-381-7825

Eligibility: Open to all

Coverage Area: Surrounding area

Offers transportation, both by car or wheelchair van, to medical appointments, grocery stores, or other appointments. Offers the option to shop for groceries for individuals.

RapidRide offered at City of Rapid City

333 6th Street, Rapid City, SD 57701

Hours: Office hours: 7:00am - 5:30pm (MT), Monday - Friday Hours of operation: 6:20am - 5:50pm (MT), Monday - Friday 9:50am - 4:40pm (MT), Saturday

Phone: 605-394-6631

Eligibility: Open to all

Coverage Area: Rapid City

Provides 6 routes operating within the city limits of Rapid City. Service frequency is every 35 minutes. Service is available: 6:20am - 5:50pm, Monday - Friday and 9:50am - 4:40pm, Saturday.

Vision Bikes offered at Love INC of the Black Hills

414 E. Omaha Street, Rapid City, SD 57701

Hours: Office hours: 8:30am - 4:30pm (MT), Monday - Thursday 8:30am - 12:00noon (MT), Friday

Phone: 605-718-5683

Eligibility: Open to all

Coverage Area: Rapid City area

Offers participants an opportunity to volunteer with Love Inc. and in return, earn a bike for transportation.

Public Transit offered at Prairie Hills Transit

2015 Tumble Weed Trail, Spearfish, SD 57783

Website: www.prairiehillstransit.com **Email:** dispatch@prairiehillstransit.com

Hours: Office hours: 7:00am - 5:00pm (MT), Monday - Friday Service hours vary in each community so please call or visit website for more information.

Phone: 605-642-6668

Eligibility: Open to all

Coverage Area: Counties of Butte, Custer, Harding, Fall River, Lawrence, Meade, Perkins and portions of Pennington Operating public transit in Butte, Lawrence, and Meade Counties with service from these counties into Rapid City and Southern Hills. Door to door service provided with one business days' notice.

East Pennington/Haakon County Prairie offered at River Cities Public Transit

No Physical Address, Garage, Eagle Butte, SD 57625

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

Phone: 605-441-1495

Eligibility: Open to all

Coverage Area: East Pennington County (a 20 mile radius of Wall including the communities of Quinn, Wasta and Cottonwood) and Haakon County (Philip and Midland)

Please call 48 hours in advance. Primarily for medical trips; however, shoppers may ride along when medical trips are scheduled.

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

Coverage Area: South Dakota

RCPT coordinates with all other transit agencies in South Dakota and can facilitate a ride statewide for medical appointments.

Health and Social Needs Transportation offered at Helpline Center

3817 S. Elmwood Avenue, Sioux Falls, SD 57105

Website: www.helplinecenter.org **Email:** help@helplinecenter.org

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

Phone: 605-339-4357

Eligibility: Must meet one of the following: vaccination appointments for adults, older adults (65+), individuals with disabilities, or rides that meet a medical or social need (no age limit on this category).

Coverage Area: Cities served: Rapid City (only WIC clients) and Sioux Falls

Lyft rides are now available for varying health and social needs. Rides are not guaranteed until client intake is approved by Transportation Specialist.