

Crisis Services

Emergency crisis services are available throughout **Sioux Rivers Regional MHDS** and can be accessed through local hospital emergency rooms, or a community mental health center. These providers offer crisis assessment, referral, resolution, and screening for inpatient hospitalization, and are available 24 hours a day, 7 days a week.

The community mental health centers have trained professionals available during normal business hours. Services can be arranged via telephone, face to face intervention, or with an on-call professional. Outside of regular office hours, the mental health centers maintain crisis phone lines that can be accessed as follows:

Mental Health Centers After Hour Crisis Lines

Plains Area Mental Health
(888) 546-0730

Creative Living Center
(888) 587-2537

Assessment & Stabilization Center
(712) 560-7996

Seasons Center
(844) 345-4569

Your Life Iowa Crisis Line
(855) 581-8111

Your Life Iowa Text Line
(855) 895-8398

Chief Executive Officer

Shane Walter, CEO
210 Central Ave. SW, P.O. Box 233
Orange City, IA 51041
Phone: **712-737-2999** | Fax: 712-707-9243
Email: shanew@siouxcounty.org

Service Coordinators

DICKINSON COUNTY and EMMET COUNTY

Beth Will
1802 First Ave., Suite 2502
Spirit Lake, IA 51360
Phone: **712-336-0775** | Fax: 712-336-4961
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LYON COUNTY

Lisa Rockhill
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Email: lrockhill@co.lyon.ia.us

PLYMOUTH COUNTY

Sharon Nieman
Regional Children's Behavioral Health Services Coordinator
19 2nd Ave. NW
Le Mars, IA 51031
Phone: **712-546-4352** | Fax: 712-548-4031
Email: snieman@co.plymouth.ia.us

SIoux COUNTY and O'BRIEN COUNTY

Mavis Anema
210 Central Ave. SW, P.O. Box 233
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Judicial Mental Health Advocate

Abby Wallin, MS
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Primghar, IA 51245
Phone: **712-344-2000**
Email: awallin@obriencounty.iowa.gov



@SiouxRiversRMHDS

Sioux Rivers

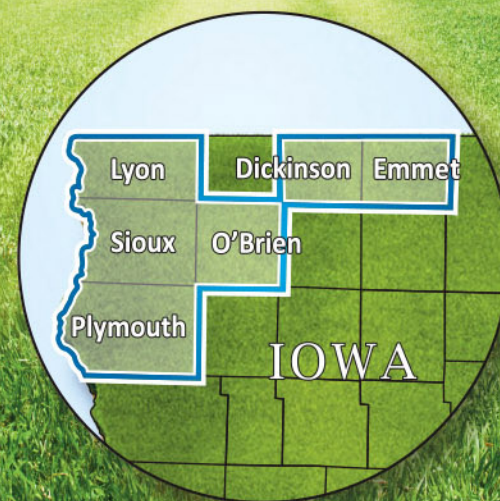


Regional Mental Health & Disabilities Services

Sioux Rivers Regional Mental Health & Disabilities Services

*is comprised of Dickinson, Emmet,
Lyon, O'Brien, Plymouth and Sioux
Counties in Northwest Iowa.*

*Our mission is to thoughtfully,
creatively & responsibly meet
the mental health needs of the
residents of the region.*



About Us

Sioux Rivers



Regional Mental Health & Disabilities Services

Sioux Rivers Regional Mental Health and Disabilities Services provides access, information, and coordination of funding, while providing for the health, hope, and successful outcomes of the residents in our region who have mental health and intellectual/developmental disabilities, including those with multi-occurring substance use issues, health issues, physical disabilities, brain injuries and other complex human service needs.

Sioux Rivers partners with stakeholders in the region (providers, families, individuals and partner health and human services systems) to develop a system of care approach that is characterized by the following principles and values:

Welcoming and individualized

Person and family driven

Recovery focused

Trauma-informed

Service to individuals with multiple diagnoses

Regional Mental Health Services

Among the programs that have been implemented within the Sioux Rivers Regional MHDS are the following:

- Children's Mental Health Services
- Jail Diversion, including telehealth outpatient and substance abuse therapy
- Employment First for individuals with Intellectual Disabilities
- Integrated Employment Services for individuals with Mental Illness
- Assertive Community Treatment
- Mobile Crisis
- Peer Support
- 23-hour crisis stabilization, assessment and intensive outpatient treatment offered through the **Sioux Rivers Regional Assessment and Stabilization Center**
- Outpatient Mental Health Therapy
- Service coordination and referral

Services Still Under Development

- Transitional Housing
- Sub-Acute Crisis Care
- Access Center Services
- Intensive Residential Services
- Intensive Children's Services



Outpatient Mental Health Services

Outpatient Mental Health Services are provided to regional residents through the mental health centers listed below at multiple regional locations. Individuals can seek services by calling the mental health center at their contact information below.

Designated Mental Health Centers for the Region

Plains Area Mental Health Center

180 10th Street, Suite 201, P.O. Box 70
Le Mars, IA 51031

Phone: **712-546-4624**

Creative Living Center

1905 10th Street, P.O. Box 163
Rock Valley, IA 51427

Phone: **712-476-5245**

Season Center for Behavioral Health

201 East 11th Street
Spencer, IA 51301

Phone: **800-242-5101**

