<table>
<thead>
<tr>
<th>Agency/Program</th>
<th>Contact</th>
<th>Services</th>
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</thead>
</table>
| A Balanced Mind                                    | (701) 751-3737 | **Insurance accepted:** Aetna Choice POS II, Aetna Managed Choice POS Open Access, Aetna Signature, Administrators PPO, BCBS Blue Card PPO  
**Conditions treated:** Anxiety Phobic Disorders, Anxiety Dissociative and Somatoform Disorders, Attention Deficit Disorder (ADD), Bipolar Disorder, Depressive Disorders, Eating Disorders, Obsessive-Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD) |
| ADAPT, Inc                                         | (701) 255-3717 | - Drug /Alcohol Services  
Please refer to Alcohol/Substance Abuse Treatment section |
| Alliance Mediation and Therapy, PC                | (701) 203-4264 | mental health and addiction services for youth/adults/families, therapeutic approaches, including CBT, DBT, Solution & Strengths Based Focused strategies  
**Sliding Scale:** Yes  
**Accepts Insurance:** Yes  
**Accepted Insurance Plans**  
- Aetna  
- BlueCross and BlueShield  
- Coventry  
- Medica  
- Medicaid  
- PreferredOne  
- Sanford Health Plan  
- TRICARE  
- United |
| Anchor Christian Counseling                        | (701) 255-3325 | Professional, faith based counseling |
| Archway Mental Health Services                     | (701) 530-7300 or (800) 732-9980 | - Child and adolescent services  
- Adult services  
- Geriatric adult services  
- Family services |
| Bismarck VA Community Based Outpatient Clinic- US Dept of Veterans Affairs | (701) 221-9125 | Primary care services for veterans in the Bismarck area.  
- Behavioral Health services.  
- Handicapped Accessible: full and easy access for all veterans.  
- Personal Care: Highly qualified primary care providers, specialty care referrals to the Fargo VA Medical Center |
| Catholic Charities                                 | (701) 255-1793 | - Pregnancy, Parenting and Adoption Services  
- Adults Adopting Special Kids (Aask)  
- Guardianship Services  
- Counseling Services  
- Disaster Response  
- Resource Referral  
- Speakers Bureau |
| Chambers & Blohm Psychological Services            | (701) 323-0924 | Children and Adolescent, Adults, Group Therapy, Marriage and Family Relationships, Addiction Services, Sexual Health, Medication Management, Psychological Testing, Intern Program, Bariatric Program |
| Dakota Institute of Trauma Therapy                 | (701) 751-447 | Adult outpatient addiction services  
- BodyTalk  
- Core synchronism  
- Mental health  
- EMDR (eye movement, desensitization, and reprocessing) therapy |
| DeCoteau Trauma-Informed Care and Practice          | (701) 751-0443 |  
- Individual Therapy  
- Marriage & Family Counseling  
- Child & Adolescent |
| Bismarck, ND | • Relationship  
• Behavioral Management  
• Grief & Loss Counseling  
• Addictive Behaviors  
• Sexuality Issues  
• Depression  
• Stress Reduction & Relaxation  
• Anxiety & Worry  
• Panic Attacks  
• Obsessions & Compulsions  
• Poor Self-Esteem  
• Suicidal Ideation  
• Medication Management  
• Trauma/PTSD  
• Personality Assessment  
• Intellectual Testing  
• ADHD Assessment  
• Autism Spectrum Disorder Assessment |
| Link Counseling Services  
1424 W Century Ave. Ste 206  
Bismarck, ND | (701) 751-2020  
Mental Health Services  
Annette Link, LPCC – Specialize in Counseling Services |
| Link Psychological Services PC-DR  
1424 W Century Ave. Ste 206  
Bismarck, ND | (701) 223-3571  
Mental Health Services  
Dr. James Link, PHD – Specializes in Psychology |
| Lutheran Social Services of ND  
1616 Capital Way  
Bismarck, ND | (701) 223-1510  
• Behavioral Health  
• Children Services  
• Housing Services  
• Senior Services  
• Humanitarian Services |
| NuVation Health Services, PC  
600 S 2nd St. Ste 201  
Bismarck, ND | (701) 258-3780 or  
(877) 937-1894  
• Anger Management  
• Anxiety Disorders  
• Behavioral Disorders  
• Child/Adult Trauma  
• Compassion Fatigue  
• Depressive Disorder  
• Family Struggles  
• Grief And Loss  
• Infertility Struggles  
• Postpartum Struggles  
• Pregnancy Loss  
• Relationship Conflicts  
• Relationship Issues  
• Self-Esteem  
• Sexual Assault  
• Compassion Fatigue  
• Genetic Disorders  
• LGBT Issues |
| Protection and Advocacy  
400 E Broadway Ave Ste 409  
Bismarck, ND | (701) 328-2950  
Please refer to Adult Services section or Developmental Disabilities section |
| Saint Sophies  
3201 33rd Street South  
Fargo, ND 58104 | Phone:  
(701)365-4488  
Fax:  
(701)365-0727  
**Expertise in...**  
•Depression  
•Bipolar Disorder  
•Relationship Issues  
•Psychotic Disorders  
•Child & Adult ADHD  
•Autistic Spectrum Disorders  

*Neuropsychological Testing is Available for Measuring:*
<table>
<thead>
<tr>
<th>Sanford Behavioral Health</th>
<th>(701) 323-5870</th>
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<tbody>
<tr>
<td>414 N 7th St Bismarck, ND</td>
<td>Crisis Access, Counseling, Med Monitoring, Referral Services, Education about Treatment</td>
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<thead>
<tr>
<th>Soul Survivor Counseling Services, PC</th>
<th>(701) 258-2008</th>
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<tbody>
<tr>
<td>1120 College Dr. Ste 201 Bismarck, ND</td>
<td>Therapy</td>
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<tr>
<td></td>
<td>• Domestic violence</td>
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<td></td>
<td>• Sexual assault</td>
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<td></td>
<td>• Suicide assessment/prevention</td>
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<td></td>
<td>• Mood Disorders (depression, anxiety, and self-esteem, etc.)</td>
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<td></td>
<td>• Grief and loss</td>
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<td></td>
<td>• Post traumatic stress disorder</td>
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<td>• Transition (relationships, life events, job loss, medical, etc.)</td>
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Training Sessions on…
- Dynamics of domestic violence for victims, batterers, and children
- Sexual assault effects and treatment
- Healthy relationships
- Connection between self-esteem and depression
- PTSD treatment and traumatic bonding
- Shame and Guilt
- Batterers Treatment

Legal/Consultation Counseling Supervision

<table>
<thead>
<tr>
<th>St. Alexius Mandan Clinic North</th>
<th>(701) 667-4600</th>
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<tbody>
<tr>
<td>2500 Sunset Dr. NW Mandan, ND</td>
<td>A variety of evidence-based therapy approaches, including but not limited to:</td>
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<tr>
<td></td>
<td>• Cognitive Behavioral Therapy (CBT)</td>
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<td></td>
<td>• Cognitive Behavioral Therapy for Insomnia (CBT – I)</td>
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<td></td>
<td>• Cognitive Behavioral Social Skills Training (CBSST)</td>
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<td></td>
<td>• Dialectical Behavior Therapy (DBT)</td>
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<td></td>
<td>• Acceptance and Commitment Therapy (ACT)</td>
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<td></td>
<td>• Prolonged Exposure (PE) for PTSD</td>
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<td></td>
<td>• Cognitive Processing Therapy (CPT) for PTSD</td>
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<tr>
<td></td>
<td>• Illness Management and Recovery (IMR)</td>
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<td></td>
<td>• Motivational Interviewing (MI)</td>
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<thead>
<tr>
<th>St. Alexius Psychiatry Center</th>
<th>(701) 530-7300</th>
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<tbody>
<tr>
<td>900 E Broadway Ave Bismarck, ND</td>
<td>Psychiatric care for children, adolescents and adults who are experiencing psychiatric, behavioral or social problems…</td>
</tr>
<tr>
<td></td>
<td>• Mental health services</td>
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<tr>
<td></td>
<td>• Alcohol and drug evaluation</td>
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<td>• Individual and group therapy</td>
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<td>• Recreational activities</td>
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<td></td>
<td>• Marital or family therapy</td>
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</tbody>
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Assessment and therapy provided:
- Interpersonal problems
- Thought disorders
- Depression
- Suicidal thoughts
### True North Solutions
418 North 2nd Street
Bismarck ND 58501
(701) 224-8783

- Anxiety
- Severe mood swings
- Grief issues
- Chemical dependency detoxification

Treat Children, Adolescents, and Young Adults through… Cognitive Behavioral Therapy (CBT), Insight Orientated, Behavior Modifying, Brief Solution Focused Therapy, Parent-Child Interaction Therapy (PCTI), Therapy through the mediums of play, art, pets, writing, etc., Relationship Development Intervention (RDI), Christian Child therapy, Christian Adolescent therapy

### Village Family Service Center
107 W Main St. Ste 201
Bismarck, ND
(701) 255-1165

Family Team Decision Making Meetings, Adoption Services, Big Brothers Big Sisters, Family-Based Services, Financial Resource Center, Nokomis Child Care Center, Pregnancy Counseling, Children, Early Childhood Mental Health, Counseling Services, Online Counseling Services, Diagnostic-Level Services, Treatment Options, Connecting Resources, etc.

### West Central Human Service Center
1237 W Divide Ave. Ste. 5
Bismarck, ND
(701) 328-8888 or (888) 328-2662
24 hr crisis line (701) 328-8899 or (888) 328-2112

**MENTAL HEALTH SERVICES**

**Acute Outpatient Services**
Services available to children, youth, adults, and families include:
- Assessment
- Individual Therapy
- Family Therapy
- Group Therapy
- Family Based Therapy
- Domestic Violence Program
- Sexual Abuse Treatment Program

**Mental Health Extended Care and Treatment**
Community-based services for individuals with a serious mental illness include:
- SMI case management services
- SMI homeless case management services
- Psychiatric nursing services
- Aftercare services
- SMI supported employment and extended services
- Supportive living services
- Community-based residential services (contracted)
- Case aide services (contracted)
- Adult psychosocial rehabilitation center (contracted)

**Partnerships Program for Children's Mental Health**
Available to children who have serious emotional disorders, the Partnerships Program uses the wrap around process to coordinate and provide services for children and their families. Services include:
- Care coordination (partially contracted)
- Case aide (contracted)
- Respite care (contracted)
- Parent aide
- Safe beds (contracted)
- Flexible funding (contracted)

**Psychiatric/Psychological Services**
- Psychiatric consultation
- Psychiatric medication review
- Psychological consultation
- Psychological evaluation
- Psychological behavioral intervention

**Regional Intervention Services (Admission/Crisis Response)**
- Admission and triage
- Prescreening for voluntary and involuntary admission to the North Dakota State Hospital
- Emergency services
- Consultation and referral