CONNECT. REFER. SUPPORT STUDENTS

Services and resources of local providers within the Watertown, SD area



Aspen

Counseling Services

1019 6TH AVE SE
605-878-0606
www.aspencounselingservices.net

We accept most all major insurance plans. Sliding fee scale also available to those who qualify.

A Diverse Team of Professionals

At Aspen Counseling, each team member maintains an area of focus, whether that's anxiety and depression, trauma recovery, postpartum mental health, ADHD, or relationship concerns.

Our counselors also work with clients across the spectrum, providing therapy for:

- Children
- Teens
- Adults
- Couples
- Families



Angie Arnold, LPC-MH



Alissa Toering, LPC

A Collaborative Approach to Mental Health Treatment

Therapy works best when it's collaborative. Clients are encouraged to be active participants in their care, setting goals and providing feedback along the way. Our counselors use the following evidence-based approaches:

- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- IFS-informed therapy
- ART-Accelerated Resolution Therapy
- Play therapy
- Faith-based counseling
- Exposure therpapy (ERP)

This flexibility allows treatment to adapt as clients grow and their needs change. With in-person sessions available in Watertown and online therapy options across South Dakota, our support is accessible and personalized.



Heather Seurer, LPC-MH Supervisee



Chelsea Cleveland, LPC Supervisee

BEACON CENTER
Supporting Victims of Domestic Violence and Sexual Assault
For Clark, Codington, Deuel, Grant & Hamlin Counties

Beacon Center

605-886-4300
www.beaconcentersd.com
801 Jenson Avenue
Watertown, SD 57201

Who are We?

A private, non-profit organization that was established in 1977 and provides free services to victims of domestic violence, sexual assault and stalking.

We serve Men, Women and Childern in Codington, Clark, Grant, Deuel and Hamlin Counties

Misson

Provide hope, safety, and resources by shining our light to illuminate the path for survivors, inspire community engagement, and amplify the voices of all individuals

Vison

A community that supports and empowers survivors through education and advocacy.

All Services are fee for victims/survivors aside from our Family Visitation Center

BEACON CENTER
Supporting Victims of Domestic Violence and Sexual Assault
For Clark, Codington, Deuel, Grant & Hamlin Counties

Beacon Center

605-886-4300
www.beaconcentersd.com
801 Jenson Avenue
Watertown, SD 57201

Services

- 24/7 Crisis Line
- Emergency Shelter
- Food Pantry
- Case Management
- Legal Advocacy
- Medical Advocacy
- Education and Outreach
- Family Visitation Center



Better Me
COUNSELING & CONSULTING

I work with individuals 5+, families and children in the foster care system. I have over 20 years of experience working with anxiety, depression, trauma, ADHD, ASD, family problems and many other concerns. I work with the school district when needed. I also have specialized training in ASD and trauma focused CBT.



Stacy Solsaa, PhD, LPC-MH, NCC, NCSC

Call/Text: 605-880-0100
Email: stacy.solsaa@bettermesolsaa.org

I accept most insurances including Medicaid. I also have a sliding fee scale for individuals without insurance.

https://bettermecounseling.clientsecure.me

BETTER TOGETHER
Counseling

Jessi Whetsel, LPC-MH



www.bettertogethercounseling.org
Phone: 605-868-8751
Fax: 605-878-2211

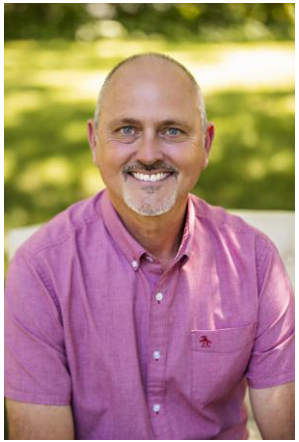
With a background in school counseling across high school, intermediate, and college settings, as well as experience in therapeutic foster care, Jessi is EMDR trained and helps clients understand the brain science of trauma while integrating Internal Family Systems to explore attachment patterns. She works with clients ages 12 and older, as well as families and couples.

Takes all major insurances as well as cash pay.

BETTER TOGETHER
Counseling

BETTER TOGETHER
Counseling

Todd Whetsel, LMFT



www.bettertogethercounseling.org
Phone: 605-956-2967
Fax: 605-878-2211

Todd is a trauma-trained therapist with 30 years of experience helping clients navigate family challenges, trauma, and the tough parts of growing up. With a background in both inpatient treatment and home-based counseling, Todd brings steady, compassionate support to children ages 6 and older as well as families and couples.

Takes all major insurances as well as cash pay.

BETTER TOGETHER
Counseling

Bridgeway
COUNSELING & NEUROPSYCHOLOGY



Bridgeway Counseling & Neuropsychology

(605)886-5262

(605)886-5228

120 3rd Ave NW

Watertown, SD 57201

Bridgeway Counseling offers trauma informed adult and pediatric counseling. Our clinicians work with many different modalities including EMDR, Christian based and couples counseling.

To refer to Bridgeway counseling, please call or fax the above numbers.

Bridgeway accepts all major insurances, including medicare and medicaid.

Adult Clinicians








Pictured from left to right:

Sara Struckman (top left), Matt Gauger (top middle), Kim Arnold (top right), Bernard Korf (bottom left), Sara Erickson (bottom middle) and Rachael Stangeland (bottom right)

Not pictured:
Stephanie Traversie,
Jasmine Monnier, and Jordyn Winter

Children and Families Clinicians








Pictured from left to right:

Melissa Meester (top left), Sarah Dykstra (Top middle), Jani Heiser (top right) Andrea Schultz (bottom left), Sara Erickson (bottom middle) Lindsay Rogness (bottom right)

East Central CASA

Seeks to promote and protect the best interests of children who have been victims of abuse and neglect by providing the skilled, dedicated, and compassionate advocacy efforts of trained community volunteers.

Case Manager/Volunteer Coordinator: Brandy Mora

Community Outreach Coordinator/Case Manager: Jenny Berndt

We are volunteer-based, and community volunteers provide our services. We are appointed by the judge.

Office number: 605-520-8002
Website: https://eastcentralcasa.com/

Codington County Community Services

Mission: *Building a welcoming community and providing hope for everyone.*

Office of
Codington County
Community Services

Economic Assistance:

- Rent, utilities, & funerals
- Must be last resort
- Must meet guidelines
- State law requires placing a lien for any assistance provided

7 W Kemp
(605) 882-6286

IMPACT
Individuals Making Positive Actions Can Thrive

Intensive Case Management provided by Community Health Workers

CODINGTON COUNTY
RESTART

Supporting individuals involved in the justice system who have substance use disorder

CODINGTON
CONNECTS

Connecting residents with local resources, services, and community events.

https://codington.sdcounty.gov/codington-county-community-services/

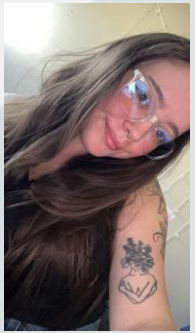
Codington County IMPACT: Individuals Making Positive Actions Can Thrive

- Community Health worker led
- Intensive case management program
- Serving adults who need support navigating multiple systems or getting on their feet
- No payment required, but services are Medicaid reimbursable if eligible
- Utilize Transition to Success Model
- Developing an Emerging Adult Group
- Referral form is located on County Website

Case Managers:

- Paige Welling, CHW – 4 years of experience, works with all clients, Specializes in finding safe, affordable housing.
  - paigewelling@codington.sdcounty.gov
- Cassidy Biberdorf – Newly hired, has experience working with parents and families.
  - cassidybiberdorf@codington.sdcounty.gov





CODINGTON COUNTY
RESTART

Turning Setbacks into Comebacks

Initiatives:

- Adult Diversion
- Pre-trial Services
- Re-entry Support

Referral form is located on county website

Staff:

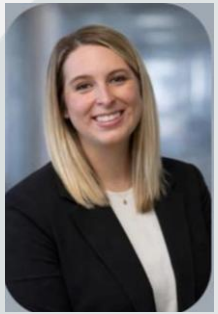
Angie Collignon,
Substance Use and Justice Programs Coordinator

Guided by a belief in second chances and community healing, Angie Collignon works to expand support for justice-involved individuals living with substance use disorders. In her role as Codington County's Substance Use and Justice Programs Coordinator, she leads RESTART efforts that increase treatment connections, public safety, and foster lasting recovery.



Tiffany Barthel,
Defense Support Coordinator

Tiffany Barthel serves as the Defense Support Coordinator, where she works directly with clients, defense counsel, and community partners. Tiffany is committed to promoting public safety through compassion, connection, and equitable access to resources. Her work centers on helping people navigate the justice system successfully and creating positive outcomes that strengthen both the person and community.



Codington County Youth Diversion & Juvenile Detention Alternatives Initiative for ages 10-17.

BOYS & GIRLS CLUB OF WATERTOWN



Louis Canfield

Director of youth Diversion

canfieldl@bgcofwatertown.com

- **Recidivism Prevention:** Provide targeted early support to reduce repeat offenses.
- **Accountability:** Hold youth accountable using restorative practices & education rather than formal court processing.
- **Health Supports:** Connect youth and families to local mental health and substance use treatment.
- **Prosocial Outlets:** Offer support groups and positive activities for youth engagement.
- **Safe Alternatives:** Use data-driven screening to keep low-risk youth out of secure detention.

MCEC®

PURPLE STAR SCHOOLS (PSS)

The Military Child Education Coalition® (MCEC®) is the National Advocate for the Purple Star School Initiative.



What is the Purple Star School Program?

The Purple Star School program is designed to prepare schools to better understand and respond to the educational and social-emotional challenges military-connected children face during their transition to a new school and keep them on track to be college, workforce, and life-ready.

What is MCEC's role as National Advocate?

MCEC helps schools and districts understand the value of and the requirements to become a Purple Star School. We offer support by providing:

1) Training and support for peer-to-peer student-led programs that promote 100% acceptance
2) Professional development for educators through training, webinars, and podcasts on military student transition challenges
3) Resources for creating a military-friendly school website
4) Ongoing resources to the designated campus POC supporting military students and families

Why should my school become a Purple Star School?

The designation reflects a school or district's intention to better understand and support military families through any educational challenge.

Where are Purple Star Schools?

As of November 2025, 44 states have PSS designation programs or approved legislation, and five additional states have proposed legislation. For up-to-date facts and figures on PSS by state, visit **MilitaryChild.org/purplestarschools**

What does my school or district need to do to achieve the Purple Star School designation?

Each state has its own designation granting body. Contact your state's Department of Education to determine Purple Star Program status.

PURPLE ST★R SCHOOLS

MCEC®

NATIONAL ADVOCATE™

MilitaryChild.org/purplestarschools
254.953.1923
Info@MilitaryChild.org

Peggy Nelson | MSW Intern
Community Action for Veterans
4600 W Nobel St, Ste 121
Sioux Falls, SD 57107

WHAT IS S2S?

MCEC®

Student 2 Student® (S2S™) is a peer-to-peer student-led program that brings military and civilian students together to welcome new students, create a positive environment for all, support educational opportunities, build connections through service, and ease school transitions.

Students make a positive impact on their school and community using the S2S six core values: **Leadership, Academics, Service, Climate and Culture, Relationships, and 100% Acceptance.**



S2S RESPONSIBILITIES

- S2S **welcomes every new student** who enrolls in their school on that student's **First Day.**
- S2S gives new students a **welcome packet** and **tour of the school** with a map showing them their classes and important locations in the school.
- S2S ensures **new students eat lunch** with someone and helps them feel acclimated and comfortable.
- S2S **checks back with new students** after a few days and weeks to see how the new student is adjusting.
- S2S **hosts social events and meetings** for new students and current members to learn about each other and build new connections.
- S2S engages in school and community **service projects** that exemplify the core values of the program and offer students the opportunity to connect with others.
- S2S **educates** the principal, school staff, parents, and community about the program's mission.
- S2S provides a meaningful way to **say goodbye** once they learn a student is moving.
- **S2S seeks guidance from their advisor if they notice a new student or current member is having difficulties or may need additional support.**

student 2 student™

A Military Child Education Coalition® Initiative

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S2S CORE VALUES

MCEC®



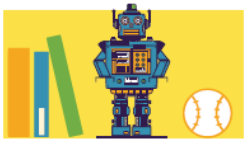
LEADERSHIP: Student Character Growth

- Being a role model for peers and younger students
- Sharing ideas, inspiring positive change, and personal growth
- Growing your S2S program for the future

ACADEMICS: Educational Opportunities

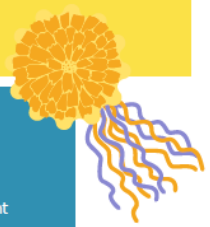
- Encouraging college-, work-, and life readiness
- Informing new students about your school's unique educational requirements
- Providing resources to promote academic achievement





SERVICE: Outreach & Advocacy

- Giving back to your school
- Helping and improving your community
- Looking for ways to serve the world



CLIMATE AND CULTURE: School & Community

- Helping new students find their way around your school and community
- Understanding the unique traditions, values, and characteristics of your school and community
- Contributing to a positive school climate and culture that supports student well-being and belonging



RELATIONSHIPS: Creating Connections

- Connecting new students to others with similar values and interests
- Building relationships between students, staff, and community
- Effectively communicating to create trust and understanding

100% Acceptance: Sense of Belonging

- Creating an environment where all are appreciated for who they are
- Helping the new student find a place where they belong
- Embracing differences by being respectful to new ideas, values, and beliefs

student 2 student™

A Military Child Education Coalition® Initiative

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FIREFLY

Counseling

CONTACT US:

(605) 878-0376
2013 Willow Creek Dr., Suite 2B
admin@fireflycounselingwatertown.com
www.fireflycounselingwatertown.com

About us / Services

Our mission at Firefly Counseling is to help people achieve their mental health goals. We help our clients become the person they strive to be and learn to adapt in changing environments. Life is hard and the world can be overwhelming, but we are here to help

WHO?

- adults
- adolescents
- children
- families
- couples





WHAT?

- counseling
- testing (IQ, autism, ADD evaluations, bipolar, memory, etc.)

We accept all major insurances and have cash options. We also work with several companies and accept their EAPs.

FIREFLY
Counseling

MEET OUR STAFF

FIREFLY
Counseling



BRITTANY MACKS
LPC-MH SUPERVISEE

BRITTANY SPECIALIZES IN YOUNG ADULTS AND TEENS. SHE USES CBT, A.R.T. THERAPY FOR TRAUMA, AND OTHER TECHNIQUES. BRITTANY COMBINES HER FUN PERSONALITY AND COMPASSION TO GIVE PEOPLE A SAFE SPACE TO OPEN UP.



DR. LEE HENDRICKS
PsyD

DR. HENDRICKS SPECIALIZES IN EVALUATIONS. HE USES A MULTITUDE OF ASSESSMENTS TO DIAGNOSE LEARNING DISABILITIES, IQ, COMPETENCY, MEMORY, AUTISM, ADHD, BIPOLAR, AND MORE. HE ALSO DOES COUNSELING AND SPECIALIZES IN CBT AND DBT.



JENNY GUEST
LPC-MH

JENNY SEES TEENS, ADULTS, AND COUPLES FOR COUNSELING. SHE IS SPECIALLY TRAINED IN ADHD TECHNIQUES ALONG WITH CBT. SHE IS OPEN-MINDED, KIND, AND HER PATIENTS FIND HER VERY RELATABLE.



MEAGHAN BRINK
LPC, LAC

MEGHAN SPECIALIZES IN DUAL DIAGNOSES INCLUDING ADDICTION WHETHER IT BE TO DRUGS, ALCOHOL, EATING, GAMBLING, ETC. SHE HAS SPECIAL TRAINING IN TRAUMA AND AUTISM. MEGHAN USES CBT AND SEES TEENS, ADULTS, AND FAMILIES.



Kari Johnston
LPC-MH, QMHP
Executive Director

Human Service Agency

605-886-0123
https://www.humanserviceagency.org/
123 19th St. NE
Watertown, SD 57201

Behavioral Health

We provide individual, couples and family therapy to all ages. We also offer multiple evidenced based groups including MRT, DBT and emotion regulation groups. Services are state funded for those who meet income guidelines.

For a listing of counselors go to the link below:
https://www.humanserviceagency.org/counselors

Addictions

We provide: Addictions Evaluations for all ages; Adult Intensive Outpatient Treatment; Adult Aftercare; Relapse Prevention; CBISA treatment groups; DUI class; Individual and Family Counseling. Services are state funded for those who meet income guidelines.

Systems of Care

Systems of Care is a program designed for youth and families who may be at risk for future mental health or delinquency concerns. The program focuses on the whole family and helps identify challenges in areas such as basic needs, social supports, emotional and educational needs, housing, health, community resources, and safety. After enrollment, a Systems of Care coordinator will assess needs and provide support through short-term interventions or connections to more formal, long-term services to promote family success.

Accept all major insurance providers as well as a sliding fee scale and grant funding to ensure all individuals receive the services they need.



Human Service Agency

605-886-0123

https://www.humanserviceagency.org/

123 19th St. NE

Watertown, SD 57201

Psychiatry

Provides psychiatric evaluations and ongoing medication monitoring appointments. Psychiatric medications can be prescribed for people of all ages and with any disorder. Clients will be scheduled to see a counselor first and will return for their psychiatric evaluation at a later date.

Serenity Hills

A halfway house residential setting for men diagnosed with a mental illness and substance dependence. We provide detox assistance in detoxing from all substances and is available to all adults. Serenity Cove provides safe rooms for people needing mental health crisis stabilization. Services are state funded for those who meet income guidelines.

C.A.R.E.

We provide comprehensive support to adult individuals with severe mental illness and empower them toward recovery and helping them lead fulfilling lives. Case management is offered to help each client to identify personal goals and offers support and resources to meet those goals. Services are state funded for those who meet income guidelines.

Accept all major insurance providers as well as a sliding fee scale and grant funding to ensure all individuals receive the services they need.



Human Service Agency

605-886-0123
https://www.humanserviceagency.org/
123 19th St. NE
Watertown, SD 57201

NE Prevention Resource Center

Assists students, parents, educators, community coalitions and agencies with development and implementation of prevention programs surrounding the issues of alcohol, tobacco, other drugs, mental health and suicide prevention.

Glacial Lakes SAFE

- Focuses on suicide prevention and mental health awareness
- Supports community education, training, and awareness events
- Connects individuals and families with local resources

Project Success

- School-based prevention and early intervention services
- Individual and group support for students
- Referrals and connections to school and community resources
- Classroom prevention education and youth leadership opportunities

Watertown Healthy Youth Coalition

- Focuses on reducing youth substance use.
- Monitors local youth trends and risk behaviors.
- Provides education, awareness campaigns, and prevention initiatives.

Trainings and Presentations

- QPR (Question, Persuade, Refer)
- MHFA (Mental Health First Aid)
- YMHFA (Youth Mental Health First Aid)
- ASIST (Applied Suicide Intervention Skills Training)
- Presentations on substance use and mental health
- Youth prevention & early intervention programs

Library & Resource Materials

FREE Resources

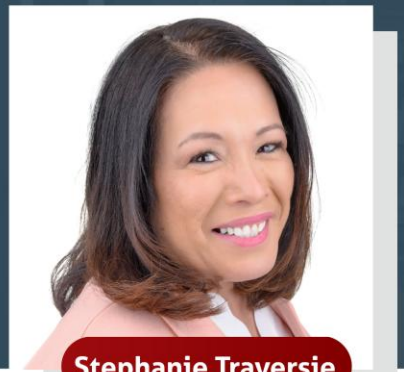
- Prevention-focused educational materials; Evidence-based curriculum resources; Community awareness and outreach tools

https://www.humanserviceagency.org/NEPrevention/neprclibrary

Accept all major insurance providers as well as a sliding fee scale and grant funding to ensure all individuals receive the services they need.

Counseling Services

LAKE AREA TECH COLLEGE



Stephanie Traversie

Counselor | NCC, LPC-S



Jillian Viessman

Counselor | CSW-PIP

Counseling Services

- Free personal and confidential counseling
- Assist students in achieving and maintaining positive mental health and wellbeing.

Food Cupboard

We know stretching the dollars can be hard. To support our students, we offer a free and confidential food cupboard.



- Contact Information:
  Stephanie: Stephanie.Traversie@lakeareatech.edu
  (605) 882-5284 Ext. 337
  Jillian: Jillian.Viessman@lakeareatech.edu
  (605) 882-5284 Ext. 216

SCHEDULE SESSION

Scan the QR to schedule a session with **Stephanie**

SCHEDULE SESSION

Scan the QR to schedule a session with **Jillian**

Student Success & Student Activities

LAKE AREA TECHNICAL COLLEGE

Matt Steiner
Campus Life Director

- Intramural Sports
- Competitive Sports
- Student Clubs
- On & off-campus events
- Housing Resources



Matt.steiner@lakeareatech.edu
605-882-5284 ext. 295
605-237-2918

Saraya Johnson
Student Success & Career Services Coordinator

- Academic success planning/Retention
- Connect students to campus resources
- Career prep/exploration & Job search support



Saraya.Johnson@lakeareatech.edu
605-882-5284 ext. 483
605-237-5471

Academic Support

Justus St. Sauver

Academic Support Coordinator

- Disability Services
- Tutoring Services
- Referrals



Contact Information:
Justus.StSauver@lakeareatech.edu
605-956-0284

Jenna Jewell

Academic Support Coordinator

- Library Services
- Research/ Writing Assistance
- Study Help and Materials



Contact Information:
Jenna.Jewell@lakeareatech.edu
605-882-5824 ext. 235







Contact Us

605-494-1500

RisingHope.com

SCAN HERE

600 4th St. NE Suite 203
Watertown, SD

At Rising Hope Counseling in Watertown, SD

we provide professional therapy for individuals, children, and couples through in person and telehealth services, delivering the care you deserve while helping you heal and find hope.

*Most major insurances accepted

NOW SERVING SD, ND, MN, IA, NE & WY

RISING HOPE
COUNSELING, LLC

FIND HOPE NOW

Right here in Watertown

RISING HOPE
COUNSELING, LLC
Offering Hope • Healing • Change

Contact Us

605-494-1500

RisingHope.com

SCAN HERE

600 4th St. NE Suite 203
Watertown, SD

NOW SERVING SD, ND, MN, IA, NE & WY

Services Offered

- Individual Therapy
- Play Based Therapy
- EMDR
- Depression & Anxiety Healing
- Trauma Based Theories
- Anger Management
- Counseling for New Mothers
- Counseling for Trauma
- Couples Counseling
- Grief Counseling
- LGBTQIA+
- PTSD
- & more





Brandee Bly

MS, LPC-MH, QMHP, RPT

Helping children understand their emotions, build resilience, and grow into confident, compassionate individuals.

Brianna Gast

CSW-PIP, QMHP, LAC, PMH-C

Supporting emotional wellness from the teen years through adulthood, with specialized care for perinatal mental health and addiction recovery.





Mary ‘Claire’ Bauer

MS, LPC-MH

Supporting children, adults, and couples with personalized care for trauma, neurodivergence, eating disorders, and personal growth.

Kimberly Haugen, Ph.D.
Licensed Psychologist
Sanford Health



Referral Process & Contact Info.

- Primary care physicians must refer patients for services
- Treat pediatric patients (birth – age 17)
- Paneled with most major insurance carriers
- Sanford Watertown Clinic:
  901 4th St NW Watertown, SD 57201
  Clinic: 605-886-8471

Services

- Outpatient therapy
- Use evidence-based interventions to treat a broad range of concerns affecting children and adolescents
  - Adjustment concerns
  - ADHD
  - Anxiety
  - Depression
  - Disruptive behavior
  - Relationship concerns
  - Sleep concerns
  - Social aspects of chronic health conditions