Mental Health Resource List
for Deaf and Hard of Hearing Children and Adults

October 2020

The Minnesota Department of Human Services (DHS) is providing this information as a public service. The document is designed to enhance public access to information about mental health professionals and agencies and is for information purposes only. DHS neither endorses, certifies nor guarantees the accuracy of any information provided by the professionals or agencies listed herein.

Specializing in Children Only
Gillette Children’s Specialty Healthcare
Laurel Wills, M.D., Sleep Medicine Specialist
9550 Upland Lane N, Suite 220, Maple Grove, MN 55369
6060 Clearwater Dr., Minnetonka, MN 55343
Phone: (651) 290-8707 or (800) 719-4040

Type of Setting and Population Served: Gillette’s Children Specialty Healthcare is a place where patients and families come first. GCSH specializes in children and teens who have disabilities and complex medical conditions, ages 0-18

Areas of Specialty: adjustment issues, anxiety, childhood disorders, recent or increased hearing loss, autism, ADHD, developmental disabilities, deaf-blindness, sleep disorders, adjustment to chronic illness (does not do primary care pediatrics at this time), cultural diversity, childhood & adolescence, parenting concerns, working with special education in schools, school nurses, IEP teams

Assessment: parent/child consultation (assessment/treatment), school consultation, medication management, medical diagnostic assessment and treatment of neuro-developmental conditions (in the context of DHH), and medical and/or social-emotional adjustment concerns arising for otherwise healthy “neurotypical” children who are D/HH/DB, family or environmental factors conferring risk or resilience for DHH children and adolescents, liaison/consultation with schools to assist with IEP development.
Specializing in Children, Adolescents, and Families
Hope and Healing Family Counseling
Alexis Greeves, MA, LPC, RPT-S - Mental Health Therapist
Sara Ranssi, MA, MSW, LICSW - Mental Health Therapist
2499 Rice St., Suite 70, Roseville, MN 55113
Phone: (651) 484-4184 – Alexis
E-mail : alexis@hopeandhealingmn.org
Phone : (651) 484-4184 – Sara
E-mail: sara@hopeandhealingmn.org
Website: hopeandhealingmn.com (http://www.hopeandhealingmn.com/)

Type of Setting and Population Served: outpatient treatment serving children, adolescents, adults and families

Areas of Specialty: Trauma and attachment disruption, adjustment issues, anxiety, childhood disorders, depression, recent or increased hearing loss, post-traumatic stress disorder, childhood & adolescence, parenting concerns

Treatment Modalities: Play therapy, sandtray therapy, parent-child relational therapies, trauma-focused cognitive behavioral therapy, family therapy, Theraplay®, Somatic Experiencing, Sensorimotor Psychotherapy, Life Coaching.

Vona Center for Mental Health
Jaime Monson, MSW, LICSW, RPT-S, Mental Health Professional
9220 Bass Lake Road, Suite 255, New Hope, MN 55428
Direct Phone: (763) 252-4509
Office: (763) 225-4052
Mobile: (763) 744-8630
E-mail: jmonson@voamn.org
Website: voamnwi.org (https://www.voamnwi.org/dhh-mental-health)

Type of Setting and Population Served: clinic serving children ages 0 to 22 and their families in school, home, and community-based settings

Areas of Specialty: adjustment issues, anxiety, childhood disorders, eating disorders, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, obsessive-compulsive disorder, childhood & adolescence, anger management, parenting concerns

Treatment Modalities: individual psychotherapy, family psychotherapy, play therapy, dialectical behavioral therapy (DBT)

Assessment: ADHD evaluations
Cashman Center: Therapies for Mind and Body

**Rebecca Goffman, Psy.D., LP-Licensed Psychologist**
2970 Judicial Road, Suite 100, Burnsville, MN 55337
Phone: (952) 715-6453
E-mail: rebecca@goffman.com
Website: cashmancentermn.com (https://cashmancentermn.com/)

*Type of Setting and Population Served:* clinic serving adults and children

*Assessment:* psychological assessment

**Private Practice, Howard Dickman**

**Howard Dickman, Ph.D., LP -Licensed Psychologist**
Golden Valley: 1405 Lilac Drive, Suite 160F, Golden Valley, MN 55422
Phone: (612) 849-5822 (V)
E-mail: howarreddickmanphd@gmail.com

*Type of Setting and Population Served:* private practice serving adults and children

*Areas of Specialty:* adjustment issues, anxiety, childhood disorders, depression, personality disorders, recent or increased hearing loss, schizophrenia or other psychotic disorders, obsessive-compulsive disorder, gay/lesbian/bisexual/transgender, aging/gerontological, childhood & adolescence, anger management, parenting concerns, relationship/marriage, domestic violence

*Treatment Modalities:* individual psychotherapy, couples psychotherapy, family psychotherapy

*Assessment:* psychological assessment

**Private Practice, Jackie S. Niemand**

**Jackie S. Niemand, M.A., LP-Licensed Psychologist**
6750 Stillwater Boulevard N, Stillwater, MN 55082
Phone/TTY: (651) 275-9680
FAX: (651) 430-9296
E-mail: jackie@jackieniemand.com
Website: jackieniemand.com (http://jackieniemand.com/)

*Type of Setting and Population Served:* private practice serving children and adults

*Areas of Specialty:* diagnostic assessment for children, adolescents and adults, emotional behavioral disorder in children/teen issues, child and adolescent development, parenting
strategies/family dynamics, ADHD in children and adults, anxiety and depression, relationship issues and mind/body health

Treatment Modalities: individual psychotherapy, couples psychotherapy, family psychotherapy, play therapy

Private Practice, Laurie Lee Johnson
Laurie Lee Johnson, Ph.D., L.P.-Licensed Psychologist
33 East Wentworth Ave, Suite 292A, West St. Paul, MN 55118
TTY: (651) 457-1301
Text: (651) 210-1592
Leave message only: (651) 964-2064
E-mail: LaurieLeeJohnson@msn.com

Type of Setting and Population Served: private practice serving adolescents, age 12 and up, and adults

Areas of Specialty: adjustment issues, anxiety, eating disorders, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, obsessive-compulsive disorder, organic/developmental, cultural diversity, gay/lesbian/bisexual/transgender, gender (men’s/women’s issues), aging/gerontological, forensic, HIV/AIDS, anger management, parenting concerns, occupational problems, relationship/marriage, domestic violence, deafblind, impulse control, developmental, psychoeducational

Treatment Modalities: individual psychotherapy, couples psychotherapy, family psychotherapy

Assessment: psychological assessment, vocational assessment, forensic evaluation, psychoeducational evaluation, cognitive functioning, adaptive behavior.

Private Practice, Paula J. Detjen, PLCC
Paula J. Detjen, MA, LMFT, LPC, MnGTP-Licensed Marriage and Family Therapist
14041 Burnhaven Dr., Suite 145, Burnsville, MN 55337
105 E Fourth Street, Suite 301, Northfield, MN 55057
Phone: (507) 581-0430
FAX: (507) 663-8849
E-mail: Paula.J.Detjen@charter.net
Website: detjencounseling.com (http://www.detjencounseling.com/)

Type of Setting and Population Served: private practice serving children and adults

Areas of Specialty: adjustment issues, anxiety, childhood disorders, eating disorders, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, obsessive-compulsive disorder, pathological gambling, cultural diversity, childhood &
adolescence, anger management, parenting concerns, occupational problems, relationship/marriage, affected others living with problem gambling

Treatment Modalities: individual psychotherapy, couples psychotherapy, family, psychotherapy, play therapy, gambling intervention

Assessment: rule 82 gambling assessment and non-court ordered gambling assessment as a MN state approved provider on problem gambling, general mental health assessments

Greenhaven Therapy, LLC
Jason Cook, MA, LPCC-Mental Health Professional
540 Greenhaven Rd., Suite 204, Anoka, MN 55303
Phone: (763) 203-3164
E-mail: jason.cook@greenhaventherapy.com
Website: greenhaventherapy.com (https://www.greenhaventherapy.com/)

Type of Setting and Population Served: private practice serving ages 15+

Areas of Specialty: adjustment issues, anxiety, eating disorders, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, substance abuse, obsessive-compulsive disorder, gay, lesbian, bisexual, or transgender issues, men’s issues, anger management, parenting concerns, occupational problems, relationship/marriage issues, domestic violence

Treatment Modalities: individual psychotherapy

Bluestem Center for Child and Family Development
Kathy Porter, M.S., LP- Psychologist
124 Elton Hills Lane NW, Rochester, MN 55901
Phone: (507) 282-1007 or (888) 283-1009
FAX: (507) 282-0932
E-mail: kporter@bluestemcenter.com
Website: bluestemcenter.com (http://www.bluestemcenter.com/)

Type of Setting and Population Served: clinic serving children and adults

Areas of specialty: adjustment issues, anxiety, childhood disorders, eating disorders, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, substance abuse, attachment disorders, gay/lesbian/bisexual/transgender, childhood & adolescence, anger management, parenting concerns, occupational problems, relationship/marriage, domestic violence

Treatment Modalities: individual psychotherapy, couples psychotherapy, family
psychotherapy, play therapy

**Assessment:** parent-child assessment

**Regions Hospital –**
Health and Wellness Program Serving Deaf, Deafblind, and Hard of Hearing Individuals

**Kristen Swan, M.A., LP-Mental Health Therapist II**

**Regions Clinic – Arden Hills**
3900 Northwood Drive, Suite 330, Arden Hills, MN 55112
Main/Scheduling Phone: 952-967-7992 (V)

**Regions Clinic – Maplewood**
2345 Ariel Street North, Maplewood, MN 55109
Main/Scheduling: 952-967-7992 (V)
E-mail: kristen.l.swan@healthpartners.com
Website: [healthpartners.com](https://www.healthpartners.com/hospitals/regions/)

**Type of Setting and Population Served:** clinic serving deaf, deafblind, and hard of hearing children, adolescent, adults, and senior citizens

**Areas of specialty:** adjustment issues, anxiety, depression, personality disorders, recent or increased hearing loss, tinnitus management, post-traumatic stress disorder, grief issues, schizophrenia or other psychotic disorders, substance abuse, obsessive-compulsive disorder, cultural diversity, gay/lesbian/bisexual/transgender, anger management, developmental disabilities, parenting concerns, occupational problems, relationship/marriage, abuse and domestic violence, family-of-origin issues

**Treatment Modalities:** individual psychotherapy, couples psychotherapy, family psychotherapy, cognitive behavioral therapy (CBT), Acceptance and Commitment Therapy, dialectical behavioral therapy (DBT), psychoeducation, supportive therapy, support groups for hard of hearing

**Assessment:** ADHD evaluations for adults

**Spiegel Psychotherapy Services**

**Ruth Spiegel, MA, LMFT, LADC-Psychotherapist**
790 Cleveland Avenue South, Suite 202, St. Paul, MN 55116-3858
Phone: (612) 805-7420
E-Mail: rspiegelrms09@gmail.com or rspiegel@highlandpca.com
Website: [highlandpca.com](https://highlandpca.com/)

**Type of Setting and Population Served:** private practice serving children and adults
Areas of Specialty: ADHD, Adjustment Issues, Anxiety, Eating Disorders, Depression, Personality Disorders, Recent or Increased Hearing Loss, PTSD, Substance Abuse, Borderline Personality Disorder

Specific Therapeutic Issues: Gay, Lesbian, Bisexual, or Transgender, Gender (Men’s/Women’s Issues), Aging/Gerontological, Childhood & Adolescence, Anger Management, Parenting Concerns, Relationship/Marriage, Domestic Violence

Intervention: Individual Psychotherapy, Couples Psychotherapy, Family Psychotherapy, Dialectal Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR)

Assessment: Chemical Health Assessments

Stepping Stone Therapeutic
Christina Broll, LMFT - Licensed Marriage and Family Therapist
20288 Highway 15 N, Suite 100, Hutchison, MN 55350
Phone: (320) 587-2326
E-mail: christyb@steppingstonetherapeutic.com
Website: steppingstonetherapeutic.com (https://steppingstonetherapeutic.com/)

Type of Setting and Population Served: clinic serving adults and children

Areas of Specialty: adjustments issues, anxiety, childhood disorders, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, obsessive-compulsive disorder, cultural diversity, childhood and adolescence, anger management, parenting concerns, occupational problems, relationship/marriage, domestic violence

Treatment Modalities: individual psychotherapy, couples psychotherapy, family psychotherapy, play therapy

Assessment: psychoeducational evaluation
Specializing in Adults Only

Deaf and Hard of Hearing Services (DHHSD)-St. Paul & 7 Metro Counties

Ashlee B. Schmidt, M.A., NCC, LPCC- Mental Health Specialist
85 East 7th Place, Suite 105, St. Paul, MN 55101
VP: (651) 964-1841
E-mail: ashlee.schmidt@state.mn.us
Website: [mn.gov/mental-health](https://mn.gov/deaf-hard-of-hearing/hearing-loss/children/mental-referrals/)

**Type of Setting and Population Served:** state agency serving adults

**Areas of Specialty:** adjustment issues, anxiety, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, substance abuse, obsessive-compulsive disorder, cultural diversity, anger management, parenting concerns, grief & loss

**Treatment Modalities:** individual psychotherapy, family psychotherapy, dialectical behavioral therapy (DBT) psychotherapy

Deaf and Hard of Hearing Services (DHHSD)-St. Paul & 7 Metro Counties & Southern MN

Colleen Donohue, Psy.D., LP-Licensed Psychologist
85 East 7th Place, Suite 105, St. Paul, MN 55101
VP: (612) 284-0344
E-mail: colleen.donohue@state.mn.us
Website: [mn.gov/mental-health](https://mn.gov/deaf-hard-of-hearing/hearing-loss/children/mental-referrals/)

**Type of Setting and Population Served:** state agency serving adults

**Areas of Specialty:** adjustment issues, anxiety, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, substance abuse, occupational problems, cultural diversity, anger management, parenting concerns, relationship/loss

**Treatment Modalities:** individual psychotherapy, couples psychotherapy, family psychotherapy

Deaf and Hard of Hearing Services Division (DHHSD)-Northeast MN

Amy Hayes, M.A., NCC, LPCC- Mental Health Specialist
11 E. Superior Street, Suite 220, Duluth, MN, 55802
Phone: (218) 302-3177, VP: (218) 206-8466
E-mail: amy.hayes@state.mn.us
Website: [mn.gov/mental-health](https://mn.gov/deaf-hard-of-hearing/hearing-loss/children/mental-referrals/)
Type of Setting and Population Served: State agency serving adults

Areas of Specialty: adjustment issues, anxiety, depression, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, cultural diversity, lesbian, gay, bisexual, transgender, queer, or questioning

Treatment Modalities: individual psychotherapy, family psychotherapy

Deaf and Hard of Hearing Services Division (DHHSD) – Northwest MN
Tobias Wilde, LGSW-Mental Health Specialist
715 11th Street N, Suite 200, Moorhead, MN 56560
Phone: (218) 304-3474, Cell: (218) 556-6771, VP: (218) 303-4178
E-mail: tobias.wilde@state.mn.us

Type of Setting and Population Served: state agency serving adults

Areas of Specialty: adjustment issues, anxiety, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, substance abuse, other addictions, cultural diversity, gender issues, anger management, parenting concerns, relationship/marriage

Treatment Modalities: individual psychotherapy, couples psychotherapy, family psychotherapy

Deaf and Hard of Hearing Services Division (DHHSD) – East/West Central Region
Jamie Chapin, M.A.-Mental Health Specialist
3400 1st Street North, Suite 302, St. Cloud, MN 56303
Phone: (320) 227-2494, VP: (320) 227-2494
E-mail: Jamie.Chapin@state.mn.us

Type of Setting and Population Served: state agency serving adults

Areas of Specialty: adjustment issues, anxiety, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, schizophrenia or other psychotic disorders, obsessive-compulsive disorder, cultural diversity, gender issues, anger management, parenting concerns, relationship/marriage.

Treatment Modalities: individual psychotherapy, couples psychotherapy, family psychotherapy
Nystrom and Associates, LTD

Carmen Adams, MSW, LICSW-Outpatient Therapist
7300 West 147th Street, Suite 204, Apple Valley, MN 55124, 6th floor
Phone: (952) 997-3020
E-mail: CAdams@nystromcounseling.com
Website: nystromcounseling.com (https://www.nystromcounseling.com/)

Type of Setting and Population Served: state agency serving adults

Areas of Specialty: adjustment issues, anxiety, depression, personality disorders, recent or increased hearing loss, post-traumatic stress disorder, aging/gerontological, occupational problems, relationship/marriage.

Treatment Modalities: individual psychotherapy, couples psychotherapy
Deaf Supportive Living (DSL)
A 14 bed customized living program serving individuals who are Deaf, Deafblind, and Hard of Hearing. Residents are supported through the CADI waiver and pay rent each month.
726 2nd Street NE, Minneapolis, MN 55413
Contact: Alita Portillo 952-388-2165 (VP) or Alita.Portillo@PeopleIncorporated.org

Adult Rehabilitative Mental Health Services (ARMHS)
Rehabilitative in nature and assist consumers to develop and enhance their psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills, when these abilities are impaired by their mental health symptoms. Services are provided by staff who are fluent in American Sign Language.

For additional information, please contact Alita Portillo at 952-388-2165 (VP) or Alita.Portillo@PeopleIncorporated.org

For consumer intakes: 612-230-1300

M Health’s Substance Use Disorder Program
(Formerly known as the Fairview Chemical Dependency Program for Deaf and Hard of Hearing Individuals)
Site address: 2312 S. 6th St, Minneapolis, MN 55454
Mailing address: 2450 Riverside Avenue, Minneapolis, MN 55454
Phone: (800) 468-3120 or (612) 672-2736
Website: mncddeaf.org (http://www.mncddeaf.org/)

The M Health Substance Use Disorder Lodging Plus Program is an intensive outpatient chemical dependency program located within the University of Minnesota Medical Center, Fairview, at the Riverside campus in Minneapolis, Minnesota. The Program is committed to serving Deaf, Hard of Hearing and Deafblind clients embedded within the larger Hearing population.

Vona Center for Mental Health
Jaime Monson, MSW, LICSW, RPT-S, Area Director - Clinical Mental Health Services
9220 Bass Lake Road, Suite 255, New Hope, MN 55428
Phone: (763) 225-4052
E-mail: jmonson@voamn.org
Providing specialized Children’s Therapeutic Services and Supports (CTSS) mental health services to youth with hearing loss from ages 0-22 and their families. Services can be provided in the school, home, clinic, or via telehealth.

**Metro ECSU**

2 Pine Tree Drive, Suite 101, Arden Hills, MN 55112  
Phone: (612) 638-1500  
Email: info@metroecsu.org  
Website: metroecsu.org (http://www.metroecsu.org/programsServices/specialEducation/gmlaunchpad.html)

**Type of setting and Population Served:** serving Greater Minnesota (outside the 7 county metro area) Deaf, Hard of Hearing, and Deafblind children, ages 0-21 who attend a Minnesota public school.

Evaluations may include: Autism Spectrum Disorder, Reactive Attachment Disorder, Intellectual Disabilities, Learning Disorders, Attention Deficit and Hyperactivity Disorder, Depressive Disorders, Anxious Disorders, memory/learning, social functioning, emotional functioning, behavioral functioning, adaptive functioning, and neuropsychological screenings.

**Deaf Can, Inc.**

*Kathryn Rose, BA, LADC, CPRP, President*  
E-mail: deafcan.rs@gmail.com  
Website: deafcan.net (https://www.deafcan.net/)

**Deaf Living Sober Project**

**Contact:** Mike Adams, Program Manager  
1828 Central Ave N.E.  
Minneapolis, MN 55418-4541  
VP: (612) 999-2430 – Mike  
VP: (612) 999-2429 – Program Case Manager  
E-mail: mike.deafcan@gmail.com

A non-profit organization serving the Deaf, Hard of Hearing and Deafblind communities in the Twin Cities metro area and soon outstate. The mission is to assist, mentor and support Deaf, Hard of Hearing and Deafblind individuals who experience chemical dependency, mental illness and homelessness by offering community-based rehabilitation services. Deaf Living Sober (DLS) is a sober apartments program for Deaf, Hard of Hearing and Deafblind individuals, ages 18 and older, located in the Twin Cities metro area. DLS provides sobriety support services for people in recover who may also experience mental illness. DLS also offers post-treatment support, education community system connections and care for recovering chemically dependent
individuals, increased accessibility to AA/NA/CA meetings, transportation training and support, a strong support system and sober socialization resources and support in establishing community resources and relationships. Their Deaf Outreach Services offers in home licensed ILS/CADI, Companion and Homemaker services for deaf, hard of hearing and deafblind individuals, ages 18 and older, who experience chemical dependency, mental illness, TBI and other challenges requiring individuals to have assistance in their daily lives. Our license number is 1074197-1-HCBS.

Certified Peer Support Specialist Program
Consumer Directions, Inc. (Fiscal Support Entity Agency)

**Contact: John Gournaris, DHHS Mental Health Program Director**
85 East 7th Place, Suite 105, St. Paul, MN 55101
Phone: (651) 431-5963, VP: (651) 964-1512
E-mail: John.Gournaris@state.mn.us

Providing a statewide peer support services to deaf, deafblind and hard of hearing adults. Certified Peer Support Specialists (CPSS) are individuals have had success with their own mental health recovery process. Additionally, they have: (1) completed a training program, including passing an exam demonstrating that they have the skills to work with peers who have mental health challenges, (2) receive clinical supervision from a licensed mental health professional while working as a CPSS, (3) have “been there” as clients in treatment and have valuable experiences that can help others who have similar struggles, and (4) are available to peers who are experiencing mental health challenges, and will provide support in many different ways.

ThinkSelf Minnesota Deaf Adult Education and Advocacy
2375 University Ave W, Suite 110, St. Paul, MN 55114
Contact: Stephanie Ritenour (651) 284-7138 (VP)  (651) 964-2052 (VP)
E-mail: info@thinkself.org (general information) or education@thinkself.org (education)
Website: thinkself.org (https://thinkself.org/)

Deaf and Hard of Hearing Recreation program provides accessible Adult Basic Education as well as Domestic Violence and Sexual Assault Advocacy to the deaf community in the metro area.

Therapeutic Services Agency, Deaf and Hard of Hearing Services
220 Railroad St. SE, Pine City, MN 55063
Jacqlyn Davoll, Program Coordinator
Deaf & Hard of Hearing Services: (218) 343-6196
E-mail: jdavoll@tsapc.net

TSA’s therapists for the Deaf and Hard of Hearing Program provide culturally affirmative and language specific mental health services to children (birth to 22 years), who are deaf, deaf-blind, or hard of hearing, and who are experiencing difficulty due to emotional or behavioral
problems. Services include diagnostic assessment, individual and family psychotherapy, individual and family skills, and rehabilitative services (CTSS). TSA’s Deaf and Hard of Hearing services are currently available in NE and NW Minnesota plus Pine and Chisago Counties. A plan is in place to expand services to South West Minnesota in the near future.