



## Taking Care of Our Mental Health!

## LOCAL MENTAL HEALTH RESOURCES

Mental Health is an important part of life! Providers help with a range of Mental Health issues from mental illness to everyday life experiences. Every day issues may include hopelessness, grief, loss, panic, feeling blue and/or anxious, death, relationship issues and concerns, couples counseling, divorce, job issues, being a caregiver, and phase of life concerns.

Please note this list may not be complete. If you know of changes or additions to this list please contact Becky Tollers, RN at <u>becky.tollers@co.barron.wi.us</u> or 715-537-6101.

<u>ABR Counseling</u>: Kathy Rudd, LLC. 431 Main St, Suite #7, Rice Lake, WI 54868. 715-234-3301. Sees adolescents and adults. Provides individual, couple and family counseling, chemical dependency issues, DOT assessment, and anger management.

<u>Advantage Counseling, LLC:</u> Bev Haverly, ACSW, LCSW. 1640 Talbot St. Cumberland, WI 54829. 715-822-2938. Sees youth and adults. Accepts Medicaid, some MA HMO's private insurances and private pay.

<u>Aurora Community Counseling</u>: N4851 Highway 63, Spooner, WI 54801. 715-635-4858. Mental Health and substance abuse services, including psychiatrist, James Rugowski, MD. Sees youth and adults. Accepts MA, private insurance, private pay and Medicare.

<u>Aurora Community Services</u>: 24670 State Rd 35/70 suite 1200, Siren, WI 54872. 715-349-7233. Sees youth and adults. Accepts MA, private insurance, private pay and Medicare.

<u>Amery Regional Medical Center Behavioral Health Center</u>: Specializing in mental health services for seniors, inpatient/outpatient. 265 Griffin St E, Amery, WI 54001. 715-268-0248. Need referral from Amery physician for main outpatient programs which are available for various ages. Accept Medicaid, private insurance, some MA HMO's-contact to verify payment type. Noel Jarvis, MD and Ahmed Javed, MD.

Barron County Community Support Program (CSP): Behavioral Health Services provided to persons with mental illness to assist them with living independently in the community. 11 E Eau Claire St, Rice Lake, WI 54868. 715-537-5691.

<u>Barron County Department of Health and Human Services:</u> contact for information on mental health referrals and payment sources for mental health services. 335 E Monroe Ave, Barron, WI 54812. 715-537-5691 (Monday-Friday, 8:00 am-4:30 pm)

<u>Caillier Clinic</u>: 320 N Main St, Rice Lake, WI 54868. 715-234-5388. Sees youth and adults. Accepts only certain insurances and HMO types, so call 715-836-0064 to find out if your type is accepted.

<u>CCB Housing Management:</u> 310 N Wisconsin Ave, Rice Lake, WI 54868. 715-236-2366. Subsidized and low-income housing for those with chronic mental illness.

<u>Clinic for Christian Counseling, LLC. Rice Lake Branch:</u> 12 West Marshall St, Suite 104, Rice Lake, WI 54868. 1-877-855-0936. Accept Medicaid, Medicare, and some private insurance.

<u>Crisis Hotline:</u> Emergency Mental Health/Suicide – 1-888-552-6642. (24 hrs/day-7 days/wk) This covers Barron, Polk and Washburn Counties.

<u>Crisis Stabilization Center:</u> 6939 County Hwy T, Chippewa Falls, WI 54729. 715-874-4429. Service is provided when client needs extra support or supervision but not hospitalization.

<u>Families First Counseling</u>: 23758 State Rd 35, Siren, WI 54872. 715-349-8913. Sees youth and adults. Accepts most payment types but not Medicare. Specialty is in-home therapy for MA and HMO's with children ages 18 and under who have not been successful with other therapy methods, but they do other types as well.

<u>Hinze, Travis</u>: 329 S River St, Suite 301, Spooner, WI or 307 Cascade St, Suite 7, Osceola, WI. 1-800-994-4693. Psychology services. Provides counseling and therapy for adults and youth ages 13 and up. Provides evaluations for adults and youth 6 and up. Accepts most insurance and private pay. Participates with United Healthcare (UBH), Medica, Preferred One, Select care, Tri-care, Medicare, and WI & MN Medicaid and processes Health Partners and BCBS.

<u>Jungerberg, Ph.D, Bruce:</u> 2021 Cenex Drive, Suite J, Rice Lake, WI 54868. 715-736-7250. Licensed psychologist. Sees youth and adults. Providing psychotherapy, psychological assessment and consultation. Accepts Medicare, Medicaid, private insurance and self-pay.

<u>Lapcewich, John:</u> Cumberland, WI 54829. 715-822-4918. Provides <u>psych evaluations only</u> for adolescents to seniors. Payment types: private pay, self pay, Medicaid, some MA HMO's and also provides for counties. Does not accept Medicare.

Marriage and Family Health Services: Mikan Day Treatment (ages 12-18), Migisi Day Treatment (ages 5-11). 105 West Avenue, Rice Lake, WI 54868. 715-736-5437. They provide individual services for adolescents, adults and family therapy. Both are ½ day programs with main funding from MA and HMO doesn't matter. Accepts straight MA or Security Health, commercial insurance or private pay.

Marriage and Family Therapist: Laurie Carlsen, MFT, 5 E Eau Claire St, Rice Lake, WI 54868.

<u>Marshfield Clinic Lakewoods Center Behavioral Health</u>: Sandra Polzin, NP, 1215 West Knapp St, Rice Lake, WI 54868. 715-236-4450 Fax: 715-236-1831. Med management for ages 18+. Accepts Medicaid, Security Health MA, and others. Contact to verify coverage at 1-800-782-8581 ext 5559. Does not take United Health care MA HMO.

<u>Marshfield Clinic Rice Lake Center Counseling Services</u>: 1700 W Stout St, Rice Lake, WI 54868. 715-236-8100. Counseling for ages 13+ and med management for 18+. Tele-health available with Dr. Hanson and Dr. Ahmed in EC. Ist appt needs to be in EC then will refer to tele-health when appropriate. Adults and possibly teens. Accepts Medicaid, Security Health MA, and others. To see if a specific insurance is covered call 1-800-782-8581, ext 5559. Does not accept United Health Care MA HMO.

<u>Mayo Health Systems-Northland Rice Lake Counseling Services:</u> 331 South Main St, Suite H, Rice Lake, WI 54868. 715-236-8500 or tollfree at 877-709-0797. There are two full-time therapists: Deb Klund and Joanne Faltz Bailey, one psychiatrist, Dr. Schlagel comes from Eau Claire one day per week. Must have primary care physician in Mayo system. Serves adults and youth for outpatient Behavioral Health. Accept Medicaid, Medicare, private insurance. Does not accept United Health Care MA HMO, Security Health HMO or managed care.

<u>Mayo Health Systems Luther Hospital Eau Claire –</u> 1221 Whipple St, PO Box 4105, Eau Claire, WI 54702-4105. 715-838-3311 Fax: 715-838-6788. Toll free 1-888-838-4777. Has a 20-bed inpatient behavioral health unit.

<u>McCabe, Juanita M</u>: 1477 Knowles Ave Suite 103, New Richmond, WI 54017. 715-781-5494. Sees youth and adults ages 3 and up. Accepts some private insurance, private pay, sliding fee scale, some MA/MA HMO's- please contact your provider to determine coverage. Provide mental health, substance abuse, child abuse, trauma, depression, anxiety, PTSD and other services.

<u>NAMI</u> of Barron County, National Alliance on Mental Illness, PO Box 477, Rice Lake, WI 54868-2030. 715-736-0089 or 715-568-4426. <u>www.nami.org.</u> NAMI offers support, education and advocacy for families living with mental illnesses. We offer free classes tailored for families (12 wks), consumers (10 wks), parents/caregivers of small children and adolescents (6 wks) and presentations for school staff members, the faith community and interested community groups who would like to learn more about mental illnesses and resources available to them.

NAMI Helpline- 1-800-950-6264.

<u>Natures Edge Therapy:</u> Becky Lundeen, MAT, CCC-SLP, HPCS. 2523 14 <sup>3</sup>/<sub>4</sub> Ave, Rice Lake, WI 54868. 715-859-6670. <u>www.naturesedgetherapycenter.org</u>.

<u>New Directions Center</u>: This is a drop-in center for those with mental illness.11 E Eau Claire St, Rice Lake, WI 54868. 715-234-3637.

<u>Northwest Guidance and Counseling</u>: 502 2<sup>nd</sup> St Hudson, WI 54016. 715-684-7777. Sees youth and adults. Accepts Medicaid, some Medicaid HMO's and private insurance. Contact for Passage system for troubled youth and other mental health services.

<u>OMNE Clinic</u>: 1443B East Division Ave, Barron, WI 54812. 1-800-847-2144. Psychiatrist: James Rugowski, MD on Mondays only. Therapist: Sue Nelms, Tuesday, Thursday, and Friday am. Several other therapists who rotate Monday, Tuesday, Thursday and Friday am. Accepts GH or Compcare MA HMO from residents of Barron, Chippewa and Eau Claire counties, some private insurances. Does not accept any other forms of BC or MA. Must have Mayo MD for primary physician.

<u>Polk County Mental Health & Chemical Dependency</u>: 715-485-8400. Sees youth and adults. Accepts most insurance plans, Medicare, Medicaid, some MA HMO's and private pay. Serves various counties but sliding fee scale only applies to Polk county residents.

<u>Sacred Heart Hospital</u>: 900 West Clairemont Avenue, Eau Claire, WI 547021. 715-717-4121 (general hospital). 715-717-4272 (Behavioral Health Center). Inpatient psychiatric services provided.

Soar Counseling: 246 Industrial Blvd, Shell Lake, WI 54871. 715-468-2841. Sees youth and adults. Does not accept Medicare.

<u>St. Croix Regional Medical Center:</u> 235 E State St, St. Croix Falls, WI 54024. 1-800-828-3627. Jennifer Beyer, M.D. 715-483-0243. Sees youth and adults. Accepts Medicaid but only some HMO's – must verify first. Accepts most major insurances. Doesn't take United Health Care MA HMO or Security Health HMO. Also accepts some MN health plans. Most have client medical records and referral from provider involved in care or will not be seen. There is waiting list for psychiatrist.

<u>Therapy for Balanced Living, LLC</u>: Patty McGown, MS, LPC, RYT at 431 S Main St, Suite #4, Rice Lake WI, 54868. 715-234-5679. Counseling for depression, anxiety, relationships, grief, loss, trauma, women's and others issues. Counseling for adults and couples. Accepting Security Health and WEA Trust insurance, other insurance as available and private pay. Sliding fee scale available.

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