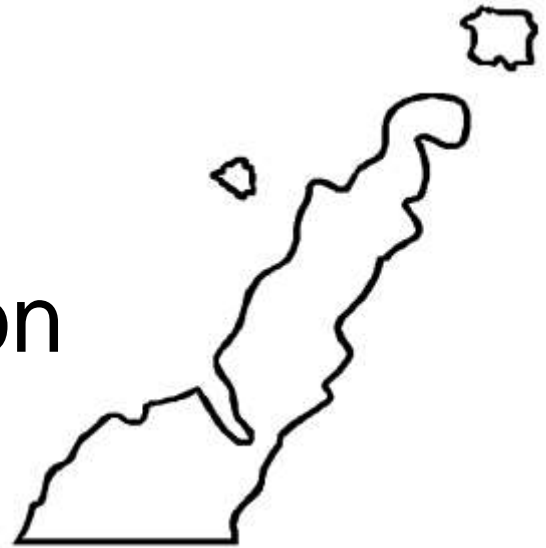


Door County Mental Health & Crisis Prevention Resource Guide

8th Edition



Hope
CHANGES EVERYTHING



Door County
MHFG

Mental Health
Focus Group

Revised March 2022

Additional copies can be obtained at Door County Public Health Department
421 Nebraska Street, Sturgeon Bay, WI 54235 (920) 746-2234
or online at: www.co.door.wi.gov

A special thank you to the creators of the Senior Resource Guide who presented a user-friendly example from which to model.

If you would like to suggest additions or corrections, please send an e-mail to PublicHealth@co.door.wi.us or call Public Health at 920-746-2234.

Revised March 2022

Disclaimer:

This list was compiled as a collaborative effort by numerous individuals invested in the mental health of Door County citizens. It may not be all-inclusive or completely accurate. The County of Door accepts no liability for the consequences of any actions taken on the basis of the information listed in this resource guide. The user assumes the risk related to the use of any of this information.

****Special thank you to Sturgeon Bay High School Art Club for creating the logo on the front cover 2018****

Door County Mental Health & Crisis Prevention Resource Guide - 8th Edition

Important Emergency Numbers

Fire, Police, Sheriff's Department or Rescue/Ambulance	Dial 9-1-1
Crisis/Suicide Intervention Hotline 24/7	(920) 746-2588
Poison Control Center	(800) 222-1222

Important Non-Emergency Numbers

Information & Referral Information	Dial 2-1-1
Door County Sheriff's Department	(920) 746-2400
Prevea Care after hours: in partnership with Door County Medical Center 24/7	1-877-746-0003
Sturgeon Bay Police Department	(920) 746-2450
Sturgeon Bay Fire Department	(920) 746-2916
Sister Bay/Liberty Grove Fire Department	(920) 854-4021
Sturgeon Bay Rescue/Ambulance	(920) 743-5461
Sister Bay/Liberty Grove Rescue/Ambulance	(920) 854-4333
Text "HOPELINE"	741741

10 TOOLS TO LIVE YOUR LIFE WELL

- Connect with others
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Create joy and satisfaction
- Eat well
- Take care of your spirit
- Deal better with hard times
- Get professional help if you need it

~ Mental Health America

Door County Mental Health & Crisis Prevention Resource Guide - 8th Edition

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Door County Mental Health & Crisis Prevention Resource Guide - 8th Edition

Agency	Contact	Page #'s
Alcoholics Anonymous Hotline for Door and Kewaunee Counties	(855) 746-0901	18
Bay Counseling Clinic	(920) 743-4428	6, 8, 11
Bellin Health	(920) 433-6073	6, 12
Christenson, Toni	(920) 823-2203	15
Clinical and Counseling Psychology- Dennis White, Ph.D., Licensed Psychologist	(920) 746-1346	14
Counseling Associates of Door County	(920) 743-9554	6, 8, 13
Crisis/Suicide Intervention 24/7 Hotline (Health and Human Services)	(920) 746-2588	8
Door County Critical Incident Stress Management Program	(920) 746-1346	8
Door County Alcohol & Other Drug Coalition	(920) 421-2166	16
Door County Department of Health and Human Services	(920) 746-7155	7, 9,13,18
Door County Medical Center Behavioral Health Services	(920) 746-0510	7, 11, 13
Drug Identification Information	www.streetdrugs.org	20
Dynamic Family Solutions	(920) 323-7431	13
HELP of Door County, Inc.	(920) 743-8785	9
Hispanic Resource Center of Door and Kewaunee Counties, Inc.	(920) 559-1878	10
JAK'S Place	(920) 818-0525	16
Jodi Rose Studio, LLC	(920) 234-6399	7,14
Life after the Loss of a Spouse: Hope through Healing Grief Workshop	(920) 743-4705	10
Mental Health America of Wisconsin	www.mhawisconsin.org	20
NAMI of Wisconsin (National Alliance on Mental Illness)	Toll Free 1-800-236-2988 or 608-268-6000	16
Narcotics Anonymous Support Hotline- Wisconsin	(866)-285-7830	18
National Bullying Prevention Center	www.pacer.org/bullying	20
National Suicide Prevention Hotline/Lifeline	1-800-273-8255	20
Office for the Deaf and Hard of Hearing	1-855-359-5252	10
Nutrition and Counseling Services, Jody Jessup-RD,MS, LPC, NCC	(920) 839-9900	15
PFLAG Door County (Parents & Friends of Lesbians & Gays)	(920) 421-8814	11
Prevent Suicide Door County Nathan Wilson Coalition	preventsuicidedc@gmail.com	16, 21

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Agency	Contact	Page #'s
Prevent Suicide Wisconsin	www.preventsuicidewi.org	20
Sexual Assault Center- Family Services	(920) 746-8996	17
Starkey Hearing Foundation	1-800-328-8602	10
STRIDE Creative	www.StrideCreativeDC.com	15
Substance Abuse and Mental Health Services Administration	www.SAMHSA.gov	20
Survivors of Suicide - Door County	(920) 455-9645	10
Veterans Service - Door County	(920) 746-2226	17,19
Veterans Hotline - National	1-800-273-8255	17,19
Wisconsin Lions Foundation Hearing Program	1-877-463-6953	10

Sturgeon Bay Schools

1230 Michigan Street
Sturgeon Bay, WI 54235
www.sturbay.k12.wi.us

Jennifer O'Handley: High School Counselor
(920) 746-3867
johandley@sturbay.k12.wi.us

Morgan Kiedrowski: Middle and High School Counselor
(920) 746-3875
mkiedrowski@sturbay.k12.wi.us

Gary Grahl: Grades 3-5 Counselor
(920) 746-1827
ggrahl@sturbay.k12.wi.us

Karlie Martens: Grades Pre-K-2 Counselor
(920) 746-5827
kmartens@sturbay.k12.wi.us

Southern Door Schools

2073 County Road DK
Brussels, WI 54204
www.sdsd.k12.wi.us

Sara Paye: High School Counselor
(920) 825-7333 ext. 4441
spaye@sdsd.k12.wi.us

Jody Nelson: Grades 6-9 Counselor
(920) 825-7321 ext. 2229 (MS) 4443 (HS)
jnelson@sdsd.k12.wi.us

Harley Doughty: Grades PK-5 Counselor
(920) 825-7321 ext. 1108
hvanbrunt@sdsd.k12.wi.us

Kennedy Reed: School Psychologist
(920)825-7333 ext. 4502
kreed@sdsd.k12.wi.us

Zion Lutheran School

3937 County Road V
Egg Harbor, WI 54209
(920) 743-2325

Sevastopol School District

4550 Highway 57
Sturgeon Bay, WI 54235
www.sevastopol.k12.wi.us

Holly Retzlaff: Elementary Counselor
(920) 743-6282 ext. 1146
hretzlaff@sevastopol.k12.wi.us

Melissa Malcore: Grades 6-12 Counselor
(920) 743-6282 ext. 1108
mmalcore@sevastopol.k12.wi.us

Gibraltar Area Schools

3924 State Hwy 42
Fish Creek, WI 54212
www.gibraltar.k12.wi.us

Chelsea Roberts: Secondary School Counselor
(920) 868-3284 ext. 264
chelsea.roberts@gibraltar.k12.wi.us

Brooke Peterson: Grades K-6 Counselor
(920) 868-3284 ext. 288
bpeterson@gibraltar.k12.wi.us

Washington Island School District

888 Main Road
Washington Island, WI 54246
www.island.k12.wi.us

Barbara Krueger: Counselor
(920) 847-2507
guidance@island.k12.wi.us

St. John Bosco Catholic School

730 W Maple Street
Sturgeon Bay, WI 54235
(920) 743-4144

St. Peters Lutheran School

108 W Maple St
Sturgeon Bay, WI 54235
(920) 743-4432

CHILDREN'S MENTAL HEALTH

Bay Counseling Clinic, LLP

50 S Madison Avenue, Suite 3
Sturgeon Bay, WI 54235
(920) 743-4428
www.baycounseling.net
baycounseling@gmail.com

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples' therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare.

Bellin Health

311 N 3rd Avenue
Sturgeon Bay, WI 54235
(920) 433-6073
<https://care.bellin.org/doctor/amy-higginbotham-sturgeon-bay-behavioral-health>

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services provided: Individual, family, and marital psychotherapy (Focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional and defiant children/teens), adjustment disorders, self-harm, personality disorders, post-traumatic stress disorder (PTSD), self-esteem and chronic mental health issues (Schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health assessments; crisis management; individual, couples, and family therapy; and employee assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS (Comprehensive Community Services) Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (Psychiatric services via telehealth), Medication management, psychological evaluation, and testing (Green Bay Bellin Psychiatric Center Location), Counseling

Payment: In network status with most insurance companies including Medicaid.

Counseling Associates of Door County

312 N. 5th Ave
Sturgeon Bay, WI 54235
(920) 743-9554
1-800-731-9999
www.counselingofdoor.com
newbeginnings@counselingofdoor.com

Certified Mental Health and AODA

Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services, Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

Door County Department of Health & Human Services

421 Nebraska Street
Sturgeon Bay, WI 54235
(920) 746-7155
www.co.door.wi.gov

Crisis Intervention Hotline:
(920) 746-2588

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services provided: mental health therapy (individual and family) and/or treatment for individuals with substance use issues; psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team-based approaches; case management and support services; early intervention services; family support; information and referral.

Crisis services provided 24/7.

Door County Medical Center Behavioral Health Services

323 S. 18th Avenue
Sturgeon Bay, WI 54235
(920) 746-0510
<http://dcmedical.org/Medical-Services/Behavioral-Health>

Services provided:

Behavioral Health Psychotherapy Services: are geared towards those with moderate to severe mental health needs. Symptoms may be related to recent or prior traumatic events, and this mode of care typically requires longer-term services. Our licensed clinical social workers can work with most mental health concerns and diagnoses. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Psychiatric Services: designed for those with mental health needs that may benefit from medication. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

Jodi Rose Studio, LLC

920-234-6399
www.jodirosestudio.com
jodi@jodirosestudio.com

Jodi Gonzales ATR, NCC, RYT is an art therapist, national certified counselor, and trauma-informed yoga teacher specializing in stress management, anxiety, trauma recovery, and life enrichment skills-building. Serving youth and adults who need support for life transitions/change; self-esteem building; improved self-regulation; emotional identification and self-expression. Offering individual and group sessions, public workshops, and retreats. Consulting services for strategic planning, teambuilding, and staff wellness trainings. Services are provided at schools, on zoom, at employer/other work sites, and at her wellness studio: Enclave, 120 S. Madison Avenue, Sturgeon Bay.

Payment: \$145/75 minute sessions: debit/credit. Multi-session discounts available. HSA cards accepted; she is out of network with most insurance providers. Consulting fees are available upon request.

CRISIS DEBRIEFING

Door County Critical Incident Stress Management Program

(920) 746-1346

After hour's number: (920) 495-2036

Door County Department of Health & Human Services Critical Incident Stress Management Team

Coordinator: Cori McFarlane, 920-746-7155

After hours call Crisis Hotline: 920-746-2588

A team of trained professionals to assist scheduled groups with debriefing stressful or traumatic events. This is not a crisis response service.

CRISIS INTERVENTION

Door County Department of Health & Human Services

421 Nebraska Street

Sturgeon Bay, WI 54235

(920) 746-7155

www.co.door.wi.gov

Crisis Intervention Hotline:

(920) 746-2588

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services provided: mental health therapy (individual and family) and/or treatment for individuals with substance use issues;

psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team-based approaches; case management and support services; early intervention services; family support; information and referral.

Crisis services provided 24/7.

DEVELOPMENTAL DISABILITIES

Bay Counseling Clinic, LLP

50 S Madison Avenue, Suite 3

Sturgeon Bay, WI 54235

(920) 743-4428

www.baycounseling.net

baycounseling@gmail.com

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare.

Counseling Associates of Door County

312 N. 5th Ave.

Sturgeon Bay, WI 54235

(920) 743-9554

1-800-731-9999

www.counselingofdoor.com

newbeginnings@counselingofdoor.com

Certified Mental Health and AODA Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services,

Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card

Door County Department of Health & Human Services

421 Nebraska Street
Sturgeon Bay, WI 54235
(920) 746-7155

www.co.door.wi.gov

**Crisis Intervention Hotline:
(920) 746-2588**

Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families. Services provided for children with disabilities: Case management and support services; Early intervention services; Family support; Information and referral.

Adults with Developmental Disabilities may access information and services through the Aging and Disability Resource Center (916 N. 14th Ave., Sturgeon Bay, 920-746-2372). Services provided for adults through the ADRC: Information and Assistance, Disability Benefits Counseling, Family Care Options Counseling and Enrollment, Support for Caregivers.

Crisis services provided 24/7.

DOMESTIC VIOLENCE ADVOCACY

HELP of Door County, Inc.

219 Green Bay Road
Sturgeon Bay, WI 54235
(920) 743-8785

24 Hour Hotline: (920) 743-8818

www.helpofdoorcounty.org
help@helpofdoorcounty.org

Domestic Abuse Services:

- Domestic Abuse Hotline: Crisis, referral and information line.
- Adult services: Provides resources to address immediate safety, personal legal advocacy, individual support, crisis counseling and educational groups.
- Older Adult Services: Focuses on the elderly populations.
- Children and Youth Services: address the multiple emotional, behavioral and cognitive effects on children who witness domestic abuse. Weekly group and individual support with safety planning, teen services including dating violence prevention and awareness and healthy relationship education.
- Community Education: Creates awareness, educates community members, provides information and shares resources.

Violence Intervention Services:

- (ATV) Alternatives to Violence is a state certified Batterer's treatment program for court-ordered and volunteer men.
- (WEAV) Women Ending Abuse and Violence is for court-ordered and volunteer women.

Visitation and Exchange:

- Visitation and Exchange provides increased opportunities for children to maintain safe and healthy relationships with their parents when their family life has been disrupted by a variety of reasons. Services include supervised and/or monitored visitation, monitored exchanges, and telephone monitored visits.

We serve all the population of Door County.

Payment: there are no fees for services except for Violence Intervention Services (please call for prices).

GRIEF SUPPORT

Life after the Loss of a Spouse: Hope through Healing Grief Workshop

Hear from grief experts, as well as fellow community members who also are experiencing this journey through the loss of a spouse. You may wish to share, or you may prefer to listen and reflect. Mandy Serazen MSW, AseraCare from Green Bay is the facilitator. Everyone is welcome. There is no cost. Light refreshments are served.

Meetings are held at Bay View Lutheran Church, 340 W Maple Street, Sturgeon Bay on the fourth Thursday of every month at 10:00 a.m. The Grief Support Group is not “church based.” Registration is appreciated, but not required. For more information and registration please call LouAnn Brown, RN, at 920-743-4705.

Survivors of Suicide (S.O.S.)

S.O.S. (Survivors of Suicide) is a mutual support group for families and friends of suicide victims offering understanding, acceptance, sharing and encouragement of survivors in the regrowth of self-esteem and the development of a better understanding of that which they had no control over, and cannot change. S.O.S. is not a counseling service. It is a nonprofit, nonprofessional support group.

Meetings will be as requested. Call Karen at 920-455-9645
sosdoorcounty@yahoo.com

HEARING IMPAIRED

Office for the Deaf and Hard of Hearing

1-855-359-5252

DHSODHH@dhs.wisconsin.gov

<https://www.dhs.wisconsin.gov/odhh/index.htm>

This program provides information and referral services on a variety of topics tailored to the unique needs of Deaf, Deaf-Blind, or Hard of Hearing residents.

Services Provided: free in-service trainings, presentations, and consultations. ODHH can also provide advice and assist in making services accessible to the Deaf, Deaf-Blind, and Hard of Hearing communities.

Populations Served: All residents in Wisconsin

Starkey Hearing Foundation

1-800-328-8602

hearnow@starkeyfoundation.org

www.starkeyhearingfoundation.org

This is a national non-profit program committed to assisting deaf and hard-of-hearing persons with limited financial resources who permanently reside within the United States.
www.starkeyhearingfoundation.org

Wisconsin Lions Foundation Hearing Program

1-877-463-6953

wlf@wlf.info

<http://www.wlf.info/>

This program is dedicated to providing help to residents of Wisconsin that have impaired hearing but cannot afford to purchase hearing aids.

HISPANIC RESOURCES

Hispanic Resource Center of Door and Kewaunee Counties, Inc.

1618 Texas Place

Sturgeon Bay, WI 54235

Imelda Delchambre

Executive Director

(920)-559-1878

LGBTQ+ MENTAL HEALTH

PFLAG Door County

(Parent, Families, Friends of Lesbian and Gays)
PO Box 213
Sturgeon Bay, WI 54235
(920) 421-8814
www.pflagdoorcounty.org
pflagsturgeonbay@gmail.com

Services Provided: Group discussion. 24-hour phone service to communicate with P.F.L.A.G. Door County Member. Recommendation to other agency for help. Our members are not trained counselors just a family member or an LGBTQ+ person themselves. Monthly emailed newsletter, and optional closed Facebook group discussion.

In person meetings may still be on hold, please email us for more info. and the zoom link for a meeting.

Monthly meeting held 3rd Tuesday of the month at 6:00 pm at the library, located at 107 S Fourth Avenue, Sturgeon Bay, WI

PFLAG Northern Door meets the third Thursday of the month (September through May) at 6:30 p.m. at The Unitarian Universalist Fellowship located between Ephraim and Sister Bay, just south of the Shops of the Green Gables.

Introduction, discussion, support of those with questions, education and advocacy to members and the community.

Serving Parents, Families, and the LGBTQ+ community. All age groups.

Payment: Annual membership dues \$20.00 per household; the majority of which supports the efforts of PFLAG National. Membership dues are not required to attend meetings. Donations accepted at the address above.

Prevent Suicide Door County Nathan Wilson Coalition

P.O. Box 491
Sturgeon Bay, WI 54235
preventsuicidedc@gmail.com
www.preventsuicidedc.org

Our Mission is to reduce the number of suicides in Door County through prevention education, public awareness and overcoming stigma. SUICIDE: A preventable outcome to a treatable disease.

LGTBQIA+ Youth Get Together Group

Youth in Grades 7-12 Meets the third Saturday of the month from 1-2:30 Email Janelle Hollingshead (a teacher at Sevastopol) at jhollingshead@hotmail.com for location.

PFLAG offers kids who come a free beverage.

MARITAL/FAMILY THERAPY

Bay Counseling Clinic LLP

50 S Madison Avenue, Suite 3
Sturgeon Bay, WI 54235
(920) 743-4428
www.baycounseling.net
baycounseling@gmail.com

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare.

Bellin Health

311 N 3rd Avenue
Sturgeon Bay, WI 54235
(920) 433-6073

<https://care.bellin.org/doctor/amy-higginbotham-sturgeon-bay-behavioral-health>

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services provided: Individual, family, and marital psychotherapy (Focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional and defiant children/teens), adjustment disorders, self-harm, personality disorders, post-traumatic stress disorder (PTSD), self-esteem and chronic mental health issues (Schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health assessments; crisis management; individual, couples, and family therapy; and employee assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS (Comprehensive Community Services) Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (Psychiatric services via telehealth), Medication management, Psychological evaluation and testing (Green Bay Bellin Psychiatric Center Location), Counseling

Payment: In network status with most insurance companies including Medicaid.

Door County Medical Center Behavioral Health Services

323 S. 18th Avenue
Sturgeon Bay, WI 54235
(920) 746-0510
<http://dcmedical.org/Medical-Services/Behavioral-Health>

Services provided:

Behavioral Health Psychotherapy Services: are geared towards those with moderate to severe mental health needs. Symptoms may be related to recent or prior traumatic events, and this mode of care typically requires longer-term services. Our licensed clinical social workers can work with most mental health concerns and diagnoses. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Psychiatric Services: designed for those with mental health needs that may benefit from medication. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

MENTAL HEALTH COUNSELING

Bellin Health

311 N 3rd Avenue
Sturgeon Bay, WI 54235
(920) 433-6073

<https://care.bellin.org/doctor/amy-higginbotham-sturgeon-bay-behavioral-health>

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services provided: Individual, family and marital psychotherapy (Focus on Cognitive Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues (oppositional and defiant children/teens), adjustment disorders, self-harm, personality disorders, post-traumatic

stress disorder (PTSD), self-esteem and chronic mental health issues (Schizophrenia).

Licensed professional counselor with Bellin Psychiatric Center provide mental health assessments; crisis management; individual, couples, and family therapy; and employee assistance program (EAP) services. Telehealth services with psychiatrists and psychiatric nurse practitioners. CCS (Comprehensive Community Services) Certified Therapist.

Outpatient Services Provided: Psychiatric evaluations (Psychiatric services via telehealth), Medication management, psychological evaluation, and testing (Green Bay Bellin Psychiatric Center Location), Counseling

Payment: In network status with most insurance companies including Medicaid.

Counseling Associates of Door County

312 N 5th Ave.
Sturgeon Bay, WI 54235
(920) 743-9554
1-800-731-9999
www.counselingofdoor.com
newbeginnings@counselingofdoor.com

Certified Mental Health and AODA Outpatient Clinic offering: Individual and Family Therapy, Parent-Child Relationships, Group Therapy, Psychological Evals & Consultations, Industrial Employer Consultations, Program Development and Implementation, & Relaxation Training, Stress management, Anxiety, Depression, Anger management, Children & Adolescent Services, Marriage Counseling, and Co-Parent Counseling.

Payment: We will bill your insurance; most services are covered by your medical insurance. We accept cash, check, Visa and Master Card.

Door County Department of Health & Human Services

421 Nebraska Street
Sturgeon Bay, WI 54235
(920) 746-7155
www.co.door.wi.gov

Crisis Intervention Hotline: (920) 746-2588

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services provided: mental health therapy (individual and family) and/or treatment for individuals with substance use issues; psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team-based approaches; case management and support services; early intervention services; family support; information and referral. Crisis services provided 24/7.

Dynamic Family Solutions

101 N. 4th Avenue
Sturgeon Bay, WI 54235
(920) 323-7431
<http://www.dynamicfamilysolutions.com/>

Dynamic Family Solutions is a Certified Outpatient Mental Health Clinic; Certified AODA Clinic; Certified Telehealth Clinic. We service all areas of mental health, substance abuse. We provide evaluations, assessments along with individual, family, and group therapies. Dynamic Family Solutions is a trauma-informed care and trauma therapy trained professionals, including experts in trauma. We offer EMDR for trauma, pain, anxiety and other problematic areas. We work with children, adolescents, adults, and families.

Bay Counseling Clinic, LLP

50 S Madison Avenue, Suite 3
Sturgeon Bay, WI 54235
(920) 743-4428
www.baycounseling.net
baycounseling@gmail.com

WI State certified clinic committed to providing confidential, professional, and affordable counseling services.

Services Provided: Individual and Family Psychotherapy (Focus on Cognitive-Behavioral Therapy) for a variety of issues: anxiety disorders, depression/mood disorders, childhood/behavioral issues, adjustment disorders, self-harm, eating disorders, and couples therapy.

Payment: In network status with most insurance companies, including Medicaid and Medicare; sliding fee available.

Clinical and Consulting Psychology

Dennis White, Ph.D., Licensed Psychologist
217 N. 4th Avenue
Sturgeon Bay, WI 54235
(920) 746-1346
dennis@denniskwhite.com
www.denniskwhite.com

Clinical and consulting psychology. Clinical services include individual, marriage and family therapy, psychological evaluations, child custody evaluations, competency and metal status evaluations. Specialized treatment of phobias, panic attacks, anxiety disorders, depression, attention deficit disorders, oppositional disorders, dysfunctional family of origin issues. Biofeedback training for headaches, hypertension, pain management, stress management. Consulting services for supervisory management training, performance review systems, strategic planning, psychological training for business, family business counseling and consulting, and employee assistance programs.

Payment: Dr. White's clinical services are covered by most health insurance programs including Medicare and Medicaid. Fees for consulting services are available upon request.

Door County Medical Center Behavioral Health Services

323 S. 18th Avenue
Sturgeon Bay, WI 54235

(920) 746-0510

<http://dcmedical.org/Medical-Services/Behavioral-Health>

Services provided:

Behavioral Health Psychotherapy Services:

are geared towards those with moderate to severe mental health needs. Symptoms may be related to recent or prior traumatic events, and this mode of care typically requires longer-term services. Our licensed clinical social workers can work with most mental health concerns and diagnoses. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Psychiatric Services: designed for

those with mental health needs that may benefit from medication. Individuals need not be Door County Medical Center patients – anyone can be referred to this service.

Ages served: All individuals age 12 years and above

Senior Life Solutions: designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging. A confidential, comprehensive assessment, group and individual therapy, family therapy, medication education and management, and after-care planning, where we continue to engage and support our participants.

A Senior Life Solutions clinician can provide a confidential assessment to determine if you, or a loved one are eligible for the program. Anyone can make a referral to our program, including self-referrals, primary care physicians, specialists, family members, friends, community groups, and nursing or residential facilities.

If you would like more information, education, or would like to discuss support for yourself or a loved one, please call us at **920-746-3778**

Payment: Most insurance plans, including Medicaid and Medicare, cover these services, but we advise individuals to check with their carrier.

Jodi Rose Studio, LLC

920-234-6399

www.jodirosestudio.com

jodi@jodirosestudio.com

Jodi Gonzales ATR, NCC, RYT is an art therapist, national certified counselor, and trauma-informed yoga teacher specializing in stress management, anxiety, trauma recovery, and life enrichment skills-building. Serving youth and adults who need support for life transitions/change; self-esteem building; improved self-regulation; emotional identification and self-expression. Offering individual and group sessions, public workshops, and retreats. Consulting services for strategic planning, teambuilding, and staff wellness trainings. Services are provided at schools, on zoom, at employer/other work sites, and at her wellness studio: Enclave, 120 S. Madison Avenue, Sturgeon Bay.

Payment: \$145/75 minute sessions: debit/credit. Multi-session discounts available. HSA cards accepted; she is out of network with most insurance providers. Consulting fees are available upon request.

Nutrition and Counseling Services, Jody Jessup RD, MS, LPC, NCC

242 Michigan Street

Sturgeon Bay, WI 54235

(920) 839-9900

<http://bemyfoodcoach.com/>

jodyjessup@gmail.com

Solution Focused therapist specializing in life transitions, self-esteem, eating disorders, body image issues, non-diet approach to weight loss, relationships, nutrition coaching/consulting, grief, anxiety, and depression. Jody is also a

Registered Dietitian. She can provide services face to face, through skype and on the phone.

Ages served: Young teens through the remaining life span

Payment: Each session is \$115.00. She is out of network with all insurance providers.

Toni Christenson

5918 Highway 57

Sturgeon Bay, WI 54235

(920) 823-2203

General mental health counseling for adults (age 15+): Depression and Anxiety therapy, Grief work, Couples/Marital Counseling, Mind and Body work.

Payment: Self-pay.

Sliding fee scale available.

STRIDE Creative

www.StrideCreativeDC.com

info@stridecreativcdc.com

Web-based, on-demand activities and programs for youth/adults who want to overcome or manage stress, anxiety, and other common life stressors. Programs also support individuals who are receiving other forms of therapy. **Mighty Teens Empowerment** uses art journal prompts to explore emotional safety, resilience, coping skills, growth mindset, and more. A growing **Adult Program** library explores self-care and mindfulness, with resources to help manage work/life balance; improve sleep; and navigate change.

Payment: All programs are offered free of charge. STRIDE Creative is a partnership among United Way of Door County and other community stakeholders.

MENTAL HEALTH SOCIAL SUPPORT

JAK'S Place a program of Lakeshore CAP, Inc.

1623 Rhode Island Street
Sturgeon Bay, WI 54235
Phone: (920) 818-0525
Fax: (920) 818-0435

<https://lakeshorecap.org/jaks-place/>

Jak's Place is a mental health resource center providing structured and social programming to those affected by mental illnesses and their family members in need of support and information.

PREVENTION – AOD

Door County Alcohol & Other Drug Coalition

P.O. Box 223
Sturgeon Bay, WI 54235
(920) 421-2166

shauna@unitedwaydc.com
www.facebook.com/DoorCountyAODCoalition/
AODC-165846035840/

The Door County Alcohol and Other Drug Coalition strives to reduce the destructive effects of the use of alcohol and other drugs on individuals, families, and the community. The AOD Coalition provides leadership in development of education, prevention, and public policy.

PREVENTION - SUICIDE

National Alliance on Mental Illness Wisconsin

4233 West Beltline Highway
Madison, WI 53711
(608) 268-6000
(800) 236-2988 (Toll-Free)
nami@namiwisconsin.org
www.namiwisconsin.org

The mission of NAMI Wisconsin is to improve the quality of life on people affected by mental illnesses and to promote recovery. NAMI of Wisconsin will accomplish its mission through the following:

- Establishing local Affiliates in keeping with NAMI National's principles and guidelines.
- Supporting Affiliates by providing follow-up advice and counsel; educational and training programs and materials; access to financial resources as appropriate; and by offering conferences, seminars, and presentations.
- Advocating at all levels of government and throughout the public sector.
- Promoting public education and understanding of mental illnesses.

Prevent Suicide Door County Nathan Wilson Coalition

P.O. Box 491
Sturgeon Bay, WI 54235
preventsuicidedc@gmail.com
www.preventsuicidedc.org

Our Mission is to reduce the number of suicides in Door County through prevention education, public awareness and overcoming stigma. SUICIDE: A preventable outcome to a treatable disease.

We provide free QPR (Question, Persuade, and Refer) training for your group, business, or church. QPR is a training to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. These trainings are for parents, grandparents, coworkers, friends, and neighbors. It takes all of us to prevent suicide.

Text “HOPELINE” to 741741

Text “HOPELINE” to 741741. For Spanish, text “APOYO” to 839863. Though not therapy, we offer no-judgment support, hope, empathy, reassurance, understanding, resources. A free service by Center for Suicide Awareness. The Center for Suicide Awareness is addressing the issue of suicide in teens and young adults through a program that is SMS text message-based service.

Center for Suicide Awareness (in the Nicolet Center)
109 W. 8th St., Ste 31
Kaukauna, WI 54130
(920) 475-4748

SEXUAL ASSAULT COUNSELING

Sexual Assault Center

Family Services of Northeast Wisconsin
57 N 12th Avenue, Suite 110
Sturgeon Bay, WI 54235
Door County Sexual Assault Line:
(920) 746-8996

www.familyservicesnew.org

The Sexual Assault Center of Family Services provides services 24 hours a day, 365 days a year for victims of sexual assault or abuse, and their families and friends. Services are confidential and free of charge. The Sexual Assault Center provides sensitive services to all victims regardless of their age, gender, race, sexual orientation, or disability. Services are available throughout Brown, Door, Oconto, and Marinette Counties.

Victims and their families can come to the sexual assault center to confidentially discuss the options they have available to them. Some of those services would be providing accompaniment to the hospital for immediate medical care and follow up in the way of a SANE (Sexual Assault Nurse Exam). Other options may include reporting to law enforcement and finding follow up therapy services for the victim.

The center also provides prevention education for youth from the ages of 4 to 17 as well as parents and professionals.

Crisis Intervention and Supportive Counseling:

Crisis intervention and supportive counseling are available both by telephone and in person. Referrals are made to therapists as needed.

Follow-up Assistance: An advocate will continue to provide information and emotional support as long as the assistance is requested.

Medical Advocacy: An advocate will be available to you at the hospital the Advocate will listen, offer support and accompany you as you move through the medical process. The advocate will provide information for you to make informed choices.

Legal Advocacy: An advocate will support you at the police station if you choose to file a police report. The Sexual Assault Center's legal advocate will provide support and assist you throughout the court process.

Services to Vulnerable Populations: A diverse staff is available at the Sexual Assault Center of Family Services to provide services to Hispanic and Southeast Asian victims, as well as victims of Sex Trafficking.

Free, confidential advocacy and support services to sexual assault victims and their families, 24 hours a day. Also focuses on community awareness, education and prevention.

Door County Veterans Service Office

421 Nebraska Street
Sturgeon Bay, WI 54235
(920) 746-2225
(888) 743-1844 Ext. 2225

National Veterans Crisis Line:

1-800-273-8255

Text to 838255

bwartella@co.door.wi.us

nleclair@co.door.wi.us

www.co.door.wi.gov

Although a Door County department, this office provides services and access to benefits primarily administered by the U.S. Department of Veterans Affairs (USDVA) (VA) and the Wisconsin Department of Veterans Affairs (WDVA). Services offered include: Readjustment Counseling, Posttraumatic Stress Disorder Counseling, AODA Counseling and Referral, Job Counseling and Referral, Bereavement Counseling, Sexual Trauma/ Harassment Counseling. Some services available locally, some through Green Bay Vet Center. Populations Served: US Veterans. Also parents, spouses, and children of Armed Forces personnel who died in service to their country are eligible for Bereavement Counseling.



SUBSTANCE ABUSE SERVICES

Alcoholics Anonymous Hotline for Door and Kewaunee Counties

855-746-0901

<http://www.doorcountyyaa.org/>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober

and help other alcoholics to achieve sobriety. There are numerous free, local meetings.

Door County Department of Health & Human Services

421 Nebraska Street
Sturgeon Bay, WI 54235
(920) 746-7155

Crisis Intervention Hotline:

(920) 746-2588

www.co.door.wi.gov

Behavioral Health Division includes a WI State Certified Outpatient Clinic serving Door County citizens experiencing mental health and substance use issues; Children & Families Division includes a comprehensive family support services team providing a host of services to children, youth, and families.

Services provided: mental health therapy (individual and family) and/or treatment for individuals with substance use issues; psychiatric (medication management, psychiatric consultation) and psychological (testing) services; wrap-around, team-based approaches; case management and support services; early intervention services; family support; information and referral. Crisis services provided 24/7.

Narcotics Anonymous Support Hotline

Northeast Wisconsin Area of Narcotics Anonymous (NEWNA)

P.O. Box 10035

Green Bay, WI 54307

(866) 285-7830

newasc@newna.org

<http://www.newna.org>

115 Club

115 N. 5th Avenue
Sturgeon Bay, WI 54235

The 115 Club is a safe meeting place for all persons seeking help thru a 12 Step program. Primarily those whom are directly or indirectly effected by alcohol and/or drug use. There are no fees to attend meeting and meetings are held 365 days a year.

Meetings:

NA (Narcotics Anonymous) Meetings- Monday through Saturday at 10:00 a.m. and Sundays at 5:30 p.m.

AA (Alcoholics Anonymous) Meetings- Monday through Saturday at 12:00 p.m. and 7:00 p.m.

Open to all- Sunday at 9:30 a.m.

Al-Anon

~Bay View Lutheran Church

340 W Maple St

Sturgeon Bay, WI 54235

Saturday 9:00 AM

~Private Home

N 8770 Spring Rd

Fish Creek, WI 54212

Tuesday 6:30 PM

Wisconsin Addiction Recovery Helpline

24 hours a day, seven days a week. Call 211 or 833-944-4673

The Wisconsin Addiction Recovery Helpline is available to connect people with resources to overcome a dependence on opioids or other substances.

VETERANS SERVICES

Veterans Service Office

421 Nebraska Street

Sturgeon Bay, WI 54235

(920) 746-2226

(888) 743-1844 Ext. 2226

National Veterans Crisis Line:

1-800-273-8255

Text to 838255

bwartella@co.door.wi.us

nleclair@co.door.wi.us

www.co.door.wi.gov

Although a Door County department, this office provides services and access to benefits primarily administered by the U.S. Department of Veterans Affairs (USDVA) (VA) and the Wisconsin Department of Veterans Affairs (WDVA). Services offered include:

Readjustment Counseling, Posttraumatic Stress Disorder Counseling, AODA Counseling and Referral, Job Counseling and Referral, Bereavement Counseling, Sexual Trauma/ Harassment Counseling. Some services available locally, some through Green Bay Vet Center. Populations Served: US Veterans. Also parents, spouses, and children of Armed Forces personnel who died in service to their country are eligible for Bereavement Counseling.

Adult Children of Alcoholics/Dysfunctional Families

NWTC Learning & Innovation Center

2438 S. Bay Shore Drive

Sister Bay, WI 54234

(920) 421-3099

Currently meeting on Thursday mornings at 9:00 at NWTC.

Make the Connection

MakeTheConnection.net connects Veterans, their family members and friends, and other supporters with [mental health information](#), [local resources](#), and Veterans' own [inspiring stories of recovery](#).

Problems with alcohol or drugs:

<https://maketheconnection.net/symptoms/alcohol-drug-problems>

Suicide risk:

<https://maketheconnection.net/conditions/suicide>

Group therapy and peer support:

<https://maketheconnection.net/stories/715>

Websites

Drug Identification Information	http://www.streetdrugs.org/
Mental Health America of Wisconsin	http://www.mhawisconsin.org/
National Child and Maternal Health Education Program.....	National Child and Maternal Health
National Suicide Prevention Hotline/Lifeline	http://www.suicidepreventionlifeline.org
National Bullying Prevention Center	http://www.pacer.org/bullying
Postpartum Support International.....	Postpartum Support International - PSI
Prevent Suicide Door County.....	http://www.preventsuicidedc.org
Prevent Suicide Wisconsin.....	http://www.preventsuicidewi.org/
Substance Abuse and Mental Health Services Administration.....	http://www.SAMHSA.gov

Community Information & Referral

WHEN TO CALL

When you need *information and referral* regarding community resources such as:

- Utility Assistance
- Housing/Shelter
- Transportation
- Food
- Legal Services
- Health and/or Dental Care
- Financial Support
- Employment
- Education
- Environmental Quality
- Consumer Protection
- Public Assistance
- Mental Health/AODA

Contact Information:

**Dial 2-1-1
From ANY phone**

Domestic Violence Issues & Support

WHEN TO CALL

If you are a victim of Domestic Abuse, HELP of Door County, Inc. provides the following services:

- Immediate Safety
- Legal Advocacy
- Individual Support
- Educational Groups
- Safety Planning
- Support for Children & Teens
- Supervised Visitation
- Monitored Exchange
- Advocacy and Stability

Contact Information:

**HELP
of Door County, Inc.
(920) 743-8818 (local)
(800) 914-3571 (toll-free)
(24 hours a day)**

Mental Health & Suicide Crisis Lines

WHEN TO CALL

If you are experiencing any of the following and need further support than you currently have:

- Suicidal Feelings, Thoughts, or Actions
- Feelings or Thoughts that You May Harm Someone Else

Contact Information:
**24-hour Crisis Line
(920) 746-2588**

**Text
“HOPELINE” to
741741**

Text “HOPELINE” to 741741.
For Spanish, text “APOYO”
to 839863.

Though not therapy, we offer no-judgment support, hope, empathy, reassurance, understanding, resources. A free service by Center for Suicide Awareness.

Prevent Suicide Door County Nathan Wilson Coalition

More than 60% of us will lose someone we know to suicide during our lifetime. More than 20% of us will lose a family member. Although most depressed people are not suicidal, most suicidal people are depressed.

Who attempts suicide?

- **Young people** – **Second leading cause of death** in WI for young people ages 10 to 19. **271 adolescents (ages 10-19) died by suicide** from 2013-2017.
- **Middle Age** – The suicide rate in WI was **highest** among individuals ages 45-54, 2013-2017.
- **LGBTQ** – LGBTQ youth in WI are **3 times more likely** than their heterosexual peers to have **considered suicide**.
- **Veterans** – Veterans accounted for almost **1 in every 5** suicide deaths in WI, 2013-2017. 70% of all veteran suicides are with a firearm.

Suicide occurs in every social class, every culture and at all ages. The presence of suicide warning signs in someone should never be dismissed with, “Oh, he’s not the type.”

Suicide Prevention in Wisconsin

- SUICIDE IS A PUBLIC HEALTH PROBLEM
- SUICIDE IS OFTEN PREVENTABLE with education, treatment, and support.
- 90% of the people that die by suicide have a TREATABLE MENTAL ILLNESS OR SUBSTANCE ABUSE PROBLEM. Of those 90% approximately 60% have a depressive disorder.
- We must address SUICIDE PREVENTION ACROSS THE LIFESPAN. If a grandparent dies by suicide, it increases the risk for other family members 5 – 6 times.
- SUICIDE IS COMPLEX.
- SUICIDE IS A COMMUNITY PROBLEM, and everyone can have a role in the solution.
- SURVIVORS of Family or Friends who have died by suicide and SURVIVORS OF ATTEMPTS of suicide should be included in prevention efforts.
- LETHAL MEANS RESTRICTION – gun locks need to be used or guns removed from the home; 71% of all **deaths by firearm** in WI from 2013 through 2017 were **suicide deaths**.

What Can We Do?

If someone you know makes you feel that they might attempt suicide, you should try to do the following things: Learn the warning signs; know where to find resources to help. Talk openly to the person. Ask specific questions. Offer the person hope and an alternative solution.

Do not be afraid to talk about suicide or to use the word. This will not put the idea in their heads or influence them to do it.

Try to get them to talk about what it is in their life that makes them feel the way they do. The more talking on their part, the better.

Try to convince them they need to speak to a trusted person, teacher, coach, counselor, etc. Tell them you want them to get more help than just you alone can give. Go with them if necessary.

Confidentiality. If your friend asks you not to tell anyone, should you keep the secret? There is no rule of confidentiality when it comes to potential suicide. It does no good to keep the secret and lose the person. If you believe your friend is at risk, you must act. Offer to go with them to a counselor.

Suicide threats are a serious sign of trouble and need to be taken seriously so that people will not feel the need to resort to more drastic means of expressing their unhappiness.

Responding to a potential suicide in this way can help prevent many suicide attempts or even prevent someone from completing a suicide.

Access to Mental Health Services in Door County

Is the person at immediate risk of suicide?

Yes

No



Business Hours

If you have a Mental Health Provider, call them.

If you do not have a Mental Health Provider, contact your Primary Care Doctor or consult appropriate resources listed in this resource guide.

Call Door County
Crisis/Suicide Intervention
24/7 Hotline
(920) 746-2588

24/7

Call Door County
Crisis/Suicide Intervention
24/7 Hotline
(920) 746-2588

National Suicide Prevention
Hotline
800-273-8255



Text "HOPELINE" to
741741. Text message
based free service by
Center for Suicide
Awareness.
For Spanish, text "APOYO"
to 839863.