

Mental Health Resources for Adults in Bemidji

Beltrami County Health and Human Services 333-8300

Mary Marchel, Director
Diane Boben, Social Services Division
List of all adult foster care homes available
616 America Avenue NW
Bemidji, MN 56601

mary.marchel@co.beltrami.mn.us
diane.boben@co.beltrami.mn.us

Bemidji Area Program for Recovery 444-5155

Amy Shimkus, B.S., LSW, LADC; Arlene Duff B.S., LSW, LADC; Lynn Kistler, M.A., LICSW, LADC
Terri Buscher, Business Manager
P.O. Box 3004
403 4th St NW, Suite 300
Bemidji, MN 56619-3004

bapr@paulbunyan.net

Bemidji State University Student Center for Health and Counseling

Larry Hanus, MA, LP, 755-2024
Connie Aagard, MS, LP
Birch Hall, A-wing
1500 Birchmont Drive, Box 30
Bemidji, MN 56601

lhanus@bemidjistate.edu

Bemidji State University Disabilities Office

Contact: Kathy Hagen, 755-3883
Sanford Hall
1500 Birchmont Drive
Bemidji, MN 56601

khagen@bemidjistate.edu

Cardinal of Minnesota Adult Foster Care

Contact: Cindy or Marshall Goughnour, 755-9530
714 Lake Ave SE
Bemidji, MN 56601

cgoughno@paulbunyan.net
mgoughno@paulbunyan.net

Community Behavioral Health Hospital

T. (Mac) Vander Eyk, BSN, MSN, RN, Administrator
218-308-2400
800 Bemidji Avenue
Bemidji, MN 56601
Central Admission: 1-866-966-BEDS

teresa.vandereyk@state.mn.us

Mental Health Consumer/Survivor Network 218-205-6823

Fonda Knudson, Regional Resource Coordinator
221 West Lincoln Ave
Fergus Falls, MN 56537

fonda.knudson@mhcsn.org

24 Hour Crisis Line for Beltrami County & Mobile Crisis Team

1-800-422-0045

Great River Psychological Services 218-444-6912 (P), 218-444-6937 (F)

Jean Christensen, PsyD, LP, LICSW
403 4th Street NW, Suite 245
Bemidji, MN 56601

jcgrtrvr@paulbunyan.net

Headwaters Alliance for Suicide Prevention, a branch of Evergreen House Crisis Shelter
Stephanie Downey, Suicide Prevention Coordinator, 751-4332 sdowney@evergreenhouse.org
Heartbeat Group for those who have had suicide in the family or among friends
2nd Tuesday of the month, 7-9:00 pm, meet at North Country Regional Hospital
622 Mississippi Ave NW
Bemidji, MN 56601

Hope House Community Support Program & the REACH family support group, 3rd Tuesday, 7-8:30 pm
Serving people with long-term mental health needs and their families
Available through the crisis line 24 hours/day, seven days/week; 1-800-422-0045
Robin Wold, Director, 218-444-6748 rwold@paulbunyan.net
P.O. Box 1097
Bemidji, MN 56619

Josie Fultz, MEd, Psychologist, 218-759-2825
403 4th St NW, Suite 110
Bemidji, MN 56601

Journey, Inc. Adult Foster Care, Consultation, and Community Services
Contact: Gloria Rixen, MS, Diane Sauer, MA, Karen Wadena, AA 218-333-8930
PO Box 845 journey@paulbunyan.net
Bemidji, MN 56619

Lakes Region Chemical Dependency
Contact: Jessie Dewey, B.A., LADC, 218-444-5740 lrcd@paulbunyan.net
1510 Bemidji Ave. N, Suite 13
Bemidji, MN 56601

National Alliance for Mental Illness, Bemidji
Contact: Louis Erdrich, 1-888-626-4435, then press option 9 louis@paulbunyan.net
First Tuesday of the month at the Community Behavioral Health Hospital
7-8:30 p.m.

Nightlights Family Support Group
Contact: Mary Hoody, 218-444-4432
Held in the St. Phillip's Church (Kateri Room), Bemidji (Last Monday of the month, 7-8:30 pm)

Northern Psychological Services
Marie Kistler, MEd, LP, 218-759-2825
403 4th St NW, Suite 110
Bemidji, MN 56601

North Homes, Inc.
Kathy Faver, MSW, LICSW, 218-751-0282 kathy.faver@northhomes.org
Bill Faver, MA, LP bill.faver@northhomes.org
Stephanie Bumgardner, MSW, LGSW Stephanie.bumgardner@northhomes.org
210 Beltrami Avenue NW, Bemidji, MN 56601

Occupational Development Center (ODC)
Contact: Jerri Nyland, 218-751-6001 jnyland@odcmn.com
1219 Naylor Drive SE
Bemidji, MN 56601

Claire Rafferty, LICSW, 444-6162
403 4th Street NW, Suite 110
Bemidji, MN 56601

Sanford Health Clinic

Pain Management/Behavioral Health Department
Pam Samson, PhD, LP, 218-333-5000
1233 34th Street NW, Bemidji, MN 56601

pamela.samson@sanfordhealth.org

Senior Behavioral Health Unit

Ruth Landt, Director, 333-0323
800 Bemidji Ave
Bemidji, MN 56601

info@sbhu.com

Spruce Woods Apartments, Briar Rose and Odayin Adult Foster Care

Program Directors: Deanne McKenzie, 444-9757; Marcella, 444-0076; Chris, 444-0079; Jessica, 444-0076
Includes beds for people in crisis
718 15th Street
Bemidji, MN 56601

sprucewoods@rule36ofduluth.com
deanne.mckenzie@rule36ofduluth.com

Stellher Human Services, providing outpatient therapy

Larry Ellingson, Director, 751-5919
516 Beltrami Ave
Bemidji, MN 56601

larry@stellher.com

Tamara Mason, MSW, LICSW

218-444-0899
522 Beltrami Avenue, Suite 108
Bemidji, MN 56601

tamara@tamaramason.com

Upper Mississippi Mental Health Center & Mobile Crisis Team

Lenore Barsness, Director
Paul Nistler, Crisis Team
Contact: Main desk 218-751-3280
722 15th Street, Bemidji, MN 56601

lenore_barsness@ummhcmn.org

Veteran's Support Group 218-755-6360

Open to any combat veteran (Wednesday, 4:30-6 pm)
VA Clinic, 5th Street, Bemidji
Contact: Grant Bauer, Social Worker

grant.bauer@va.gov

We Care Connections 218-209-8007

Catherine Morud, Nurse Practitioner
522 Beltrami Avenue, Suite 105
Bemidji, MN 56601

morud@paulbunyan.net

Wildgen, Wilimek and Associates 218-751-0887

Mark Wildgen, James Jarmuskewicz, Mark Haugen, Chuck Chmielewski, Jan Dickson, Cindy Schackman
Jay and Geri Wilimek (218-444-6260)
1526 30th Street NW
Bemidji, MN 56601

Woodvale Psychological Services

Eric Graham, MS, LP, 218-586-4057
403 4th Street NW, Suite 110
Bemidji, MN 56601

egramham@paulbunyan.net

NOTE: Please call Robin Ries at 444-6748, ext 101 to add or change items.