

How do I pay for mental health services?

You pay for mental health services the same way you pay for other medical services. You may use your own medical insurance. Other options for those who do not have insurance coverage include South Dakota's Children's Health Insurance Program — CHIP — or Medicaid. In many communities counseling programs or services are offered on a sliding-fee scale, based on your income. Some children with Individual Educational Plans (IEP) may be eligible for services through their local school district. The 11 Community Mental Health Centers that serve counties all across South Dakota (*see listing below*) offer limited services on a sliding fee scale and, if eligibility criteria are met, services may be provided at no cost to the family through support from the South Dakota Division of Mental Health. If these options don't address a child's needs, there may be other resources available — it is important to ask the provider.

Community Mental Health Centers

Behavior Management Systems
350 Elk Street, Rapid City, SD
605 343-7262

Capital Area Counseling Services
803 E. Dakota, Pierre, SD
605 224-5811

Community Counseling Services
357 Kansas SE, Huron, SD
605 352-8596

Dakota Counseling Institute
910 West Havens, Mitchell, SD
605 996-9686

East Central Mental Health and CD Center
211 Fourth Street, Brookings, SD
605 697-2860

Human Service Agency
123 19th Street NE, Watertown, SD
605 886-0123

Lewis and Clark Behavioral Health Services
1028 Walnut, Yankton, SD
605 665-4606

Northeastern Mental Health Center
628 Circle Drive, Aberdeen, SD
605 225-1014

Southeastern Behavioral Health Care
2000 S. Summit, Sioux Falls, SD
605 336-0510

Southern Plains Behavioral Health Services
500 E. Ninth St., Winner, SD
605 842-1465

Three Rivers Mental Health and CD Center
11 East Fourth St., Lemmon, SD
605 374-3862

Inpatient Mental Health Hospital Services

Avera Behavioral Health Center
4400 W. 69th St., Sioux Falls, SD
605 322-5700

Avera St. Luke's Mental Health Services
305 S. State St., Aberdeen, SD
605 622-5000

Human Services Center
3515 Broadway Ave., Yankton, SD
605 668-3100

Rapid City Regional Behavioral Health Center
915 Mountain View Road, Rapid City, SD
605 719-7200

Additional Resources

Suicide prevention: www.sdsuicideprevention.org
Statewide mental health resource guide: www.helplinecenter.org
South Dakota Advocacy Services: 1-800-658-4782
South Dakota Parent Connection: 1-800-640-4553 www.sdparent.org

Crisis Hotlines

South Dakota Suicide Crisis Line (800)273-8255
The HELP Line Center (605) 339-4357



Advocating for our children...healthy, educated, safe.

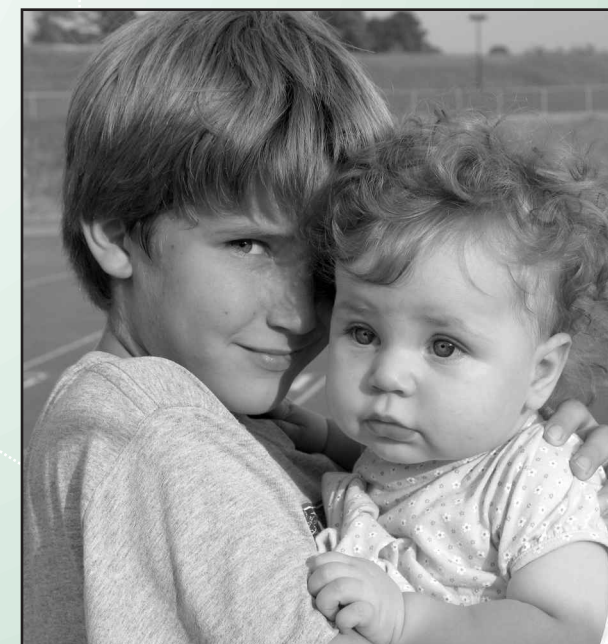
808 N. West Avenue P.O. Box 2246 • Sioux Falls, SD 57101-2246 • Phone 605 367-9667 • Fax 605 335-3836
www.sdvoicesforchildren.org

Children's Mental Health Services

A roadmap to care

Once a mental health problem is suspected, it is important for your child and your family to seek help as soon as possible.

This *roadmap* is designed to help you understand behavior that triggers concern — and where to go for help.



Developed by

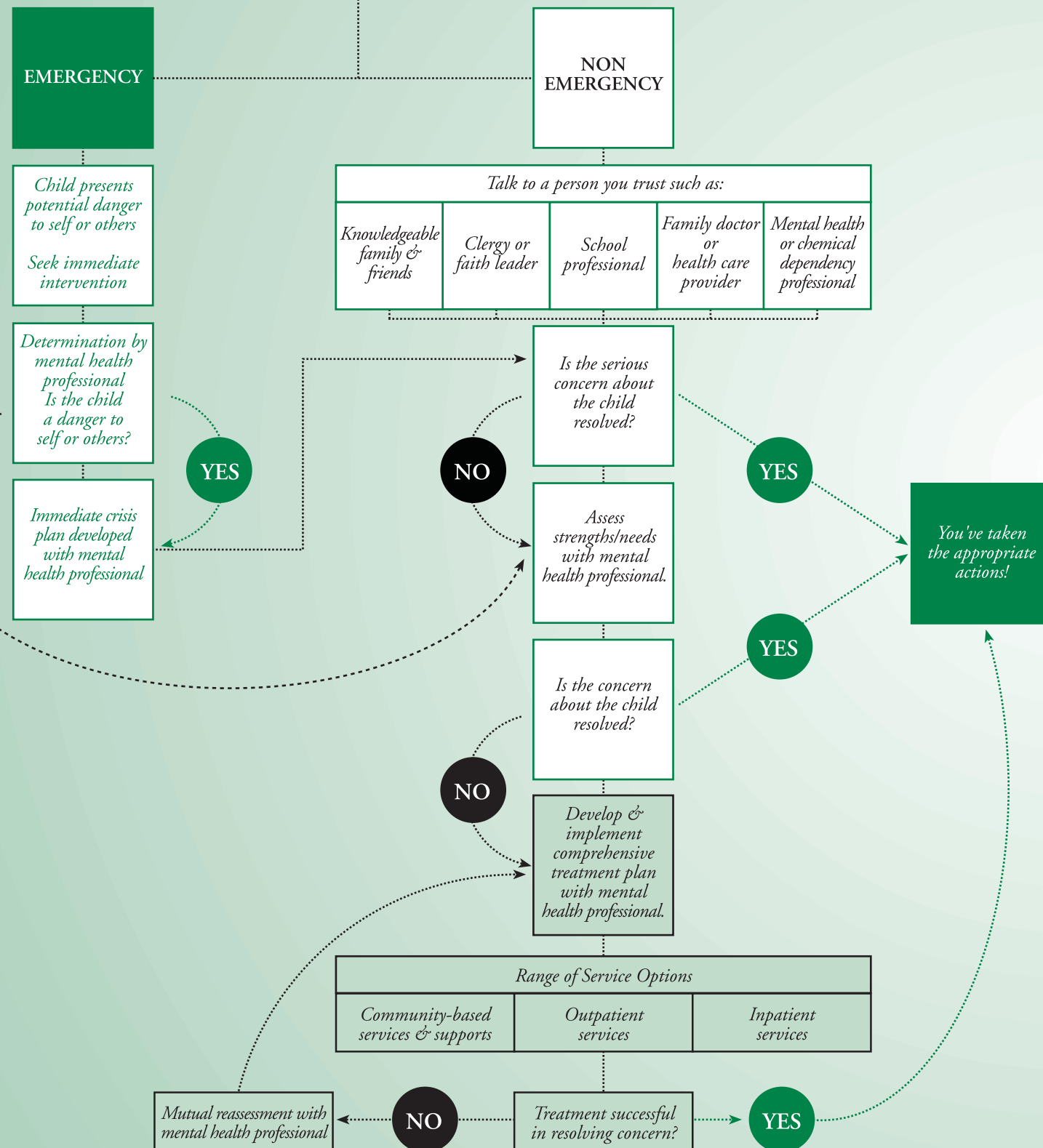


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Children's Mental Health Services — *A roadmap to care*

BEHAVIOR THAT TRIGGERS CONCERN ABOUT THE CHILD Is the behavior an emergency or non-emergency?



Explanation of Terms

- Behavior that indicates an emergency:**
 Any situation in which a child/adolescent presents immediate danger to self or someone else (suicide attempt, violence, etc.). With adolescents, a threat of self-harm or violence toward others should be treated as an emergency.
- Behaviors that are unlikely to indicate an emergency:**
 Most developmentally “normal” behaviors carried to an extreme. This may include moodiness, withdrawal from previously enjoyed family activities, sleep problems, excessive crying and hyperactivity.
- Assessment of strengths/needs:**
 A mental health professional and family members identify relevant individual and family strengths, resources, issues and needs related to child/adolescent difficulties.
- Mental health professional:**
 Qualified mental health professionals include psychiatrists, psychologists, licensed mental health counselors, marriage and family therapists, psychiatric nurse practitioners, or Master's trained social workers.
- Mutual reassessment:**
 A mental health professional, family members and representatives of community services or support groups reconsider relevant strengths, resources, issues and needs, then develop a plan to deal with child/adolescent difficulties.
- Comprehensive treatment plan:**
 A written document that describes child/adolescent strengths and needs, family strengths and needs and a detailed collaborative intervention plan that specifies responsibilities of mental health professional, family members and any community services/supports.
- Community-based services and supports:**
 Various mental health professionals as well as supportive extended family, friends, clergy and/or other people/resources.
- Outpatient services:**
 Included are office- and home-based intervention as well as other professional services and supports in the community.
- Inpatient services:**
 Intensive professional services offered in a group home setting or psychiatric hospital (see listing on back). Length of stay can range from a few days to several weeks, depending on treatment.