

# Alcoholism/Drug (Addictions)

## Information & Treatment

### **Human Service Agency – Addiction Services**

Human Service Agency

123 19th St NE

605-886-0123

Fax: 605-884-3520

[www.humanserviceagency.org](http://www.humanserviceagency.org)

Contact: Cynthia Binde, LAC

Walk-in Evaluations on Mondays and Tuesdays. 9am registration; 10am evaluation

- Addictions Evaluations
- Adult Chemical Dependency/ Gambling Intensive Outpatient Treatment Program
- Adult Aftercare Support Groups
- Adult Relapse Prevention Group
- Individual and Family Counseling
- DUI Classes
- Chemical Abuse Treatment Program
- Youth Prevention & Early Intervention programs
- UA testing is available
- Cognitive Behavioral Interventions
- Substance Abuse (CBISA) Treatment

### **Serenity Hills**

119 19th St NE

605-884-0650

Ext 1 for Detox; Ext 2 for Half-way House

Contact: Deb Hamer, LAC or Amber Hughes, RN

A residential facility for those suffering from mental illness and/or addictions. It offers a unique environment of compassion, dignity, structure and serenity. Serenity Hills offers distinct programs within a single facility: Social Setting Medically Monitored Detox, Dual Diagnosis Halfway House and an Appropriate Regional Facility. There are 16 Halfway House beds, 4 Detox Beds and 4 mental health Crisis Stabilization rooms.

### **Dr. Mark Bontreger, Inc.**

525 5th Street SE, Suite L-13

605-882-0800

[www.markbontreger.com](http://www.markbontreger.com)

A private & professional counseling service that provides help for Relationship conflict, Depression, Stress and Anxiety, Alcohol and Drug problems, Addictions and compulsions, fears, phobias, and obsessions.

Substance use disorders can affect anyone, including our relatives, neighbors and friends. Addiction is not a choice – science has shown that it's a chronic disease that leaves lasting changes in the brain and body. For additional regional and state support and resources click on:

<https://sdbehavioralhealth.gov/addiction>

#### **Avoid Opioid**

Text OPIOID at 898211 or

call 1-800-920-4343

[www.avoidopioidSD.com](http://www.avoidopioidSD.com)

#### **Get Rid of Old or Unused Medications in Watertown – Medication Drop off**

##### **Locations:**

Watertown Police Dept.

128 N Maple S.

Codington County Sherriff's Office

14 1st Ave SE

Prairie Lakes Campus Pharmacy

401 9th Ave NW

Hy-Vee Pharmacy

1320 9th Ave SE

#### **Crisis Hotline (Local)**

605-886-0123

Call if you or someone you know is in a crisis situation.

#### **Crisis Hotline (National)**

National Suicide & Crisis Lifeline

call, text or chat 988

OR

#### **Crisis Texting Line (National)**

Text "hello" to 741-741

[www.crisistextline.org](http://www.crisistextline.org)

For immediate assistance if you or someone you know is in crisis or if thinking about suicide.