COMMUNITY
THERAPY
OPTIONS

Spring 2019

Student Counseling Services
2223 Student Services Building, 3rd Floor
2505 Union Drive, Iowa State University
Ames, IA 50011-2030
Phone: 515-294-5056
Fax: 515-294-5205
www.counseling.iastate.edu

Compiled by ISU Student Counseling Services to assist students with finding the most appropriate therapy services in Story & Polk Counties.
TIPS FOR SCHEDULING AN APPOINTMENT WITH COMMUNITY A PROVIDER

Know your insurance information:
◊ Have a copy of your insurance card available. Photo copies of the front and back of the card are helpful in the absence of the actual card. Know what company holds the policy.
◊ Know the name of the employer.
◊ Know the date of birth of the person who carries the insurance.
◊ If you do not have access to the card or a photo, you will need the member number, policy number & the name & phone number of the insurance company. Plus the name of the employer and person carrying the policy name & date of birth.

Know what services you are seeking from the agency: individual, couples, family, intensive outpatient or group therapy. Identify the issues you would like help working through.

Verify insurance coverage:
◊ Call the customer service number on the back of your insurance card.
◊ Verify the provider you have chosen is an approved provider with your insurance company.
◊ Ask, "Do I have a deductible?" A deductible is the amount you pay for covered health care services before your insurance plan starts to pay. With a $2,000 deductible, for example, you pay the first $2,000 of covered services yourself (i.e., the whole amount for the appointments). After you pay your deductible, you usually pay only a copayment or coinsurance for covered services.
◊ Ask, “Do I have a co-pay?” A co-pay or coinsurance is your share of the costs of a health care service. It’s usually figured as a percentage of the amount the insurance company allows to be charged for services. You start paying coinsurance after you’ve paid your plan’s deductible.

Scheduling your first appointment:
◊ Call the agency and ask if they take your insurance. Have the above information available.
◊ Inquire about intake paperwork and if it is best to complete it prior to coming in. Ask how you get the paper work?
◊ Talk with them about when the co-pay is due. If you cannot pay the co-pay all at once, ask if there are options for paying the co-pay in ways other than paying up front.
◊ Ask how payment is accepted (cash; check; debit or credit card).

What if I do not have insurance?
◊ There are a very few agencies that offer a sliding fee scale. You will be expected to pay some toward your therapy. It can range from $5 - $60.
◊ A few agencies offering sliding fee scale include: Eyerly Ball Mental Health Center, Kai Lani Center, Amu Kuehl, LISW, Heartland Mental Health Therapy and Ames Therapy & Consulting. Make arrangements with the agency regarding the payment at the first session.
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<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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<tbody>
<tr>
<td><strong>STORY COUNTY PROVIDERS</strong></td>
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</table>
| 5th Street Mental Health Professionals | • Gloria Billings, LISW, ACSW  
• Deena Cavender, LISW  
• Thomas Looney  
• Adrienne Shrader, LMHC  
• Kelly Shea, LMFT | • Depression  
• Anxiety  
• Couples/Family  
• Positive Psychology  
• Grief work  
• LBGTQIA identities/issues | • Wellmark BCBS  
• Alliance Select  
• Midlands Choice  
• CIGNA  
• Coventry | 7-10 days |
| | | | | |
| | Abundant Life Counseling | | | |
| 535 Main St., Ames, IA 50010 | • Pamela Osuch, LMHC, IADC | | • Wellmark BCBS  
• Midlands Choice  
• MHN  
• Magellan Behavioral Health  
• Medicaid  
• Tricare | 7-10 days  
• Wait is 7-10 days  
• Call or schedule through her website for intake. |
| | | | | |
| | Adrienne Shrader  
5th Street Mental Health Professionals | • Adrienne Shrader, LMHC, CADC | • Depression  
• Anxiety  
• Eating disorders  
• Relationship issues  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couple/Family  
• Substance use  
• Mental Health Assessment  
• Career Exploration  
• LBGTQIA identities/issues  
• Transgender identity/support  
• Multi-cultural issues  
• Trauma issues  
• Complex/developmental trauma  
• Adjustment/Life transition issues  
• Emotional Dysregulation  
• PTSD  
• Autism spectrum | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• UBH  
• Multiplan  
• Midlands Choice  
• Health Alliance  
• Private pay | Private pay: $155/hour  
At this time she is only taking clients with BCBS insurance. |
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</thead>
<tbody>
<tr>
<td>Elizabeth Wade</td>
<td>• Elizabeth Wade, LMHC</td>
<td>• Depression • Anxiety • Eating Disorders • Relationships • Self-esteem • Grief work • Stress management • Chronic/terminal illness</td>
<td>• Wellmark BCBS • Private pay</td>
<td>• “I am usually full. If there is someone needing EMDR for trauma, their therapist is welcome to contact me to discuss case. Private Pay: $150/session</td>
</tr>
<tr>
<td>2027 Kildee St Ames, IA 50014</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: 515-450-2191 F: none</td>
<td><a href="mailto:elizabeth@amescounseling.com">elizabeth@amescounseling.com</a></td>
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<tr>
<td>Ames Counseling &amp; Psychological Services</td>
<td>• Beth Wagner, LISW • Ken Israel, Ph.D. • Michael Lelwica, Psy. D. • Ken Dodge, PhD • Amanda Robinson, LISW • Clifford Barta, M.S., Licensed Psychologist • Jamie Dunn, LMHC • Judy Rudman, PhD • Dakota Kaiser, LMHC • Rachel Sheldon, LMHC • James Donaldson, Ph.D. • Benjamin Erbes, Psy.D • Lisa Griffith, RN, LMHC • Evan Buikema, Psy. D</td>
<td>• Depression • Anxiety • Eating Disorders • Relationships • Self-esteem • Grief work • Academic/work performance • Stress Management • Couple/Family issues • Substance use • Career Exploration • LBGTQIA identities/issues • Neuro-psychological Assessments</td>
<td>• Wellmark BCBS • Alliance Select • Health Partners • Medicare • UBH • Tri-Care (out of network but will accept assignment) • Health Alliance • Midland’s Choice (includes Medica, Health Partners, Preferred One Administrators, UMR, Preferred Health, call for others)</td>
<td>• James Donaldson speaks fluent Spanish</td>
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<td>3600 Lincoln Way, Ste 4 Ames, IA 50014</td>
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<tr>
<td>P: 515-239-4410 F: 515-663-4885</td>
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<td>E: none</td>
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<tr>
<td>Website:</td>
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<td><a href="http://www.amespsych.com">www.amespsych.com</a></td>
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<tr>
<td>Ames Psychological Wellness Center</td>
<td>Nicole Olson, PhD, Whittney Statham, PhD, Mary Nii Muntah, PhD</td>
<td>Depression, Anxiety, Healing from trauma or abuse (verbal, physical, and/or sexual), Relationship or family concerns, Body image and eating concerns, Substance abuse, Grief and loss, Career concerns, Identity exploration, Sexual orientation, gender identity, and/or gender expression, Experiences of discrimination or oppression, Difficulties with self-esteem or self-confidence, Stress management</td>
<td>Wellmark BCBS</td>
<td>Currently, 4-5 weeks</td>
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<tr>
<td>Ames Therapy &amp; Consulting Services, PC</td>
<td>Terry Augsberger, MD, psychiatrist (consultant), Dr. Amy Mooney, PhD, LMHC, NCC, ACS (works w/ Veterans, provides Give an Hour; co-morbid issues; educ talks Vets), Mike Lutrell, MS, LP Licensed Psychologist, Neuropsychology, Ellyn Nitchals-Kellner, MS, LMHC NCC, EMDR certified (EMDR for trauma &amp; PTSD &amp;), Anna Zuidema, MA, NCC, TLMHC (Certified Prepare &amp; Enrich for marriage counseling), Counseling Intern</td>
<td>Depression, Anxiety, Self-esteem, Grief work, Academic/work performance, Stress Management, Couples/family issues, Multi-cultural issues, Trauma issues, Complex /developmental trauma, Psychological assessment, Adjustment/life transitions, PTSD, Psychological Assessment, ADHD &amp; LD Evaluations</td>
<td>Wellmark BCBS, UBH, CIGNA, Midland’s Choice, Health Alliance, Medica, Health Partners, Golden Rule, Federal VA DSM &amp; Iowa City, State of Iowa EFR, Private pay</td>
<td>Same day appointments at times but generally 1-2 weeks wait, Same day call-back, Private pay: $40 w/ counseling interns, Hours: M,T&amp;Th: 9-5, Wed: 10-7, Fri: 8-4</td>
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<tr>
<td>Amy Kuehl  Clinical Associates of Ames</td>
<td>Amy Kuehl, LISW</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Stress Management, Couples/Family issues</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, Health Partners, CIGNA, Medicaid, Medicare, AETNA</td>
<td>No information provided on sliding scale.</td>
</tr>
<tr>
<td>511 Duff Avenue, Ste 100</td>
<td></td>
<td>LBGTQIA Identities/Support, Trauma, Complex/Developmental Trauma, Emotional Dysregulation, PTSD, Christian counseling</td>
<td>First Administrat or, Tri-Care, Coventry, Multi-plan, Midland’s Choice, Health Alliance, Sliding Fee scale</td>
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<td>Ames, IA  50010</td>
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<tr>
<td>P: 515-2-520-1896 F: 515-292-5044 E: <a href="mailto:amykuehl@live.com">amykuehl@live.com</a></td>
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<tr>
<td>Anita Schlosser   Clinical Associates of Ames</td>
<td>Anita Schlosser, LISW</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief Work, Stress Management, Couples/family issues, Adjustment/Life Transitions</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, Health Partners, CIGNA, Medicaid, Medicare, Aetna</td>
<td>1-2 weeks</td>
</tr>
<tr>
<td>511 Duff Ave</td>
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<td></td>
<td>UBH, Tri-Care, Coventry, Multiplan, Midland’s Choice, Health Alliance</td>
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<td>Ste 100</td>
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<td>Ames, IA  50010</td>
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<tr>
<td>P: 515-292-2703 F: 515-292-5044 E: <a href="mailto:ascholosser13@hotmail.com">ascholosser13@hotmail.com</a></td>
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| **Catalyst Counseling** | Suzanne Zilber, PhD  | • Depression  
• Anxiety  
• Eating Disorders  
• Relationship  
• Self-esteem  
• Academic/work performance  
• Stress Management  
• Couples/Family  
• Substances  
• Career Exploration | • Wellmark  
• BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• AETNA  
• UBH  
• First Administrators  
• Multiplan  
• Midlands Choice  
• Health Alliance  
• Private Pay | • Return call w/in 24 hrs  
• Waiting room private  
• Limited availability - an appt. available on Tuesdays at 2:45 pm at this time.  
Private Pay: $180 initial intake $165 for 55 min; $135 for 45 min |
| **Catholic Charities** | Lisa Turner, LMFT     | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Academic/work performance  
• Stress Management  
• Couples/Family | • Wellmark  
• BCBS  
• Alliance Select  
• United Healthcare  
• CIGNA  
• AETNA  
• UBH  
• Coventry  
• Medica  
• Medicaid  
• Sliding fee scale | 2-4 weeks  
• Therapist EMDR certified |
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</thead>
</table>
| Central Iowa Psychological Services  
223 S. Walnut  
Ames, IA  50010  
P: 515-233-1122  
F: 515-233-6500  
E: th@iowacounseling.com  
Website: www.iowacounseling.com | • Warren Phillips, PhD  
• Amy Badding, LMHC  
• Kayla Davidson, PsyD  
• Paula Gault, LMFT  
• Lu Klett, LISW  
• Susie Lang, LMHC, NCC  
• Sunde Nesbit, PhD  
• Alyson Pearson, LISW  
• Robin Schinnnow, LISW  
• Robert Thacker, MA, CADC  
• Linda Trudea, PhD  
• Stephanie Wheeler, LISW  
• Melissa Wubben, LMHC, CADC  
• Anthony Santiago, PhD, LMFT  
• Adrienne Sankey-Tiedens, LISW | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Academic/work performance  
• Stress Management  
• Couples/Family  
• Substances  
• LBGTQIA identities/issues  
• Multi-cultural  
• Adjustment/Life Transitions  
• Trauma  
• Emotional Dysregulation  
• PTSD | • Wellmark BCBS  
• Alliance Select  
• Midlands Choice  
• Medicaid  
• United Healthcare  
• AETNA | • 3-5 weeks |
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<tr>
<td>Clear Brook Counseling</td>
<td>Kim Pontius, LMHC, CADC, CCDP, Hypnotist</td>
<td>Depression, Anxiety, Eating Disorders, Relationships, Self-esteem, Grief Work, Academic/Work Performance, Couples/Family, Substance use, Hypnosis – Weight loss/smoking cessation</td>
<td>Wellmark BCBS, EAP, ATENA, Some providers take Medicaid Amerigroup, Cash pay</td>
<td>No information</td>
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<td></td>
<td>Valerie Stubbs, LMFT, Thomas Patterson, LISW, CADC, CCH, Hypnotist</td>
<td>§ Career Exploration § LBGTQIA Identities/issues § Transgender Identity/support § Trauma Issues § Complex/Developmental trauma § Adjustment/Life transitions § PTSD § Christian Counseling</td>
<td>§ BCBS</td>
<td>No information</td>
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<tr>
<td></td>
<td>Kelsi Stevenson, LMFT, Samantha Snovelle, LMHC</td>
<td>§ John McDonald, LISW § Leisha Ristau, LISW § Nikki Reedy, TLMHC § Daniel Chavarria, TLMHC (Bilingual in Spanish) § Kathy Dinges, LISW</td>
<td>§ BCBS</td>
<td>No information</td>
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<td>§ BCBS</td>
<td>No information</td>
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<tr>
<td></td>
<td>Kim Pontius, LMHC, CADC, CCDP, Hypnotist</td>
<td>Depression, Anxiety, Eating Disorders, Relationships, Self-esteem, Grief Work, Academic/Work Performance, Couples/Family, Substance use, Hypnosis – Weight loss/smoking cessation</td>
<td>Wellmark BCBS, EAP, ATENA, Some providers take Medicaid Amerigroup, Cash pay</td>
<td>No information</td>
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<tr>
<td></td>
<td>Valerie Stubbs, LMFT, Thomas Patterson, LISW, CADC, CCH, Hypnotist</td>
<td>§ Career Exploration § LBGTQIA Identities/issues § Transgender Identity/support § Trauma Issues § Complex/Developmental trauma § Adjustment/Life transitions § PTSD § Christian Counseling</td>
<td>§ BCBS</td>
<td>No information</td>
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<td></td>
<td>Kelsi Stevenson, LMFT, Samantha Snovelle, LMHC</td>
<td>§ John McDonald, LISW § Leisha Ristau, LISW § Nikki Reedy, TLMHC § Daniel Chavarria, TLMHC (Bilingual in Spanish) § Kathy Dinges, LISW</td>
<td>§ BCBS</td>
<td>No information</td>
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Clinical Associates of Ames
511 Main St.,
Ste 100
Ames, IA  50010
P: 515-292-2703
F: 515-292-5044
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<tr>
<td><strong>Community &amp; Family Resources</strong>&lt;br&gt;1619 S High Street&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-232-5811 or 515-232-3206&lt;br&gt;F: 515-232-3780&lt;br&gt;E: <a href="mailto:Michelled@cfrcare.org">Michelled@cfrcare.org</a></td>
<td>• Jack Dodd, MD&lt;br&gt;• Christel Rinehart, ARNP&lt;br&gt;• Moniqu Maldonado, TLMHC, MACP, IADC, EMDR&lt;br&gt;• Maria Mallarino, LISW&lt;br&gt;• Cary Williams, LISW&lt;br&gt;• Travis Mathias, LMSW&lt;br&gt;• Brittany McClure, TCADC&lt;br&gt;• Lisa Jackson, BA&lt;br&gt;• William McGhghy, MA, IADC&lt;br&gt;• Jim Katouch, BA, IADC</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Eating Disorders&lt;br&gt;• Relationship issues&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Academic/work performance&lt;br&gt;• Stress Management&lt;br&gt;• Couples/family issues&lt;br&gt;• Career exploration&lt;br&gt;• LBGTQIA identities/issues&lt;br&gt;• Transgender Identities/support</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare&lt;br&gt;• Health Partners&lt;br&gt;• CIGNA&lt;br&gt;• AETNA&lt;br&gt;• Medicare&lt;br&gt;• Medicaid&lt;br&gt;• UBH&lt;br&gt;• Tri-Care&lt;br&gt;• Coventry&lt;br&gt;• Multiplan&lt;br&gt;• Midlands Choice&lt;br&gt;• Health Alliance&lt;br&gt;• Sliding fee scale&lt;br&gt;• Private pay</td>
<td>• Return call w/in 24 hours&lt;br&gt;• Mental health wait: 6 days&lt;br&gt;• Substance Abuse: same day evaluations&lt;br&gt;Provided attached sheet for fee for private pay.</td>
</tr>
<tr>
<td><strong>Compass Tree Counseling</strong>&lt;br&gt;600 5th St., Ste 300&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-233-3971&lt;br&gt;F: 877-522-5014&lt;br&gt;E: <a href="mailto:jamie@compasstree.org">jamie@compasstree.org</a>&lt;br&gt;Website: <a href="http://www.compasstree.org">www.compasstree.org</a></td>
<td>• Martha Norton, LMHC, IAADC&lt;br&gt;• K.C. Moore, LISW&lt;br&gt;• Elaine O’Neal, LISW&lt;br&gt;• April Falzone, LMHC&lt;br&gt;• Annie Lass, LMHC&lt;br&gt;• Shane Kavanaugh, PhD, LMHC&lt;br&gt;• Sheryl Frye, LCSW&lt;br&gt;• Generally 2-3 interns</td>
<td>• Trauma – EMDR - Sensorimotor&lt;br&gt;• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Eating Disorders&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Academic or work performance&lt;br&gt;• Stress Management&lt;br&gt;• Couples/family issues&lt;br&gt;• Substance use&lt;br&gt;• Career exploration</td>
<td>• LBGTQIA Identities/issues&lt;br&gt;• Transgender identity/support&lt;br&gt;• Multi-cultural issues&lt;br&gt;• Complex/developmental trauma&lt;br&gt;• Psychological assessment&lt;br&gt;• Adjustment/Life Transitions&lt;br&gt;• Emotional dysregulation&lt;br&gt;• PTSD&lt;br&gt;• Autism spectrum</td>
<td>• Can call front desk (515-233-3971) or complete on-line intake form to get started.&lt;br&gt;• New client bio is completed online on website. Password is compasstreelc&lt;br&gt;• Weekly team meetings on Wednesday to check on who is waiting for a contact.</td>
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<tr>
<td>Connecting Foundations 517 Grand Ave., Ste 102 Ames, IA 50010 P: 515-232-1689 F: 515-232-2336 E: <a href="mailto:pcavinesslisw@connectingfoundations.com">pcavinesslisw@connectingfoundations.com</a></td>
<td>• Pam Caviness, LISW, ACSW  • Ann McCrea, LISW</td>
<td>• Depression  • Anxiety  • Relationships  • Self-esteem  • Grief work  • Stress Management  • Women's issues  • LBGTQIA Identities/issues  • Transgender Identity/support  • Adjustment/Life transitions</td>
<td>• Wellmark BCBS  • Alliance Select  • United Healthcare  • Medicaid  • AETNA  • UBH  • Private pay</td>
<td>Private pay: $235 for initial intake  $175 per hour  Wait for Pam is 3-4 weeks.</td>
</tr>
<tr>
<td>Creative Counseling Services 208 5th St. Ste 103 Ames, IA 50010 P: 515-233-1699 F: 515-233-2957 E: <a href="mailto:info@ccsames.org">info@ccsames.org</a></td>
<td>“All populations welcome.” • Amy Hawcott, LMFT  • Stephanie Vela, TLMHC, NCC  • Jacqui Kniffen, TLMHC, NCC  • Cheri DeGroot, IADC</td>
<td>• Depression  • Anxiety  • Relationships  • Self-esteem  • Grief work  • Academic/work performance  • Stress Management  • Couple/Family  • Substance use  • Career Exploration  • LBGTQIA Identities/issues  • Transgender Identity/Supports  • Multi-cultural issues  • Trauma issues  • Psychological Assessment  • Adjustment/Life transition  • Emotional Dysregulation  • PTSD</td>
<td>• Wellmark BCBS  • Medicaid  • Private pay</td>
<td>Wait time is 3-4 weeks.  Private pay: $175 for mental health evaluation  $150 for mental health counseling session  $125 for substance abuse evaluation</td>
</tr>
<tr>
<td>Ann Kennedy, PhD, LMFT Crossroads Counseling 113 Colorado Ave., Ste 207 Ames, IA 50014 P: 515-292-1813 F: 515-826-4369 E: <a href="mailto:annisu@aol.com">annisu@aol.com</a></td>
<td>• B. Ann Kennedy, PhD, MFT</td>
<td>• Depression  • Anxiety  • Eating disorders  • Relationships  • Self-esteem  • Academic/work performance  • Couples/family issues  • Substance use  • Career Exploration  • LBGTQIA identities/issues  • Transgender identities/support  • PTSD  • Multi-cultural issues  • Trauma  • Sexual abuse  • Domestic abuse  • Adjustment/life transitions  • Emotional dysregulation  • Christian counseling  • Military couples – pre-deployment, deployment, &amp; reintegartion  • Grief  • Divorce  • Stress management  • Health &amp; wellness self-care  • Chronic illness  • Wellmark BCBS  • Alliance Select  • United Healthcare  • CIGNA  • AETNA  • UBH  • Tricare  • Military One Source  • Coventry Multiplan  • Midlands Choice  • Health Alliance</td>
<td>Appointments within 1 week.</td>
<td></td>
</tr>
</tbody>
</table>

**PLEASE MAIL RECORDS VIA USPS ONLY.**
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deb Carnine, LISW</td>
<td>Deb Carnine, LISW</td>
<td>Depression, Anxiety, Grief Work, Stress Management, Multi-cultural issues, Trauma, Complex/Developmental trauma, Adjustment/Life Transitions, PTSD, EMDR</td>
<td>Wellmark BCBS, Alliance Select, Medicare</td>
<td>Call for availability, Individual therapy</td>
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<tr>
<td>Illuminations</td>
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<td></td>
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<tr>
<td>416 Douglas Ave, Ste 201, Ames, IA 50010</td>
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<tr>
<td>Deena Cavender, LISW</td>
<td>Deena Cavender, LISW</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress Management, Couples/Family, LBGTQIA Identities/Issues</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, Medicaid, Medicare, UBH, Multiplan, Midlands Choice</td>
<td>Stated she has openings.</td>
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<tr>
<td>5th Street Mental Health Professionals</td>
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<tr>
<td>600 5th St., Ste 200, Ames, IA 50010</td>
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<tr>
<td>P: 515-232-2051 F: 515-232-2775 E: <a href="mailto:deenacavender@gmail.com">deenacavender@gmail.com</a></td>
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<tr>
<td>Joyce Davidson, PhD</td>
<td>Joyce Davidson, PhD, HSP</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress Management, Couples/Family, LBGTQIA Identities/Issues</td>
<td>Transgender Identity/support, Multi-cultural issues, Trauma, Complex/Developmental Trauma, Adjustment/Life Transitions, Emotional Dysregulation, PTSD, Autism Spectrum</td>
<td>Wellmark BCBS, UHC</td>
</tr>
<tr>
<td>2515 University Blvd., Suite 102, Ames, IA 50010</td>
<td></td>
<td></td>
<td></td>
<td>Immediate openings</td>
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<tr>
<td>P: 515-451-3895 F: 515-598-7800</td>
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<tr>
<td>Eyerly Ball Community Mental Health Services</td>
<td>Katrina Boge, LMSW, John Morrow, LISW, Tim Payton, LMHC</td>
<td>Depression, Anxiety, Self-esteem, Grief work, Stress management, Medication management, Substance use, LBGTQIA ISSUE, Transgender identity/support, Trauma issues, Psychological assessment, Adjustment/life transitions, Emotional dysregulation, PTSD</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, Medicaid, Medicare, Tri-Care, Coventry, Midlands Choice, Sliding Fee Scale – county funding, Private pay</td>
<td>Walk-in Clinic only on Wed. &amp; Thur. from 9:00 am - Noon, Cancelation policy – must cancel within 48 hours of appointment, Appointment reminders sent 48 hours in advance, Must bring a form of ID and current insurance card, Walk-in is first come first serve – no guarantee you will be seen that day. Will have to come back the next Thursday.</td>
</tr>
<tr>
<td>Firm Foundations Counseling Center</td>
<td>Ron Stubbs, LMFT</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress Management, Couples/Family, Christian Counseling</td>
<td>Wellmark BCBS, AETNA, Sliding fee scale</td>
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<td>Counselors/Therapists</td>
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<tr>
<td>Heart to Heart Communications</td>
<td>Bing Wall, PhD, LMFT</td>
<td>• Christian Counseling</td>
<td>BCBS</td>
<td>No information provided</td>
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<tr>
<td></td>
<td>Carol Caskey, MS ED,</td>
<td>• Couples/Family</td>
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<td></td>
<td>LMSW</td>
<td>• Depression</td>
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<td></td>
<td>Andy Bradly, tLMHC</td>
<td>• Eating Disorders</td>
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<td>• Relationship issues</td>
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<td>John McInnerney, LISW,</td>
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<td>CADC</td>
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<td>Jessica Hoy, LMFT</td>
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<td>• Autism spectrum</td>
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<td>• Christian counseling</td>
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<td>• Alliance Select</td>
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<td>• Midlands Choice</td>
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<td>• Lowest cost for private pay -$70</td>
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<td>• Private pay</td>
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<td>• Respond w/in 5 business days</td>
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<td>• 1-4 weeks for appointment</td>
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<td>• Open Monday – Friday &amp; some Saturdays</td>
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<td>• Sliding fee scale</td>
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<td>• Private pay</td>
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<td>Insurance/Payment</td>
<td>Wait time for appointment/Other Comments</td>
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</tbody>
</table>
| **Joann Seeman-Smith**                          | Joann Seeman Smith, PhD, LMHC | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/Family issues | • Wellmark BCBS  
• Alliance Select  
• Private Pay | Private Pay: Initial appointment $200  
1 hr. Session $180 |
| 2515 University Blvd, Ste 102  
Ames, IA 50010  
P: 515-451-0657  
F: none  
E: dr.joanss@gmail.com |                               | • Trauma issues  
• Complex/Developmental trauma  
• Adjustment/Life Transitions  
• PTSD  
• Emotional Dysregulation  
• Autism Spectrum | | |
| **Kelly Shea**                                  | Kelly Shea, LMFT              | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/Work Performance  
• Stress Management  
• Couples/Family issues  
• LBGTQIA Identities/Issues | • Wellmark BCBS  
• United Healthcare  
• Medicaid  
• Private pay  
• TRICARE  
• Several EAP programs  
• Midland's Choice | Private Pay: Initial intake $130  
Individual $65  
Couples/Family $80  
1-2 Business Days to return calls.  
Wait is 2-3 weeks |
| 5th Street Mental Health Professionals  
600 5th St., Ste 200  
Ames, IA 50010  
P: 515-232-2051  
F: 515-232-2775  
E: therapistshea@gmail.com |                               | • Transgender Identity/Support  
• Multi-cultural issues  
• Trauma issues  
• Complex/Developmental Trauma  
• Adjustment/Life Transitions  
• Emotional Dysregulation  
• PTSD | | |
| **Linda Feldman**                               | Linda Feldman, LISW           | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couples/family issues  
• LBGTQIA | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• UBH  
• Midlands Choice  
• Health Alliance  
• MHNET | Usually 1-2 week  
Return call w/in 24 hours |
| Clinical Associates of Ames  
511 Duff Ave  
Ste. 100  
Ames, IA 50010  
P: 515-292-2703  
F: 515-292-5044  
E: none provided | | | | |
<table>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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</thead>
</table>
| Living Solutions       | Kimberly Benton Herzberg, LISW | • Depression  
• Anxiety  
• Eating disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management | • Wellmark BCBS  
• United Healthcare  
• UBH  
• Midland’s Choice | • Usually 1 – 3 weeks  
• Call back within 24 hours  
• Some evening hours available |
|                        |                                |                                                                          |                                                                          |                                                                                |
| Lutheran Services in IA| Renae Van Der Linden           | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Career exploration | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• CIGNA  
• Medicaid  
• AETNA  
• UBH  
• FIRST Administrat or  
• Tri-Care  
• Coventry  
• Multiplan  
• Midlands Choice (only if secondary insurance)  
• Private pay | No information given about sliding scale or private pay.  |

Living Solutions  
2126 Gable Lane  
PO Box 1328  
Ames, IA 50014  
P: 515-290-1534 or  
515-337-1161  
F: 515-382-2004  
E: kbh@livingsolutionstc.com

Lutheran Services in Iowa  
1323 Northwestern Ave.  
Ames, IA  50010  
Intake P: 888-457-4692  
P: 515-817-0929  
F: 515-7416  
E: renae.vanderlindensiowa.org  
amy.davis@lsiowa.org
<table>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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</table>
| Network Community Counseling | Nathaniel Wade, PhD (Director)  
Meredith Tittler, MS (Assoc. Director), Practicum Counselor  
Stacy Ko, MS, Practicum Counselor  
Lily Mathison, MS, Practicum Counselor  
Nellie Moualeu, MS, Practicum Counselor  
Julio Rivas, MS, Practicum Counselor  
Mary Schenkenfelder, MS, Practicum Counselor  
Andrew Seidman, MS, Practicum Counselor | Depression  
Anxiety  
Relationships  
Self-esteem  
Academic/work performance  
Stress management  
Career exploration  
LBGTQIA identities/issues  
Multi-cultural issues  
Adjustment/Life transitions  
Emotional Dysregulation  
Group Therapy | No insurance accepted | No individual appointments available at this time.  
Private pay: $10 for individual  
$5 for group (ISU student) |
| Optimae Life Services        | John McInnerney, LISW, IADC  
Lily Peterson, LISW | Depression  
Anxiety  
Eating Disorders  
Relationship Issues  
Self-esteem  
Grief work  
Academic/work performance  
Stress Management  
Couple/Family  
Medication management  
Substance abuse  
Career Exploration  
LBGTQIA identities/issues  
Multi-cultural issues  
Trauma  
Complex/Developmental trauma  
Adjustment/life transitions  
Emotional dysregulation  
PTSD  
Autism spectrum  
Christian counseling  
Wellmark BCBS  
Alliance Select  
United Healthcare  
Health Partners  
Medicaid  
Medicare  
AETNA  
UBH  
Coventry  
Multiplan  
Midlands Choice  
New Direction, Railroad Medicare | | No wait time currently  
Sliding scale available |
<table>
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<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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</table>
| **Summer Brunscheen,** 2515 University Blvd, Ste 102, Ames, IA 50010 | • Summer Brunscheen, PhD, Licensed Psychologist | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Family issues  
• Career Exploration  
• LBGTQIA identities/issues  
• Transgender identities/support | • Multi-cultural issues  
• Trauma Issues  
• Complex/Developmental Trauma  
• Psychological Assessment  
• Adjustment/Life Transitions  
• Emotional Dysregulation  
• PTSD  
• Autism Spectrum  
• Will support spiritual beliefs as client desires | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• AETNA  
• UBH  
• Private Pay | • 3 months  
Private Pay:  
$230 initial session  
$220 – 60 min  
$170 – 45 min  
$230/hr psych testing  
Phone calls may take 1-2 business days to return.  
Hours are M-W 9 to 4  
Thurs. not in office  
Fri 9 – 3 |
| **River Valley Therapy Clinic**  
103 E. 6th Street, Ste 100, Ames, IA 50010 | • Jeremy Stumbo, LMFT  
• Stephen Bohlen, LMHC  
• Julie Porter, LMHC | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Family issues  
• Adjustment/life transition | • BCBS  
• Medicaid | • 3-4 weeks |
| **Team Restoration**  
Cornerstone Church  
56829 US Highway 30  
Ames, IA 50010 | • Stephen Bohlen, LMHC  
• Julie Porter, LMHC  
• Christian Counseling  
• Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance | • Stress Management  
• Couples/Family  
• Substance use  
• Career Exploration  
• Trauma issues  
• Adjustment/Life Transitions  
• PTSD | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• CIGNA  
• Medicaid  
• AETNA  
• UBH  
• First Administrators  
• Midlands Choice  
• Sliding Fee Scale  
• Private Pay | • 2 – 4 weeks  
Private pay  
$110 - $150 |
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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<tbody>
<tr>
<td>The Kai Lani Center 2603 Northridge Pkwy, Ste 103 Ames, IA 50010</td>
<td>Jocelyn Wilson, MA, MDiv, LCSW, LISW Also certified social work supervisor Francine Ybarra-Rojas, LMFT, Sex Offender Tx Provider, native Spanish-speaker, bilingual in Spanish-English (Office Mon, Tues &amp; Sat)</td>
<td>Depression Anxiety Relationships Self-esteem Grief work Academic/work performance Stress Management Couples/Family issues Substance abuse Ehler’s Danlos Support/Education Group</td>
<td>Wellmark BCBS Alliance Select United Healthcare Health Partners CIGNA Medicaid Medicare AETNA</td>
<td>UBH Coventry Midland’s Choice Health Alliance Sliding Fee Scale Private pay</td>
</tr>
<tr>
<td>Thomas Loney 5th Street Mental Health Professionals 600 5th Street, Ste 200 Ames, IA 50010</td>
<td>Thomas Loney, LMHC</td>
<td>Anxiety Depression Life transitions Grief &amp; Loss Relationships Families</td>
<td>BCBS</td>
<td>Immediate openings</td>
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</tbody>
</table>
| YSS – Family Counseling & Clinic  
125 S 3rd St.  
Ames, IA 50010  
P: 515-233-2250  
F: 515-233-3235  
E: AOlson@yss.org | • Sarah Thomas, LMFT, CADC  
• Christine Fathers, LISW  
• Tamara Wirth, LISW  
• Marie McCuskey, LMFT  
• Elizabeth Rohde, LMFT  
• Thomas Loney, LMHC  
• Joe Klipping, LMHC  
• William McGhgy, CADC  
• Kathy Dinges, LISW  
• Becky Olson, LMHC  
• Meghan Baldridge, LISW  
• Andrea Dickerson, LMFT, IADC  
• Estepha Francique, LMSW  
• Kelley Glotfelty, LISW | • Depression  
• Anxiety  
• Career Exploration  
• Relationships  
• Self-esteem  
• Grief work  
• Stress Management  
• Couples/Family  
• Medication Management  
• Substance use  
• LBGTQIA Identities/issues  
• Multi-cultural issues  
• Trauma  
• Complex/developmental trauma  
• Adjustment/Life Transitions  
• Emotional Dysregulation  
• PTSD  
• Wellmark BCBS  
• United Healthcare  
• Medicaid  
• AETNA  
• UBH  
• Coventry  
• Midlands Choice  
• Health Alliance  
• Sliding fee scale (substance abuse only)  
• Private pay (no specifics given) | Intakes generally scheduled within 2-3 days |

Not the current list for therapists.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
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<tbody>
<tr>
<td><strong>POLK COUNTY SERVICES</strong></td>
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</table>
| **Advanced Wellness** 950 Office Park Rd. #221 West DSM, IA 50265 | • Carrie Leaf, LMFT  
• Bridgette Hagarty, Psy D | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Stress management  
• Couples/Family issues  
• LBGTQIA identities/issues | • Wellmark BCBS  
• Midland’s Choice | • Will return call w/in 24 hrs.  
• Can get in 2 wks.  
• Offer EMDR & Hypnotherapy |
| **Ankeny Family Counseling** 301 W. 1st St. Ankeny, IA 50023 | • Vicki Alley-Roberson, LMHC  
• Tristin Hodges, tLMHC  
• Brandal Wagner, tLMHC | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Stress management  
• Couples/Family issues – specializes in this  
• Substance use  
• Career Exploration  
• Couples  
• Family | • Alliance Select  
• Wellmark BCBS  
• Medicaid  
• Midlands Choice  
• UBH | Call to schedule an intake –  
Same day appointments available |
<p>| <strong>Anne Ducharme-Jones</strong> 1316 41st St. Des Moines, IA 50311 | • Anne Ducharme-Jones, LISW | • Eating disorders | • No information provided | No information provided |</p>
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment/ Other Comments</th>
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<tr>
<td>Brown Therapy Resources</td>
<td>• Kevin Brown, LMSW</td>
<td>• No information provided</td>
<td>▪ Medicaid</td>
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<td>▪ Private Pay</td>
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<tr>
<td>Center for Interpersonal</td>
<td>• R. James Thorpe, Psy. D</td>
<td>• Depression</td>
<td>▪ Wellmark BCBS</td>
<td>No information provided</td>
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<tr>
<td>Effectiveness</td>
<td>• Phyllis Eddy, LMHC</td>
<td>• Anxiety</td>
<td>▪ Alliance Select</td>
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<td></td>
<td>• Lon Eisbrener, LMHC</td>
<td>• Relationship Issues</td>
<td>▪ United Healthcare</td>
<td></td>
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<tr>
<td></td>
<td>• Lisa Walten, LISW</td>
<td>• Self-esteem</td>
<td>▪ AETNA</td>
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<tr>
<td></td>
<td>• Susan Price Saylor, LISW</td>
<td>• Grief work</td>
<td>▪ UBH</td>
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<tr>
<td></td>
<td>• Pamela Davis, LMFT</td>
<td>• Academic/work performance</td>
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<td>• Stress Management</td>
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<td></td>
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<td>• Couple/Family</td>
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<tr>
<td>Central Iowa Psychological</td>
<td>• Karen Ahrens, Psy D</td>
<td>• Depression</td>
<td>▪ Wellmark BCBS</td>
<td>1-2 weeks</td>
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<tr>
<td>Services</td>
<td>• Ddanah Barazani, PhD</td>
<td>• Anxiety</td>
<td>▪ Midlands Choice</td>
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<tr>
<td></td>
<td>• Teresa Barrett, LMHC</td>
<td>• Eating Disorders</td>
<td>▪ AETNA</td>
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<tr>
<td></td>
<td>• Karin Beschen, LMHC</td>
<td>• Relationships</td>
<td>▪ UBH</td>
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<td></td>
<td>• Bridget BEncke,LMHC</td>
<td>• Self-esteem</td>
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<td></td>
<td>• Amy Cantazaro, PhD</td>
<td>• Academic/work performance</td>
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<td></td>
<td>• Deanna Engrav, MA, MFT</td>
<td>• Stress Management</td>
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<td></td>
<td>• Megan Cecil, CADC</td>
<td>• Couples/Family</td>
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<td>• Substances</td>
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<td></td>
<td>• LBGTQIA identities/issues</td>
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<td></td>
<td>• Multi-cultural</td>
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<td>• Adjustment/Life Transitions</td>
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<td>• Trauma</td>
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<td></td>
<td>• Emotional Dysregulation</td>
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<td></td>
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<td>• PTSD</td>
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<tr>
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<td>Insurance/Payment</td>
<td>Wait time for appointment/Other Comments</td>
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<tr>
<td><strong>Clarity Counseling</strong></td>
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<td>•</td>
<td>Blue Cross Blue Shield</td>
</tr>
</tbody>
</table>
| 1200 Valley West Drive Suite 702   | • Barbara Petersen-Fox, LISW  
  barb@claritycounselingdm.com  
  Krista Long, LISW  
  krista@claritycounselingdm.com | •        | •                |                                          |
| West Des Moines, IA 50266-1907     | Barbara P: 515-225-1940  
  Krista P: 515-225-1825       | •        | •                |                                          |
| **Clear Brook Counseling**         |                       | •        | •                |                                          |
| 213 N. Ankeny Blvd., Ste 100       |                       | •        | •                |                                          |
| Ankeny, IA 50023                   |                       | •        | •                |                                          |
| **David Beeman, Innovative Learning** |                       | •        | •                |                                          |
| 2130 Grand Ave. Des Moines, IA 50322 | • David Beeman, PhD  
  Susan Smith Helkein  
  Hayden Finch, PhD | •        | •                | BCBS  
  Medicare  
  Midland’s Choice | 1 week |
| P: 515-270-0280  
  F: 515-270-1647  
  E: david.beeman.phd@gmail.com |                       | •        | •                |                                          |
| **Des Moines Pastoral Counseling** |                       | •        | •                |                                          |
| 8553 Urbandale Ave. Urbandale, IA 50322 |                       | •        | •                | LBGTQIA identities/issues  
  Multi-cultural  
  Adjustment/Life Transitions  
  Trauma  
  Emotional Dysregulation  
  PTSD | 4-6 weeks |
| P: 515-274-4006  
  F: 515-255-5697  
  E: info@dmpcc.org |                       | •        | •                |                                          |
<table>
<thead>
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<th>Agency</th>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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</thead>
</table>
| Dorothy Anderson 3109 SW Woodfield Lane Ankeny, IA 50023  
P: 515-963-0222  
F: none  
E: none provided | • Dorothy Anderson, LMHC | • | • Private Pay only |  |
| Family Legacy Counseling 5415 NW 88th St., Ste 100 Johnston, IA 50131  
P: 515-727-1338  
F: none  
E: none provided | • | No information provided | • BCBS  
• United Healthcare  
• Coventry  
• TriCare | No information provided |
| Fein Therapy Services & Women’s Counseling Center 412 NW Irvinedale Drive Ankeny, IA 50023  
P: 515-964-1733  
F: none  
E: feintheapy@aol.com  
womenscc@aol.com | • Laurie Fein, CADC, LISW, MSW, MACJ | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/Work performance  
• Stress Management  
• Couple/Family issues  
• Substance use  
• Career Exploration  
• LBGTQIA identities/issues  
• Transgender Identity/support  
• Multi-cultural issues  
• Trauma issues  
• Complex/Developmental trauma  
• Adjustment/Life Transitions  
• Emotional Dysregulation  
• PTSD | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• Medicare  
• AETNA  
• UBH  
• First Administrators  
• Coventry  
• Private pay | Private pay - $160/session |
| Foundation Counseling 1217 SW 2nd St. Ankeny, IA 50023  
P: 515-965-7983  
F: none  
E: none provided | • | • | • | Call to schedule an intake |
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
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<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
</table>
| Full Heart Family Therapy & Renewal Center  
602 SE Delaware Ave.  
Ankeny, IA  50021  
P: 515-705-0174  
E: fullheartftrc@gmail.com  
Website: www.fullheartfamilytherapy.com | Mary Meyer, PhD, LMFT, CSAT  
Krystyna Thompson, LMFT  
Kaitlyn Schafer, MHP-TL  
Alyssa Clayden, LMSW  
Jim Hanson, PhD, LMHC  
Kathy Greer, LISW | Couples Therapy  
Individual Therapy  
Sexual Addiction  
Betrayal Trauma  
Couples Retreats  
Art Therapy | We do not accept insurance as payment for our services, however we will be happy to provide you necessary documentation should you choose to seek reimbursement yourself.  
Full Heart is an ‘out of network’ provider with all insurance companies. |  |
| Glen Haven Counseling Resources  
3408 Woodland Ave., Ste 102  
Des Moines, IA  50266  
P: 515-225-2015  
F: 515-225-1744  
E: glenhavencounseling.com |  |  | 1 week |  |
| Hayden Finch Innovative Learning Professionals  
2130 Grand Ave  
Ste B  
Des Moines, IA  50312  
P: 515-270-0280  
F: 515-270-1647  
E: hfinch@ilearniowa.com | Hayden Finch, PhD | Depression  
Anxiety  
Relationships  
Self-esteem  
Stress Management  
Substance use  
Trauma issues  
Psychological assessment  
Emotional dysregulation  
PTSD | Wellmark BCBS  
Alliance Select  
Medicaid – Amerihealth Caritas  
AETNA  
Midlands Choice  
Private pay | Return calls same day  
Appt w/in 1 week  
Private Pay - $160/hr |
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</table>
| Healing Pathways | • Devon Gilliland Minard, LISW | • Addiction (Drugs & Process)  
• Alcohol Abuse  
• Anger Management  
• Borderline Personality DO  
• Career Counseling  
• Codependency  
• Coping skills  
• Divorce  
• Domestic Abuse/Violence  
• Family Conflict  
• Grief  | • Asperger’s Syndrome  
• Autism  
• Behavioral issues  
• Infidelity  
• Relationship issues  
• Self-Esteem  
• SIB  
• Sexual abuse  
• Gender identity  
• Depression  
• Suicidal ideation  | Wellmark BCBS  
• BCBS  
• Alliance  
• AETNA  
• Amerigroup  
• Co-Opportunity  
• Coventry  
• MHN Net Behavioral Health  
• Magellan Behavioral Health  
• Optum  
• Medicaid  
• Midlands Choice  
• Out-of-Network  | Typically 1 week wait. |
| Healing Arts, PLLC | • Molly Douglas, ATR-, LMHC  
• Melissa Nord, LMHC  
• Claire Roth Lamb, LISW | Trauma & PTSD  
Sexual & Physical abuse  
Grief  
Mood disorders  
Anxiety disorders  
Eating disorders  
Body image  
Attachment  
Grief  
Phase of life issues  
Identity issues  
Emotion regulation  | Adjustment issues  
Coping strategies  
Self-inflicted violence  
Traumatic stress  | Alliance Select  
• Blue Select  
• Blue Cross Blue Shield  
• Health Partners  
• Midlands Choice  
• Optum  
• United Healthcare  | Art Therapy  
Body Mind Healing  
EMDR  
Mindfulness  
TF-CBT  
Yoga  
Sliding scale on limited basis |
| JMG Therapy & Counseling Services | • Andrea Gustafson, LISW | • Depression  
• Anxiety  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  | • Wellmark BCBS  
• AETNA  
• Health Partners  
• Medicaid  
• Midland’s Choice  | • TriCare  
• United Healthcare  
• UBH  
• Private pay  | 1-2 weeks  
Private Pay ranges from $110 - $160  
Will work with client on payment plan if they are private pay. |
<table>
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<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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<td>Lutheran Services in Iowa</td>
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<td>▪ BCBS</td>
<td>1 week</td>
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<tr>
<td>3125 Cottage Grove Ave.</td>
<td></td>
<td></td>
<td>▪ Medicaid</td>
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<td>Des Moines, IA</td>
<td></td>
<td></td>
<td>▪ United Health Care</td>
<td></td>
</tr>
<tr>
<td>P: 515-271-7403</td>
<td></td>
<td></td>
<td>▪ Private Pay</td>
<td></td>
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<tr>
<td>F: 515-271-7450</td>
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<td></td>
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<tr>
<td>E: none provided</td>
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<tr>
<td>Matt Hively</td>
<td>• Matt Hively, PhD</td>
<td>•</td>
<td>▪ BCBS</td>
<td>1 week</td>
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<tr>
<td>917 E. 1st St., Suite F</td>
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<td>▪ Private Pay</td>
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<td>Ankeny, IA 50021</td>
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<td>P: 515-450-8403</td>
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<td>F: 515-292-2514</td>
<td></td>
<td></td>
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<tr>
<td>E: <a href="mailto:DRMATTHIVELY@GMAIL.COM">DRMATTHIVELY@GMAIL.COM</a></td>
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<tr>
<td>Website: DRMATTHIVELY.COM</td>
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<tr>
<td>Morgain Hall, PhD</td>
<td>• Morgain Hall, PhD</td>
<td>•</td>
<td>▪ BCBS</td>
<td>Private Pay $100/50 min session</td>
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<tr>
<td>1922 Ingersoll Ave., Ste. 116</td>
<td></td>
<td></td>
<td>▪ Medicare</td>
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<td>Des Moines, IA 50309</td>
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<td>▪ TriCare</td>
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<tr>
<td>P: 888-316-0396</td>
<td></td>
<td></td>
<td>▪ Private Pay</td>
<td></td>
</tr>
<tr>
<td>E: <a href="mailto:drmorgainhall@itherapy.com">drmorgainhall@itherapy.com</a></td>
<td></td>
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<tr>
<td><strong>Note: I only provide online sessions on secure website @ <a href="http://www.therapy.com/morgain-hall">www.therapy.com/morgain-hall</a></strong></td>
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**Note:** Umbrella provider indicated with an '•' symbol.
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<th>Services</th>
<th>Insurance/Payment</th>
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<tr>
<td>Murphy Counseling &amp; Therapy</td>
<td>• Emily Murphy, LMHC</td>
<td>• Depression • Anxiety • Self-esteem • Academic/work performance • Stress Management • Couples/Family issues • LBGTQIA Identities/issues • Transgender Identity/support</td>
<td>• Wellmark BCBS • United Healthcare • Medicaid • AETNA • UBH</td>
<td>Typically 1 week from initial call.</td>
</tr>
<tr>
<td></td>
<td>P: 515-777-1208 F: 515-777-1210 E: <a href="mailto:emily@murphycts.com">emily@murphycts.com</a></td>
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<tr>
<td>New Life Counseling</td>
<td>• Donald Gilbert, PhD LMFT • Matt Ness, LMHC, LMFT • Meg Garrison, LMHC • Angie Applegate, LISW • Erik Oostenink, LMHC • Christiana Hill, LMFT • Elena Lamaak, LMHC • Elizabeth Rohde, LMHC • Katie Blair, TLMHC • Julie Roche, TLMHC</td>
<td>• Depression • Anxiety • Relationships • Self-esteem • Grief work • Academic/work performance • Stress management • Couples/family issues • Trauma • Adjustment/life transitions • ADD/ADHD • Addiction recovery • Christian counseling • Art Therapy</td>
<td>• Wellmark BCBS • Alliance Select • United Healthcare • Health Partners • CIGNA • Medicare • AETNA • UBH • First Administrators • Tri-Care • Midlands Choice • Sliding Fee Scale • Private pay</td>
<td>• Try to return calls daily • Get clients in as quickly as possible • Return calls daily during business hours Private Pay $80 MA $100 MA licensed $130 PhD</td>
</tr>
<tr>
<td></td>
<td>P: 515-964-5003 F: 515-964-3856 E: <a href="mailto:newlife50023@gmail.com">newlife50023@gmail.com</a></td>
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<tr>
<td>Heartland Christian Counseling</td>
<td>• Heidi Vermeer-Quist, PsyD • Linda Blinkman, LISW • Kelsey Gehrin, LMSW • Barbara Graham, LISW • Jeff Loney, LMHC • Holly Lukasiewicz, LISW • Jill Thomas, LISW</td>
<td>• Depression • Anxiety • Mood Disorders • Relationships • Trauma Recovery • Grief/Loss • Pain Management • Peri-natal Mood &amp; Anxiety</td>
<td>• BCBS • United Healthcare • Medicaid • Health Partners • Midland’s Choice</td>
<td>No information provided</td>
</tr>
<tr>
<td></td>
<td>P: 515-331-0303 F: 515-331-9086 E: none provided Website: <a href="http://www.heartland-christiancounseling.com">www.heartland-christiancounseling.com</a></td>
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<tr>
<td>Agency</td>
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<td>Services</td>
<td>Insurance/Payment</td>
<td>Wait time for appointment/Other Comments</td>
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<tr>
<td><strong>Prairie Wellness</strong></td>
<td>• Emily Smith, LISW</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Academic/work performance&lt;br&gt;• Stress Management&lt;br&gt;• Couples/family issues&lt;br&gt;• Substance use&lt;br&gt;• Career Exploration&lt;br&gt;• LBGTQIA identities/issues</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare (limited)&lt;br&gt;• Health Partners&lt;br&gt;• Medicaid&lt;br&gt;• Medicare&lt;br&gt;• Aetna&lt;br&gt;• UBH (limited)&lt;br&gt;• Coventry&lt;br&gt;• Midlands Choice&lt;br&gt;• Private Pay</td>
<td>• Calls returned w/in 24 business hours&lt;br&gt;Private pay is $150&lt;br&gt;Evening hours offered</td>
</tr>
<tr>
<td>3209 Ingersoll Ave., Ste 100&lt;br&gt;Des Moines, IA 50312</td>
<td></td>
<td>• Trauma&lt;br&gt;• Complex/developmental trauma&lt;br&gt;• Adjustment/life transitions&lt;br&gt;• Emotional dysregulation&lt;br&gt;• PTSD&lt;br&gt;• Mindfulness training&lt;br&gt;• OCD treatment&lt;br&gt;• Group therapy&lt;br&gt;• Mindfulness-based stress reduction classes</td>
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<tr>
<td>P: 515-207-1705&lt;br&gt;F: 515-993-3845&lt;br&gt;E: <a href="mailto:info@prairiewellness.com">info@prairiewellness.com</a></td>
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<tr>
<td>“Politically progressive, culturally competent and happy to work with clients from other countries.”</td>
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<tr>
<td><strong>Psychology Associates</strong></td>
<td>• Paul Ascheman PhD</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Academic/work performance&lt;br&gt;• Stress management&lt;br&gt;• Substance use&lt;br&gt;• Military/Veterans</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare&lt;br&gt;• UBH&lt;br&gt;• Midlands Choice</td>
<td>1-2 weeks</td>
</tr>
<tr>
<td>7177 Hickman Road Ste. 12&lt;br&gt;Urbandale, IA 50322-4844</td>
<td>• Phil Ascheman, PhD</td>
<td>• Career Exploration&lt;br&gt;• Trauma&lt;br&gt;• Complex/developmental trauma&lt;br&gt;• Psychological assessment&lt;br&gt;• Adjustment/Life transitions&lt;br&gt;• Emotional Dysregulation&lt;br&gt;• PTSD</td>
<td></td>
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<tr>
<td>P: 515-253-0566&lt;br&gt;F: 515-253-0616&lt;br&gt;E: none provided</td>
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<tr>
<td><strong>Seely Psychotherapy Services</strong></td>
<td>• Aaron Seely, LISW</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Academic/work performance&lt;br&gt;• Stress management&lt;br&gt;• Couples/Families&lt;br&gt;• Trauma&lt;br&gt;• Adjustment/life transitions&lt;br&gt;• Emotional dysregulations&lt;br&gt;• PTSD</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare&lt;br&gt;• Health Partners&lt;br&gt;• CIGNA&lt;br&gt;• Medicaid&lt;br&gt;• AETNA&lt;br&gt;• UBH&lt;br&gt;• Coventry&lt;br&gt;• Midlands Choice&lt;br&gt;• Sliding fee scale&lt;br&gt;• Private pay</td>
<td>Generally schedules w/in 24 hours&lt;br&gt;Sliding fee scale&lt;br&gt;Private Pay $70/session&lt;br&gt;E-mails preferred to phone</td>
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<td>Wait time for appointment/Other Comments</td>
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</tbody>
</table>
| Susan Houts, LISW, LLC 431 28th St., Suite 202 Des Moines, IA 50312 P: 515-274-9838 F: none E: susan@soulvoiceia.com | • Susan Houts, LISW | • Depression  
• Anxiety  
• Sexual identity  
• Gender identity  
• Family of origin concerns  
• Trauma  
• LGBTQ clients | • BCBS  
• Midlands Choice  
• AETNA  
• CIGNA  
• Medicaid - Amerigroup  
• Sliding fee scale | |
| SS Therapy & Consulting 1517 N. Ankeny Blvd., Ste D Ankeny, IA 50002 4725 Merle Hay Road, Ste 205 Des Moines, IA 50322 Ankeny site P: 515-964-5105 F: 515-964-5150 E: sandusky@sstherapyandconsulting.com Des Moines site P: 515-528-8135 F: none provided | • Shelly Stewart-Sandusky, LMFT (both locations)  
• Anne Schmitz, LMFT (both locations)  
• Amanda Ackerman, LMHC, CADC, EMDR trained (only in Ankeny) | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couples/families  
• Substance abuse | • BCBS  
• Alliance Select  
• United HealthCare  
• Medicaid  
• AETNA  
• UBH  
• Tri-Care  
• Coventry  
• Midlands Choice  
• Health Alliance | • Appointments w/in 2 business days  
Private Pay: Initial - $150  
After - $100 |
<table>
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<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment/ Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>West Des Moines Center for Psychotherapy</td>
<td>• Catalina Ressler, PhD</td>
<td>• Catalina specialties (Relational &amp; shock trauma; Body Image &amp; Bulimia; Shame-related issues; Life Transitions. Assessment areas: Personality; Bariatric Procedures; Spinal Cord Stimulation Implant; Disability &amp; Impairment; Career Exploration/Development.</td>
<td>• BCBS</td>
<td>See individuals 18+ All therapists are generalist who take referrals for the full spectrum of mental health concerns. Wait time 1-4 weeks depending on the provider.</td>
</tr>
<tr>
<td></td>
<td>• Kathryn Wierda, PhD</td>
<td>• Cora Schuhmacher, PhD</td>
<td>• First Administrators</td>
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<tr>
<td></td>
<td>• Cora Schuhmacher, PhD</td>
<td>• Danah Barazanjii, PhD</td>
<td>• UBH</td>
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<tr>
<td></td>
<td>• Danah Barazanjii, PhD</td>
<td></td>
<td>• Medicare</td>
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<td>• Midlands Choice</td>
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<td>• AETNA</td>
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<td>PSYCHIATRIC PROVIDERS – AMES, IA</td>
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<tr>
<td>Central Iowa Psychological Services</td>
<td>• Jody Kapustka, PMHNP-BC</td>
<td>• Medication evaluation</td>
<td>• Blue Cross Blue Shield</td>
<td>Jody: Only sees patients on Wednesdays late afternoon to evening Judy: Sees patients in Ames on Tuesdays &amp; Thursdays. She is also in West Des Moines office Monday &amp; Wednesday</td>
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<td></td>
<td>• Judy Gonzales, PMHNP-BC</td>
<td>• Medication management</td>
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West Des Moines Center for Psychotherapy
1045 76th St., Ste 3030
West Des Moines, IA
P: 515-777-3388
F: 515-777-3387
E: none provided

Central Iowa Psychological Services
223 S. Walnut Ave.
Ames, IA 50010
P: 515-233-1122
F: 515-6500
<table>
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<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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</thead>
<tbody>
<tr>
<td><strong>Community &amp; Family Resources (CFR)</strong>&lt;br&gt;1619 South High Ave.&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-232-5811&lt;br&gt;F: 515-232-3780</td>
<td>• Jack Dodd, MD&lt;br&gt;• Christel Rinehart, ARNP</td>
<td>• Medication evaluation&lt;br&gt;• Medication management</td>
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<tr>
<td><strong>Eyerly Ball Mental Health Community Center</strong>&lt;br&gt;2521 University Blvd,&lt;br&gt;Ste 121&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-598-3300&lt;br&gt;F: 515-292-2624</td>
<td>• Steven Stokes, ARNP&lt;br&gt;(telemedicine)</td>
<td>• Medication evaluation&lt;br&gt;• Medication management</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare&lt;br&gt;• Medicaid&lt;br&gt;• Medicare&lt;br&gt;• Tri-Care&lt;br&gt;• Coventry&lt;br&gt;• Midlands Choice&lt;br&gt;• Sliding scale (county funding)&lt;br&gt;• Private pay</td>
<td>1-2 weeks</td>
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<tr>
<td><strong>Gabrielle Barloon, MD</strong>&lt;br&gt;Fifth Street Mental Health Professionals&lt;br&gt;600 5th St.,&lt;br&gt;Ste 200&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-232-2051&lt;br&gt;F: 515-232-2775</td>
<td>• Gabrielle Barloon, MD</td>
<td>• Medication Evaluation&lt;br&gt;• Medication Management</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare</td>
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<tr>
<td><strong>Optimae Life Services</strong>&lt;br&gt;104 S. Hazel Ave.&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-956-2684&lt;br&gt;F: 515-450-5315&lt;br&gt;E: <a href="mailto:jmccinnerney@optimaelifeservices.com">jmccinnerney@optimaelifeservices.com</a></td>
<td>• Jayson Gesulga, PA-C,&lt;br&gt;MMS</td>
<td>• Medication evaluation&lt;br&gt;• Medication management</td>
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<td>• Varies&lt;br&gt;• In Ames office&lt;br&gt;Tuesdays from 9:00 – 4:30&lt;br&gt;Currently 2 weeks for psychiatric evaluation</td>
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<tr>
<td><strong>Primary Health Care</strong></td>
<td>•</td>
<td>▪ Medication evaluation ▪ Medication management</td>
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<td><strong>Must be a medical patient to obtain psychiatric services</strong></td>
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<tr>
<td>3510 Lincoln Way</td>
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<td>Ames, IA  50014</td>
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<td>P: 515-232-0628</td>
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<td>F: 515-232-0727</td>
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<tr>
<td><strong>Thielen Student Health Center (TSHC)</strong></td>
<td>Carver Nebbe, MD</td>
<td>▪ Medication Evaluation ▪ Medication Management</td>
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<td>Call to make an appointment.</td>
</tr>
<tr>
<td>2647 Union Drive</td>
<td>Ranae Roberts, ARNP</td>
<td></td>
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<td>Note: Fax #’s vary by provider so call &amp; check where to fax information</td>
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<tr>
<td>Iowa State Univ.</td>
<td>Meredith Olson, ARNP</td>
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<td>Ames, IA  50011-2029</td>
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<td>P: 515-294-5801</td>
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<td>F: 515-294-5457</td>
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<td><strong>YSS</strong></td>
<td>Mark Collins, MD</td>
<td>▪ Medication Evaluation ▪ Medication Management</td>
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<tr>
<td>125 South 3rd St.</td>
<td>Cecilia Nassif, ARNP</td>
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<td>Ames, IA  50010</td>
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<td>P: 515-233-2250</td>
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<td>F: 515-233-3235</td>
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<tr>
<td><strong>Compass Tree Counseling</strong></td>
<td>Maureen Patterson,</td>
<td>▪ Medication Evaluation ▪ Medication Management</td>
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<tr>
<td>600 5th Street, Suite 300</td>
<td>PA-C</td>
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<td>Ames, IA  50010</td>
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<td>P: 515-233-3971</td>
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<td>F: 877-522-5014</td>
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<td>E: <a href="mailto:infor@compasstree.org">infor@compasstree.org</a></td>
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<td>W: compasstree.org</td>
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<td><strong>NEURO-PSYCHOLOGY SERVICES</strong></td>
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<tr>
<td>Campbell Neuropsychological Services&lt;br&gt;6200 Aurora Ave.&lt;br&gt;Ste. 202&lt;br&gt;Urbandale, IA 50322&lt;br&gt;P: 515-252-2522&lt;br&gt;F: 515-252-2523</td>
<td>• Derek Campbell, PhD</td>
<td>• Neuro-psychological Services</td>
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<tr>
<td>Evans Neuropsychology&lt;br&gt;1001 Office Park Rd&lt;br&gt;Ste 301&lt;br&gt;West Des Moines, IA 50265&lt;br&gt;P: 515-985-8209&lt;br&gt;F: 515-805-2981</td>
<td>• Catherine Evans, PhD</td>
<td>• Individual Psychotherapy&lt;br&gt;• Counseling&lt;br&gt;• Psychological Assessment&lt;br&gt;• Testing&lt;br&gt;• Neuro-psychological Evaluation&lt;br&gt;• Neuro-psychological Treatment Planning&lt;br&gt;• Cognitive Rehabilitation</td>
<td></td>
<td>Call for insurance &amp; appointment</td>
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<tr>
<td>Kenneth Mills, PhD&lt;br&gt;1531 Airport Rd.&lt;br&gt;Ste 1&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-233-4200</td>
<td>•</td>
<td>• Neuro-psychological services</td>
<td>• BCBS&lt;br&gt;• Wellmark BCBS</td>
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| **Mercy Ruan Neurology**       | *Steven R. Adelman, D.O.*  
*Paul V. Babikian, M.D.*  
*David L. Friedgood, D.O.*  
*Randall H. Hamilton, M.D.*  
*Bruce L. Hughes, M.D.*  
*Michael Jacoby, M.D.*  
*Mark S. Puricelli, D.O.*  
*Heike I Schmolck, M.D.*  
*Keith M. Kohout, D.O., M.S.*  
*Anne Lewis, ARNP*            | Neuro-psychological Services                           | ▪ BCBS  
▪ CIGNA  
▪ Multiplan  
▪ United Healthcare |                                   |
| **On With Life**               | •                                                         | Post-Acute Inpatient Neuro Rehabilitation  
Long-Term Skilled Care  
Outpatient Neuro Rehabilitation  
Residential Neuro Rehabilitation  
Supported Community Living  
Neuro-psychological Services  
Independent Living             |                                   |                                   |
| **Ames Counseling & Psychological Services** | •                                                         | Neuro-psychological Services                |                                   |                                   |

**Agency**

- **Mercy Ruan Neurology**
  - Address: 111 6th Ave.
  - City: Des Moines, IA 50314
  - Phone: 515-358-0011
  - Fax: 515-358-0099

- **On With Life**
  - Address: 715 SW Ankeny Rd
  - City: Ankeny, IA 50023
  - Phone: 515-289-9600 or 1-800-728-0645

- **Ames Counseling & Psychological Services**
  - Address: 3600 Lincoln Way, Suite 4
  - City: Ames, IA 50014
  - Phone: 515-239-4410
  - Fax: 515-663-4885