



Community
Mental Health
Services

THERAPY SERVICES

Valley City Area

Facility/Therapist	Services	Location	Contact	Insurance
Abound Counseling Hannah Ritteman, LCSW Julie Larsen LCSW Katie Iszler, LCSW	Individuals Families	Valley City *Telehealth* Tuesdays 8am-12pm Wednesdays 8am-5pm	Legacy Center 1-800-985-7942	Sanford, BCBS, EAP, MA, Medicare, Sliding fee scale
The Kids Therapy Center Jennifer Eberle, MS, LPCC	Ages 2—18	Valley City	701-751-0384	Call to inquire
Jessie Fuher Counseling Jessie Fuher, MS, LPCC, LMFT	Ages 12-64	Valley City CHI Mercy Health Education Building <i>Every other Wed.</i>	619 8th Ave SE (Jamestown office) 701-252-9838	BCBS and Sanford Health Plan Sliding fee scale for self-pay clients
Insight Counseling Joy Belzer, MS, LPCC	Individuals Marital Family Biofeedback & PTSD	Valley City CHI Mercy Health 1 st and 3 rd Tuesdays of every month 9am-4pm	701-367-5985	Most insurances accepted
Inspire Counseling Mary Burchill, LPCC, LAC	Ages 10+ Adults Adolescents Couples	Valley City	701-840-1924	Self-pay, call to inquire about insurance
Sanford Health Amy Tahran, LPCC	Mental Health Substance Use Disorders	Valley City Wednesdays 8am-5pm	701-845-6400	Call to inquire
Solid Ground Counseling Amy Tahran, LPCC Dorothy Russell, LPC	Individual Adolescent Marital FTR Vendor for Region VI	Valley City	202 Central Ave S 701-840-8056	Self-pay, MA *Sliding fee scale
South Central Human Services Center	Ages 6+ Severely ED, Foster Placement (Or at risk of placement), Case Management, Higher Needs	Valley City City County Health	701-253-6371	All insurances

The Village Services	Ages 5-18	<i>Valley City Public School District</i> Jefferson Elementary: 701-845-0622 Washington Elementary: 701-845-0849 Jr High School: 701-845-0483 Ext. 117 Sr High School: 701-845-0483 Ext. 118	Call to inquire; if insurance is not accepted "Access for All" funds can assist
----------------------	-----------	--	---

THERAPY SERVICES

Surrounding Area

Facility/Therapist	Services	Location	Contact	Insurance
Addiction & Counseling Services Deb Peterson, LAC Martin Monek, LAC, LPCC	Individuals, Families, Behavioral	Jamestown	701-252-5398	All insurances: Cash, self-payment, state and financial, health plan (other than Medicaid), Private insurance
Hart Counseling Tim Hart, LICSW	Individuals, Families, Marital, VAPS, EAP Anger Management, Behavioral, Psychological Testing	Wells, Foster, Griggs, Stutsman, Logan, LaMoure, McIntosh, Dickey counties	Business Center Jamestown 952-8277	All insurances
Healing Hearts Susan Simle, LICSW	Individuals Couples	Ellendale, LaMoure, Oakes	701-535-0616	MA, Medicare, BCBS
Insight Counseling Joy Belzer, LPCC	Individuals, Marital, Family, Biofeedback *PTSD*	Fargo Valley City 2x/month	701-367-5985	Most insurances
Jamestown Counseling Center Jennifer Lipetzky, Ph. D, LPCC Jeffery C Greggor, Ph. D, LPC	Individuals, Couples, Families	Jamestown	300 2 nd Ave NE Suite 215 701-952-7400	All insurances, except Medicare
James River Counseling Service Elizabeth Jenkins, LCSW Melisa Stone, LPC Kathy Kilcher, LPC	Visit website @ jamesrivercounseling.com "Services Provided"	Oakes	412 Main Ave 701-742-1513	Visit website @ jamesrivercounseling.com "Rates & Insurance"

Prairie Counseling Kerry Wicks, LPCC, LAC	Individuals, Families, Marital	Jamestown	3953 Hwy 281 SE 701-252-8939	BCBS, Sanford, EAP
Sanford Health Cara Schagunn-Lere, LSW	Individuals	Jamestown	300 2 nd Ave NE 701-251-6000	All insurances except Medicare, Tricare, Medica
Sanford Health Dr. John Collins	Testing	Jamestown Carrington	701-251-6000	All insurances
Sheyenne Valley Counseling Center Kristina Long, LPC	Individuals Couples Families	Lisbon	1006 Lincoln St 701-683-5086	Private Pay or EAP only
The Kid's Therapy Center Valerie Meyer, LPCC	*Children under the age of 6* TF-CBT	Bismarck	701-751-0385	BCBS, Sandford, MA

SUBSTANCE USE TREATMENT Jamestown Area

Facility/Counselor	Services	Location	Contact	Insurance
Addiction & Counseling Services Deb Peterson, LAC Martin Monek, LAC, LPCC	Evals, Family, Marital Level 1 – Aftercare Level 2.1 – IOP	Jamestown	300 2 nd Ave NE Suite 211 701-252-5398	BCBS Sandford MA No sliding fees *Cash only evaluation
Recovery Choice Counseling Dockter & Evjen LAC	Evals Level 1 – Aftercare Level 2.1 IOP	Jamestown	101 1 st Ave S. Suite #3 701-320-7657	Cash only evaluations
St. Thomas Counseling Center Geoff Hunt, LAC	Evals Level 1 – Aftercare Level 2.1 - IOP	Jamestown	108 1 st Ave S. Suite 300 701-952-7555	BCBS Sanford MA *Voucher program

MENTAL HEALTH DOCTORS & MEDICATION SERVICES

Facility	Location	Contact	Insurance
CHI St. Alexius—Archway Clinic	Bismarck	701-530-7300	All
Essentia Health	Jamestown	701-252-5300	All
Prairie St. Johns	Fargo	1-877-333-9565	All
Red River Behavioral Health	Grand Forks	1-866-772-2500	All
Sanford	Bismarck/Fargo	701-234-2000	All
Sanford Clinic Rebecca Kuss Psychiatric NP	Jamestown	701-251-6000	All
CHI St. Alexius Carrington Brittany Long Psychiatric NP	Carrington Children/Adults	701-652-2515	All

MISCELLANEOUS INFORMATION & SERVICES Jamestown Area

Agency	Services	Contact
Central Valley Health District	Public Health	701-252-8130 122 2nd St. NW
Community Action	Food basket, other services	701-252-1821 1411 12th Ave NE
Freedom Resource Center	“Provide services that increase independence for people with disabilities.”	701-252-1821 300 2nd Ave NE #226

James River Senior Center	Meals on Wheels, Loan Closet-loan out walkers, wheelchairs, canes, toilet risers, meals at center daily outreach worker, groups, transit	701-252-2882, 419 5th St NE
Journey Behavioral Solutions, LLC	Assist individuals with developmental disabilities	701-320-0253 429 2nd St. SW Suite 205
Kristie Spooner, LAC	*2nd Chances, Better Choices Class (MIP Class for Minors) *	701-367-7532
ND Quite Line	Free tobacco cessation service	1-800-QUIT-NOW
Protection & Advocacy	Advocates for rights of people with disabilities	701-253-3295
Safe Shelter	Domestic violence assistance	701-251-2300
Salvation Army	Food basket, other services	701-250-0290, 320 1st Ave N
St. Thomas Counseling Center	Testing; AD/HD, Behavioral, Cognitive Assessments, Mental Health and Substance Abuse	701-952-7555, 108 1st Ave S.
Stutsman County Social Services	SNAPS, Medicaid, LiHEAP, Daycare	701-952-6850 116 1st St E
Open Mind Psychiatric Services Patricia Mood, NP	Psychiatric services	701-952-8600 104 1st Ave S Site 300

Crisis Services

In an emergency, dial 911.

Service	Contact
Abused Person's Outreach Center <i>Domestic Violence (24 hour)</i>	701-845-0078 701-845-0072
CHI Mercy Health (24 hour)	701-845-6436
Crisis Text Line <i>Free. Anonymous. Discreet.</i>	741741
Essentia Health	701-845-8060
FirstLink <i>Emotional Support & Referral Info.</i>	2-1-1 701-235-7335
Prairie St. John's <i>Fargo</i>	Toll free: 1-877-333-9565 701-476-7216
Red River Behavioral Health System Grand Forks	701-722-2500
Sanford Clinic	701-845-6400
South Central Crisis Line (24 hour)	701-253-6304

Revised October 2019