

STORY COUNTY  
**COMMUNITY THERAPY OPTIONS**

FALL 2019

**IOWA STATE UNIVERSITY**  
**Student Counseling Services**

2223 Student Services Building, 3<sup>rd</sup> Floor  
2505 Union Drive, Iowa State University, Ames, IA 50011-2030  
Phone: 515-294-5056 Fax: 515-294-5205

**[CycloneHealth.org/counseling](http://CycloneHealth.org/counseling)**

*Compiled by Iowa State Student Counseling Services  
to assist students with finding the most appropriate therapy services in Story and surrounding 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). Your insurance may also have an out-of-pocket expectation which is the amount set by your policy that provides you the maximum amount you will have to pay on your own. After you pay your **deductible & out-of-pocket expenses are met**, you usually pay only an office copayment.
- ◇ Ask, “**Do I have a co-pay?**” An office co-pay 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 paper work 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 very few agencies that offer a sliding fee scale. You will be expected to pay some toward your therapy. It can range from \$5 - \$70.

| Agency                                                                                                                                                                                                                                                        | Counselors/<br>Therapists                                                                                                                                       | Services                                                                                                                                                                                                                                                                                                                                          | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                                            | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                                         |                                                                                                                   |
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| <b>STORY COUNTY PROVIDERS</b>                                                                                                                                                                                                                                 |                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                            |                                                                                                                   |
| <b>5th Street Mental Health Professionals</b><br>600 5 <sup>th</sup> St.,<br>Ste 200<br>Ames, IA 50010<br><br>P: 515-232-2051<br>F: 515-232-2775<br>E: none                                                                                                   | <ul style="list-style-type: none"> <li>• Deena Cavender, LISW</li> <li>• Thomas Looney</li> <li>• Adrienne Shrader, LMHC</li> <li>• Kelly Shea, LMFT</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Couples/Family</li> <li>▪ Positive Psychology</li> <li>▪ Grief work</li> <li>▪ LBGTQIA identities/issues</li> </ul>                                                                                                                                             | <ul style="list-style-type: none"> <li>▪ Transgender issues/support</li> <li>▪ PTSD</li> <li>▪ Emotional Dysregulation</li> <li>▪ Christian Counseling</li> <li>▪ Substance use</li> </ul>                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ Midlands Choice</li> <li>▪ Coventry</li> </ul>                                                                                                                                                                | <ul style="list-style-type: none"> <li>▪ All counselors full except Thomas Looney who only takes BCBS.</li> </ul> |
| <b>Adrienne Shrader 5<sup>th</sup> Street Mental Health Professionals</b><br>600 5 <sup>th</sup> Street,<br>Ste 200<br>Ames, IA 50010<br><br>P: 515-232-2051<br>F: 515-232-2775<br>E:<br><a href="mailto:adrienne22rae@gmail.com">adrienne22rae@gmail.com</a> | <ul style="list-style-type: none"> <li>• Adrienne Shrader, LMHC, CADC</li> </ul>                                                                                | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating disorders</li> <li>▪ Relationship issues</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress management</li> <li>▪ Couple/Family</li> <li>▪ Substance use</li> <li>▪ Mental Health Assessment</li> </ul> | <ul style="list-style-type: none"> <li>▪ Career Exploration</li> <li>▪ LBGTQIA identities/issues</li> <li>▪ Transgender identity/support</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma issues</li> <li>▪ Complex/developmental trauma</li> <li>▪ Adjustment/Life transition issues</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism spectrum</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Health Partners</li> <li>▪ CIGNA</li> <li>▪ Medicaid</li> <li>▪ UBH</li> <li>▪ Multiplan</li> <li>▪ Midlands Choice</li> <li>▪ Health Alliance</li> <li>▪ Private pay</li> </ul> | <ul style="list-style-type: none"> <li>▪ Private pay: \$155 /hour</li> </ul>                                      |

| Agency                                                                                                                                                                                                                                                                                                              | Counselors/<br>Therapists                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Services                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                           | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                                                      | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                       |
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| <p><b>Ames Counseling &amp; Psychological Services</b><br/>3600 Lincoln Way,<br/>Ste 4<br/>Ames, IA 50014</p> <p>P: 515-239-4410<br/>F: 515-663-4885<br/>E: none<br/>Website:<br/><a href="http://www.amespsych.com">www.amespsych.com</a></p>                                                                      | <ul style="list-style-type: none"> <li>• Beth Wagner, LISW</li> <li>• Ken Israel, Ph.D.</li> <li>• Michael Lelwica, Psy. D.</li> <li>• Ken Dodge, PhD</li> <li>• Amanda Robinson, LISW</li> <li>• Clifford Barta, M.S., Licensed Psychologist</li> <li>• Jamie Dunn, LMHC</li> <li>• Judy Rudman, PhD</li> <li>• Lilly Peterson-Williby, LISW</li> <li>• James Donaldson, Ph.D.</li> <li>• Benjamin Erbes, Psy.D</li> <li>• Lisa Griffith, RN, LMHC</li> <li>• Evan Buikema, Psy. D</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couple/Family issues</li> <li>▪ Substance use</li> <li>▪ Career Exploration</li> <li>▪ LBGTQIA identities/issues</li> <li>▪ Neuro-psychological Assessments</li> </ul> | <ul style="list-style-type: none"> <li>▪ Transgender identity/issues</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma issues</li> <li>▪ Complex/Developmental trauma</li> <li>▪ Psychological assessment</li> <li>▪ Adjustment/Life transition</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism Spectrum</li> <li>▪ Christian Counseling</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ Health Partners</li> <li>▪ Medicare</li> <li>▪ UBH</li> <li>▪ Tri-Care (out of network but will accept assignment)</li> <li>▪ Health Alliance</li> <li>▪ Midland's Choice (includes Medica, Health Partners, Preferred One Administrators, UMR, Preferred Health, call for others)</li> </ul> | <ul style="list-style-type: none"> <li>▪ James Donaldson speaks fluent Spanish</li> </ul> <p>6-8 weeks<br/>They work off a cancellation list and try to move clients forward as availability allows.</p> |
| <p><b>Ames Counseling Center</b><br/>319 Lincoln Way<br/>Ames, IA 50010</p> <p>P: 515-233-8473<br/>F: none provided<br/>E:<br/><a href="mailto:inquiry@amescounselingcenter.com">inquiry@amescounselingcenter.com</a><br/>W:<br/><a href="http://www.amescounselingcenter.com">www.amescounselingcenter.com</a></p> | <ul style="list-style-type: none"> <li>• Bing Wall, PhD, LMFT</li> <li>• Carol Caskey, MS ED, LMSW</li> <li>• Andy Bradley, tLMHC</li> </ul>                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>▪ Christian Counseling</li> <li>▪ Couples/Family</li> <li>▪ Depression</li> <li>▪ Relationships</li> <li>▪ Sex Therapy</li> <li>▪ Process Addictions</li> </ul>                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>▪ BCBS</li> </ul>                                                                                                                                                                                                                                                                                                                                   | <p>No information provided</p>                                                                                                                                                                           |

| Agency                                                                                                                                                                                                                                                                                                         | Counselors/<br>Therapists                                                                                                                                                                                          | Services                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Insurance/<br>Payment                                             | Wait time for<br>appointment/<br>Other<br>Comments                                                    |
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| <p><b>Ames Mind Body Center</b><br/>4923 Lincoln Way, Ste 102<br/>Ames, IA 50014</p> <p>P: 515-292-4870<br/>F: 833-597-4490<br/>E:<br/><a href="mailto:ian@amesmindbodycenter.com">ian@amesmindbodycenter.com</a></p> <p>W:<br/><a href="http://www.amesmindbodycenter.com">www.amesmindbodycenter.com</a></p> | <ul style="list-style-type: none"> <li>• Ian Nelson-Johnson, Psy. D.</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Men's issues</li> <li>▪ Relationship distress</li> <li>▪ Grief &amp; Loss</li> <li>▪ LBTGQIA identified/issues</li> <li>▪ Transgender issues/support</li> <li>▪ Self-esteem</li> <li>▪ Family of Origin issues</li> <li>▪ PTSD</li> <li>▪ Emotional dysregulation</li> </ul>                                                                                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> </ul> | <ul style="list-style-type: none"> <li>▪</li> </ul>                                                   |
| <p><b>Ames Psychological Wellness Center</b><br/>3510 Lincoln Way, Suite 300,<br/>Ames, IA 50014</p> <p>P: 515-292-9251<br/>F: 844-895-6179<br/>E:<br/>info@ameswellnesscenter.com</p> <p>Website:<br/>www.ameswellnesscenter.com</p>                                                                          | <ul style="list-style-type: none"> <li>• Nichole Olson, PhD</li> <li>• Courtney Clippert-Tredwell, PhD</li> <li>• Whittney Statham, PhD</li> <li>• Mary Nii Muntah, PhD</li> <li>• Kristen Sievert, PhD</li> </ul> | <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Healing from trauma or abuse (verbal, physical, and/or sexual)</li> <li>• Relationship or family concerns</li> <li>• Body image and eating concerns</li> <li>• Substance abuse</li> <li>• Grief and loss</li> <li>• Career concerns</li> <li>• Identity exploration</li> <li>• Sexual orientation, gender identity, and/or gender expression</li> <li>• Experiences of discrimination or oppression</li> <li>• Difficulties with self-esteem or self-confidence</li> <li>• Stress management</li> <li>• Psychological Assessment – ADHD; LD &amp; other mental health concerns</li> </ul> | <p>Wellmark BCBS</p>                                              | <p>Wait times:<br/>* Therapy 12-16 weeks<br/>*Assessment – initial appt. usually within 3-4 weeks</p> |

| Agency                                                                                                                                                                                                                                                                                                     | Counselors/<br>Therapists                                                 | Services                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                             | Insurance/<br>Payment                                                                                                                                                                                                          |                                                                                                                                                                                                                           | Wait time for<br>appointment/<br>Other<br>Comments                                       |
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| <p><b>Amy Kuehl</b><br/> <b>Clinical Associates of Ames</b><br/>           511 Duff Avenue,<br/>           Ste 100<br/>           Ames, IA 50010</p> <p><b>P: 515-520-1896</b><br/> <b>F: 515-292-5044</b><br/> <b>E: amykuehl@live.com</b></p>                                                            | <ul style="list-style-type: none"> <li>• Amy Kuehl, LISW</li> </ul>       | <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Relationships</li> <li>• Self-esteem</li> <li>• Stress Management</li> <li>• Couples/Family issues</li> </ul>                                                              | <ul style="list-style-type: none"> <li>• LBGTQIA Identities/Support</li> <li>• Trauma</li> <li>• Complex/Developmental Trauma</li> <li>• Emotional Dysregulation</li> <li>• PTSD</li> <li>• Christian counseling</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Health Partners</li> <li>▪ CIGNA</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ AETNA</li> </ul> | <ul style="list-style-type: none"> <li>▪ First Administrator</li> <li>▪ Tri-Care</li> <li>▪ Coventry</li> <li>▪ Multi-plan</li> <li>▪ Midland's Choice</li> <li>▪ Health Alliance</li> <li>▪ Sliding Fee scale</li> </ul> | <ul style="list-style-type: none"> <li>• Currently not accepting new clients.</li> </ul> |
| <p><b>Anita Schlosser</b><br/> <b>Clinical Associates of Ames</b><br/>           511 Duff Ave<br/>           Ste 100<br/>           Ames, IA 50010</p> <p>P: 515-292-2703<br/>           F: 515-292-5044<br/>           E:<br/> <a href="mailto:aschlosser13@hotmail.com">aschlosser13@hotmail.com</a></p> | <ul style="list-style-type: none"> <li>• Anita Schlosser, LISW</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief Work</li> <li>▪ Stress Management</li> <li>▪ Couples/family issues</li> <li>▪ Adjustment/Life Transitions</li> </ul> |                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Health Partners</li> <li>▪ CIGNA</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ Aetna</li> </ul> | <ul style="list-style-type: none"> <li>▪ UBH</li> <li>▪ Tri-Care</li> <li>▪ Coventry</li> <li>▪ Multiplan</li> <li>▪ Midland's Choice</li> <li>▪ Health Alliance</li> </ul>                                               | <ul style="list-style-type: none"> <li>• Some openings</li> </ul>                        |

| Agency                                                                                                                                                                                                                                                                                               | Counselors/<br>Therapists                                                                                                            | Services                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                             | Insurance/<br>Payment                                                                                                                                                                                                                                                                                            | Wait time for<br>appointment/<br>Other<br>Comments |
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| <p><b>Ann Kennedy, PhD, LMFT</b><br/> <b>Crossroads</b><br/> <b>Counseling</b><br/>           113 Colorado Ave.,<br/>           Ste 207<br/>           Ames, IA 50014</p> <p>P: 515-292-1813<br/>           F: 515-826-4369<br/>           E: <a href="mailto:annisu@aol.com">annisu@aol.com</a></p> | <ul style="list-style-type: none"> <li>• B. Ann Kennedy, PhD, MFT</li> </ul> <p><b>** PLEASE MAIL RECORDS VIA<br/>USPS ONLY.</b></p> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating disorders</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Academic/work performance</li> <li>▪ Couples/family issues</li> <li>▪ Substance use</li> <li>▪ Career exploration</li> <li>▪ LGBTQIA identities/issues</li> <li>▪ Transgender identities/support</li> <li>▪ PTSD</li> <li>▪ Multi-cultural issues</li> </ul> | <ul style="list-style-type: none"> <li>▪ Trauma</li> <li>▪ Sexual abuse</li> <li>▪ Domestic abuse</li> <li>▪ Adjustment/life transitions</li> <li>▪ Emotional dysregulation</li> <li>▪ Christian counseling</li> <li>▪ Military couples – pre-deployment, deployment, &amp; reintegration</li> <li>▪ Grief</li> <li>▪ Divorce</li> <li>▪ Stress management</li> <li>▪ Health &amp; wellness self-care</li> <li>▪ Chronic illness</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ CIGNA</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Tricare</li> <li>▪ Military One Source</li> <li>▪ Coventry Multiplan</li> <li>▪ Midlands Choice</li> <li>▪ Health Alliance</li> </ul> | <p>Appointments within 1 week.</p>                 |

| Agency                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Counselors/<br>Therapists                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Services                                                                                                                                                                                                                                                                                                                             | Insurance/<br>Payment                                                                                                                                                                                                                                          | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p><b>ATC<br/>Ames Therapy &amp; Consulting<br/>Services, PC</b><br/>1103 Buckeye Ave.,<br/>Ste 104<br/>Ames, IA 50010</p> <p>P: 515-450-5230 <u>or</u> 515-337-1380<br/>F: 1-855-377-6321<br/>E:<br/><a href="mailto:dr.amy@amestherapy.com">dr.amy@amestherapy.com</a></p> <p>W:<br/><a href="http://www.amestherapy.com">www.amestherapy.com</a></p> <p>Des Moines Therapy &amp; Consulting Services, PC<br/>2501 Westown Parkway,<br/>Ste 1201<br/>Des Moines, IA 50266</p> <p>P: 515-635-0213 or 515-635-0214</p> | <ul style="list-style-type: none"> <li>• Terry Augsberger, MD, psychiatrist (consultant)</li> <li>• Dr. Amy Mooney, PhD. LMHC, NCC, ACS</li> <li>• Vincent Marziono, PhD, LP, Licensed Psychologist, DSM office</li> <li>• Callie Lawrence, MA, LMHC DSM office</li> <li>• Ellyn Nitchals-Kellner, MS, LMHC NCC, EMDR certified (EMDR for trauma &amp; PTSD &amp;)</li> <li>• Anna Zuidema, MA, NCC, TLMHC (Certified Prepare &amp; Enrich for marriage counseling) Counseling Intern</li> <li>• Aryn Grywusiewicz, graduate intern Walden University</li> <li>• Meredith Stahl, graduate counseling Practicum student Northwestern UNI</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/family issues</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma issues</li> <li>▪ Complex /developmental trauma</li> </ul> | <ul style="list-style-type: none"> <li>▪ Psychological assessment</li> <li>▪ Adjustment/life transitions</li> <li>▪ PTSD</li> <li>▪ Chronic pain group</li> <li>▪ Free Anxiety &amp; Depression screening</li> <br/> <li>▪ Psychological Assessment</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ UBH</li> <li>▪ CIGNA</li> <li>▪ Midland's Choice</li> <li>▪ Health Alliance</li> <li>▪ Medica</li> <li>▪ Health Partners</li> <li>▪ Golden Rule</li> <li>▪ Federal VA DSM &amp; Iowa City</li> <li>▪ State of Iowa EFR</li> <li>▪ Private pay</li> </ul> <ul style="list-style-type: none"> <li>• Same week appointments</li> <li>• Same day call-back</li> </ul> <p>Private pay:<br/>\$40 ISU students w/ counseling interns<br/>\$50 non-student counseling w/ intern</p> <p><u>Hours:</u><br/>M,T&amp;Th: 9-5<br/>Wed: 10- 7<br/>Fri: 8-3</p> |



| Agency                                                                                                                                                                                                                     | Counselors/<br>Therapists                                             | Services                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                       | Insurance/<br>Payment                                                                                                                                                              |                                                                                                                                                                                           | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                         |
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| <p><b>Catalyst Counseling</b></p> <p>600 5<sup>th</sup> St.,<br/>Ste 302<br/>Ames, IA 50010</p> <p>P: 515-232-5340<br/>F: 515-232-2070<br/>E:<br/>szilber@catalystcounseling.com<br/>W:<br/>www.catalystcounseling.com</p> | <p>Suzanne Zilber, PhD</p>                                            | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationship</li> <li>▪ Self-esteem</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> <li>▪ Substances</li> <li>▪ Career Exploration</li> </ul> | <ul style="list-style-type: none"> <li>▪ LBGTQIA</li> <li>▪ Transgender</li> <li>▪ Multi-cultural</li> <li>▪ Trauma</li> <li>▪ Complex/Dev. Trauma</li> <li>▪ Adjustment/Life transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ EMDR</li> <li>▪ Sensori - Havening</li> <li>▪ Internal Family Systems</li> <li>▪ CBT</li> <li>▪ Interpersonal work</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ Medicaid (Amerigroup &amp; Total Care</li> <li>▪ Medicare</li> <li>▪ AETNA</li> </ul> | <ul style="list-style-type: none"> <li>▪ UBH</li> <li>▪ First Administrators</li> <li>▪ Multiplan</li> <li>▪ Midlands Choice</li> <li>▪ Health Alliance</li> <li>▪ Private Pay</li> </ul> | <ul style="list-style-type: none"> <li>▪ Return call w/in 24 hrs</li> <li>▪ Waiting room private</li> <li>▪ Limited availability.</li> </ul> <p>Private Pay:<br/>\$180 initial intake for 55 min;<br/>\$135 for 45 min</p> |
| <p><b>Catholic Charities</b></p> <p>2210 Lincoln Way<br/>Ames, IA 50014</p> <p>P: 515-296-2759<br/>F: 563-557-3140 – Attn:<br/>Ames<br/>E: l.turner@dbqarch.org</p>                                                        | <ul style="list-style-type: none"> <li>• Lisa Turner, LMFT</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> </ul>                                                                                | <ul style="list-style-type: none"> <li>▪ Trauma</li> <li>▪ Complex/Developmental Trauma</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ EMDR</li> <li>▪ OCD</li> </ul>                                                                                                                                                           | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ CIGNA</li> <li>▪ AETNA</li> <li>▪ UBH</li> </ul>         | <ul style="list-style-type: none"> <li>▪ Coventry</li> <li>▪ Medica</li> <li>▪ Medicaid</li> <li>▪ Sliding fee scale for uninsured clients</li> </ul>                                     | <ul style="list-style-type: none"> <li>▪ Currently <b>not</b> taking new clients due to a change in Lisa's schedule.</li> <li>▪ Therapist EMDR certified</li> </ul>                                                        |

| Agency                                                                                                                                                                                                                                                                                        | Counselors/<br>Therapists                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                 | Services                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                           | Insurance/<br>Payment                                                                                                                                                                                                            | Wait time for<br>appointment/<br>Other<br>Comments            |
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| <p><b>Central Iowa Psychological Services</b><br/>223 S. Walnut<br/>Ames, IA 50010</p> <p>P: 515-233-1122<br/>F: 515-233-6500<br/>E: <a href="mailto:th@iowacounseling.com">th@iowacounseling.com</a><br/>Website:<br/><a href="http://www.iowacounseling.com">www.iowacounseling.com</a></p> | <ul style="list-style-type: none"> <li>• Warren Phillips, PhD</li> <li>• Amy Badding, LMHC</li> <li>• Paula Gault, LMFT</li> <li>• Lu Klatt, LISW</li> <li>• Susie Lang, LMHC, NCC</li> <li>• Sunde Nesbit, PhD</li> <li>• Alyson Pearson, LISW</li> <li>• Robin Schinnow, LISW</li> </ul> | <ul style="list-style-type: none"> <li>• Robert Thacker, MA, CADC</li> <li>• Linda Trudeau, PhD</li> <li>• Melissa Wubben, LMHC, CADC</li> <li>• Anthony Santiago, PhD, LMFT</li> <li>• Maggie Doyle, PsyD</li> <li>• Ashley Scudder</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> </ul> | <ul style="list-style-type: none"> <li>▪ Substances</li> <li>▪ LBGQTIA identities/issues</li> <li>▪ Multi-cultural</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Trauma</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ Midlands Choice</li> <li>▪ Medicaid</li> <li>▪ United Healthcare</li> <li>▪ AETNA</li> <li>▪ Some providers take TriCare</li> </ul> | <ul style="list-style-type: none"> <li>▪ 4-5 weeks</li> </ul> |

| Agency                                                                                                                                                                                                                                                                                                                                                                              | Counselors/<br>Therapists                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                   | Services                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                             | Insurance/<br>Payment                                                                                                                                                           | Wait time for<br>appointment/<br>Other<br>Comments |
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| <p><b>Clear Brook Counseling</b><br/>614 Billy Sunday Road,<br/>Ste 100<br/>Ames, IA 50010</p> <p>P: 515-337-1764<br/>F: 515-337-0480<br/>E:<br/><a href="mailto:info@clearbrookcounselingprofessionals.com">info@clearbrookcounselingprofessionals.com</a><br/>W:<br/><a href="http://www.clearbrookcounselingprofessionals.com">www.clearbrookcounselingprofessionals.com</a></p> | <ul style="list-style-type: none"> <li>• Kim Pontius, LMHC, CCDP</li> <li>• Valerie Stubbs, LMFT, CADC, CCH, Hypnotist</li> <li>• Thomas Patterson, LISW, CADC</li> <li>• Samantha Snovelle, LMHC</li> </ul> | <ul style="list-style-type: none"> <li>• John McDonald, LISW</li> <li>• Leisha Ristau, LISW</li> <li>• Paul Johnson, LMHC</li> <li>• Daniel Chavarria, TLMHC (Bilingual in Spanish)</li> <li>• Kathy Dinges, LISW</li> <li>• Stephanie Frey, LMHC</li> <li>• Delphine Weiss, LMSW</li> <li>• Melissa Hirsch, LMSW</li> <li>• Kelsey Christensen, PMHNP</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief Work</li> <li>▪ Academic/Work Performance</li> <li>▪ Couples/Family</li> <li>▪ Substance use</li> <li>▪ Hypnosis – Weight loss/smoking cessation</li> </ul> | <ul style="list-style-type: none"> <li>▪ Career Exploration</li> <li>▪ LBGQTIA Identities/issues</li> <li>▪ Transgender Identity/support</li> <li>▪ Trauma Issues</li> <li>▪ Complex/Developmental trauma</li> <li>▪ Adjustment/Life transitions</li> <li>▪ PTSD</li> <li>▪ Christian Counseling</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ EAP</li> <li>▪ ATENA</li> <li>▪ <u>Some</u> providers take Medicaid Amerigroup</li> <li>▪ Cash pay</li> </ul> | <p>Some openings</p>                               |

| Agency                                                                                                                                                                                                                                                                                                                                                           | Counselors/<br>Therapists                                                                                                                                                   | Services                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Insurance/<br>Payment                                                                                                                                                                                                                         |                                                                                                                                                                                                                 | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <p><b>Community &amp; Family Resources</b><br/>1619 S High Street<br/>Ames, IA 50010</p> <p>P: 515-232-5811 or 515-232-3206<br/>F: 515-232-3780<br/>E: <a href="mailto:Michelled@cfrhelps.org">Michelled@cfrhelps.org</a></p> <p>Access &amp; complete the intake forms in the client portal found at <a href="http://www.cfrhelps.org">www.cfrhelps.org</a></p> | <ul style="list-style-type: none"> <li>• Jack Dodd, MD</li> <li>• Christel Rinehart, ARNP</li> <li>• Travis Mathias, LMSW</li> <li>• Lisa Jackson, BA</li> <li>•</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationship Issues</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/family issues</li> <li>▪ Career exploration</li> <li>▪ LBGQTQA identities/issues</li> <li>▪ Transgender Identities/support</li> </ul> | <ul style="list-style-type: none"> <li>▪ Multi-cultural issues</li> <li>▪ Trauma</li> <li>▪ Complex/Developmental trauma</li> <li>▪ Psychological assessment</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ Christian Counseling</li> <li>▪ Medication Management</li> <li>▪ Substance use/abuse</li> <li>▪ addictions/impulse control (i.e., gambling, OCD, sexual addictions, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Health Partners</li> <li>▪ CIGNA</li> <li>▪ AETNA</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ UBH</li> </ul> | <ul style="list-style-type: none"> <li>▪ Tri-Care</li> <li>▪ Coventry</li> <li>▪ Multiplan</li> <li>▪ Midlands Choice</li> <li>▪ Health Alliance</li> <li>▪ Sliding fee scale</li> <li>▪ Private pay</li> </ul> | <ul style="list-style-type: none"> <li>• Return call w/in 24 hours</li> <li>• Mental health wait: 3-5 days</li> <li>• Substance Abuse: same day evaluations</li> </ul> <p><i>Sliding scale for both substance abuse &amp; mental health for uninsured and underinsured students.</i></p> <p><b>Same Day Access Evaluations:</b><br/><b>Tues., 10:00 am to 3:00 pm</b><br/><b>Thurs., 2:00 pm to 6:00 pm</b><br/><b>Friday, 9:00 am to 12:00 noon</b><br/><b>Saturday, 9:00 am to 12:00 noon.</b></p> |

| Agency                                                                                                                                                                                                                   | Counselors/<br>Therapists                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Services                                                                                                                                                                                                                                                                                                                                                                                 | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                   | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p><b>Compass Tree Counseling</b><br/>600 5<sup>th</sup> St.,<br/>Ste 300<br/>Ames, IA 50010</p> <p>P: 515-233-3971<br/>F: 877-522-5014<br/>E:<br/>reception@compasstree.org</p> <p>Website:<br/>www.compasstree.org</p> | <ul style="list-style-type: none"> <li>• Martha Norton, LMHC, IAADC</li> <li>• K.C. Moore, LISW</li> <li>• Elaine O’Neal, LISW</li> <li>• April Falzone, LMHC</li> <li>• Annie Lass, LMHC</li> <li>• Shane Kavanaugh, PhD, LMHC</li> <li>• Sheryl Frye, LISW</li> <li>• Melissa Joshel, LISW, LCSW</li> <li>• Generally 2-3 interns</li> </ul> <p>All clinicians are trained in trauma - EMDR</p> <p>Shane works well with LBGTQIA clients</p> <p>Martha has worked with military, Substance abuse; Eating Disorders, comorbid, DID; transgender clients</p> | <ul style="list-style-type: none"> <li>▪ Trauma – EMDR - Sensorimotor</li> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic or work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/family issues</li> <li>▪ Substance use</li> <li>▪ Career exploration</li> </ul> | <ul style="list-style-type: none"> <li>▪ LBGTQIA Identities/issues</li> <li>▪ Transgender identity/support</li> <li>▪ Multi-cultural issues</li> <li>▪ Complex/developmental trauma</li> <li>▪ Psychological assessment</li> <li>▪ Adjustment/Life transitions</li> <li>▪ Emotional dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism spectrum</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Tri-Care</li> <li>▪ Private pay</li> </ul> <ul style="list-style-type: none"> <li>• Can call front desk (515-233-3971) or complete on-line intake form to get started.</li> <li>• New client bio is completed online on website. Password is <b>compasstreeilc</b></li> <li>• Weekly team meetings on Wednesday to check on who is waiting for a contact.</li> <li>• Currently not taking new clients – call back middle of May. Interns are full too.</li> </ul> <p>Private Pay:</p> <ul style="list-style-type: none"> <li>• Intern: no cost</li> <li>• Licensed: \$100</li> <li>• <b>Rates changing 6/1/19</b></li> </ul> |

| Agency                                                                                                                                                                                                                     | Counselors/<br>Therapists                                                                                                                                                                                            | Services                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                               | Insurance/<br>Payment                                                                                                                                                                                | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                            |
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| <p><b>Connecting Foundations</b><br/>517 Grand Ave., Ste 102<br/>Ames, IA 50010</p> <p>P: 515-232-1689<br/>F: 515-232-2336<br/>E:<br/>pcavinesslisw@connectingfoundations.com<br/>W:<br/>www.connectingfoundations.com</p> | <ul style="list-style-type: none"> <li>• Pam Caviness, LISW, ACSW</li> <li>• Ann McCrea, LISW</li> </ul>                                                                                                             | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Stress Management</li> <li>▪ Women’s issues</li> <li>▪ LBGTQIA Identities/issues</li> <li>▪ Transgender Identity/support</li> <li>▪ Adjustment/Life transitions</li> </ul> |                                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Medicaid</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Private pay</li> </ul> | <p>Private pay:<br/>\$235 for initial intake<br/>\$175 per hour</p> <p>Wait for Pam is 1-2 weeks.</p>                                                                                                                         |
| <p><b>Creative Counseling Services</b><br/>208 5<sup>th</sup> St.<br/>Ste 103<br/>Ames, IA 50010</p> <p>P: 515-233-1699<br/>F: 515-233-2957<br/>E: info@ccsames.org</p> <p><i>“All populations welcome.”</i></p>           | <ul style="list-style-type: none"> <li>• Kristen Buttermore, LMHC</li> <li>• Amy Hawcott, LMFT</li> <li>• Stephanie Vela, TLMHC, NCC</li> <li>• Jacqui Kniffen, TLMHC, NCC</li> <li>• Cheri DeGroot, IADC</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couple/Family</li> <li>▪ Substance use</li> <li>▪ Career Exploration</li> </ul>                          | <ul style="list-style-type: none"> <li>▪ LBGTQIA Identities/Issues</li> <li>▪ Transgender Identity/Supports</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma issues</li> <li>▪ Psychological Assessment</li> <li>▪ Adjustment/Life transition</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Medicaid</li> <li>▪ Private pay</li> </ul>                                                                                         | <ul style="list-style-type: none"> <li>• Wait time is 3-4 weeks</li> </ul> <p>Private pay:<br/>\$175 for mental health evaluation<br/>\$150 for mental health counseling session<br/>\$125 for substance abuse evaluation</p> |

| Agency                                                                                                                                                                                                                                                                                              | Counselors/<br>Therapists                                                                  | Services                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                  | Insurance/<br>Payment                                                                                                                                                                                                            | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                   |
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| <p><b>Deb Carnine, LISW</b><br/><b>Illuminations</b><br/>416 Douglas Ave,<br/>Ste 201<br/>Ames, IA 50010</p> <p>P: 515-232-7157<br/>F: 515-232-7116<br/>E: none<br/>W: www.traumatx.com</p>                                                                                                         | <ul style="list-style-type: none"> <li>• Deb Carnine, LISW</li> </ul>                      | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Grief Work</li> <li>▪ Stress Management</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma</li> <li>▪ Complex/Developmental trauma</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ PTSD</li> <li>▪ EMDR</li> </ul> |                                                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ Medicare</li> </ul>                                                                                                                 | <ul style="list-style-type: none"> <li>▪ Call for availability</li> </ul>                                                                                                                                            |
| <p><b>Deena Cavender, LISW</b><br/><b>5<sup>th</sup> Street Mental Health Professionals</b><br/>600 5<sup>th</sup> St.,<br/>Ste 200<br/>Ames, IA 50010</p> <p>P: 515-232-2051<br/>F: 515-232-2775<br/>E:<br/>deenacavender@gmail.com<br/>W: www.5thstreetmhp.com</p>                                | <ul style="list-style-type: none"> <li>• Deena Cavender, LISW</li> </ul>                   | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> <li>▪ LBGTQIA Identities/Issues</li> </ul>               | <ul style="list-style-type: none"> <li>▪ Transgender Identity/support</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma</li> <li>▪ Complex/Developmental Trauma</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism Spectrum</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ UBH</li> <li>▪ Multiplan</li> <li>▪ Midlands Choice</li> </ul> | <p>Currently full</p>                                                                                                                                                                                                |
| <p><b>Elizabeth Wade</b><br/>2613 Northridge Parkway,<br/>Ste 105<br/>Ames, IA 50010</p> <p>P: 515-450-2191<br/>F: none<br/>E:<br/><a href="mailto:elizabeth@amescounseling.com">elizabeth@amescounseling.com</a><br/>W:<br/><a href="http://www.amescounseling.com">www.amescounseling.com</a></p> | <ul style="list-style-type: none"> <li>• Elizabeth Wade, LMHC, EMDRIA Certified</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Stress management</li> <li>▪ Chronic/terminal illness</li> </ul>                                                   | <ul style="list-style-type: none"> <li>▪ LBGTQIA identities/issues</li> <li>▪ Trauma issues</li> <li>▪ Complex &amp; developmental trauma</li> <li>▪ Adjustment/life transitions</li> <li>▪ Emotional dysregulation</li> <li>▪ PTSD</li> </ul>                                                   | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Private pay</li> </ul>                                                                                                                                         | <ul style="list-style-type: none"> <li>• "I am usually full. If there is someone needing EMDR for trauma, their therapist is welcome to contact me to discuss case.</li> </ul> <p>Private Pay:<br/>\$150/session</p> |

| Agency                                                                                                                                                                                                                       | Counselors/<br>Therapists                                                                                                       | Services                                                                                                                                                                                                                                                                                                                                                                                                                                      | Insurance/<br>Payment                                                                                                                                                                                                                                                                                     | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p><b>Eyerly Ball Community Mental Health Services</b><br/>2521 University Blvd,<br/>Ste 121<br/>Ames, IA 50010</p> <p>P: 515-598-3300<br/>F:515-292-2624<br/>E: none identified</p>                                         | <ul style="list-style-type: none"> <li>• Katrina Boge, LMSW</li> <li>• John Morrow, LISW</li> <li>• Tim Payton, LMHC</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Stress management</li> <li>▪ Medication management</li> <li>▪ Substance use</li> <li>▪ LBGTQIA ISSUE</li> <li>▪ Transgender identity/support</li> <li>▪ Trauma issues</li> <li>▪ Psychological assessment</li> <li>▪ Adjustment/life transitions</li> <li>▪ Emotional dysregulation</li> <li>▪ PTSD</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ Tri-Care</li> <li>▪ Coventry</li> <li>▪ Midlands Choice</li> <li>▪ Sliding Fee Scale – county funding</li> <li>▪ Private pay</li> </ul> | <ul style="list-style-type: none"> <li>• Walk-in Clinic only on Wed. &amp; Thur. from 9:00 am - Noon</li> <li>• <u>Cancelation policy</u> – must cancel within 48 hours of appointment</li> <li>• Appointment reminders sent 48 hours in advance</li> <li>• Must bring a form of ID and current insurance card</li> <li>• <u>Walk-in is first come first serve</u> – no guarantee you will be seen that day. Will have to come back the next Thursday.</li> </ul> |
| <p><b>Firm Foundations Counseling Center</b><br/>600 5<sup>th</sup> St.,<br/>Ste 304<br/>Ames, IA 50010</p> <p>P: 515-233-8441<br/>F: 515-233-2247<br/>E: <a href="mailto:rcstubbsjr@gmail.com">rcstubbsjr@gmail.com</a></p> | <ul style="list-style-type: none"> <li>• Ron Stubbs, LMFT</li> </ul>                                                            | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> <li>▪ Christian Counseling</li> </ul>                                                                                                                                                           | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ AETNA</li> <li>▪ Sliding fee scale</li> </ul>                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |



| Agency                                                                                                                                                                                                                                                                | Counselors/<br>Therapists                                                                                                                                         | Services                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                              | Insurance/<br>Payment                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                            | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                       |
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| <p><b>Heartland Mental Health Therapy</b><br/>328 Main St., Ste 214<br/>Ames, IA 50010</p> <p>P: 515-520-9703<br/>F: 515-608-4666<br/>E:<br/>HeartlandMHT@protonmail.com<br/>W:<br/>www.heartlandmentalhealththerapy.com</p>                                          | <ul style="list-style-type: none"> <li>• John McInerney, LISW, CADC</li> </ul> <p>Offers both mental health &amp; chemical dependency evaluations/assessments</p> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationship issues</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> <li>▪ Substance use</li> </ul>                                | <ul style="list-style-type: none"> <li>▪ Career Exploration</li> <li>▪ LBGQTIA identities/issues</li> <li>▪ Trauma issues</li> <li>▪ Complex/Developmental trauma</li> <li>▪ Psychological Assessment</li> <li>▪ Adjustment/Life transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism spectrum</li> <li>▪ Christian counseling</li> </ul>        | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Midlands Choice</li> <li>▪ TriCare</li> </ul>           | <ul style="list-style-type: none"> <li>▪ Lowest cost for private pay \$70</li> <li>▪ Private pay</li> </ul>                                                                                                                                | <ul style="list-style-type: none"> <li>• No wait time currently</li> </ul> <p>Will call the client back within 24 hours</p> <p><b>Schedule client on his website.</b></p> <p>Private pay: \$145/hour</p> |
| <p><b>Jessica Hoy Counseling</b><br/>619 Elm St., Suite 2<br/>Story City, IA 50248</p> <p>P: 515-520-2257<br/>F: 515-733-6602<br/>E:<br/>jessicahoycounseling@gmail.com<br/>W:<br/><a href="http://www.jessicahoycounseling.com">www.jessicahoycounseling.com</a></p> | <ul style="list-style-type: none"> <li>• Jessica Hoy, LMFT</li> </ul>                                                                                             | <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anxiety</li> <li>• Eating disorders</li> <li>• Relationships</li> <li>• Self-esteem</li> <li>• Grief work</li> <li>• Academic/work performance</li> <li>• Stress management</li> <li>• Couples/family issues</li> <li>• Substance use</li> <li>• Career exploration</li> </ul> | <ul style="list-style-type: none"> <li>• LBGQTIA Identities/issues</li> <li>• Transgender identity/support</li> <li>• Multi-cultural issues</li> <li>• Trauma issues</li> <li>• Complex/developmental trauma</li> <li>• Adjustment/Life transitions</li> <li>• Emotional dysregulation</li> <li>• PTSD</li> <li>• Autism spectrum</li> <li>• Christian counseling</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Health Partners</li> <li>▪ CIGNA</li> <li>▪ Medicaid</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ First Administrators</li> </ul> | <ul style="list-style-type: none"> <li>▪ Tri-Care</li> <li>▪ Coventry</li> <li>▪ Multiplan</li> <li>▪ Midlands Choice</li> <li>▪ Health Alliance</li> <li>▪ Health Partners</li> <li>▪ Sliding fee scale</li> <li>▪ Private pay</li> </ul> | <ul style="list-style-type: none"> <li>• Respond w/in 5 business days</li> <li>• No openings until summer.</li> </ul> <p>Open Monday – Friday &amp; some Saturdays</p>                                   |

| Agency                                                                                                                                                                                                                                                                                                                                 | Counselors/<br>Therapists                                                         | Services                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                  | Insurance/<br>Payment                                                                                                                                                                                                                                       | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                              |
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| <p><b>Joann Seeman-Smith</b><br/>2515 University Blvd,<br/>Ste 102<br/>Ames, IA 50010</p> <p>P: 515-451-0657<br/>F: none<br/>E: <a href="mailto:dr.joannss@gmail.com">dr.joannss@gmail.com</a></p>                                                                                                                                     | <ul style="list-style-type: none"> <li>• Joann Seeman Smith, PhD, LMHC</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> </ul>                                             | <ul style="list-style-type: none"> <li>▪ Trauma issues</li> <li>▪ Complex/Developmental trauma</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ PTSD</li> <li>▪ Emotional Dysregulation</li> <li>▪ Autism Spectrum</li> </ul>                                                                   | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ Private Pay</li> </ul>                                                                                                                                         | <p>Private Pay:<br/>Initial appointment \$200<br/>1 hr. Session \$180</p> <p>No current openings</p>                                                            |
| <p><b>Joyce Davidson, PhD</b><br/>2515 University Blvd., Suite 102<br/>Ames, IA 50010</p> <p>P: 515-451-3895<br/>F: 515-598-7800<br/>E: <a href="mailto:Jad7grands@gmail.com">Jad7grands@gmail.com</a></p>                                                                                                                             | <ul style="list-style-type: none"> <li>• Joyce Davidson, PhD, HSP</li> </ul>      | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> <li>▪ LBGQTQA Identities/Issues</li> </ul>        | <ul style="list-style-type: none"> <li>▪ Transgender Identity/support</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma</li> <li>▪ Complex/Developmental Trauma</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism Spectrum</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ UHC</li> </ul>                                                                                                                                                                            | <p>Some openings</p>                                                                                                                                            |
| <p><b>Kelly Shea</b><br/>5<sup>th</sup> Street Mental Health Professionals<br/>600 5<sup>th</sup> St.,<br/>Ste 200<br/>Ames, IA 50010</p> <p>P: 515-232-2051<br/>F: 515-232-2775<br/>E: <a href="mailto:therapistshea@gmail.com">therapistshea@gmail.com</a><br/>W: <a href="http://www.5thstreetmhp.com">www.5thstreetmhp.com</a></p> | <ul style="list-style-type: none"> <li>• Kelly Shea, LMFT</li> </ul>              | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/Work Performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family issues</li> <li>▪ LBGQTQA Identities/Issues</li> </ul> | <ul style="list-style-type: none"> <li>▪ Transgender Identity/Support</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma issues</li> <li>▪ Complex/Developmental Trauma</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> </ul>                     | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ United Healthcare</li> <li>▪ Medicaid – Iowa Total Care &amp; Amerigroup</li> <li>▪ Private pay</li> <li>▪ TRICARE</li> <li>▪ Several EAP programs</li> <li>▪ Midland’s Choice</li> </ul> | <p>Private Pay:<br/>Initial intake \$130<br/>Individual \$65<br/>Couples/Family \$80</p> <p>1-2 Business Days to return calls.</p> <p>Call for availability</p> |

| Agency                                                                                                                                                                                                                                                                                                                                                                                         | Counselors/<br>Therapists                                                        | Services                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                 | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                            | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                         |
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| <p><b>Linda Feldman</b><br/> <b>Clinical Associates of Ames</b><br/> 600 5<sup>th</sup> St., Suite 201<br/> Ames, IA 50010</p> <p>P: 515-520-4369<br/> F: none provided<br/> E:<br/> lindafeldmanlisw@gmail.com</p>                                                                                                                                                                            | <ul style="list-style-type: none"> <li>Linda Feldman, LISW</li> </ul>            | <ul style="list-style-type: none"> <li>Depression</li> <li>Anxiety</li> <li>Relationships</li> <li>Self-esteem</li> <li>Grief work</li> <li>Academic/work performance</li> <li>Stress management</li> <li>Couples/family issues</li> </ul>                      | <ul style="list-style-type: none"> <li>LBGTQIA</li> <li>Multi-cultural issues</li> <li>Trauma issues</li> <li>Complex/developmental trauma</li> <li>Adjustment/life transitions</li> <li>Emotional dysregulation</li> <li>PTSD</li> </ul>                                                       | <ul style="list-style-type: none"> <li>Wellmark BCBS</li> <li>Alliance Select</li> <li>United Healthcare</li> <li>Medicaid – Iowa Total Care only</li> <li>Medicare</li> <li>UBH</li> <li>Midlands Choice</li> <li>Health Alliance</li> <li>MHNET</li> </ul>                                                                                     | <ul style="list-style-type: none"> <li>Usually 2-3 week</li> <li>Return call w/in 24 hours</li> </ul>                                                                                                      |
| <p><b>Living Solutions</b><br/> 2126 Gable Lane<br/> PO Box 1328<br/> Ames, IA 50014</p> <p>P: 515-290-1534 or<br/> 515-337-1161<br/> F: 515-382-2004<br/> E:<br/> <a href="mailto:kbh@livingsolutionstc.com">kbh@livingsolutionstc.com</a></p>                                                                                                                                                | <ul style="list-style-type: none"> <li>Kimberly Benton Herzberg, LISW</li> </ul> | <ul style="list-style-type: none"> <li>Depression</li> <li>Anxiety</li> <li>Eating disorders</li> <li>Relationships</li> <li>Self-esteem</li> <li>Grief work</li> <li>Academic/work performance</li> <li>Stress Management</li> </ul>                           | <ul style="list-style-type: none"> <li>Couples/family</li> <li>LBGTQIA identity/issues</li> <li>Multi-cultural issues</li> <li>Trauma</li> <li>Adjustment/Life transitions</li> <li>Emotional dysregulation</li> <li>PTSD</li> </ul>                                                            | <ul style="list-style-type: none"> <li>Wellmark BCBS</li> <li>United Healthcare</li> <li>UBH</li> <li>Midland's Choice</li> </ul>                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>Usually 2 – 3 weeks</li> <li>Call back within 24 hours</li> <li>Some evening hours available</li> <li>Kim is cutting back on # of clients she is taking.</li> </ul> |
| <p><b>Lutheran Services in Iowa</b><br/> 1323 Northwestern Ave.<br/> Ames, IA 50010</p> <p>Intake P: 888-457-4692</p> <p>P: 515-817-0982<br/> F: 515-232-7416<br/> E:<br/> <a href="mailto:renae.vanderlinden@lsiowa.org">renae.vanderlinden@lsiowa.org</a><br/> <a href="mailto:amy.davis@lsiowa.org">amy.davis@lsiowa.org</a><br/> <a href="mailto:supervisor@lsiowa.org">supervisor</a></p> | <ul style="list-style-type: none"> <li>Renae Van Der Linden</li> </ul>           | <ul style="list-style-type: none"> <li>Depression</li> <li>Anxiety</li> <li>Relationships</li> <li>Self-esteem</li> <li>Grief work</li> <li>Academic/work performance</li> <li>Stress management</li> <li>Couples/family</li> <li>Career exploration</li> </ul> | <ul style="list-style-type: none"> <li>LBGTQIA identities/issues</li> <li>Multi-cultural issues</li> <li>Trauma issues</li> <li>Complex &amp; developmental trauma</li> <li>Adjustment/Life transitions</li> <li>Emotional dysregulation</li> <li>PTSD</li> <li>Christian counseling</li> </ul> | <ul style="list-style-type: none"> <li>Wellmark BCBS</li> <li>Alliance Select</li> <li>United Healthcare</li> <li>CIGNA</li> <li>Medicaid</li> <li>AETNA</li> <li>UBH</li> <li>FIRST Administrator</li> <li>Tri-Care</li> <li>Coventry</li> <li>Multiplan</li> <li>Midlands Choice (only if secondary insurance)</li> <li>Private pay</li> </ul> | <p>No information given about sliding scale or private pay.</p> <p>No current openings</p>                                                                                                                 |

| Agency                                                                                                                                                                                                                                                                                                       | Counselors/<br>Therapists                                                                                                                                                                                                                                                                                                                                       | Services                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                          | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                   |
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| <p><b>Network Community Counseling</b><br/>Science Hall, (basement)<br/>Room 56<br/>Mailing address:<br/>W1112 Lagomarcino Hall<br/>Iowa State Univ.<br/>Ames, IA 50011</p> <p>P: 515-294-1898<br/>F: 515-294-6424<br/>E: groups@iastate.edu<br/>W:<br/>www.networkcounseling.com</p>                        | <ul style="list-style-type: none"> <li>• Nathaniel Wade, PhD (Director)</li> <li>• Meredith Tittler, MS (Assoc. Director), Practicum Counselor</li> <li>• Kelsey Engle, Practicum Counselor, MS</li> <li>• Nellie Moualeu, MS, Practicum Counselor</li> <li>• Carlos Vidales, MS, Practicum Counselor</li> <li>• Kent Crick, MS, Practicum Counselor</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Academic/work performance</li> <li>▪ Stress management</li> <li>▪ Career exploration</li> <li>▪ LBGTQIA identities/issues</li> <li>▪ Multi-cultural issues</li> <li>▪ Adjustment/Life transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ Group Therapy</li> </ul>                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>▪ No insurance accepted</li> </ul>                                                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>• No individual appointments available at this time.</li> </ul> <p>Private pay:<br/>\$10 for individual for ISU students<br/>\$20 all others<br/>\$5 for group (ISU student)<br/>\$10 group for all others</p>                                |
| <p><b>Okerberg &amp; Associates</b><br/><b>6139 US Highway 69</b><br/><b>Ames, IA 50105</b></p> <p><b>628 Broad Street, Suite 2</b><br/><b>Story City, IA 50248</b></p> <p>P: 515-577-6595<br/>F: none<br/>E: liz@okerberg.com<br/>W: <a href="http://www.Okerberg-assoc.com">www.Okerberg-assoc.com</a></p> | <p>Melinda Wadsley, NCC, LMHC</p>                                                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Adjustment Disorders</li> <li>▪ Solution Focused Brief Therapy</li> <li>▪ Equine Assisted Therapy</li> <li>▪ Stress Management</li> <li>▪ Self-esteem</li> <li>▪ Career Counseling</li> <li>▪ Couples/Family</li> <li>▪ Trauma &amp; Attachment</li> <li>▪ Women's Issues</li> </ul> <ul style="list-style-type: none"> <li>▪ Eriksonian Hypnosis</li> <li>▪ Christian Counseling</li> <li>▪ Play Therapy</li> <li>▪ CBT</li> <li>▪ Cultural Sensitive</li> <li>▪ Divorce</li> <li>▪ ADHD Assessments</li> <li>▪ Autism Spectrum</li> <li>▪ Addictions, Substance Use/Abuse</li> <li>▪ Military Support</li> </ul> | <ul style="list-style-type: none"> <li>▪ AETNA</li> <li>▪ Beacon</li> <li>▪ CIGNA</li> <li>▪ Curalinc</li> <li>▪ MagellanP</li> <li>▪ Medica</li> <li>▪ Medicaid</li> <li>▪ Morneau Shepell</li> <li>▪ Stripe</li> <li>▪ UBH</li> <li>▪ UHC</li> <li>▪ UMR</li> </ul> <ul style="list-style-type: none"> <li>▪ Unity Point</li> <li>▪ Value Options</li> </ul> | <ul style="list-style-type: none"> <li>• Private Pay is \$120/hour</li> <li>• Sliding Scale available on limited basis.</li> <li>• Return calls within 48 hours</li> <li>• Wait time 1-2 weeks.</li> <li>• Hours:<br/>M: 9-3<br/>T: 9-8<br/>W: 9-8<br/>Th: 9-8<br/>F: 9-3</li> </ul> |

| Agency                                                                                                                                                                                                                                                                                                                                                       | Counselors/<br>Therapists                                               | Services                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                              | Insurance/<br>Payment                                                                                                                                                                        |                                                                                                                                                                                          | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                      |
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| <p><b>Optimae Life Services</b><br/>328 Main St., Ste 110<br/>Ames, IA 50010</p> <p>P: 515-715-1884<br/>F: 515-715-1886<br/>E:<br/><a href="mailto:abanks@optimaelifeservices.com">abanks@optimaelifeservices.com</a></p>                                                                                                                                    | <ul style="list-style-type: none"> <li>• Ed Rund, LISW</li> </ul>       | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationship Issues</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couple/Family</li> <li>▪ Medication management</li> <li>▪ Substance abuse</li> </ul> | <ul style="list-style-type: none"> <li>▪ Career Exploration</li> <li>▪ LBGQTQIA identities/issues</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma</li> <li>▪ Complex/Developmental trauma</li> <li>▪ Adjustment/life transitions</li> <li>▪ Emotional dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism spectrum</li> <li>▪ Christian counseling</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Health Partners</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> </ul> | <ul style="list-style-type: none"> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Coventry</li> <li>▪ Multiplan</li> <li>▪ Midlands Choice</li> <li>▪ New Direction, Railroad Medicare</li> </ul> | <ul style="list-style-type: none"> <li>• 5 weeks</li> </ul> <p>Sliding scale available</p> <p>M-W-TH from 8:00 am – 4:00 pm.</p>                                                                                                                        |
| <p><b>River Valley Therapy Clinic</b><br/>414 S. 17<sup>th</sup> St., Suite 102B,<br/>Ames, IA 50010</p> <p>P: 515-290-2259<br/>F: none provided<br/>E:<br/><a href="mailto:rivervalleytherapyclinic@gmail.com">rivervalleytherapyclinic@gmail.com</a><br/>W:<br/><a href="http://www.rivervalleytherapyclinic.com">www.rivervalleytherapyclinic.com</a></p> | <ul style="list-style-type: none"> <li>• Jeremy Stumbo, LMFT</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Family issues</li> <li>▪ Adjustment/life transition</li> </ul>                                                         | <ul style="list-style-type: none"> <li>▪</li> </ul>                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>▪ BCBS</li> </ul>                                                                                                                                     |                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>• 3-4 weeks</li> </ul>                                                                                                                                                                                           |
| <p><b>Sharing is Healing</b><br/>2403 Lakeside Drive<br/>Ames, IA 50010</p> <p>F: 515-520-8232</p> <p>* Schedule and complete forms online at<br/>W:<br/><a href="http://www.michelleroling.com">www.michelleroling.com</a></p>                                                                                                                              | <p>Michelle Roling, LMHC, CEDS</p>                                      | <ul style="list-style-type: none"> <li>▪ Eating disorders</li> <li>▪ Anxiety</li> <li>▪ OCD</li> <li>▪ Depression</li> <li>▪ Bipolar</li> <li>▪ Relationships</li> <li>▪ LBGQTQIA</li> <li>▪ Grief</li> <li>▪ Trauma</li> <li>▪ Chronic/terminal illnesses</li> </ul>                                                                            | <ul style="list-style-type: none"> <li>▪ Families/couples</li> <li>▪ Parenting</li> <li>▪ Positive Psychology</li> <li>▪ Self-esteem</li> <li>▪ Interpersonal Development</li> <li>▪ Telatherapy – no coverage by insurance</li> </ul>                                                                                                                       | <ul style="list-style-type: none"> <li>▪ BCBS</li> <li>▪ Private pay – initial session \$100 &amp; subsequent sessions \$75</li> </ul>                                                       | <ul style="list-style-type: none"> <li>▪ Teletherapy: Initial session \$100 &amp; subsequent sessions \$75</li> </ul>                                                                    | <ul style="list-style-type: none"> <li>• To make an appointment, go to <a href="http://www.michelleroling.com">www.michelleroling.com</a> &amp; look at appointment availability, register, request appointment &amp; complete intake forms.</li> </ul> |

| Agency                                                                                                                                                                         | Counselors/<br>Therapists                                                                             | Services                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                 | Insurance/<br>Payment                                                                                                                                                                                                    | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                                          |
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| <p><b>Summer Brunscheen,</b><br/>2515 University Blvd,<br/>Ste 102<br/>Ames, IA 50010</p> <p>P: 515-450-7532<br/>F: 515-864-0263<br/>E: drsummerb@gmail.com</p>                | <ul style="list-style-type: none"> <li>• Summer Brunscheen, PhD,<br/>Licensed Psychologist</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Family issues</li> <li>▪ Career Exploration</li> <li>▪ LBGTQIA identities/issues</li> <li>▪ Transgender identities/support</li> </ul> | <ul style="list-style-type: none"> <li>▪ Multi-cultural issues</li> <li>▪ Trauma Issues</li> <li>▪ Complex/Developmental Trauma</li> <li>▪ Psychological Assessment</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> <li>▪ Autism Spectrum</li> <li>▪ Will support spiritual beliefs as client desires</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Private Pay</li> </ul> | <ul style="list-style-type: none"> <li>• 3 months</li> </ul> <p>Private Pay:<br/>\$230 initial session<br/>\$220 – 60 min<br/>\$170 – 45 min<br/>\$230/hr psych testing</p> <p>Phone calls may take 1-2 business days to return.</p> <p>Hours are<br/>M-W 9 to 4<br/>Thurs. not in office<br/>Fri 9 – 3</p> |
| <p><b>Tami Wirth</b><br/>103 East 6th Street Suite<br/>101<br/>Ames, Iowa 50010</p> <p>806 7th Street U2<br/>Boone, Iowa 50036</p> <p>P: 515-512-4493<br/>F: None provided</p> | <ul style="list-style-type: none"> <li>• Tami Wirth, LISW, RPT</li> </ul>                             | <p>ADHD<br/>Adoption<br/>Anxiety<br/>Behavioral Issues<br/>Coping Skills<br/>Depression<br/>Divorce<br/>Domestic Abuse<br/>Domestic Violence<br/>Family Conflict</p>                                                                                                                                                                                            | <p>Obsessive-Compulsive (OCD)<br/>Oppositional Defiance<br/>Parenting<br/>Peer Relationships<br/>Relationship Issues<br/>School Issues<br/>Self Esteem<br/>Sexual Abuse</p>                                                                                                                                                                                     | <p>AMERIGROUP<br/>AmeriHealth<br/>BlueCross and BlueShield<br/>Medicaid<br/>United Healthcare<br/>Out of Network</p>                                                                                                     | <ul style="list-style-type: none"> <li>•</li> </ul>                                                                                                                                                                                                                                                         |

| Agency                                                                                                                                                                                                                                                        | Counselors/<br>Therapists                                                                                                                                                                                                                                                                         | Services                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                        | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                                                    | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                                                                                                                                                                                                                                          |
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| <p><b>Team Restoration</b><br/>Cornerstone Church<br/>56829 US Highway 30<br/>Ames, IA 50010</p> <p>P: 515-238-9010<br/>F: 641-342-1017<br/>E: nnelsen@team-restoration.org<br/>W: <a href="http://www.team-restoration.org">www.team-restoration.org</a></p> | <ul style="list-style-type: none"> <li>• Stephen Bohlen, LMHC</li> <li>• Julie Porter, LMHC</li> </ul>                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>▪ Christian Counseling</li> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Eating Disorders</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> </ul>                                                                                                                                                               | <ul style="list-style-type: none"> <li>▪ Stress Management</li> <li>▪ Couples/Family</li> <li>▪ Substance use</li> <li>▪ Career Exploration</li> <li>▪ Trauma issues</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ PTSD</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ CIGNA</li> <li>▪ Medicaid</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ First Administrators</li> <li>▪ Midlands Choice</li> <li>▪ Sliding Fee Scale</li> <li>▪ Private Pay</li> </ul>                                                                            | <ul style="list-style-type: none"> <li>• 2 – 4 weeks</li> </ul> <p>Private pay<br/>\$110 - \$150</p>                                                                                                                                                                                                                                                                                        |
| <p><b>The Kai Lani Center</b><br/>2603 Northridge Pkwy,<br/>Ste 103<br/>Ames, IA 50010</p> <p>P: 515-338-2929<br/>F: 515-337-8863<br/>E: info@thekailanicenter.com<br/>W: <a href="http://www.thekailanicenter.com">www.thekailanicenter.com</a></p>          | <ul style="list-style-type: none"> <li>• Jocelyn Wilson, MA, MDiv, LCSW, LISW Also certified social work supervisor</li> <li>• Francine Ybarra-Rojas, LMFT, Sex Offender Tx Provider, native Spanish-speaker, trilingual in Spanish, English &amp; French (Office Mon, Tues &amp; Sat)</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Academic/work performance</li> <li>▪ Stress Management</li> <li>▪ Couples/Family issues</li> <li>▪ Substance abuse</li> <li>▪ Trauma</li> <li>▪ Cultural identity</li> <li>▪ Adverse discrimination</li> </ul> <p>▪ Ehler’s Danlos Support/Education Group</p> |                                                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ Alliance Select</li> <li>▪ United Healthcare</li> <li>▪ Health Partners</li> <li>▪ CIGNA</li> <li>▪ Medicaid</li> <li>▪ Medicare</li> <li>▪ AETNA</li> </ul> <ul style="list-style-type: none"> <li>▪ UBH</li> <li>▪ Coventry</li> <li>▪ Midland’s Choice</li> <li>▪ Health Alliance</li> <li>▪ Private pay</li> </ul> | <p>Private pay: \$125-\$175 per session depending on service provided</p> <p>Jocelyn is not accepting new clients.</p> <p>Francine may have some availability</p> <ul style="list-style-type: none"> <li>• Crisis care available same day</li> <li>• In case of hospital d/c, will see client on weekends</li> <li>• Calls returned w/in 24 hrs</li> <li>• On the brown bus line</li> </ul> |

| Agency                                                                                                                                                                                                                                                                                                         | Counselors/<br>Therapists                                                               | Services                                                                                                                                                                                                                                                                                                                                              | Insurance/<br>Payment                                                                                                                                                         |                                                     | Wait time for<br>appointment/<br>Other<br>Comments                                            |
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| <p><b>Thomas Looney</b><br/> <b>5<sup>th</sup> Street Mental Health Professionals</b><br/>           600 5<sup>th</sup> Street, Ste 200<br/>           Ames, IA 50010</p> <p>P: 515-232-2051<br/>           F: 515-232-2775<br/>           E: thomasloney@gmail.com<br/>           W: www.5thstreetmhp.com</p> | <ul style="list-style-type: none"> <li>• Thomas Looney, LMHC</li> </ul>                 | <ul style="list-style-type: none"> <li>▪ Anxiety</li> <li>▪ Depression</li> <li>▪ Life transitions</li> <li>▪ Grief &amp; Loss</li> <li>▪ Relationships</li> <li>▪ Families</li> </ul>                                                                                                                                                                | <ul style="list-style-type: none"> <li>▪ BCBS</li> <li>▪ United Healthcare</li> </ul>                                                                                         | <ul style="list-style-type: none"> <li>▪</li> </ul> | <p>Some openings</p> <p>May do a charge of \$40 for those in need based on income.</p>        |
| <p><b>Vine Christian Counseling</b><br/> <b>515 Grand Ave., Ste 203</b><br/> <b>Ames, IA 50010</b></p> <p>P: 515-232-0411 x 2<br/>           F: 515-232-0427<br/>           E: <a href="mailto:vines@vinesccc@gmail.com">vines@vinesccc@gmail.com</a><br/>           W: www.vinesccc.com</p>                   | <ul style="list-style-type: none"> <li>• Monique Maldonado, MACP, LMHC, IADC</li> </ul> | <ul style="list-style-type: none"> <li>▪ Anxiety</li> <li>▪ Depression</li> <li>▪ Personality Disorders</li> <li>▪ Life Adjustments</li> <li>▪ Substance abuse assessments</li> <li>▪ Spiritual confusion</li> <li>▪ Emotion regulation</li> <li>▪ Life changes</li> <li>▪ Trauma</li> <li>▪ Mood Disorders</li> <li>▪ Addiction treatment</li> </ul> | <ul style="list-style-type: none"> <li>▪ AETNA</li> <li>▪ Wellmark BCBS</li> <li>▪ United Healthcare</li> <li>▪ Tri-Care West</li> <li>▪ Medicaid</li> <li>▪ Optum</li> </ul> | <ul style="list-style-type: none"> <li>▪</li> </ul> | <p>Wait time for mental health.</p> <p>Almost immediate appointments for substance abuse.</p> |



|                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                     |
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| <p><b>YSS – Family Counseling &amp; Clinic</b><br/> 125 S 3<sup>rd</sup> St.<br/> Ames, IA 50010</p> <p>P: 515-233-2250<br/> F: 515-233-3235<br/> E: <a href="mailto:mvasquez@yss.org">mvasquez@yss.org</a><br/> W: <a href="http://www.yss.org">www.yss.org</a></p> <p>105 S. Marshall St.,<br/> Boone, IA 50036<br/> P: 515-233-2250<br/> F: 515-233-3235</p> <p>W: <a href="http://www.yss.org">www.yss.org</a></p> | <ul style="list-style-type: none"> <li>• Shawna Kier, LMHC</li> <li>• Jeremy Barsness, CADC</li> <li>• Kevin Wilson, LMFT</li> <li>• Dakota Funk, LMSW</li> <li>• Christine Flathers, LISW</li> <li>• Tamara Wirth, LISW</li> <li>• Elizabeth Rigsbee, TLMHC</li> <li>• Andrew Bradley, TLMHC</li> <li>• Nicole Cardarella, TLMHC</li> <li>• Tricia Simmons, TLMHC</li> </ul> | <ul style="list-style-type: none"> <li>▪ Depression</li> <li>▪ Anxiety</li> <li>▪ Career Exploration</li> <li>▪ Relationships</li> <li>▪ Self-esteem</li> <li>▪ Grief work</li> <li>▪ Stress Management</li> <li>▪ Couples/Family Management</li> <li>▪ Medication Management</li> </ul> | <ul style="list-style-type: none"> <li>▪ Substance use</li> <li>▪ LBGTQJA Identities/issues</li> <li>▪ Multi-cultural issues</li> <li>▪ Trauma</li> <li>▪ Complex/developmental trauma</li> <li>▪ Adjustment/Life Transitions</li> <li>▪ Emotional Dysregulation</li> <li>▪ PTSD</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ United Healthcare</li> <li>▪ Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise)</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Coventry</li> <li>▪ CIGNA</li> <li>▪ UMR</li> <li>▪ Midlands Choice</li> <li>▪ Health Alliance</li> <li>▪ Private pay (no specifics given)</li> <li>▪ Health Partners</li> <li>▪ Tri-Care</li> <li>▪ Sliding fee scale (substance abuse only)</li> <li>▪ Private pay</li> </ul> | <p>Intakes generally scheduled within 2-3 days</p> <p>Same day appointments available if call is made by 11 am.</p> |
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| Agency                                                                                                                            | Counselors/<br>Therapists                                                                                                             | Services                                                                                                   | Insurance/<br>Payment                                                      | Wait time for<br>appointment/<br>Other<br>Comments                                                                               |
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| <b>PSYCHIATRIC PROVIDERS – AMES, IA</b>                                                                                           |                                                                                                                                       |                                                                                                            |                                                                            |                                                                                                                                  |
| <b>Central Iowa Psychological Services</b><br>223 S. Walnut Ave.<br>Ames, IA 50010<br><br>P: 515-233-1122<br>F: 515-6500          | <ul style="list-style-type: none"> <li>• Jody Kapustka, PMHNP-BC</li> <li>• Judy Gonzales, PMHNP-BC</li> </ul> <b>DSM office only</b> | <ul style="list-style-type: none"> <li>▪ Medication evaluation</li> <li>▪ Medication management</li> </ul> | <ul style="list-style-type: none"> <li>▪ Blue Cross Blue Shield</li> </ul> | Jody: Only sees patients on Wednesdays late afternoon to evening<br>Judy: Sees patients West Des Moines office Monday - Thursday |
| <b>Community &amp; Family Resources (CFR)</b><br>1619 South High Ave.<br>Ames, IA 50010<br><br>P: 515-232-5811<br>F: 515-232-3780 | <ul style="list-style-type: none"> <li>• Jack Dodd, MD</li> <li>• Christel Rinehart, ARNP</li> </ul>                                  | <ul style="list-style-type: none"> <li>▪ Medication evaluation</li> <li>▪ Medication management</li> </ul> | <ul style="list-style-type: none"> <li>▪</li> </ul>                        |                                                                                                                                  |
| <b>Clear Brook Counseling Professionals</b><br>614 Billy Sunday Road, Ste 100,<br>Ames, IA 50010<br><br>P: 515-337-1764           | <ul style="list-style-type: none"> <li>• Kelsey Christensen, DNP</li> </ul>                                                           | <ul style="list-style-type: none"> <li>▪ Medication evaluation</li> <li>▪ Medication management</li> </ul> | <ul style="list-style-type: none"> <li>▪</li> </ul>                        |                                                                                                                                  |

| Agency                                                                                                                                                                           | Counselors/<br>Therapists                                                                                                                        | Services                                                                                               | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                                                   | Wait time for<br>appointment/<br>Other<br>Comments                                                                                                                        |                                                                                                                                                  |  |
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| <b>Eyerly Ball Mental Health<br/>Community Center</b><br>2521 University Blvd,<br>Ste 121<br>Ames, IA 50010<br><br>P: 515-598-3300<br>F: 515-292-2624                            | <ul style="list-style-type: none"> <li>Steven Stokes, ARNP (telemedicine)</li> </ul>                                                             | <ul style="list-style-type: none"> <li>Medication evaluation</li> <li>Medication management</li> </ul> | <table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>Wellmark BCBS</li> <li>Alliance Select</li> <li>United Healthcare</li> <li>Medicaid</li> <li>Medicare</li> <li>Tri-Care</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>Coventry</li> <li>Midlands Choice</li> <li>Sliding scale (county funding)</li> <li>Private pay</li> </ul> </td> </tr> </table> | <ul style="list-style-type: none"> <li>Wellmark BCBS</li> <li>Alliance Select</li> <li>United Healthcare</li> <li>Medicaid</li> <li>Medicare</li> <li>Tri-Care</li> </ul> | <ul style="list-style-type: none"> <li>Coventry</li> <li>Midlands Choice</li> <li>Sliding scale (county funding)</li> <li>Private pay</li> </ul> |  |
| <ul style="list-style-type: none"> <li>Wellmark BCBS</li> <li>Alliance Select</li> <li>United Healthcare</li> <li>Medicaid</li> <li>Medicare</li> <li>Tri-Care</li> </ul>        | <ul style="list-style-type: none"> <li>Coventry</li> <li>Midlands Choice</li> <li>Sliding scale (county funding)</li> <li>Private pay</li> </ul> |                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                           |                                                                                                                                                  |  |
| <b>Gabrielle Barloon, MD<br/>Fifth Street Mental Health<br/>Professionals</b><br>600 5 <sup>th</sup> St.,<br>Ste 200<br>Ames, IA 50010<br><br>P: 515-232-2051<br>F: 515-232-2775 | <ul style="list-style-type: none"> <li>Gabrielle Barloon, MD</li> </ul>                                                                          | <ul style="list-style-type: none"> <li>Medication Evaluation</li> <li>Medication Management</li> </ul> | <ul style="list-style-type: none"> <li>Wellmark BCBS</li> <li>Alliance Select</li> <li>United Healthcare</li> </ul>                                                                                                                                                                                                                                                                     | 1-2 weeks                                                                                                                                                                 |                                                                                                                                                  |  |
| <b>Optimae Life Services</b><br>104 S. Hazel Ave.<br>Ames, IA 50010<br><br>P: 515-956-2684<br>F: 515-450-5315                                                                    | <ul style="list-style-type: none"> <li>Jayson Gesulga, PA-C, MMS</li> </ul>                                                                      | <ul style="list-style-type: none"> <li>Medication evaluation</li> <li>Medication management</li> </ul> | <ul style="list-style-type: none"> <li></li> </ul>                                                                                                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>Varies</li> <li>In Ames office Tuesdays from 9:00 – 4:30</li> <li>Currently 2 weeks for psychiatric evaluation</li> </ul>          |                                                                                                                                                  |  |
| <b>Primary Health Care</b><br>3510 Lincoln Way<br>Ames, IA 50014<br><br>P: 515-232-0628<br>F: 515-232-0727                                                                       | <ul style="list-style-type: none"> <li></li> </ul>                                                                                               | <ul style="list-style-type: none"> <li>Medication evaluation</li> <li>Medication management</li> </ul> | <ul style="list-style-type: none"> <li></li> </ul>                                                                                                                                                                                                                                                                                                                                      | **Must be a medical patient to obtain psychiatric services                                                                                                                |                                                                                                                                                  |  |

| Agency                                                                                                                                                          | Counselors/<br>Therapists                                                                                                            | Services                                                                                                   | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Wait time for<br>appointment/<br>Other<br>Comments                                                                     |
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| <p><b>Thielen Student Health Center (TSHC)</b><br/>2647 Union Drive<br/>Iowa State Univ.<br/>Ames, IA 50011-2029</p> <p>P: 515-294-5801<br/>F: 515-294-5457</p> | <ul style="list-style-type: none"> <li>• Carver Nebbe, MD</li> <li>• Ranae Roberts, ARNP</li> <li>• Sarah Hotchkiss, ARNP</li> </ul> | <ul style="list-style-type: none"> <li>▪ Medication Evaluation</li> <li>▪ Medication Management</li> </ul> | <ul style="list-style-type: none"> <li>▪ If you are seeing one of the primary care doctors, you are covered as a student at TSHC.</li> <li>▪ If you are seeking services from a psychiatric provider, you will use your personal health insurance. Call and verify TSHC is covered under your insurance.</li> <li>▪ Sliding scale: If you do not have health insurance, you will be provided a form to submit for assistance. You will be required to submit both your income and your parent's income. Speak with TSHC about this process.</li> </ul> | <p>Call to make an appointment.</p> <p>Note: Fax #'s vary by provider so call &amp; check where to fax information</p> |

| Agency                                                                                                                                                                                                                             | Counselors/<br>Therapists                                                                                                                                                                                                                | Services                                                                                                   | Insurance/<br>Payment                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Wait time for<br>appointment/<br>Other<br>Comments |
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| <p><b>YSS</b><br/>125 South 3<sup>rd</sup> St.<br/>Ames, IA 50010</p> <p>P: 515-233-2250<br/>F: 515-233-3235<br/>E: <a href="mailto:mvasquez@yss.org">mvasquez@yss.org</a><br/>W: <a href="http://www.yss.org">www.yss.org</a></p> | <ul style="list-style-type: none"> <li>• Brian Vold, ARNP</li> <li>• Rebecca Nunn-Ryan, ARNP</li> <li>• Sasha Khosravi, MD</li> <li>• Lucas Trautman, MD</li> <li>• Maureen Richards, ARNP</li> <li>• Brittany Sherwood, ARNP</li> </ul> | <ul style="list-style-type: none"> <li>▪ Medication Evaluation</li> <li>▪ Medication Management</li> </ul> | <ul style="list-style-type: none"> <li>▪ Wellmark BCBS</li> <li>▪ United Healthcare</li> <li>▪ Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise)</li> <li>▪ AETNA</li> <li>▪ UBH</li> <li>▪ Coventry</li> <li>▪ CIGNA</li> <li>▪ UMR</li> <li>▪ Midlands Choice</li> <li>▪ Health Alliance</li> <li>▪ Private pay (no specifics given)</li> <li>▪ Health Partners</li> <li>▪ Tri-Care</li> <li>▪ Sliding fee scale (substance abuse only)</li> <li>▪ Private pay</li> </ul> |                                                    |

| Agency                                                                                                                                                                                                                                      | Counselors/<br>Therapists                                                   | Services                                                                                                                                                                                                                                                                                  | Insurance/<br>Payment                               | Wait time for<br>appointment/<br>Other<br>Comments |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|
| <p><b>Compass Tree Counseling</b><br/>600 5<sup>th</sup> Street, Suite 300<br/>Ames, IA 50010</p> <p>P: 515-233-3971<br/>F: 877-522-5014<br/>E: <a href="mailto:infor@compasstree.org">infor@compasstree.org</a><br/>W: compasstree.org</p> | <ul style="list-style-type: none"> <li>• Maureen Patterson, PA-C</li> </ul> | <ul style="list-style-type: none"> <li>▪ Medication Evaluation</li> <li>▪ Medication Management</li> </ul>                                                                                                                                                                                | <ul style="list-style-type: none"> <li>▪</li> </ul> |                                                    |
| <b>NEURO-PSYCHOLOGY SERVICES</b>                                                                                                                                                                                                            |                                                                             |                                                                                                                                                                                                                                                                                           |                                                     |                                                    |
| <p><b>Campbell Neuropsychological Services</b><br/>6200 Aurora Ave.<br/>Ste. 202<br/>Urbandale, IA 50322</p> <p>P: 515-252-2522<br/>F: 515-252-2523</p>                                                                                     | <ul style="list-style-type: none"> <li>• Derek Campbell, PhD</li> </ul>     | <ul style="list-style-type: none"> <li>▪ Neuro-psychological Services</li> </ul>                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>▪</li> </ul> |                                                    |
| <p><b>Evans Neuropsychology</b><br/>1001 Office Park Rd<br/>Ste 301<br/>West Des Moines, IA 50265</p> <p>P: 515-985-8209<br/>F: 515-805-2981</p>                                                                                            | <ul style="list-style-type: none"> <li>• Catherine Evans, PhD</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Individual Psychotherapy</li> <li>▪ Counseling</li> <li>▪ Psychological Assessment</li> <li>▪ Testing</li> <li>▪ Neuro-psychological Evaluation</li> <li>▪ Neuro-psychological Treatment Planning</li> <li>▪ Cognitive Rehabilitation</li> </ul> | <ul style="list-style-type: none"> <li>▪</li> </ul> | <p>Call for insurance &amp; appointment</p>        |

| Agency                                                                                                                                         | Counselors/<br>Therapists                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Services                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Insurance/<br>Payment                                                                                                       | Wait time for<br>appointment/<br>Other<br>Comments |
|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| <b>Mercy Ruan Neurology</b><br>111 6 <sup>th</sup> Ave.<br>Des Moines, IA 50314<br><br>P: 515-358-0011<br>F: 515-358-0099                      | <ul style="list-style-type: none"> <li>*<a href="#"><u>Steven R. Adelman, D.O.</u></a></li> <li>*<a href="#"><u>Paul V. Babikian, M.D.</u></a></li> <li>*<a href="#"><u>David L. Friedgood, D.O.</u></a></li> <li>*<a href="#"><u>Randall H. Hamilton, M.D.</u></a></li> <li>*<a href="#"><u>Bruce L. Hughes, M.D.</u></a></li> <li>*<a href="#"><u>Michael Jacoby, M.D.</u></a></li> <li>*<a href="#"><u>Mark S. Puricelli, D.O.</u></a></li> <li>*<a href="#"><u>Heike I Schmolck, M.D.</u></a></li> <li>*<a href="#"><u>Keith M. Kohout, D.O., M.S.</u></a></li> <li>*<a href="#"><u>Anne Lewis, ARNP</u></a></li> </ul> | Neuro-psychological Services                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>▪ BCBS</li> <li>▪ CIGNA</li> <li>▪ Multiplan</li> <li>▪ United Healthcare</li> </ul> |                                                    |
| <b>On With Life</b><br>715 SW Ankeny Rd<br>Ankeny, IA 50023<br><br>P: 515-289-9600 or<br>1-800-728-0645                                        | <ul style="list-style-type: none"> <li>•</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <ul style="list-style-type: none"> <li><a href="#"><u>Post-Acute Inpatient Neuro Rehabilitation</u></a></li> <li><a href="#"><u>Long-Term Skilled Care</u></a></li> <li><a href="#"><u>Outpatient Neuro Rehabilitation</u></a></li> <li><a href="#"><u>Residential Neuro Rehabilitation</u></a></li> <li><a href="#"><u>Supported Community Living</u></a></li> <li><a href="#"><u>Neuro-psychological Services</u></a></li> <li><a href="#"><u>Independent Living</u></a></li> </ul> | <ul style="list-style-type: none"> <li>▪</li> </ul>                                                                         |                                                    |
| <b>Ames Counseling &amp; Psychological Services</b><br>3600 Lincoln Way, Suite 4<br>Ames, IA 50014<br><br>P: 515-239-4410<br>Fax: 515-663-4885 | <ul style="list-style-type: none"> <li>•</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <a href="#"><u>Neuro-psychological Services</u></a>                                                                                                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>▪</li> </ul>                                                                         |                                                    |