

LCA now providing mental health and family services in Menahga

By Matthew Johnson

Lake Country Associates (LCA) has been offering mental health and family services in Park Rapids and Bemidji for several years, and they are now providing some of those much-needed mental health and family services in Menahga.

At this time Melissa Stave and Hyacinth Mosse, LCA clinical staff, are providing mental health therapy Monday through Friday by appointment to individuals, families and couples in their new offices at the White Pine Center on Main Street NW in Menahga, located just across the street from the West Central Telephone Association (WCTA) building. The number to call in Menahga for appointments is (218) 564-9229.

Mosse said they express compassion and empathy in their counsel, and welcome anyone struggling with life's many issues to consider setting up an appointment. She has been working with people in the community since September and is currently counseling about seven individuals.

In addition to therapy sessions, the Menahga site is also, under Rule 25, providing substance abuse assessments and diagnostic assessments for mental health. The Menahga LCA site is also in the process of becoming fully licensed to provide high intensity outpatient treatment for adults struggling with substance abuse, which will include group therapy, wherein those receiving treatment will get together at regular times, up to three times a week.

Animal therapy is also available at the Menahga site, with "Buddha" the Boston Terrier, who turns 11 in September. He has years of



Lake Country Associates' Melissa Stave and therapy dog "Buddha," a Boston Terrier, and Hyacinth Mosse are now available to provide mental health and family services at their Menahga site located in the White Pine Center on Main Street NW, just across from West Central Telephone Association building. The two counselors welcome any individual, family or couple dealing with life's struggles to make an appointment with them at their Menahga office to experience the compassionate and empathetic services they provide.

experience working alongside Melissa, including in a facility that treats individuals with autism in Fargo, and at another mental health facility in Fergus Falls that has since closed.

Melissa is eager to help the local population, including those negatively impacted by substance abuse. "In 2016, Wadena County had the highest rate of substance abuse per capita in Minnesota," she said.

Current substance abuse trends include the abusive use of opiates, methamphetamine and alcohol. One major concern at this point in time is people using opiates and meth at the same time, an "upper and downer mix" that she said

is referred to as a "speedball."

"It's scary when people are using meth and opiates at the same time," she said.

Melissa has a master's degree in social work; Hyacinth is a clinical trainee for her master's in social work.

Full licensure of the Menahga site is expected sometime within the next few weeks for the high intensity outpatient treatment/group therapy for adults suffering from substance abuse/mental health issues, according to LCA personnel. That licensure also requires a licensed individual to inspect the site to determine its appropriateness for treatment, and to go over LCA's policies/procedures to make sure they are

in line with licensed practice.

Jean Greset and Shawn Anderson founded LCA in the fall of 2009. They opened a two-room rental office in Park Rapids in April of 2010 and then moved to a newly renovated building at 515 Bridge Street in Park Rapids. As of the spring of 2017, Park Rapids also now has "The Cottage," which is a drop-in center and home base for community mental health staff.

The general aim of LCA is three-fold: To serve residents in the community with "a locally owned and operated, financially stable mental health service provider;" to provide good paying jobs and positive work environment for staff; and to "serve our community and referral services through flexible, consumer-focused decision making that benefits the communities we serve."

LCA has offered community-based services including Adult Rehabilitative Mental Health Services (ARMHS) and Community Support Program (CSP).

The business expanded to a Bemidji office during the winter of 2015 under the direction of experienced clinician, supervisor and trainer Jessica Niemi. That office has since moved into a larger space and now offers more specialized services including Parent Child Interaction Therapy (PCIT) and Trauma-Informed Child Parent Psychotherapy (TICPP). That site now serves children, teens, adults and families.

Anderson and his staff are optimistic they can help people in the Menahga community now, as well. "We were excited to be able to make the leap," he said.

Caring Hands Home Care in Sebeka 25 years



Caring Hands Home Care, Inc. opened March 18, 1994 in Sebeka. Pictured left to right are: Laura Cichy, Lupi Isola, Pat and Gary Johnson and Lisa Hanson.

Pat and Gary Johnson of Sebeka opened Caring Hands Home Care, Inc. in the building that currently is home to Providence Villa on Main Street, Sebeka on March 18, 1994 with three clients. On June 7th of that same year they became Medicare Certified and went from three to 40 clients and today they serve 135 clients.

About six months after opening their home care, the Johnsons' bought the building at their current location on Main Street, Sebeka from Bill Wilson and they have been located there ever since.

At this time, Caring Hands Home Care, Inc. has 35 employees and will soon have 40 and still continues to grow.

1885

Runeberg Apostolic Lutheran Church

Webpage
www.sebeka.k12.mn.us

1895

Sebeka Public School District #820

200 1st St. NW, P.O. Box 249, Sebeka, MN 56477

Organized in 1893. The first building was erected in 1895 on the present site.

1898

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The United Methodist Churches of Menahga and Sebeka

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1910

Menahga Independent Apostolic Lutheran Church