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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<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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| **5th Street Mental Health Professionals**  
600 5th St.,  
Ste 200  
Ames, IA  50010  
P: 515-232-2051  
F: 515-232-2775  
E: none | • 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 | • All counselors full except Thomas Looney who only takes BCBS. |
| **Abundant Life Counseling**  
535 Main St.,  
Ames, IA  50010  
P: 515-599-3179  
F: none  
E: pamelaosuch@juno.com (USPS all records) | • Pamela Osuch, LMHC, IADC | | | • Wait is 7-10 days  
• Call or schedule through her website for intake. |
| **Adrienne Shrader**  
5th Street Mental Health Professionals  
600 5th Street,  
Ste 200  
Ames, IA  50010  
P: 515-232-2051  
F: 515-232-2775  
E: adrienne22rae@gmail.com | • 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 and will screen for appropriateness. |
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</thead>
</table>
| Elizabeth Wade | • Elizabeth Wade, LMHC | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Stress management  
• Chronic/terminal illness  
• LBGTQIA identities/issues  
• Trauma issues  
• Complex & developmental trauma  
• Adjustment/life transitions  
• Emotional dysregulation  
• PTSD | Wellmark BCBS  
• Private pay | “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 |
| Ames Counseling & Psychological Services | • 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 | • 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  
• Transgender identity/issues  
• Multi-cultural issues  
• Trauma issues  
• Complex/Developmental trauma  
• Psychological assessment  
• Adjustment/Life transition  
• Emotional Dysregulation  
• PTSD  
• Autism Spectrum  
• Christian Counseling | 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) | James Donaldson speaks fluent Spanish  
Scheduling into end of May or June. |
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<tr>
<td>Ames Psychological Wellness Center 4720 Mortensen Road, Suite 104, Ames, IA 50014</td>
<td>Nicole Olson, PhD, Courtney Clippert-Tredwell, PhD, Whittney Statham, PhD, Mary Nii Muntah, PhD, Kristen Sievert, 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>Possible openings end of May or June.</td>
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| ATC Ames Therapy & Consulting Services, PC 1103 Buckeye Ave., Ste 104 Ames, IA 50010 P: 515-450-5230 or 515-337-1380 F: 1-855-377-6321 E: dr.amy@amestherapy.com | • 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  
• Vincent Marziono, PhD, LP, Licensed Psychologist, DSM office  
• Callie Lawrence, MA, LMHC DSM office  
• Ellyn Nitchals-Kellner, MS, LMHC NCC, EMDR certified (EMDR for trauma & PTSD &)  
• Anna Zuidema, MA, NCC, TLMHC (Certified Prepare & Enrich for marriage counseling) Counseling Intern  
• Two graduate interns | • Depression  
• Anxiety  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/family issues  
• Multi-cultural issues  
• Trauma issues  
• Complex /developmental trauma | • Wellmark BCBS  
• UBH  
• CIGNA  
• Midland’s Choice  
• Health Alliance  
• Medica  
• Health Partners  
• Golden Rule  
• Federal VA DSM & Iowa City  
• State of Iowa EFR  
• Private pay | • Generally 2-3 weeks wait  
• Same day call-back  
• Private pay: $40 w/ counseling interns  
• Hours: M,T&Th: 9-5  
• Wed: 10-7  
• Fri: 8-4 |
| Amy Kuehl Clinical Associates of Ames 511 Duff Avenue, Ste 100 Ames, IA 50010 P: 515-520-1896 F: 515-292-5044 E: amykuehl@live.com | • Amy Kuehl, LISW | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Stress Management  
• Couples/Family issues  
• LBGTQIA Identities/Support  
• Trauma  
• Complex/Developmental Trauma  
• Emotional Dysregulation  
• PTSD  
• Christian counseling | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• Medicare  
• AETNA  
• First Administrat or  
• Tri-Care  
• Coventry  
• Multi-plan  
• Midland’s Choice  
• Health Alliance  
• Sliding Fee scale | • Currently not accepting new clients. |
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<tr>
<td><strong>Anita Schlosser</strong>&lt;br&gt;<strong>Clinical Associates of Ames</strong>&lt;br&gt;511 Duff Ave&lt;br&gt;Ste 100&lt;br&gt;Ames, IA 50010</td>
<td>• Anita Schlosser, 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;• Stress Management&lt;br&gt;• Couples/family issues&lt;br&gt;• Adjustment/Life Transitions</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;• Medicare&lt;br&gt;• Aetna</td>
<td>• Currently full.</td>
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<tr>
<td><strong>Catalyst Counseling</strong>&lt;br&gt;600 5th St.,&lt;br&gt;Ste 302&lt;br&gt;Ames, IA 50010</td>
<td>Suzanne Zilber, PhD</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Eating Disorders&lt;br&gt;• Relationship&lt;br&gt;• Self-esteem&lt;br&gt;• Academic/work performance&lt;br&gt;• Stress Management&lt;br&gt;• Couples/Family&lt;br&gt;• Substances&lt;br&gt;• Career Exploration</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;• AETNA</td>
<td>• Return call w/in 24 hrs&lt;br&gt;• Waiting room private&lt;br&gt;• Limited availability.&lt;br&gt;Private Pay: $180 initial intake $165 for 55 min; $135 for 45 min</td>
</tr>
<tr>
<td><strong>Catholic Charities</strong>&lt;br&gt;2210 Lincoln Way&lt;br&gt;Ames, IA 50014</td>
<td>• Lisa Turner, LMFT</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Academic/work performance&lt;br&gt;• Stress Management&lt;br&gt;• Couples/Family</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare&lt;br&gt;• CIGNA&lt;br&gt;• AETNA&lt;br&gt;• UBH</td>
<td>• 4-5 weeks&lt;br&gt;• Therapist EMDR certified</td>
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</table>
| Central Iowa Psychological Services | • Warren Phillips, PhD  
• Amy Badding, LMHC  
• Kayla Davidson, PsyD  
• Paula Gault, LMFT  
• Lu Klatt, LISW  
• Susie Lang, LMHC, NCC  
• Sunde Nesbit, PhD  
• Alyson Pearson, LISW  
• Robin Schinnow, LISW  
• Robert Thacker, MA, CADC  
• Linda Trudeau, 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  
• Some providers take TriCare | 4-5 weeks |
<table>
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<tr>
<td>Clear Brook Counseling</td>
<td>Kim Pontius, LMHC, CCDP</td>
<td>Depression, Anxiety, Eating Disorders, Relationships, Self-esteem, Grief Work, Academic/Work Performance, Couples/Family, Substance use, Hypnosis – Weight loss/smoking cessation</td>
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<td>Some openings</td>
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<td>Valerie Stubbs, LMFT, CADC, CCH, Hypnotist</td>
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<td>Thomas Patterson, LISW, CADC</td>
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<td></td>
<td>Kelsi Stevenson, LMFT</td>
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<td></td>
<td>Samantha Novelle, LMHC</td>
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<td>John McDonald, LISW</td>
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<td>Leisha Ristau, LISW</td>
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<td>Nikki Reedy, TLMHC</td>
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<tr>
<td></td>
<td>Daniel Chavarria , TLMHC (Bilingual in Spanish)</td>
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<td></td>
<td>Kathy Dinges, LISW</td>
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<td>John</td>
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<td>Joanna</td>
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<td>Samantha</td>
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<td>Clear Brook Counseling</td>
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<td>614 Billy Sunday Road, Ste 100</td>
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<td>E: <a href="mailto:info@clearbrookprofessionals.com">info@clearbrookprofessionals.com</a></td>
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<td>Clinical Associates of Ames</td>
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<td></td>
<td>Art Konar, PhD</td>
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<td>Psychological Testing</td>
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</table>
| Community & Family Resources | Jack Dodd, MD, Christel Rinehart, ARNP, Moniqu Maldonado, TLMHC, MACP, IADC, EMDR, Maria Mallarino, LISW, Cary Williams, LISW, Travis Mathias, LMSW, Brittany McClure, TCADC, Lisa Jackson, BA, William McGhghy, MA, IADC, Jim Katouch, BA, IADC | • Depression  
• Anxiety  
• Eating Disorders  
• Relationship Issues  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/family issues  
• Career exploration  
• LBGTQIA identities/issues  
• Transgender Identities/support | • Wellmark  
• BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• AETNA  
• Medicaid  
• Medicare  
• UBH  
• Tri-Care  
• Coventry  
• Multiplan  
• Midlands Choice  
• Health Alliance  
• Sliding fee scale  
• Private pay | • Return call w/in 24 hours  
• Mental health wait: 3-5 days  
• Substance Abuse: same day evaluations  
Sliding scale for both substance abuse & mental health for uninsured and underinsured students.  
Same Day Access Evaluations:  
Tues., 10:00 am to 3:00 pm  
Thurs., 2:00 pm to 6:00 pm  
Friday, 9:00 am to 12:00 noon  
Saturday, 9:00 am to 12:00 noon. |
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<tr>
<td>Compass Tree Counseling</td>
<td>• Martha Norton, LMHC, IAADC</td>
<td>• Trauma – EMDR - Sensorimotor • Transgender identity/support • Multi-cultural issues • Complex/developmental trauma • Psychological assessment • Emotional dysregulation • PTSD • Autism spectrum</td>
<td>• Wellmark BCBS</td>
<td>• Can call front desk (515-233-3971) or complete on-line intake form to get started.</td>
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<tr>
<td></td>
<td>• K.C. Moore, LISW</td>
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<td>• New client bio is completed online on website. Password is compasstreellc</td>
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<td></td>
<td>• Elaine O’Neal, LISW</td>
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<td>• Weekly team meetings on Wednesday to check on who is waiting for a contact.</td>
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<tr>
<td></td>
<td>• April Falzone, LMHC</td>
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<td>• Currently not taking new clients – call back middle of May. Interns are full too.</td>
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<tr>
<td></td>
<td>• Annie Lass, LMHC</td>
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<td>Private Pay:</td>
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<td></td>
<td>• Shane Kavanaugh, PhD, LMHC</td>
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<td>• Intern: no cost</td>
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<td>• Sheryl Frye, LCSW</td>
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<td>• Licensed: $100</td>
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<td>• Generally 2-3 interns</td>
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<td>• Rates changing 6/1/19</td>
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<td>All clinicians are trained in trauma - EMDR</td>
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<td>Shane works well with LBGTQIA clients</td>
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<td>Martha has worked with military, Substance abuse; Eating Disorders, comorbid, DID; transgender clients</td>
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<tr>
<td>Connecting Foundations</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</td>
<td>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</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; reintegration, Grief, Divorce, Stress management, Health &amp; wellness self-care, Chronic illness</td>
<td>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>
</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 – currently full, Individual therapy</td>
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<tr>
<td>Illuminations</td>
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<tr>
<td>416 Douglas Ave, Ste 201, Ames, IA 50010</td>
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<td>P: 515-232-7157</td>
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<tr>
<td>F: 515-232-7116</td>
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<tr>
<td>E: none</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>Currently full</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</td>
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<td>F: 515-232-2775</td>
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<tr>
<td>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>Wellmark BCBS, UHC</td>
<td>Some openings</td>
</tr>
<tr>
<td>2515 University Blvd., Suite 102, Ames, IA 50010</td>
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<tr>
<td>P: 515-451-3895</td>
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<td>F: 515-598-7800</td>
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<td>Insurance/Payment</td>
<td>Wait time for appointment/Other Comments</td>
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</tbody>
</table>
| Eyerly Ball Community Mental Health Services | Katrina Boge, LMSW  
John Morrow, LISW  
Tim Payton, LMHC | • 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 | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• Tri-Care  
• Coventry  
• Midlands Choice  
• Sliding Fee Scale – county funding  
• Private pay | • Walk-in Clinic only on Wed. & 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. |
| Firm Foundations Counseling Center         | Ron Stubbs, LMFT                       | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/Family  
• Christian Counseling | • Wellmark BCBS  
• AETNA  
• Sliding fee scale |
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<tr>
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<th>Wait time for appointment/ Other Comments</th>
</tr>
</thead>
</table>
| **Heart to Heart Communications**  
319 Lincoln Way  
Ames, IA 50010  
P: 515-233-8473  
F: none provided  
E: none provided | Bing Wall, PhD, LMFT  
Carol Caskey, MS ED, LMSW  
Andy Bradly, tLMHC | Christian Counseling  
Couples/Family  
Depression  
Relationships  
Sex Therapy  
Process Addictions | BCBS | No information provided |
| **Heartland Mental Health Therapy**  
328 Main St., Ste 214  
Ames, IA 50010  
P: 515-520-9703  
F: 515-608-4666  
E: HeartlandMHT@protonmail.com | John McInnerney, LISW, CADC  
Offers both mental health & chemical dependency evaluations/assessments | Depression  
Anxiety  
Eating Disorders  
Relationship issues  
Self-esteem  
Grief work  
Academic/work performance  
Stress Management  
Couples/Family  
Substance use | Wellmark BCBS  
Alliance Select  
United Healthcare  
Medicaid  
Medicare  
AETNA  
UBH  
Midlands Choice  
TriCare  
Lowest cost for private pay $70  
Private pay | • No wait time currently  
Will call the client back within 24 hours  
Schedule client on his website.  
Private pay: $145/hour |
| **Jessica Hoy Counseling**  
619 Elm St., Suite 2  
Story City, IA 50248  
P: 515-520-2257  
F: 515-733-6602  
E: jessicahoycounseling@gmail.com | Jessica Hoy, LMFT | Depression  
Anxiety  
Eating disorders  
Relationships  
Self-esteem  
Grief work  
Academic/work performance  
Stress management  
Couples/family issues  
Substance use  
Career exploration | Wellmark BCBS  
Alliance Select  
United Healthcare  
Medicaid  
Medicare  
AETNA  
UBH  
First Administrators | • Respond w/in 5 business days  
No openings until summer.  
Open Monday – Friday & some Saturdays |
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<th>Agency</th>
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<th>Services</th>
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</thead>
<tbody>
<tr>
<td>Joann Seeman-Smith</td>
<td>Joann Seeman Smith, PhD, LMHC</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress Management, Couples/Family issues</td>
<td>Wellmark BCBS, Alliance Select, Private Pay</td>
<td>Private Pay: Initial appointment $200 1 hr. Session $180 No current openings</td>
</tr>
<tr>
<td>2515 University Blvd, Ste 102, Ames, IA 50010</td>
<td>P: 515-451-0657</td>
<td>Trauma issues, Complex/Developmental trauma, Adjustment/Life Transitions, PTSD, Emotional Dysregulation, Autism Spectrum</td>
<td>Private Pay: Initial intake $130 Individual $65 Couples/Family $80 1-2 Business Days to return calls No current openings</td>
<td></td>
</tr>
<tr>
<td>Kelly Shea</td>
<td>Kelly Shea, LMFT</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/Work Performance, Stress Management, Couples/Family issues, LGBTQIA Identities/Issues</td>
<td>Wellmark BCBS, United Healthcare, Medicaid, Private pay, TRICARE, Several EAP programs, Midland's Choice</td>
<td>Private Pay: Initial intake $130 Individual $65 Couples/Family $80 1-2 Business Days to return calls No current openings</td>
</tr>
<tr>
<td>5th Street Mental Health Professionals</td>
<td></td>
<td>Transgender Identity/Support, Multi-cultural issues, Trauma issues, Complex/Developmental Trauma, Adjustment/Life Transitions, Emotional Dysregulation, PTSD</td>
<td>Medicaid, Medicare, UBH, Midlands Choice, Health Alliance, MHNET</td>
<td>Usually 2-3 weeks Return call w/in 24 hours</td>
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<tr>
<td>Clinical Associates of Ames</td>
<td></td>
<td>Trauma issues, Complex/Developmental trauma, Adjustment/life transitions, Emotional dysregulation, PTSD</td>
<td>Medicaid, Medicare, UBH, Midlands Choice, Health Alliance, MHNET</td>
<td>Usually 2-3 weeks Return call w/in 24 hours</td>
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<tr>
<td>Agency</td>
<td>Counselors/Therapists</td>
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<tr>
<td>Living Solutions</td>
<td>Kimberly Benton Herzberg, LISW</td>
<td>• Depression • Anxiety • Eating disorders • Relationships • Self-esteem • Grief work • Academic/work performance • Stress Management</td>
<td>• Wellmark BCBS • United Healthcare • UBH • Midland’s Choice</td>
<td>Usually 2 – 3 weeks • Call back within 24 hours • Some evening hours available • Kim is cutting back on # of clients she is taking.</td>
</tr>
<tr>
<td>Lutheran Services in Iowa</td>
<td>Renae Van Der Linden</td>
<td>• Depression • Anxiety • Relationships • Self-esteem • Grief work • Academic/work performance • Stress management • Career exploration • LBGTQIA identities/issues • Multi-cultural issues • Trauma issues • Complex &amp; developmental trauma • Adjustment/Life transitions • Emotional dysregulation • PTSD • Christian counseling</td>
<td>• Wellmark BCBS • Alliance Select • United Healthcare • CIGNA • Medicaid • AETNA • UBH • FIRST Administrator • Tri-Care • Coventry • Multiplan • Midlands Choice (only if secondary insurance) • Private pay</td>
<td>No information given about sliding scale or private pay. No current openings</td>
</tr>
<tr>
<td>Agency</td>
<td>Counselors/Therapists</td>
<td>Services</td>
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| 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) |
| • | • Marriage counseling and family therapy  
• Women's and men's issues  
• Abuse recovery  
• Childhood trauma  
• Treatment for anxiety or depression  
• Addictions  
• Eating disorders | • | • |
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<th>Agency</th>
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</thead>
</table>
| Optimae Life Services                | 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 | • 5 weeks  
Sliding scale available  
Lily is in the office M-W-TH from 8:00 am – 4:00 pm. |
| Sharing is Healing                   | Michelle Roling, LMHC, CEDS | • Eating disorders  
• Anxiety  
• OCD  
• Depression  
• Bipolar  
• Relationships  
• LBGTQIA  
• Grief  
• Trauma  
• Chronic/terminal illnesses  
• Families/couples  
• Parenting  
• Positive Psychology  
• Self-esteem  
• Interpersonal Development  
• Telotherapy – no coverage by insurance | • BCBS  
• Private pay – initial session $100 & subsequent sessions $75 | • To make an appointment, go to www.michelleroling.com & look at appt availability, register, request appointment & complete intake forms. |

* Schedule and complete the following forms online at www.michelleroling.com
<table>
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<tr>
<td><strong>Summer Brunscheen,</strong>&lt;br&gt;2515 University Blvd, Ste 102,&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-450-7532&lt;br&gt;F: 515-864-0263&lt;br&gt;E: <a href="mailto:drsummerb@gmail.com">drsummerb@gmail.com</a></td>
<td>• Summer Brunscheen, PhD, Licensed Psychologist</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;• 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;• Medicaid&lt;br&gt;• Medicare&lt;br&gt;• AETNA&lt;br&gt;• UBH&lt;br&gt;Private Pay</td>
<td>3 months&lt;br&gt;Private Pay: $230 initial session $220 – 60 min $170 – 45 min $230/hr psych testing&lt;br&gt;Phone calls may take 1-2 business days to return.&lt;br&gt;Hours are M-W 9 to 4 Thurs. not in office Fri 9 – 3</td>
</tr>
<tr>
<td><strong>River Valley Therapy Clinic</strong>&lt;br&gt;103 E. 6th Street, Ste 100,&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-290-2259&lt;br&gt;F: none provided&lt;br&gt;E: <a href="mailto:rivervalleytherapyclinic@gmail.com">rivervalleytherapyclinic@gmail.com</a></td>
<td>• Jeremy Stumbo, LMFT</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;• Family issues&lt;br&gt;• Adjustment/life transition</td>
<td>• BCBS&lt;br&gt;• Medicaid</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td><strong>Team Restoration</strong>&lt;br&gt;Cornerstone Church&lt;br&gt;56829 US Highway 30&lt;br&gt;Ames, IA 50010&lt;br&gt;P: 515-238-9010&lt;br&gt;F: 641-342-1017&lt;br&gt;E: <a href="mailto:nnelsen@teamrestoration.org">nnelsen@teamrestoration.org</a></td>
<td>• Stephen Bohlen, LMHC&lt;br&gt;• Julie Porter, LMHC</td>
<td>• Christian Counseling&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/work performance</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• United Healthcare&lt;br&gt;• CIGNA&lt;br&gt;• Medicaid&lt;br&gt;• AETNA&lt;br&gt;• UBH&lt;br&gt;• First Administrators&lt;br&gt;• Midlands Choice&lt;br&gt;• Sliding Fee Scale&lt;br&gt;Private Pay</td>
<td>2 – 4 weeks&lt;br&gt;Private pay $110 - $150</td>
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<td>Agency</td>
<td>Counselors/Therapists</td>
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| The Kai Lani Center                        | • 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 & Sat) | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/Family issues  
• Substance abuse  
• Ehler’s Danlos Support/Education Group | • Wellmark  
• BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• Medicare  
• AETNA | Private pay: $125-$175 per session depending on service provided  
Jocelyn is not accepting new clients.  
Francine may have some availability  
• Crisis care available same day  
• In case of hospital d/c, will see client on weekends  
• Calls returned w/in 24 hrs  
• On the brown bus line |
| Thomas Loney 5th Street Mental Health Professionals | • Thomas Loney, LMHC  
• Monique Maldonado | • Anxiety  
• Depression  
• Life transitions  
• Grief & Loss  
• Relationships  
• Families | • BCBS | Some openings |
<p>| Vine Christian Counseling 515 Grand Ave., Ste 203 Ames, IA 50010 | | | | |</p>
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<th>Insurance/ Payment</th>
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<tr>
<td>YSS – Family Counseling &amp; Clinic</td>
<td>• Kathy Dinges, LISW&lt;br&gt;• Estepha Francique, LMSW&lt;br&gt;• Shawna Kier, LMHC&lt;br&gt;• Jeremy Barsness, CADC&lt;br&gt;• Kevin Wilson, LMFT&lt;br&gt;• Diandrea Seipel, LMHC&lt;br&gt;• Dakota Funk, LMSW</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Career Exploration&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Stress Management&lt;br&gt;• Couples/Family&lt;br&gt;• Medication Management</td>
<td>• Wellmark BCBS&lt;br&gt;• United Healthcare&lt;br&gt;• Medicaid&lt;br&gt;• AETNA&lt;br&gt;• UBH&lt;br&gt;• Coventry&lt;br&gt;• CIGNA&lt;br&gt;• UMR&lt;br&gt;• Midlands Choice&lt;br&gt;• Health Alliance&lt;br&gt;• Sliding fee scale (substance abuse only)&lt;br&gt;• Private pay (no specifics given)</td>
<td>Intakes generally scheduled within 2-3 days</td>
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<td>POLK COUNTY SERVICES</td>
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<tr>
<td>Advanced Wellness</td>
<td>• Carrie Leaf, LMFT&lt;br&gt;• Bridgette Hagarty, Psy D&lt;br&gt;• Paul Voss, LMFT</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Stress management&lt;br&gt;• Couples/Family issues&lt;br&gt;• LBGTQIA identities/issues&lt;br&gt;• Multi-cultural issues&lt;br&gt;• Trauma issues&lt;br&gt;• Complex/developmental issues&lt;br&gt;• Adjustment/Life transitions&lt;br&gt;• Emotional dysregulation&lt;br&gt;• PTSD</td>
<td>• Wellmark BCBS&lt;br&gt;• Midland’s Choice</td>
<td>• Will return call w/in 24 hrs.&lt;br&gt;• Can get in 2 wks.&lt;br&gt;• Offer EMDR &amp; Hypnotherapy</td>
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<td>Insurance/Payment</td>
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<tr>
<td>Ankeny Family Counseling 301 W. 1st St. Ankeny, IA 50023</td>
<td>Vicki Ailey-Roberson, LMHC  Tristin Hodges, tLMHC  Brandal Wagner, tLMHC</td>
<td>Depression  Anxiety  Relationships  Self-esteem  Grief work  Stress management  Couples/Family issues – specializes in this  Substance use  Career Exploration  Couples  Family</td>
<td>Alliance Select  Wellmark BCBS  Medicaid  Midlands Choice  UBH</td>
<td>Call to schedule an intake –  Same day appointments available</td>
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<td>Trauma issues  Complex/developmental Trauma  Adjustment/Life transitions  Emotional dysregulation  PTSD  Christian Counseling  Emotionally focused Therapy  EMDR</td>
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<tr>
<td>Anne Ducharme-Jones 1316 41st St. Des Moines, IA 50311</td>
<td>Anne Ducharme-Jones, LISW</td>
<td>Eating disorders</td>
<td>No information provided</td>
<td>No information provided</td>
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<tr>
<td>Brown Therapy Resources 974 73rd St., Ste 24 Windsor Heights, IA 50324</td>
<td>Kevin Brown, LMSW</td>
<td>No information provided</td>
<td>Medicaid  Private Pay</td>
<td>No information provided</td>
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<tr>
<td>Agency</td>
<td>Counselors/Therapists</td>
<td>Services</td>
<td>Insurance/Payment</td>
<td>Wait time for appointment/Other Comments</td>
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<tr>
<td>Center for Interpersonal Effectiveness</td>
<td>R. James Thorpe, Psy. D, Phyllis Eddy, LMHC, Lon Eisbrener, LMHC, Lisa Walten, LISW, Susan Price Saylor, LISW, Pamela Davis, LMFT</td>
<td>Depression, Anxiety, Relationship Issues, Self-esteem, Grief work, Academic/work performance, Stress Management, Couple/Family</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, AETNA, UBH</td>
<td>No information provided</td>
</tr>
<tr>
<td>Central Iowa Psychological Services</td>
<td>Karen Ahrens, Psy D, Odnah Barazanji, PhD, Teresa Barrett, LMHC, Karin Beschen, LMHC, Bridget BEncke,LMHC, Amy Cantazaro, PhD, Deanna Engrav, MA, MFT, Megan Cecil, CADC</td>
<td>Depression, Anxiety, Eating Disorders, Relationships, Self-esteem, Academic/work performance, Stress Management, Couples/Family</td>
<td>Wellmark BCBS, Midlands Choice, AETNA, UBH, Medicaid</td>
<td>1-2 weeks</td>
</tr>
<tr>
<td>Clarity Counseling</td>
<td>Barbara Petersen-Fox, LISW <a href="mailto:barb@claritycounselingdm.com">barb@claritycounselingdm.com</a>, Krista Long, LISW <a href="mailto:krista@claritycounselingdm.com">krista@claritycounselingdm.com</a></td>
<td>Depression, Anxiety, Eating Disorders, Relationships, Self-esteem, Academic/work performance, Stress Management, Couples/Family</td>
<td>Wellsmark BCBS</td>
<td>Blue Cross Blue Shield</td>
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<tr>
<td>Agency</td>
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<td>Services</td>
<td>Insurance/Payment</td>
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<tr>
<td>David Beeman, Innovative Learning</td>
<td>• David Beeman, PhD</td>
<td>• Mood disorders</td>
<td>• BCBS</td>
<td>1 week</td>
</tr>
<tr>
<td>2130 Grand Ave, Des Moines, IA 50322</td>
<td>• Susan Smith Helkein</td>
<td>• Relationships</td>
<td>• Medicare</td>
<td></td>
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<tr>
<td></td>
<td>• Hayden Finch, PhD</td>
<td>• PTSD</td>
<td>• Midland’s Choice</td>
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<td></td>
<td></td>
<td>• Self-injury</td>
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<td>• ADHD</td>
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<td>• Individual therapy</td>
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<td>• Disability assessment</td>
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<td>• Forensic evaluation</td>
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<td>• Psych assessment &amp; evaluation</td>
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<tr>
<td>Des Moines Pastoral Counseling</td>
<td>•</td>
<td>• Depression</td>
<td>• LBGTQIA identities/issues</td>
<td>4-6 weeks</td>
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<tr>
<td>8553 Urbandale Ave, Urbandale, IA 50322</td>
<td></td>
<td>• Anxiety</td>
<td>• Multi-cultural</td>
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<td>• Relationships</td>
<td>• Adjustment/Life Transitions</td>
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<td>• Self-esteem</td>
<td>• Trauma</td>
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<td>• Academic/work performance</td>
<td>• Emotional Dysregulation</td>
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<td>• Stress Management</td>
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<td>• Couples/Family</td>
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<td>• Substances</td>
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<tr>
<td>Dorothy Anderson</td>
<td>• Dorothy Anderson, LMHC</td>
<td>•</td>
<td>• Private Pay only</td>
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<tr>
<td>3109 SW Woodfield Lane, Ankeny, IA 50023</td>
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<td></td>
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<td>• Depression</td>
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<td>• Academic/work performance</td>
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<td>• Substances</td>
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<tr>
<td>Family Legacy Counseling</td>
<td>•</td>
<td>No information provided</td>
<td>• BCBS</td>
<td>No information provided</td>
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<td>5415 NW 88th St., Ste 100, Johnston, IA 50131</td>
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<td>•</td>
<td>• United Healthcare</td>
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<td>• Coventry</td>
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<td>• TriCare</td>
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<tr>
<td>Fein Therapy Services &amp; Women’s Counseling Center</td>
<td>Laurie Fein, CADC, LISW, MSW, MACJ</td>
<td>Depression, Anxiety, Eating Disorders, Relationships, Self-esteem, Grief work, Academic/Work performance, Stress Management, Couple/Family issues, Substance use</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, Health Partners, Medicare, AETNA, UBH, First Administrators, Coventry</td>
<td>Private pay - $160/session</td>
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<td>Foundation Counseling</td>
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<td>Call to schedule an intake</td>
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<tr>
<td>Full Heart Family Therapy &amp; Renewal Center</td>
<td>Mary Meyer, PhD, LMFT, CSAT, Krystyna Thompson, LMFT, Kaitlyn Schafer, MHP-TL, Alyssa Clayden, LMSW, Jim Hanson, PhD, LMHC, Kathy Greer, LISW</td>
<td>Couples Therapy, Individual Therapy, Sexual Addiction, Betrayal Trauma, Couples Retreats, Art Therapy</td>
<td>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.</td>
<td>1 week</td>
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<td>Glen Haven Counseling Resources</td>
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<td>1 week</td>
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<td>Services</td>
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<td>Wait time for appointment/Other Comments</td>
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<tr>
<td>Hayden Finch Innovative Learning Professionals 2130 Grand Ave Ste B Des Moines, IA 50312 P: 515-270-0280 F: 515-270-1647 E: <a href="mailto:hfinch@ilearniowa.com">hfinch@ilearniowa.com</a></td>
<td>Hayden Finch, PhD</td>
<td>Depression Anxiety Relationships Self-esteem Stress Management Substance use Trauma issues Psychological assessment Emotional dysregulation PTSD</td>
<td>Wellmark BCBS Alliance Select Medicaid – Amerihealth Caritas AETNA Medicaid – Amerihealth Caritas AETNA Private pay</td>
<td>Return calls same day Appt w/in 1 week Private Pay - $160/hr</td>
</tr>
<tr>
<td>Healing Arts, PLLC A Mental Wellness Clinic 8435 University Blvd, STE 8 Clive, IA 50325 P: 515-635-5016 F: E: <a href="mailto:melissa@healingartspllc.com">melissa@healingartspllc.com</a> Website: <a href="http://www.healingartspllc.com">www.healingartspllc.com</a></td>
<td>Molly Douglas, ATR-, LMHC Melissa Nord, LMHC Claire Roth Lamb, LISW</td>
<td>Trauma &amp; PTSD Sexual &amp; Physical abuse Grief Mood disorders Anxiety disorders Eating disorders Body image Attachment Grief Phase of life issues Identity issues Emotion regulation</td>
<td>Adjustment issues Coping strategies Self-inflicted violence Traumatic stress</td>
<td>Alliance Select Blue Select Blue Cross Blue Shield Health Partners Midlands Choice Optum United Healthcare</td>
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<td>Wait time for appointment/ Other Comments</td>
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<tr>
<td>JMG Therapy &amp; Counseling Services</td>
<td>Andrea Gustafson, LISW</td>
<td>• Depression</td>
<td>• Wellmark</td>
<td>• 1-2 weeks</td>
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<td></td>
<td></td>
<td>• Anxiety</td>
<td>BCBS</td>
<td>Private Pay ranges from $110 - $160</td>
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<td>• Self-esteem</td>
<td>AETNA</td>
<td>Will work with client on payment plan if they are private pay.</td>
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<td>• Grief work</td>
<td>Health Partners</td>
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<td>• Academic/work performance</td>
<td>Medicaid</td>
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<td>• Stress Management</td>
<td>United Healthcare</td>
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<td>UBH</td>
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<td>Private pay</td>
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<td>• Identities/issues</td>
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<td>• Transgender</td>
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<td>• Identity/support</td>
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<td>• Trauma</td>
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<td>• Adjustment/Life Transitions</td>
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<td>Lutheran Services in Iowa</td>
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<td>• BCBS</td>
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<td>1 week</td>
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<td></td>
<td>• Medicaid</td>
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<td>• United Health Care</td>
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<td>• Private Pay</td>
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<tr>
<td>Matt Hively</td>
<td>Matt Hively, PhD</td>
<td>• BCBS</td>
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<td>1 week</td>
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<td>• Private Pay</td>
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</tbody>
</table>
| Morgain Hall, PhD 1922 Ingersoll Ave., Ste. 116 Des Moines, IA 50309 | • Morgain Hall, PhD | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Stress Management  
• Trauma issues  
• Complex/Developmental trauma  
• Adjustment/Life Transitions  
• PTSD  
• ADHD | • BCBS  
• Medicare  
• TriCare  
• Private Pay | Private Pay  
$100/50 min session  
**Note: I only provide online sessions on secure website @ www.therapy.com/morgain-hall** |
| Murphy Counseling & Therapy 4725 Merle Hay Road, Ste 205 Des Moines, IA 50322 | • Emily Murphy, LMHC  
• Donald Gilbert, PhD LMFT  
• Matt Ness, LMHC, LMFT  
• Meg Garrison, LMHC  
• Angie Applegate, LSW  
• Erik Oostenink, LMHC  
• Christiana Hill, LMFT  
• Elena Lamaak, LMHC  
• Elizabeth Rohde, LMHC  
• Katie Blair, TLMHC  
• Julie Roche, TLMHC | • Depression  
• Anxiety  
• Self-esteem  
• Academic/work performance  
• Stress Management  
• Couples/family issues  
• LBGTQIA Identities/issues  
• Transgender Identity/support | • Wellmark BCBS  
• United Healthcare  
• Medicaid  
• AETNA  
• UBH | Typically 1 week from initial call. |
| New Life Counseling 225 NW School St. Ankeny, IA 50023 | • Donald Gilbert, PhD LMFT  
• Matt Ness, LMHC, LMFT  
• Meg Garrison, LMHC  
• Angie Applegate, LSW  
• Erik Oostenink, LMHC  
• Christiana Hill, LMFT  
• Elena Lamaak, LMHC  
• Elizabeth Rohde, LMHC  
• Katie Blair, TLMHC  
• Julie Roche, TLMHC | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couples/family issues  
• Trauma  
• Adjustment/life transitions  
• Addiction recovery  
• Christian counseling  
• Art Therapy | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicare  
• AETNA  
• UBH  
• First Administrators  
• Tri-Care  
• Midlands Choice  
• Sliding Fee Scale  
• Private pay | 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 |
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<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
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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 Prenatal Mood &amp; Anxiety</td>
<td>BCBS United Healthcare Medicaid Health Partners Midland’s Choice</td>
<td>No information provided</td>
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<tr>
<td>6200 Aurora Ave. #401E Urbandale, IA 50322</td>
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<tr>
<td>P: 515-331-0303 F: 515-331-9086 E: none provided</td>
<td>Website: <a href="http://www.heartlandchristiancounseling.com">www.heartlandchristiancounseling.com</a></td>
<td></td>
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<tr>
<td>Prairie Wellness</td>
<td>Emily Smith, LISW</td>
<td>Depression Anxiety Relationships Self-esteem Grief work Academic/work performance Stress Management Couples/family issues Substance use Career Exploration LBGTQIA identities/issues Trauma Complex/developmental trauma Adjustment/life transitions Emotional dysregulation PTSD Mindfulness training OCD treatment Group therapy Mindfulness-based stress reduction classes</td>
<td>Wellmark BCBS Alliance Select United Healthcare (limited) Health Partners Medicaid Medicare Aetna UBH (limited) Coventry Midlands Choice Private Pay</td>
<td>Calls returned w/in 24 business hours Evening hours offered</td>
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<tr>
<td>3209 Ingersoll Ave., Ste 100 Des Moines, IA 50312</td>
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<td></td>
<td>Private pay is $150</td>
</tr>
<tr>
<td>P: 515-207-1705 F: 515-993-3845 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>Psychology Associates</td>
<td>Paul Ascheman PhD Phil Ascheman, PhD</td>
<td>Depression Anxiety Relationships Self-esteem Grief work Academic/work performance Stress management Substance use Military/Veterans Career Exploration Trauma Complex/developmental trauma Psychological assessment Adjustment/Life transitions Emotional Dysregulation PTSD</td>
<td>Wellmark BCBS Alliance Select United Healthcare UBH Midlands Choice</td>
<td>1-2 weeks</td>
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<tr>
<td>7177 Hickman Road Ste. 12 Urbandale, IA 50322-4844</td>
<td></td>
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<td></td>
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<tr>
<td>P: 515-253-0566 F: 515-253-0616 E: none provided</td>
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| Seely Psychotherapy Services  
974 73rd St., Ste 24  
Windsor Heights, IA  50324  
P: 515-267-9054  
F: 515-267-9057  
E: seelypsychotherapyservice@gmail.com | • Aaron Seely, LISW  
• Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couples/Families  
• Trauma  
• Adjustment/life transitions  
• Emotional dysregulations  
• PTSD | • Wellmark  
• BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• AETNA  
• UBH  
• Coventry  
• Midlands Choice  
• Sliding fee scale  
• Private pay | Generally schedules w/in 24 hours  
Sliding fee scale  
Private Pay  
$70/session  
E-mails preferred to phone |
| 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 |
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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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<tr>
<td>SS Therapy &amp; Consulting&lt;br&gt;1517 N. Ankeny Blvd.,&lt;br&gt;Ste D&lt;br&gt;Ankeny, IA  500023&lt;br&gt;4725 Merle Hay Road,&lt;br&gt;Ste 205&lt;br&gt;Des Moines, IA  50322</td>
<td>Shelly Stewart-Sandusky, LMFT (both locations)&lt;br&gt;Anne Schmitz, LMFT (both locations)&lt;br&gt;Amanda Ackerman, LMHC, CADC, EMDR trained (only in Ankeny)</td>
<td>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/work performance&lt;br&gt;Stress management&lt;br&gt;Couples/families&lt;br&gt;Substance abuse&lt;br&gt;LBGTQIA identities/issues&lt;br&gt;Transgender identities/support&lt;br&gt;Multi-cultural issues&lt;br&gt;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;Autism spectrum</td>
<td>Wellmark&lt;br&gt;BCBS&lt;br&gt;Alliance&lt;br&gt;Select&lt;br&gt;United Healthcare&lt;br&gt;Medicaid&lt;br&gt;AETNA&lt;br&gt;UBH&lt;br&gt;Tri-Care&lt;br&gt;Coventry&lt;br&gt;Midlands Choice&lt;br&gt;Health Alliance</td>
<td>Appointments w/in 2 business days&lt;br&gt;Private Pay: Initial - $150 After - $100</td>
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<td>Ankeny site&lt;br&gt;P: 515-964-5105&lt;br&gt;F: 515-964-5150&lt;br&gt;E: <a href="mailto:sandusky@sstherapyandconsulting.com">sandusky@sstherapyandconsulting.com</a></td>
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<td>Des Moines site&lt;br&gt;P: 515-528-8135&lt;br&gt;F: none provided</td>
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<td>West Des Moines Center for Psychotherapy&lt;br&gt;1045 76th St., Ste 3030&lt;br&gt;West Des Moines, IA</td>
<td>Catalina Ressler, PhD&lt;br&gt;Kathryn Wierda, PhD&lt;br&gt;Cora Schuhmacher, PhD&lt;br&gt;Danah Barazanjii, 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.&lt;br&gt;Kathryn Wierda specialties (Body image/eating disorders; Identity/related issues; Relational/interpersonal issues Assessment areas: Personality; Bariatric procedures; Spinal cord stimulator implant&lt;br&gt;Cora Schuhmacher specialties (sexual issues; women’s issues; integrative work relational/interpersonal issues Assessment areas: Personality; Bariatric procedures; Spinal cord stimulator implant</td>
<td>BCBS&lt;br&gt;First Administrators&lt;br&gt;UBH&lt;br&gt;Medicare&lt;br&gt;Midlands Choice&lt;br&gt;AETNA</td>
<td>See individuals 18+&lt;br&gt;All therapists are generalist who take referrals for the full spectrum of mental health concerns.&lt;br&gt;Wait time 1-4 weeks depending on the provider.</td>
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<td><strong>PSYCHIATRIC PROVIDERS – AMES, IA</strong></td>
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| **Central Iowa Psychological Services**<br>223 S. Walnut Ave.<br>Ames, IA  50010<br>P: 515-233-1122<br>F: 515-6500 | • Jody Kapustka, PMHNP-BC  
• Judy Gonzales, PMHNP-BC | • Medication evaluation  
• Medication management | • Blue Cross Blue Shield | Jody: Only sees patients on Wednesdays late afternoon to evening  
Judy: Sees patients in Ames on Tuesdays & Thursdays. She is also in West Des Moines office Monday & Wednesday |
| **Community & Family Resources (CFR)**<br>1619 South High Ave.<br>Ames, IA  50010<br>P: 515-232-5811<br>F: 515-232-3780 | • Jack Dodd, MD  
• Christel Rinehart, ARNP | • Medication evaluation  
• Medication management | | |
| **Eyerly Ball Mental Health Community Center**<br>2521 University Blvd,<br>Ste 121<br>Ames, IA  50010<br>P: 515-598-3300<br>F: 515-292-2624 | • Steven Stokes, ARNP (telemedicine) | • Medication evaluation  
• Medication management | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• Tri-Care  
• Coventry  
• Midlands Choice  
• Sliding scale (county funding)  
• Private pay | |
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| Gabrielle Barloon, MD  
Fifth Street Mental Health Professionals  
600 5th St., Ste 200  
Ames, IA 50010  
P: 515-232-2051  
F: 515-232-2775 | • Gabrielle Barloon, MD  
• Jayson Gesulga, PA-C, MMS | • Medication Evaluation  
• Medication Management | • Wellmark BCBS  
• Alliance Select  
• United Healthcare | 1-2 weeks |
| Optimae Life Services  
104 S. Hazel Ave.  
Ames, IA 50010  
P: 515-956-2684  
F: 515-450-5315  
E: jmccinnerney@optimaelifeservices.com | | | | |
| University Health  
3510 Lincoln Way  
Ames, IA 50014  
P: 515-232-0628  
F: 515-232-0727 | | | | |
| Thielen Student Health Center (TSHC)  
2647 Union Drive  
Iowa State Univ.  
Ames, IA 50011-2029  
P: 515-294-5801  
F: 515-294-5457 | • Carver Nebbe, MD  
• Ranae Roberts, ARNP  
• Meredith Olson, ARNP | • Medication Evaluation  
• Medication Management | | |

Note: Fax #’s vary by provider so call & check where to fax information.
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<tr>
<td>YSS</td>
<td>Brian Vold, ARNP</td>
<td>Medication Evaluation</td>
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<td></td>
<td>Rebecca Nunn-Ryan</td>
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<td>Sasha Khosravi, MD</td>
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<td>3 Telemed providers</td>
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<td>Compass Tree Counseling</td>
<td>Maureen Patterson, PA-C</td>
<td>Medication Evaluation</td>
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<td>Medication Management</td>
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**NEURO-PSYCHOLOGY SERVICES**

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<tr>
<td>Campbell Neuropsychological Services</td>
<td>Derek Campbell, PhD</td>
<td>Neuro-psychological Services</td>
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<tr>
<td>Evans Neuropsychology</td>
<td>Catherine Evans, PhD</td>
<td>Individual Psychotherapy, Counseling, Psychological Assessment, Testing, Neuro-psychological Evaluation, Neuro-psychological Treatment Planning, Cognitive Rehabilitation</td>
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<td>Call for insurance &amp; appointment</td>
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<tr>
<td>1001 Office Park Rd Ste 301 West Des Moines, IA 50265</td>
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<td>P: 515-985-8209 F: 515-805-2981</td>
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<tr>
<td>Kenneth Mills, PhD</td>
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<td>Neuro-psychological services</td>
<td>BCBS</td>
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<tr>
<td>1531 Airport Rd. Ste 1</td>
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<td>Wellmark BCBS</td>
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<td>Ames, IA 50010</td>
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<td>P: 515-233-4200</td>
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<tr>
<td>Mercy Ruan Neurology</td>
<td>Steven R. Adelman, D.O.</td>
<td>Neuro-psychological Services</td>
<td>BCBS</td>
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<tr>
<td>111 6th Ave. Des Moines, IA 50314</td>
<td>Paul V. Babikian, M.D.</td>
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<td>CIGNA</td>
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<td>David L. Friedgood, D.O.</td>
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<td>Multiplan</td>
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<td>Randall H. Hamilton, M.D.</td>
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<td>United Healthcare</td>
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<td>Bruce L. Hughes, M.D.</td>
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<td>Michael Jacoby, M.D.</td>
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<td>Mark S. Puricelli, D.O.</td>
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<td>Heike I Schmolck, M.D.</td>
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<td>Keith M. Kohout, D.O., M.S.</td>
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<td>Anne Lewis, ARNP</td>
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<td>On With Life</td>
<td></td>
<td>Post-Acute Inpatient Neuro Rehabilitation, Long-Term Skilled Care, Outpatient Neuro Rehabilitation, Residential Neuro Rehabilitation, Supported Community Living, Neuro-psychological Services, Independent Living</td>
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<td>715 SW Ankeny Rd Ankeny, IA 50023</td>
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<td>P: 515-289-9600 or 1-800-728-0645</td>
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<td>Ames Counseling &amp; Psychological Services</td>
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<td>Neuro-psychological Services</td>
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Ames Counseling & Psychological Services
3600 Lincoln Way, Suite 4
Ames, IA 50014

P: 515-239-4410
Fax: 515-663-4885