



Telemedicine is Available for new Intakes and continued care!

Adams, Matthew, MD

Location: Edina

Open for scheduling-(1-2 week)

Ages: 16-80

Services Provided: ADHD, Adjustment Disorders, Anxiety Disorders, Autism Spectrum Disorders, Autism (Secondary), Behavior Disorders (anger management, conduct-disruptive disorders), Bipolar Disorders, Chemical Dependency/Addiction (MICD) (Secondary), Crisis Diversion, Depressive Disorders, Developmental Disorders (learning disorders, cognitive delays, etc.), Dissociative Disorders, Eating Disorders, Elimination Disorders, LGBTQ+ Issues, Medical Illness/Disease Management, Men's Issues, Obsessive Disorders, Perinatal (pre and post-partum depression, anxiety), Personality Disorders (borderline personality disorder), Psychotic Disorders (thought disorders, schizophrenia, psychosis), Sleep Disorders, Somatic Disorders, Trauma/Abuse (with or without PTSD), Traumatic Brain Injury, Women's Issues

Specialized Treatment: Integrative Psychiatry

Clinical Interest: First Episode Psychosis, Schizophrenia, treatment-resistant depression, and bipolar illness.

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ

Anwar, Ali, DO

Location: Medical Office Building-Brooklyn Park

Open for scheduling (Telehealth only)

Ages: 6-22

Services Provided: Medication Management

Areas of Practice: ADHD, Adjustment Disorders, Anxiety Disorders, Autism Spectrum Disorders, Behavior Disorders (anger management, conduct-disruptive disorders), Bipolar Disorders, Chemical Dependency/Addiction (MICD), Crisis Diversion, Depressive Disorders, Developmental Disorders (learning disorders, cognitive delays, etc.), Dissociative Disorders, Eating Disorders, Elimination Disorders, Family Issues (adoption, attachment, couples/marriage/relationships), LGBTQ+ Issues, Medical Illness/Disease Management, Men's Issues, Obsessive Disorders, Perinatal (pre and post-partum



depression, anxiety), Personality Disorders (borderline personality disorder), Psychotic Disorders (thought disorders, schizophrenia, psychosis), Sleep Disorders, Somatic Disorders, Trauma/Abuse (with or without PTSD), Women's Issues

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, Cigna, Aetna, Minnesota MA/Medicaid/MHCP, Preferred One, UCare

Arnold, Heidi, MD

Location: Edina

Open for scheduling: (Telehealth-1-2 weeks)

Age: 6-16

Services Provided: Medication Management

Areas of Practice: ADHD (and other executive functioning related issues), ADHD (Secondary), Adjustment Disorders (grief and loss, aging, identity, life transitions), Anxiety Disorders, Autism Spectrum Disorders, Autism (Secondary), Bipolar Disorders, Depressive Disorders, Developmental Disorders (learning disorders, cognitive delays, etc.), LGBTQ+ Issues, Obsessive Disorders, Personality Disorders (borderline personality disorder), Sleep Disorders, Trauma/Abuse (with or without PTSD), Traumatic Brain Injury

Insurance: Blue Cross Blue Shield, Health Partners, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, UCare, Humana, Wisconsin MA, AmericasPPO/HealthEZ

Buelow, Sue, APRN

Location: Woodbury

Open for Scheduling-(2 weeks)

Ages: 18-99

Services Provided: Medication Management

Areas of Practice: Abuse, Adjustment Disorders, Anxiety Disorders, Bipolar Disorders, Chemical Dependency, Depressive Disorders, Divorce, Eating Disorders, Identity Disorders, Illness Anxiety Disorder, Life Transition Issues, LGBT Identified Clinician, LGBTQ Issues, Medical Compliance, Pain Management, Panic Disorders, Personality Disorder, Psychosis, Psychotic Disorders, Psychosomatic Disorders, Rape Issues, Self-Esteem, Self-Injurious Behaviors/Suicidal Ideation, Sleep Disorders, Social Anxiety, Trauma

Insurance: Blue Cross Blue Shield, Health Partners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, UCare, Humana, Wisconsin MA, Railroad Medicare/RR Medicare, AmericasPPO/HealthEZ

Culbert, Tim, MD

Location: Chaska

Open For Scheduling-(September)

Ages: 5-17

Area of Practice: ADHD, Anger Management, Anxiety Disorders, Behavior Problems, Conduct-Disruptive Disorders, Depressive Disorders, Developmental Disabilities, Encopresis, Enuresis, Illness Anxiety Disorder, Learning Disorders, Learning Disabilities, Mood Disorders, Obsessive Compulsive Disorder, Pain Management, Phobias, Pseudoseizures, Psychosomatic Disorders, School Attendance/Refusal Issues, Sleep Disorders, Social Anxiety, Somatoform Disorders, Toileting Disorders

Services Provided: Medication Management

Treatment Specialty: Behavior Modification, Biofeedback, Integrative Medicine, Integrative Psychiatry, Mindfulness Based Therapy

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ

Garay, Michelle, APRN

Location: Woodbury

Open for scheduling-(2 weeks)

Ages: 6-17

Areas of Practice: ADHD, Adjustment Disorders, Anxiety Disorders, Autism, Depressive Disorders, Developmental Disabilities, Encopresis, Enuresis, Panic Disorders, School Attendance/Refusal Issues. Sleep Disorders, Social Anxiety, Toileting Disorders

Treatment Competencies: Biofeedback, Integrative Medicine

Services Provided: Behavioral/Developmental Pediatrics, Medication Management

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ



PrairieCare

Garber, Claire, DO

Location: MOB-Brooklyn Park

Open For Scheduling (-telehealth only 77 weeks)

Ages: 5-18 (18 year old should still be in high school and living with parents)

Areas of Practice: Abuse, ADHD, Adoption Issues, Adjustment Disorders, Abuse, ADHD, Adoption Issues, Adjustment Disorders, Anxiety Disorders, Attachment Issues, Autism, Behavior Problems, Bipolar Disorder, Depressive Disorders, Developmental Disabilities, Mood Disorders, Obsessive Compulsive Disorder, Panic Disorders, Personality Disorder, Post-Traumatic Stress Disorder, Psychosis, Psychotic Disorders, Reactive Attachment Issues, Schizophrenia, School Attendance/Refusal Issues, Self-Injurious Behaviors/ Suicidal Ideation, Social Anxiety, Trauma

Services Provided: Medication Management

Treatment Specialty: Behavior Modification, Biofeedback, Integrative Medicine

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ

Gilles Kelsey, MD

Location: Edina

Open For Scheduling-(Telehealth-4-5 weeks)

Ages: 18-60

Areas of Practice: Abuse Adjustment Disorders, Anxiety Disorders, Bipolar Disorder, Depressive Disorders, Family, Greif and Loss, Hoarding Issues, Illness Anxiety Disorders, Mood Disorders, Obsessive Compulsive Disorder, Panic Disorders, Phobias, Post-Traumatic Stress Disorder, Pregnancy/Postpartum Issues, Psychosis, Psychotic Disorders, Trauma, Women's Issues

Services Provided: Medication Management

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP/Preferred One, Ucare, AmericasPPO/HealthEZ



PrairieCare

Jasberg, Suzanne, MD

Location: Edina

Open for Scheduling-(telehealth only-4 weeks)

Ages: 18-60

Areas of Practice: Abuse, Addictions, ADHD, Anxiety Disorders, Bipolar Disorder, Conversion Disorder, Depressive Disorders, Functional Neurological Disorders, Mood Disorders, Non Epileptic Events, Obsessive Compulsive Disorder, Pregnancy/Postpartum Issues, Pseudoseizures, Psychosis, Psychotic Disorders, Psychosomatic Disorder, Refugee/Immigrant, Schizophrenia, Social Anxiety, Somatoform Disorders, Thought Disorders

Specialized Treatment Competencies: Transcranial Magnetic Stimulation

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Signa, Aetna, Medicare, Minnedota MA/Medicaid/MHCP/Preferred One, Ucare, Humana, AmericasPPO/HealthEZ

Kerbeshian Jacob, MD

Location: Chaska

Open for Scheduling-(Telehealth-Immediate availability)

Ages: 4-65

Areas of Clinical Practice: ADHD (and other executive functioning related issues), ADHD (Secondary) Adjustment Disorders, Anxiety Disorders, Autism Spectrum Disorders, Autism (secondary), Behavioral Disorders, Bipolar Disorders, Crisis Diversion, Depressive Disorders, Dissociative Disorders, Obsessive Disorders, Online Addictions, Psychotic Disorders, Sleep Disorders, Somatic Disorders, Trauma/Abuse, Traumatic Brain Injury

Insurance: Blue Cross Blue Shield, HealthPartners, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana AmericasPPO/HealthEZ

Kumra, Sanjiv, MD

Location: Woodbury

Open for Scheduling-(telehealth-2 Weeks)

Ages: 4-25

Areas of Practice: ADHD (and other executive functioning related issues), Adjustment Disorders, Anxiety Disorders, Bipolar Disorders, Depressive Disorders, Eating Disorders, Family Issues, LGBTQ+ Issues, Mens Issues, Obsessive Disorders, Psychotic Disorders, Sleep Disorders, Somatic Disorders, Trauma/Abuse (with or without PTSD)

Services Provided: Medication Management, Psychiatry

Specialized Treatment Competencies: Acceptance Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT)

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, AmericasPPO/HealthEZ

Marcouiller, Sarah, APRN

Location: Brooklyn Park Medical Office Building

Open for Scheduling-(6 weeks)

Ages: 3-30

Areas of Practice: ADHD (and other executive functioning related issues), Adjustment Disorders (grief and loss, aging, identity, life transitions), Anxiety Disorders, Autism Spectrum Disorders, Behavior Disorders (anger management, conduct-disruptive disorders), Bipolar Disorders, Chemical Dependency/Addiction (MICD), Depressive Disorders, Developmental Disorders (learning disorders, cognitive delays, etc.), Eating Disorders, Obsessive Disorders, Perinatal (pre and post-partum depression, anxiety), Psychotic Disorders (thought disorders, schizophrenia, psychosis), Sleep Disorders, Trauma/Abuse (with or without PTSD)

Services Provided: Medication Management

Specialized Treatment Competencies: Mindfulness Based Therapy

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ

Minton, Blaine, DO

Location: Woodbury

Open For Scheduling-(2 weeks)

Ages: 18-70

Areas of Practice: Adjustment Disorders, Anxiety Disorders, Bipolar Disorder, Depressive Disorders

Services Provided: Medication Management

Areas of Clinical Expertise: Adjustment Disorders, Anxiety Disorders, Bipolar Disorder, Depressive Disorders, Mood Disorders, Obsessive Compulsive Disorder, Personality Disorder, Post-Traumatic Stress Disorder, Psychosis, Psychotic Disorders, Schizophrenia, Sleep Disorders, Social Anxiety

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ

Nelsen, Andrea, MD

Location: Edina

Open for Scheduling- (Telehealth-1-2 Weeks)

Ages: 12-110

Areas of Clinical Expertise: Services Provided: Dual Diagnosis/Co-occurring/Chemical Dependency (Main Concern), Medication Management, Neuropsychological Evaluation, Psychiatry

Areas of Clinical Practice: ADHD (and other executive functioning related issues), ADHD (Secondary), Adjustment Disorders (grief and loss, aging, identity, life transitions), Anxiety Disorders, Autism (Secondary), Behavior Disorders (anger management, conduct-disruptive disorders), Bipolar Disorders, Chemical Dependency/Addiction (MICD), Chemical Dependency/Addiction (Secondary), Crisis Diversion, Depressive Disorders, Developmental Disorders (learning disorders, cognitive delays, etc.), Dissociative Disorders, Eating Disorders, Family Issues (adoption, attachment, couples/marriage/relationships), LGBTQ+ Issues, Medical Illness/Disease Management, Men's Issues, Obsessive Disorders, Online Addictions, Videogaming Addiction, and Other Behavioral Addictions, Perinatal (pre and post-partum depression, anxiety), Personality Disorders (borderline personality disorder), Psychotic Disorders (thought disorders, schizophrenia, psychosis), Sleep Disorders, Somatic Disorders, Trauma/Abuse (with or without PTSD), Traumatic Brain Injury, Women's Issues

Specialized Treatment Competencies: Psychodynamic Therapy

Insurance: Blue Cross Blue Shield, HealthPartners, Cigna, Aetna, Preferred One

Services Provided: Medication Management

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ

Tague, Sarah , APRN

Location: Chaska

Open For Scheduling- (Telehealth only-Immediate availability)

Ages: 10-30

Areas of Clinical Expertise: Abuse, ADHD, Adjustment Disorders, Anxiety Disorders, Bipolar Disorder, Conduct-Disruptive Disorders, Depressive Disorders, Eating Disorders, Enuresis, Illness Anxiety Disorder, Mood Disorders, Obsessive Compulsive Disorder, Organic Disorders, Panic Disorders, Personality Disorder, Post-Traumatic Stress Disorder, Pregnancy/Postpartum Issues, Psychosis, Reactive Attachment Issues, Schizophrenia, Self-Injurious Behaviors/ Suicidal Ideation, Sleep Disorders, Social Anxiety, Thought Disorders, Women's Issues

Services Provided: Medication Management

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Preferred One, Ucare, AmericasPPO/HealthEZ

Wilson, Jacob, MD

Location: Edina

Open for Scheduling (1-2 weeks)-Edina

Open for Scheduling (2 months)-Waconia

Ages: 18-120

Areas of Clinical Expertise: ADHD, Adjustment Disorders, Anxiety Disorders, Anxiety Disorders, Behavior Disorders, Bipolar Disorders, Chemical Dependency/Addiction (MICD), Depressive Disorders, Development Disorders, Dissociative Disorders, Eating Disorders, Elimination Disorders, Family Issues, Medical Illness/Disease Management, Obsessive Disorders, Personality Disorders, Psychotic Disorders, Sleep Disorders, Somatic Disorders, Trauma/Abuse (with or without PTSD)

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana AmericasPPO/HealthEZ

Wyckoff, Ingrid , APRN , DNP, PMHNP-BC

Location: MOB-Brooklyn Park

Open For Scheduling- (Telehealth only-4 weeks)

Ages: 5-17

Areas of Clinical Expertise: Abuse, ADHD, Adjustment Disorders, Anger Management, Anxiety Disorders, Autism, Behavioral Problem, Conduct-Disruptive Disorders, Depressive Disorders, Developmental Disabilities, Eating Disorders, Greif and Loss, Illness, Learning Disorders, Learning Disabilities, Mood Disorders, Obsessive Compulsive Disorder, Panic Disorders, Personality Disorder, Post-Traumatic Stress Disorder, School Attendance/Refusal Issues, Self-Esteem, Self-Injurious Behaviors/ Suicidal Ideation, Sleep Disorders, Social Anxiety, Thought Disorders

Services Provided: Medication Management

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Minnesota MA/Medicaid/MHCP, Preferred One, UCare, AmericasPPO/HealthEZ

Zielin Warm, Erica, APRN, PMHNP-BC

Location: Edina

Open For Scheduling-(2-3 weeks)

Ages: 20-65

Areas of Clinical Expertise: Adjustment Disorders, Anxiety Disorders, Bipolar Disorder, Depressive Disorders, Illness Anxiety Disorder, Mood Disorders, Panic Disorders, Phobias, Post-Traumatic Stress Disorder, Social Anxiety, Somatoform Disorders, Thought Disorders, Trauma

Services Provided: Medication Management

Insurance: Blue Cross Blue Shield, HealthPartners, Medica, United Behavioral Healthcare, SelectCare, Cigna, Aetna, Medicare, Minnesota MA/Medicaid/MHCP, Preferred One, Ucare, Humana, AmericasPPO/HealthEZ