

Directory of Mental Health and AODA Services in the greater La Crosse Area.

MH/AODA providers	MA/Badger Care HMO insurances	Wait list and expected wait time	Contact info	Additional info/Services available.
Brave Spaces Counseling and Wellness	Yes	Yes: 2 months	608-615-1023 contactus@bravespaces.org	Adult and children: MH services: Clinical Therapy (traditional therapy). Trauma Sensitive Yoga Movement.
Counseling associates	Yes	No waitlist	608-785-0827 Services 115 5th Ave S. Suite 301 CounselingAssociates(counselingassociateslax.com)	Marriage, family, Children and adolescent, Dual Dx, PTSD, etc., LGBTQ
Driftless Recovery Services	Yes	No waitlist	Martha Wilms 608-519-5906 444 Main St. STE 301 La Crosse WI. www.driftlessrecovery.com	Dual Dx Services outpatient treatment. Individual, Court Ordered Services, Family Therapy, Structured outpatient program. Relapse prevention group. Dual Dx group. Women's Mental wellness group. Teen Group. Inpatient care.
Expanding Hope Counseling Services	Yes: Quartz UHC, BCBS	No waitlist	info@expanding-hope.com 608-790-9481 1062 Oak Forest Drive. Suite 120. Onalaska WI 54650	MH Services: Individual, aduly, teen, children (play therapy), couples, EMDR therapy available (trauma).
Family and Children's Center	Yes	No waitlist	608-785-0001 1707 Main St. La Crosse WI. 54601 Services – Family & Children's Center (fcconline.org)	MH Services for adults and children. Family Support Services. Foster Care. Housing and Residential Homes. Respite. Juvenil Services.
Garrison Counseling	Yes	No waitlist	608-796-1114 319 Main St. STE 510. La Crosse WI 54601 Mental Health Services Counselors La Crosse, WI - Garrison Counseling (garrisoncounselinglax.com)	MH and AODA Services (dual Dx). Youth, aduly, family and marriage counseling available.
Gundersen Health system	Yes	Some availability, depending on dept.	608-775-7991 La Crosse and Onalaska	MH, AODA, MAT, prescribing.

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IRIS Counseling and Wellness	Yes	Yes	608-285-2016 200 Mason Street. Onalaska WI 54650 <u>Therapy Iris Counseling & Wellness Onalaska(iris-counseling-and-wellness.com)</u>	ACT Therapy. Exposure and response prevention therapy. Brain Spotting- Trauma therapy.
Integrate Mindfulness Institute Monte – Therapist Jai Lynn: wellness skills.	Yes	No waitlist	Monte McPheron: 608-606-3375 E: <u>mmindfulness@yahoo.com</u> Jai Lynn: 608-632-1037 E: <u>connect@imi.earth</u> Web: <u>www.IMI.earth</u>	Non-traditional therapy options: Trauma, addiction, mental health. Utilizes mindfulness practices through breathwork, yoga and gentle movement. Provides therapy in a community-based setting, home or wherever consumer is located.
La Crosse County Human Services CCS Services: community based social services. Outpatient clinic: Therapy, prescribing, psych evals. ADRC (aging and disability services)	Yes	No waitlist.	608-784-4357 or 784-HELP. 300 4 th St. North. La Crosse WI. <u>Adult Mental Health (lacrossecounty.org)</u> *Please request intake for the service needed. CCS Intake Outpatient Intake. ADRC Intake	CCS Services, CSP Services, Crisis Services, Outpatient clinic (addiction Services and prescribing Services). Please contact economic support to ensure consumer has badger care. Each program has different requirements for admission. Please ask during intake.
Mayo Health System	Yes	Yes 4-6 months out	608-392-2988 <u>koopman.heather@mayo.edu</u>	Dual Dx provider, EMDR, CBT, DBT.
Michell McHenry	Yes	No waitlist	608-782-1400 700 N. 3 rd St. La Crosse. <u>michelle@mchenrycts.com</u>	Dual Dx provider. Specializes in CBT. Individual and Group therapy.
Nystrom & Associates	Yes	No waitlist	608-668-4005 201 Main St. STE 500 La Crosse. <u>Home - Nystrom & Associates (nystromcounseling.com)</u>	Psychiatric prescribing services. Counseling, psychological testing, outpatient addiction treatment. Trauma services. LGBTQ
Peace of Mind	Yes	Yes- six weeks	608-797-5679 <u>jclark@pomcounselingllc.com</u>	Dual Dx provider DBT, CBT, IFS, ART – models of therapy. Group therapy.

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Reflective Counseling	Yes	Yes	205 5 th Ave S Ste 523 La Crosse, WI 54601 Phone 651-707-5137 reflectivecounselingllc.com	
Stein Counseling	Yes	Call for availability.	608-785-7000 571 Braund St. Onalaska WI. effectivebehavior.com Stein Counseling & Consulting Services	Children, Teens, Adults, Marriage, Circle of Security parenting, SMART Recovery, NMT, School based mental health services.

*****Please note: Waitlist are subject to change. Please call to confirm availability.**

Additional Recovery Resources	Badger Care/MH	Waitlist	Contact info	Additional info
AMS (addiction medical solutions)	Yes	No	608-783-0506 Addiction Treatment Center In Onalaska, WI AMS Of Wisconsin, LLC amswisconsin.com 9532 E Frontage Rd. STE 100. Onalaska WI	MAT: Opioid, methadone, Heroin, Fentanyl treatment. Outpatient AODA services: Individually counseling and group therapy available.
Coulee Recovery Center	NA	No	608-784-4177	Peer support services, Recovery groups.
Clean Slate	Yes	no	608-406-2250 www.cleanslatecenters.com 2635 Hemstock St. La Crosse WI 54603	MAT: Opioid, Alcohol outpatient treatment options.
La Crosse Lighthouse	Yes	Call for bed availability	Self-referrals only, contact us by calling (608) 519-1489	Peer run respite/Crisis stabilization. Will not serve unsheltered population.
LE Phillips Libertas Center	Yes	Call for availability	715-723-5585 2661 County HWY I. Chippewa Falls WI 54729 www.libertascenter.org	Medically assisted Detox facility. Inpatient AODA Treatment Facility.
7 Rivers LGBTQ Center	No	No	230 6 th St. S. La Crosse. 608-784-0452 www.7riverslgbtq.org	Mon-Thurs 11:00-5:00. Hours will change by season.
RAVE (Recovery Ave).	No	No	1806 State St. La Crosse WI. 608-785-9615 www.ilresources.org	Drop in Hours: Mon, Tues, Thurs, Fri: 9:00-12:00 and 1:00-4:00.
Tellurian Care Center	Yes	Call for bed availability	608-519-3080	Mental Health and AODA Crisis Stabilization center. CBRF

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Vivent Health	Yes	No	608-785-9866 811 Rose Street and mobile street services available.	Harm reduction/prevention services: clean needles and clean using supplies, HIV, HEP C testing. HIV Case management.
Veyo Medical Transportation	Yes	Call to schedule a ride. If ride is needed for same day service, please have provider make the call.	866-907-1493	Provides medical transportation to doctor appts, therapy appts, treatment, and county appts. Paid via MA.

Definitions:

ACT: Acceptance and commitment therapy. Acceptance and commitment therapy (ACT) teaches mindfulness skills to help individuals live and behave in ways consistent with personal values while developing psychological flexibility.

AODA: Alcohol and Other Drug (substance use/addiction).

ART: Accelerated Resolution Therapy; similar to EMDR (non-talk therapy modality great for trauma/PTSD). ART is unique in that it combines the enormous power of eye movements to allow voluntary changes in the client’s mind with well-established therapies like Gestalt, Psychodynamic Therapy and Guided Imagery. Within the ART protocol, the eye movements, along with other ART enhancements, make these therapies work much faster and more effectively.

CBRF – community based residential facility.

CBT: Cognitive Behavioral Therapy. Cognitive behavioral therapy (CBT) is a form of psychotherapy that focuses on modifying dysfunctional emotions, behaviors, and thoughts by interrogating and uprooting negative or irrational beliefs. Considered a "solutions-oriented" form of talk therapy, CBT rests on the idea that thoughts and perceptions influence behavior.

CCS (Comprehensive Community Services): *Moderate intensity mental health and/or substance use outpatient program for adults or children/youth.* Service facilitators work with the consumer to identify a Recovery Team from their formal and natural support systems. The consumer identifies their goals and is a part of the process of designing a plan of services from a network of providers to help them achieve their goals. Coordinated Services Team (CST) approach (more intense) available for children involved in multiple systems of care who are at risk for out-of-home care and/or for children involved with Child Protection or Juvenile Justice systems.

- **Eligibility:** La Crosse County residents with Medical Assistance who have moderate-high intensity mental health and/or substance use service needs.

CSP (Community Support Program): *Highest intensity mental health outpatient program for adults.* A multi-disciplinary team coordinates and provides all needed mental health services including: in-house psychiatry, nursing, vocational, AODA, case management, and daily living skills training.

- **Eligibility:** La Crosse County adult (18 yrs +) residents with high intensity mental health service needs. Certain diagnosis requirements exist for this program.

DBT: Dialectical Behavioral therapy. Dialectical behavior therapy (DBT) is a type of talk therapy for people who experience emotions very intensely. It’s a common therapy for people who struggle with extreme emotions, difficulty forming trusting relationships, fear of abandonment, and therapists provide it for other mental health conditions as well.

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Dual Dx: (Dual diagnosis). Person with more than one diagnosis, usually mental health and substance use (also know as co-occurring). Service is provided by a licensed clinician who is also able to provide AODA (Substance Use) outpatient services. Requires additional credentials.

EMDR: Eye movement desensitization and reprocessing (EMDR) is a fairly new, nontraditional type of psychotherapy. It's growing in popularity, particularly for treating post-traumatic stress disorder (PTSD). PTSD often occurs after experiences such as military combat, physical assault, rape, or car accidents.

Harm Reduction: Harm reduction is an evidence-based approach that is critical to engaging with people who use drugs and equipping them with life-saving tools and information to create positive change in their lives and potentially save their lives. Harm reduction emphasizes engaging directly with people who use drugs to prevent overdose and infectious disease transmission; improve physical, mental, and social wellbeing; and offer low barrier options for accessing health care services, including substance use and mental health disorder treatment.

IFS: Internal Family Systems. Both the model and approach work with the assumption that each person has many Parts (subpersonalities) and that these parts strongly influence (sometimes even determine) how one feels and acts in the world. IFS was developed by psychologist Richard Schwartz.

MAT: Medically Assisted Treatment, typically used for treating Opioid, Alcohol use disorder.

Non-Traditional therapy: This can best be described on a non-talk therapy approach, geared towards assisting individuals who struggle with complex trauma, PTSD, etc. Requires minimal disclosure during treatment/sessions. Ideal for individuals who do not want to talk about their trauma in length and for those experiences ongoing interfering issues as a result of traumatic experiences.

NMT (Neurosequential Model of Therapeutics):A Neurodevelopmental Approach. Dr. Perry developed the Neurosequential Model (NM) including the clinically focused version, the Neurosequential Model of Therapeutics (NMT). This developmentally sensitive and neuroscience-informed approach has been used by hundreds of clinical organizations and thousands of clinicians in over thirty countries. This evidence-based approach to clinical problem solving is also evidence generating approach that continues to provide data about the impact of experience - good and bad - on the developing child.

Traditional Therapy: Talk Therapy designed to help the individual identify solutions to their problems, work through barriers, address issues with more independence and self-empowerment.

For additional Mental health and Addiction resources please visit:

[SAMHSA - Substance Abuse and Mental Health Services Administration](#)

[Home | Wisconsin Department of Health Services](#)

AA/NA Meetings:

[La Crosse Area AA \(aalacrosse.org\)](#)

[Area 75 - Meetings](#)

[Area 75 || A.A. Resources Located in Area 75 - Southern Wisconsin](#)

[Local Services Directory | La Crosse, WI \(cityoflacrosse.org\)](#)

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