

## Rochester Area ADHD Resources

Revised June 4, 2018

Compiled by the Rochester Area ADHD Support Group. This list is not an endorsement. Contact group coordinators at [adhdrochmn@gmail.com](mailto:adhdrochmn@gmail.com) with questions.

NOTE: Regional resources not based in Rochester, MN are highlighted in yellow.

### Evaluation, Treatment and Therapy

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#### Associates in Psychiatry

<https://www.appmn.com/>

- Kristine M. Meyer, MA LP
- Rebecca Vigars, MA LMFT

#### Bluestem Center for Child and Family Development

<http://www.bluestemcenter.com/>

- Susan C. Jenkins, M.D. (medical director of center)
- Rachel Beukema, DNP, APRN, PMHNP-BC (medication management)
- Jordan Hobbs, DNP, APRN, PMHNP (medication management)
- Cassidy Peterson, MS, RN, CNP, PMHNP-BC (medication management)
- Nandita Chawla, PhD, LP (therapy)
- Kristin Nelson, PsyD. LP (therapy)
- Brandy Allen, MA, LPCC (therapy)
- Annette Clark, MSW, LICSW (therapy)
- Nelle Moriarty, L.M.F.T. (therapy and adult ADHD coaching)
- Elizabeth A. Sarkaria, M.A. and Psychometrist (testing and evaluation)

#### Calm - Clinic for Attention, Learning and Memory (in Minneapolis)

<http://calm.us/>

#### Centrex Rehab (formerly Stanley Jones - occupational therapy for sensory processing)

<https://www.centrexrehab.com/pediatrics/>

#### Decision Point Behavioral Health

<http://www.drdewilliams.com/index.html>

- Donald E. Williams, PhD <http://www.drdewilliams.com/bios.html>

#### Empower Comprehensive Treatment Center

<https://www.empowerctc.com/>

- Staff list: <https://www.empowerctc.com/meet-our-staff>

#### Family Service Rochester

<http://familyservicerochester.org/>

- Group members have recommended Dan Ryan: <http://familyservicerochester.org/counseling/>

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### Gundersen Health System (in La Crosse, WI)

- **Harvey A. Weinberg, PhD** <http://www.gundersenhealth.org/find-a-doctor/profile/harvey-weinberg/>

**Hope Ranch** (offers traditional and equine-assisted psychotherapy for ADHD)

<http://hoperanchteam.com/>

### Johnson Psychological Services

<http://www.draijohnson.com/>

- **Dr. Amalyssa Johnson** (ADHD evaluation and therapy)

**Mark White, MS** (marriage and family counseling)

<http://www.rochestermarriagecounseling.com/index.html>

### Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/adhd/symptoms-causes/syc-20350889>

<https://www.mayoclinic.org/diseases-conditions/adult-adhd/symptoms-causes/syc-20350878>

<https://www.mayoclinic.org/appointments>

- **Renee Breland, C.N.P.** - Mayo Clinic Health System Cannon Falls:  
<https://mayoclinichealthsystem.org/providers/renee-breland-np>  
Also see this blog post: <https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-manage-adhd-in-children>
- **Jyoti Bhagia, M.D.** – Mayo Clinic, Rochester:  
<https://www.mayoclinic.org/biographies/bhagia-jyoti-m-d/bio-20055058>
- **Slavica K. Katusic, M.D.** – Mayo Clinic, Rochester:  
<https://www.mayoclinic.org/biographies/katusic-slavica-k-m-d/bio-20054780>
- **Brett A. Koplín, M.D.** – Mayo Clinic, Rochester:  
<https://www.mayoclinic.org/biographies/koplín-brett-a-m-d/bio-20054287>
- **Rachel Lynch, M.D.** – Mayo Clinic, Rochester:  
<https://www.mayoclinic.org/biographies/lynch-rachel-l-m-d/bio-20055022>  
Also see this YouTube video: <https://youtu.be/882AltatPuw>
- **Stephen P. Whiteside, Ph.D., L.P.** – Mayo Clinic, Rochester:  
<https://www.mayoclinic.org/biographies/whiteside-stephen-p-ph-d-l-p/bio-20054748>

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- **Robert P. Wilfahrt, M.D.** – Mayo Clinic, Rochester:  
<https://www.mayoclinic.org/biographies/wilfahrt-robert-p-m-d/bio-20208651>
- **Parenting Your ADHD Child: Group Therapy Program at Mayo Clinic Health System – Franciscan Healthcare La Crosse:** <https://mayoclinichealthsystem.org/locations/la-crosse/education/community-education/parenting-your-adhd-child>

## Olmsted Medical Center

<http://www.olmmed.org/care-treatment/psychiatry-psychology/>

The following providers list ADHD among their interests on the OMC website:

- **Mary Beer, PsyD, LP**
- **Kathryn D. Lombardo, MD**
- **Kevin J. Weber, PhD, LP**
- **Harlan O. Wickre, MA, LP**

Group members have also recommended:

- **Melanie Mckendrick Johnson, MD** (Skyway Clinic)

## Transitions

<https://www.transitionstherapies.com/>

- Staff list: <https://www.transitionstherapies.com/bios.html>
- **Debra Moran, MA, LP** (evaluation, therapy)

## West End Consultation Group – ADHD Center (in Saint Louis Park)

<https://www.westendconsultationgroup.com/>

## Youth Behavioral Health

<http://youthbehavioralhealth.org/>

- **Melissa Hord, Ph.D.** - Offers therapy and evaluation for ADHD, including Parent-Child Interaction Therapy

## Zumbro Valley Health Center

<http://www.zvhc.org/>

- Outpatient Therapy Staff list: <http://www.zvhc.org/what-we-do/outpatient-therapy-staff.php>
- **Aynsley Scheffert, LGSW** (taught Community Education class on the positive side of ADHD)

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### ADHD Coaches

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ADHD Coaches Organization (national resource)  
<https://www.adhdcoaches.org/>

Center for Living Well with ADHD (in Edina, MN)  
<https://www.centerforlivingwellwithadhd.org/>

Thinking Caps (in Wayzata, MN)  
<http://thinkingcapsmn.com/index.html>

Succeeding with ADHD (in Eden Prairie, MN)  
<http://www.succeedingwithadd.com/>

The Taylor Solution (in Maple Grove, MN)  
<http://adhd-treatment-solutions.com/>

### Related Online Resources

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<https://www.additudemag.com/slideshows/adhd-doctors-psychiatrists-psychologists-and-more/>

<https://www.additudemag.com/choosing-a-doctor-for-treatment/>

<https://www.additudemag.com/download/prepare-adhd-evaluation/>

<https://www.additudemag.com/adhd-coaching-daniel-amien-treatment/>