
A Community Resource Guide

Concerning Sexual Abuse & Assault

For information, support, education, & referral call:

Support Within Reach (SWR)

Sexual Violence Resource Center

326-5008 or 1-866-747-5008

www.supportwithinreach.org

To report child sexual abuse or suspected child sexual abuse call:

Support Within Reach: 218-326-5008

Itasca County Child Protection: 218-327-2941

Itasca County Sheriff: 218-326-3477

Grand Rapids Police Department: 218-326-3464

**To speak with a Victim Assistance Coordinator
through the Catholic Diocese of Duluth call:**

Mr. Tab Baumgartner: 218-726-5495

Mrs. Dayle Peterson: 218-786-4056

Mrs. Esther Reagan: 218-820-9220

Domestic Violence Resources (physical harm):

Advocates for Family Peace

326-0388 or 1-800-909-8336

www.stopdomesticabuse.org

Prepared by the St. Joseph's Child Protection
Task Force of St. Joseph's Catholic Community,
Grand Rapids, MN

Revised 02/13

Choosing the Right Therapist

If you are currently in a crisis or are having thoughts or harming yourself or others, please contact First Call for Help (218) 326-8565, 1-800-422-8565 or dial 211. When your crisis has been addressed you may be ready to begin seeking a therapist to support you in the healing process.

The goal of therapy is to support you in better recognizing and understanding your thoughts, feelings and behaviors. You will begin to develop new and more effective coping strategies and eventually experience a sense of change and increased satisfaction in your life. Remember that this is a process and takes time; you lead the way to your healing.

Upon beginning therapy, it typically takes up to three sessions with your therapist where you will feel that you are developing a therapeutic relationship. While therapy can be supportive, it can also become challenging as you will begin to process some very difficult feelings and experiences.

In a positive therapeutic relationship, you will likely feel supported and respected and will develop both trust and respect for your therapist. If you are not experiencing this by the third session, or if you do not feel that your current therapist is meeting your needs; discuss this with your therapist to identify what is and is not working within the therapy relationship. This relationship can become more challenging when you are processing difficult issues and feelings; however, this does not mean that you need to change therapists.

If you strongly feel that you have not developed a positive relationship with your therapist and do not feel supported, respected or valued; process this with the therapist and you may have to make a decision as to if this is the right therapist for you. It is ok to change therapists if you are struggling with the relationship. But if it is more an issue of processing painful information, communicate your concerns with your therapist and they can support you in how you want to guide your sessions.

Itasca County Therapists who work with sexual abuse/assault issues:

Grand Rapids Clinic & Hospital (Ken Stapleton, LP)
111 SE 3rd Street, Grand Rapids, MN Phone: (218) 326-5000

Itasca Psychiatric Services (David Bransford, LP, MD)
25 NE 3rd St, Grand Rapids, MN Phone: (218) 327-2284

Johnson, Pamela, LP 516 S Pokegama Ave, Suite B, Grand Rapids, MN Phone: (218) 327-9336

Linnihan, Mary, MA, LP 516 Pokegama Avenue, Ste B, Grand Rapids, MN Phone: (218) 244-9414

McGinnis, Carolyn, PH.D. 415 SE 13th St Ste 101, Grand Rapids, MN Phone: (218) 326-0900

Meyer, Loie, MA, LMFT 419 Timberline Cr. SWR, Grand Rapids, MN 55744 Phone: (218)327-7267

Nelson, Bradley R, MA, LP Norwood Office Plaza, 423 NE 4th St, Grand Rapids, MN
Phone: (218) 326-0783

Northland Counseling Center

215 SE 2nd Avenue, Grand Rapids, MN Phone: 326-1274 or 1-800-450-1274

Jenny Jerome, M Ed. Angie Barrato, MA, LPCC (play therapy) Victoria Beck, MSW,

LICSW Jerry Berndt, MS, LMFT, LICSW Donald Farnsworth, PhD, LP

Jean Heitzman, MSW, LICSW Renee Jore Anderson, MS, LMFT, LADC

Mark Klieman, PhD, Child Clinical Psychology Ana Pereira, MA, LMFT

Cathleen Bengston, MA, LP Michele Rinne, M Ed, LP Lihn Scally, MSW LGSWCindy Lee

Thomas, MSW, LICSW John White, MA, LAMFT Brandi Worrath, MS LPCBarbara

Norman, APRN, BC Thomas Kefalas, MD Janet Worhle, RN, MS, CNS

Restoration Counseling (Heather Rhodes, LP, MA)

10 ½ NW 3rd St, Grand Rapids, MN Phone: (218) 327-0887

Stenlund Psychological Services (Bryan Stenlund, MS, ED, LP)

21 NE 5th Street, Suite 100, Grand Rapids, MN Phone: (218) 327-8937

Tiegland, Ellen, MS, LP, RN 520 NW 1st Ave, Grand Rapids, MN Phone: (218) 326-7089

Jeff Toonstra, MS, LP 102 SE 10th Street, Grand Rapids, MN Phone: (218) 259-7424

For additional resources please call

Support Within Reach – Sexual Violence Resource Center at 326-5008