

BEHAVIORAL HEALTH STAFF

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SPIRIT LAKE HEALTH CENTER BEHAVIORAL HEALTH

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**BEHAVIORAL
HEALTH**

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OUR VISION

Spirit Lake Health center Behavioral Health Department envision American Indian and Alaska Native communities achieving the highest levels of well-being through culturally based initiatives that integrate traditional practices and Western medicine in the context of holistic individual, family, community and intergenerational health.

OUR MISSION

The mission of the Behavioral Health Division is to instill balance wellness and resilience throughout American Indian and Alaska Native communities in partnership with Tribes, Tribal organizations and Urban Indian Health Organizations as well as with federal, state and local agencies. The division seeks to foster excellence in holistic approaches that promote healthy lifestyles, families and communities.

WHO CAN WE SERVE?

We provide services to any American Indian/Alaska Native who is registered or a lineal decent of a federally recognized tribe. We are an outpatient Behavioral Health Clinic with service hours of 8am-4:30pm. If there is an emergency that occurs after clinic hours patients should contact CHI/St. Alexius Emergency Department (911 or 701-622-2131) or the local Spirit Lake Police Department at 701-766-4231.

TYPES OF BEHAVIORAL HEALTH SERVICES

CRISIS SUPPORT SERVICES:

- I. Any individual in a crisis may be seen the same day. However, there may be a wait if there is not a provider immediately available.

INDIVIDUAL COUNSELING/ ASSESSMENT (CHILD/ ADOLESCENT/ADULT:

- I. Life Adjustment Issues
- II. Relationship Difficulties
- III. Emotional/Thinking Problems
- IV. Trauma Based Therapy
- V. Licensed Social Work Evaluations and Assessments
- VI. Resource Access/Coordination Needs
- VII. Emergency Crisis Intervention for Suicidal or Homicidal thoughts or behavior
- VIII. Bereavement Counseling
- IX. A variety of behavioral health issues pertaining to but not limited to depression, anxiety, adjustment disorder, etc.
- X. Child/Parent Relationship Problems
- XI. Anger management
- XII. Drug and Alcohol addiction services
- XIII. MAT (medication assisted treatment)

PSYCHIATRIC SERVICES

1. Assessment/Evaluation
2. Medication Management

TALKING CAN MAKE A DIFFERENCE

We will listen closely to you, help you express your feelings, identify and think through decisions. Many people have been helped through times of trouble and sadness by sharing concerns with someone else. Modern medication may also be of some benefit to you.

If you feel that you could use this kind of help, we believe you are showing strength to ask for help.

HELP IS JUST A PHONE CALL AWAY

**Spirit Lake Health Center
Behavioral Health Clinic:
701-766-1613/701-766-1600**

**Lake Region Human Service
Center
701-665-2200**

**Lake Region Crisis Line
701-662-5050**

**First Link Help Line
*211 or 1-800-472-2911**

**Spirit Lake Police Department
911 or 701-766-4231**