Frequently Asked Questions

What is a mental illness?
A mental illness is a disease causing mild to severe disturbances in thought and/or behavior resulting in an inability to cope with life's demands and routines.

What is a serious mental illness?
A serious mental illness includes both diagnosable mental health disorders and functional impairments significantly interfering with daily living.

What is a serious emotional disturbance?
A serious emotional disturbance is diagnosed in individuals under 18 who are experiencing mental health disorders and functional impairments significantly interfering with functioning in the community, school and family.

What is an assessment?
An assessment includes an interview with a trained clinician to review a person's mental health and its impact on daily life.

How are services determined?
A trained clinician recommends treatment services based on an assessment with the individual.

How are services funded?
A variety of funding options are available for an individual who is assessed as needing treatment services. Funding options include the following:

- Insurance
- Private pay
- Other 3rd party payers
- Combination of state and federal funding
- Medicaid

Are telehealth services available?
Yes, outpatient services are able to be delivered via telehealth.

Contact Us

For questions or more information, please contact the Division of Behavioral Health online at dss.sd.gov/behavioralhealth/, by phone at 855.878.6057 or by email at DSSBH@state.sd.us.

To locate treatment services in your area, scan below

SD BEHAVIORAL HEALTH
Department of Social Services

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Mental Health Treatment Services in South Dakota



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Department of Social Services

How do I find help?

1. Contact a local mental health provider
2. A professional completes an assessment
3. Recommendations for services and/or supports will be provided

Resources for Local Treatment Providers

SAMHSA Treatment Locator - findtreatment.samhsa.gov

DSS - dss.sd.gov/behavioralhealth/agencycounty.aspx

Mental Health Services

Community mental health centers in South Dakota provide quality services to both adults and youth. Services provided may include screenings and assessments, case management, individual therapy, group therapy, crisis intervention, psychiatric evaluation, and medication management. Financial assistance for services is available.

Outpatient Services
Outpatient mental health counseling services are provided to individuals of all ages.

Children, Youth and Family (CYF) Services
CYF services are specialized outpatient services provided to youth with serious emotional disturbance (SED). Family counseling may include a strength-based model for building skills to improve family relationships, reduce behavioral issues, and improve school performance.

Comprehensive Assistance with Recovery and Empowerment (CARE) Services

CARE services are specialized outpatient services provided to adults with serious mental illness (SMI).

Individualized and Mobile Program of Assertive Community Treatment (IMPACT)
IMPACT provides intensive services to adults whose serious mental illness (SMI) significantly impacts their lives.

