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 paperwork and if it is best to complete it prior to coming in. Ask how you get the paper work?
  ◊ Talk with them about when the co-pay is due. If you cannot pay the co-pay all at once, ask if there are options for paying the co-pay in ways other than paying up front.
  ◊ Ask how payment is accepted (cash; check; debit or credit card).

What if I do not have insurance?
  ◊ There are 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.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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</thead>
</table>
| STORY COUNTY PROVIDERS | • Deena Cavender, LISW  
• Thomas Looney  
• Adrienne Shrader, LMHC  
• Kelly Shea, LMFT | • Depression  
• Anxiety  
• Couples/Family  
• Positive Psychology  
• Grief work  
• LBGTQIA identities/issues | • Transgender issues/support  
• PTSD  
• Emotional Dysregulation  
• Christian Counseling  
• Substance use | • Wellmark BCBS  
• Alliance Select  
• Midlands Choice  
• Coventry | • All counselors full except Thomas Looney who only takes BCBS. |
| 5th Street Mental Health Professionals  
600 5th St.,  
Ste 200  
Ames, IA 50010 | P: 515-232-2051  
F: 515-232-2775  
E: none | • Depression  
• Anxiety  
• Eating disorders  
• Relationship issues  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couple/Family  
• Substance use  
• Mental Health Assessment | • Career Exploration  
• LBGTQIA identities/issues  
• Transgender identity/support  
• Multi-cultural issues  
• Trauma issues  
• Complex/developmental trauma  
• Adjustment/Life transition issues  
• Emotional Dysregulation  
• PTSD  
• Autism spectrum | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• UBH  
• Multiplan  
• Midlands Choice  
• Health Alliance  
• Private pay | • Private pay: $155 /hour . |
| Adrienne Shrader  
5th Street Mental Health Professionals  
600 5th Street,  
Ste 200  
Ames, IA 50010 | P: 515-232-2051  
F: 515-232-2775  
E: Adrienne22rae@gmail.com | • Depression  
• Anxiety  
• Eating disorders  
• Relationship issues  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couple/Family  
• Substance use  
• Mental Health Assessment | • Career Exploration  
• LBGTQIA identities/issues  
• Transgender identity/support  
• Multi-cultural issues  
• Trauma issues  
• Complex/developmental trauma  
• Adjustment/Life transition issues  
• Emotional Dysregulation  
• PTSD  
• Autism spectrum | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• UBH  
• Multiplan  
• Midlands Choice  
• Health Alliance  
• Private pay | • Private pay: $155 /hour . |
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</tr>
</thead>
<tbody>
<tr>
<td>Ames Counseling &amp; Psychological Services</td>
<td>Beth Wagner, LISW • Ken Israel, Ph.D. • Michael Lelwica, Psy. D. • Ken Dodge, PhD • Amanda Robinson, LISW • Clifford Barta, M.S., Licensed Psychologist • Jamie Dunn, LMHC • Judy Rudman, PhD • Lilly Peterson-Williby, LISW • James Donaldson, Ph.D. • Benjamin Erbes, Psy.D • Lisa Griffith, RN, LMHC • Evan Buikema, Psy. D</td>
<td>Depression • Anxiety • Eating Disorders • Relationships • Self-esteem • Grief work • Academic/work performance • Stress Management • Couple/Family issues • Substance use • Career Exploration • LBGTQIA identities/issues • Neuro-psychological Assessments</td>
<td>Wellmark BCBS • Alliance Select • Health Partners • Medicare • UBH • Tri-Care (out of network but will accept assignment) • Health Alliance • Midland’s Choice (includes Medica, Health Partners, Preferred One Administrators, UMR, Preferred Health, call for others)</td>
<td>James Donaldson speaks fluent Spanish 6-8 weeks They work off a cancellation list and try to move clients forward as availability allows.</td>
</tr>
<tr>
<td>Ames Counseling Center</td>
<td>Bing Wall, PhD, LMFT • Carol Caskey, MS ED, LMSW • Andy Bradly, tLMHC</td>
<td>Christian Counseling • Couples/Family • Depression • Relationships • Sex Therapy • Process Addictions</td>
<td>BCBS</td>
<td>No information provided</td>
</tr>
</tbody>
</table>

Ames Counseling Center
319 Lincoln Way
Ames, IA 50010
P: 515-233-8473
F: none provided
E: inquiry@amescounselingcenter.com
W: www.amescounselingcenter.com

Ames Counseling & Psychological Services
3600 Lincoln Way, Ste 4
Ames, IA 50014
P: 515-239-4410
F: 515-663-4885
E: none
Website: www.amespsych.com
<table>
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<tr>
<th>Agency</th>
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<tbody>
<tr>
<td>Ames Mind Body Center</td>
<td>• Ian Nelson-Johnson, Psy. D.</td>
<td>• Depression</td>
<td>Wellmark BCBS</td>
<td>Wait times: * Therapy 12-16 weeks</td>
</tr>
<tr>
<td>4923 Lincoln Way, Ste 102</td>
<td></td>
<td>• Anxiety</td>
<td></td>
<td>*Assessment – initial appt. usually</td>
</tr>
<tr>
<td>Ames, IA  50014</td>
<td></td>
<td>• Men’s issues</td>
<td></td>
<td>within 3-4 weeks</td>
</tr>
<tr>
<td>P:  515-292-4870</td>
<td></td>
<td>• Relationship distress</td>
<td></td>
<td></td>
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<tr>
<td>F:  833-597-4490</td>
<td></td>
<td>• Grief &amp; Loss</td>
<td></td>
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<tr>
<td>E:  <a href="mailto:ian@amesmindbodycenter.com">ian@amesmindbodycenter.com</a></td>
<td></td>
<td>• LBTGQIA identified/issues</td>
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<tr>
<td>W:  <a href="http://www.amesmindbodycenter.com">www.amesmindbodycenter.com</a></td>
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<td></td>
<td></td>
<td>• Transgender issues/support</td>
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<td></td>
<td></td>
<td>• Self-esteem</td>
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<td></td>
<td></td>
<td>• Family of Origin issues</td>
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<td>• PTSD</td>
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<td>• Emotional dysregulation</td>
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<tr>
<td>Ames Psychological Wellness Center</td>
<td>• Nichole Olson, PhD</td>
<td>• Depression</td>
<td>Wellmark BCBS</td>
<td></td>
</tr>
<tr>
<td>3510 Lincoln Way, Suite 300,</td>
<td>• Courtney Clippert-Tredwell, PhD</td>
<td>• Anxiety</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ames, IA  50014</td>
<td>• Whittney Statham, PhD</td>
<td>• Healing from trauma or abuse (verbal, physical, and/or sexual)</td>
<td></td>
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<tr>
<td>P:  515-292-9251</td>
<td>• Mary Nii Muntah, PhyD</td>
<td>• Relationship or family concerns</td>
<td></td>
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</tr>
<tr>
<td>F:  844-895-6179</td>
<td>• Kristen Sievert, PhD</td>
<td>• Body image and eating concerns</td>
<td></td>
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</tr>
<tr>
<td>E:  <a href="mailto:info@ameswellnesscenter.com">info@ameswellnesscenter.com</a></td>
<td></td>
<td>• Substance abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.ameswellnesscenter.com">www.ameswellnesscenter.com</a></td>
<td></td>
<td>• Grief and loss</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• Career concerns</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>• Identity exploration</td>
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<td></td>
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<td>• Sexual orientation, gender identity, and/or gender expression</td>
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<td></td>
<td></td>
<td>• Experiences of discrimination or oppression</td>
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<td></td>
<td>• Difficulties with self-esteem or self-confidence</td>
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<td></td>
<td></td>
<td>• Stress management</td>
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<td></td>
<td></td>
<td>• Psychological Assessment – ADHD; LD &amp; other mental health concerns</td>
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*Therapy 12-16 weeks
*Assessment – initial appt. usually within 3-4 weeks
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</tr>
</thead>
</table>
| Amy Kuehl Clinical Associates of Ames 511 Duff Avenue, Ste 100 Ames, IA 50010  
P: 515-520-1896  
F: 515-292-5044  
E: amykuehl@live.com | • Amy Kuehl, LISW  
• Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Stress Management  
• Couples/Family issues | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Stress Management  
• Couples/Family issues | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• Medicare  
• AETNA  
• First Administra tor  
• Tri-Care  
• Coventry  
• Multi-plan  
• Midland’s Choice  
• Health Alliance  
• Sliding Fee scale | • Currently not accepting new clients. |

| Anita Schlosser Clinical Associates of Ames 511 Duff Ave  
Ste 100  
Ames, IA 50010  
P: 515-292-2703  
F: 515-292-5044  
E: aschlosser13@hotmail.com | • Anita Schlosser, LISW  
• Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief Work  
• Stress Management  
• Couples/family issues  
• Adjustment/Life Transitions | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief Work  
• Stress Management  
• Couples/family issues  
• Adjustment/Life Transitions | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• Medicaid  
• Medicare  
• Aetna  
• UBH  
• Tri-Care  
• Coventry  
• Multiplan  
• Midland’ s Choice  
• Health Alliance | • Some openings |
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<th>Insurance/ Payment</th>
<th>Wait time for appointment/ Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ann Kennedy, PhD, LMFT</td>
<td>B. Ann Kennedy, PhD, MFT</td>
<td>• Depression • Anxiety • Eating disorders • Relationships • Self-esteem • Academic/work performance • Couples/family issues • Substance use • Career exploration • LBGTQIA identities/issues • Transgender identities/support • PTSD • Multi-cultural issues</td>
<td>• Trauma • Sexual abuse • Domestic abuse • Adjustment/life transitions • Emotional dysregulation • Christian counseling • Military couples – pre-deployment, deployment, &amp; reintegration • Grief • Divorce • Stress management • Health &amp; wellness self-care • Chronic illness</td>
<td>Appointments within 1 week.</td>
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**PLEASE MAIL RECORDS VIA USPS ONLY.**
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</thead>
<tbody>
<tr>
<td>ATC Ames Therapy &amp; Consulting Services, PC</td>
<td>Terry Augsberger, MD, psychiatrist (consultant) Dr. Amy Mooney, PhD. LMHC, NCC, ACS Vincent Marziano, PhD, LP, Licensed Psychologist, DSM office Callie Lawrence, MA, LMHC DSM office Ellyn Nitchals-Kellner, MS, LMHC NCC, EMDR certified (EMDR for trauma &amp; PTSD &amp;) Anna Zuidema, MA, NCC, TLMHC (Certified Prepare &amp; Enrich for marriage counseling) Counseling intern Aryn Grywusiewicz, graduate intern Walden University Meredith Stahl, graduate counseling Practicum student Northwestern UNI</td>
<td>Depression Anxiety Self-esteem Grief work Academic/work performance Stress Management Couples/family issues Multi-cultural issues Trauma issues Complex/developmental trauma Psychological assessment Adjustment/life transitions PTSD Chronic pain group Free Anxiety &amp; Depression screening Psychological Assessment</td>
<td>Wellmark BCBS UBH CIGNA Midland’s Choice Health Alliance Medica Health Partners Golden Rule Federal VA DSM &amp; Iowa City State of Iowa EFR Private pay</td>
<td>Same week appointments Same day call-back Private pay: $40 ISU students w/ counseling interns $50 non-student counseling w/ intern Hours: M,T&amp;Th: 9-5 Wed: 10-7 Fri: 8-3</td>
</tr>
<tr>
<td>Des Moines Therapy &amp; Consulting Services, PC</td>
<td>2501 Westown Parkway, Ste 1201 Des Moines, IA 50266</td>
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<tr>
<td>Catalyst Counseling</td>
<td>Suzanne Zilber, PhD</td>
<td>Depression Anxiety Eating Disorders Relationship Self-esteem Academic/work performance Stress Management Couples/Family Substances Career Exploration</td>
<td>Wellmark BCBS Alliance Select Medicaid (Amereigroup &amp; Total Care Medicare AETNA UBH First Administrators Multiplan Midlands Choice Health Alliance Private Pay</td>
<td>Return call w/in 24 hrs Waiting room private Limited availability. Private Pay: $180 initial intake $165 for 55 min; $135 for 45 min</td>
</tr>
<tr>
<td>Catholic Charities</td>
<td>Lisa Turner, LMFT</td>
<td>Depression Anxiety Relationships Self-esteem Academic/work performance Stress Management Couples/Family Trauma Complex/Developmental Trauma Adjustment/Life Transitions Emotional Dysregulation PTSD EMDR OCD</td>
<td>Wellmark BCBS Alliance Select Medicaid (AETNA UBH Coventry Medica Medicaid Sliding fee scale for uninsured clients</td>
<td>Currently not taking new clients due to a change in Lisa’s schedule. Therapist EMDR certified</td>
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</tbody>
</table>
| Central Iowa Psychological Services | • Warren Phillips, PhD  
• Amy Badding, LMHC  
• Paula Gault, LMFT  
• Lu Klatt, LISW  
• Susie Lang, LMHC, NCC  
• Sunde Nesbit, PhD  
• Alyson Pearson, LISW  
• Robin Schinnow, LISW   | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Academic/work performance  
• Stress Management  
• Couples/Family   | • Substances  
• LBGTQIA identities/issues  
• Multi-cultural  
• Adjustment/Life Transitions  
• Trauma  
• Emotional Dysregulation  
• PTSD   | • Wellmark BCBS  
• Alliance Select  
• Midlands Choice  
• Medicaid  
• United Healthcare  
• AETNA  
• Some providers take TriCare   | • 4-5 weeks    |
<table>
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<tbody>
<tr>
<td>Clear Brook Counseling</td>
<td>Kim Pontius, LMHC, CCDP; Valerie Stubbs, LMFT, CADC, CCH, Hypnotist; Thomas Patterson, LISW, CADC; Samantha Snowelle, LMHC</td>
<td>Depression, Anxiety, Eating Disorders, Relationships, Self-esteem, Grief Work, Academic/Work Performance, Couples/Family, Substance use, Hypnosis – Weight loss/smoking cessation</td>
<td>Wellmark BCBS, LBGTQIA Identities/issues, Transgender Identity/support, Trauma Issues, Complex/Developmental trauma, Adjustment/Life transitions, PTSD, Christian Counseling</td>
<td>Some openings</td>
</tr>
<tr>
<td>Agency</td>
<td>Counselors/ Therapists</td>
<td>Services</td>
<td>Insurance/ Payment</td>
<td>Wait time for appointment/ Other Comments</td>
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<tr>
<td>Community &amp; Family Resources</td>
<td>Jack Dodd, MD</td>
<td>• Depression • Anxiety • Eating Disorders • Relationship Issues • Self-esteem • Grief work • Academic/work performance • Stress Management • Couples/family issues • Career exploration • LBGTQIA identities/issues • Transgender Identities/support</td>
<td>• Wellmark BCBS • Alliance Select • United Healthcare • Health Partners • CIGNA • AETNA • Medicaid • Medicare • UBH</td>
<td>• Return call w/in 24 hours • Mental health wait: 3-5 days • Substance Abuse: same day evaluations Sliding scale for both substance abuse &amp; mental health for uninsured and underinsured students. <strong>Same Day Access Evaluations:</strong> Tues., 10:00 am to 3:00 pm Thurs., 2:00 pm to 6:00 pm Friday, 9:00 am to 12:00 noon Saturday, 9:00 am to 12:00 noon.</td>
</tr>
<tr>
<td>1619 S High Street</td>
<td>Christel Rinehart, ARNP</td>
<td>• Multi-cultural issues • Trauma • Complex/Development al trauma • Psychological assessment • Adjustment/Life Transitions • Emotional Dysregulation • PTSD • Christian Counseling • Medication Management • Substance use/abuse • addictions/impulse control (i.e., gambling, OCD, sexual addictions, etc.)</td>
<td>• Tri-Care • Coventry • Multiplan • Midlands Choice • Health Alliance • Sliding fee scale • Private pay</td>
<td></td>
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<tr>
<td>Ames, IA  50010</td>
<td>Travis Mathias, LMSW</td>
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<tr>
<td>P: 515-232-5811 or 515-232-3206</td>
<td>Lisa Jackson, BA</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>F: 515-232-3780</td>
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<tr>
<td>E: <a href="mailto:Michelled@cfrhelps.org">Michelled@cfrhelps.org</a></td>
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Access & complete the intake forms in the client portal found at [www.cfrhelps.org](http://www.cfrhelps.org)
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<th>Wait time for appointment/ Other Comments</th>
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</thead>
<tbody>
<tr>
<td>Compass Tree Counseling</td>
<td>● Martha Norton, LMHC, IAADC&lt;br&gt; ● K.C. Moore, LISW&lt;br&gt; ● Elaine O’Neal, LISW&lt;br&gt; ● April Falzone, LMHC&lt;br&gt; ● Annie Lass, LMHC&lt;br&gt; ● Shane Kavanaugh, PhD, LMHC&lt;br&gt; ● Sheryl Frye, LISW&lt;br&gt; ● Melissa Joshel, LISW, LCSW&lt;br&gt; ● Generally 2-3 interns&lt;br&gt; All clinicians are trained in trauma - EMDR&lt;br&gt; Shane works well with LBGTQIA clients&lt;br&gt; Martha has worked with military, Substance abuse; Eating Disorders, comorbid, DID; transgender clients</td>
<td>● Trauma – EMDR - Sensorimotor&lt;br&gt; ● Depression&lt;br&gt; ● Anxiety&lt;br&gt; ● Eating Disorders&lt;br&gt; ● Relationships&lt;br&gt; ● Self-esteem&lt;br&gt; ● Grief work&lt;br&gt; ● Academic or work performance&lt;br&gt; ● Stress Management&lt;br&gt; ● Couples/family issues&lt;br&gt; ● Substance use&lt;br&gt; ● Career exploration</td>
<td>● Wellmark BCBS&lt;br&gt; ● Alliance Select&lt;br&gt; ● United Healthcare&lt;br&gt; ● Medicaid&lt;br&gt; ● Medicare&lt;br&gt; ● AETNA&lt;br&gt; ● UBH&lt;br&gt; ● Tri-Care&lt;br&gt; ● Private pay</td>
<td>● Can call front desk (515-233-3971) or complete on-line intake form to get started.  &lt;br&gt; ● New client bio is completed online on website.  &lt;br&gt; Password is <em>compasstreecllc</em>&lt;br&gt; ● Weekly team meetings on Wednesday to check on who is waiting for a contact.&lt;br&gt; ● Currently not taking new clients – call back middle of May. Interns are full too. &lt;br&gt; Private Pay:&lt;br&gt; ● Intern: no cost&lt;br&gt; ● Licensed: $100&lt;br&gt; ● Rates changing 6/1/19</td>
</tr>
<tr>
<td>Agency</td>
<td>Counselors/ Therapists</td>
<td>Services</td>
<td>Insurance/ Payment</td>
<td>Wait time for appointment/ Other Comments</td>
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</tr>
</tbody>
</table>
| Connecting Foundations       | • Pam Caviness, LISW, ACSW  
• Ann McCrea, LISW | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Stress Management  
• Women's issues  
• LBGTQIA Identities/issues  
• Transgender Identity/support  
• Adjustment/Life transitions | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• AETNA  
• UBH  
• Private pay | Private pay:  
$235 for initial intake  
$175 per hour  
Wait for Pam is 1-2 weeks. |
| Creative Counseling Services | • Kristen Buttermore, LMHC  
• Amy Hawcott, LMFT  
• Stephanie Vela, TLMHC, NCC  
• Jacqui Kniffen, TLMHC, NCC  
• Cheri DeGroot, IADC | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couple/Family  
• Substance use  
• Career Exploration  
• LBGTQIA Identities/Issues  
• Transgender Identity/Supports  
• Multi-cultural issues  
• Trauma issues  
• Psychological Assessment  
• Adjustment/Life transition  
• Emotional Dysregulation  
• PTSD | • Wellmark BCBS  
• Medicaid  
• Private pay | • Wait time is 3-4 weeks  
Private pay:  
$175 for mental health evaluation  
$150 for mental health counseling session  
$125 for substance abuse evaluation |
<table>
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<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Deb Carnine, LISW</strong>&lt;br&gt;Illuminations&lt;br&gt;416 Douglas Ave, Ste 201&lt;br&gt;Ames, IA  50010&lt;br&gt;P: 515-232-7157&lt;br&gt;F: 515-232-7116&lt;br&gt;E: none&lt;br&gt;W: <a href="http://www.traumatx.com">www.traumatx.com</a></td>
<td>● Deb Carnine, LISW</td>
<td>▪ Depression ▪ Anxiety ▪ Grief Work ▪ Stress Management ▪ Multi-cultural issues ▪ Trauma ▪ Complex/Developmental trauma ▪ Adjustment/Life Transitions ▪ PTSD ▪ EMDR</td>
<td>▪ Wellmark BCBS ▪ Alliance Select ▪ Medicare</td>
<td>▪ Call for availability</td>
</tr>
<tr>
<td><strong>Deena Cavender, LISW</strong>&lt;br&gt;5th Street Mental Health Professionals&lt;br&gt;600 5th St., Ste 200&lt;br&gt;Ames, IA  50010&lt;br&gt;P: 515-232-2051&lt;br&gt;F: 515-232-2775&lt;br&gt;E:<a href="mailto:deenacavender@gmail.com">deenacavender@gmail.com</a>&lt;br&gt;W: <a href="http://www.5thstreetmhp.com">www.5thstreetmhp.com</a></td>
<td>● Deena Cavender, LISW</td>
<td>▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family ▪ LBGTQIA Identities/Issues</td>
<td>▪ Transgender Identity/support ▪ Multi-cultural issues ▪ Trauma ▪ Complex/Developmental Trauma ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ PTSD ▪ Autism Spectrum</td>
<td>▪ Wellmark BCBS ▪ Alliance Select ▪ United Healthcare ▪ Medicaid ▪ Medicare ▪ UBH ▪ Multiplan ▪ Midlands Choice</td>
</tr>
</tbody>
</table>
| **Elizabeth Wade**<br>2613 Northridge Parkway, Ste 105<br>Ames, IA  50010<br>P: 515-450-2191<br>F: none<br>E: elizabeth@amescounseling.com<br>W: www.amescounseling.com | ● Elizabeth Wade, LMHC, EMDRIA Certified | ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress management ▪ Chronic/terminal illness | ▪ LBGTQIA identities/issues ▪ Trauma issues ▪ Complex & developmental trauma ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ PTSD | ▪ Wellmark BCBS ▪ Private pay | ▪ “I am usually full. If there is someone needing EMDR for trauma, their therapist is welcome to contact me to discuss case. Private Pay: $150/session
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<tr>
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<th>Insurance/ Payment</th>
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</tr>
</thead>
</table>
| Eyerly Ball Community Mental Health Services 2521 University Blvd, Ste 121 Ames, IA 50010 | • Katrina Boge, LMSW  
  • John Morrow, LISW  
  • Tim Payton, LMHC | • Depression  
  • Anxiety  
  • Self-esteem  
  • Grief work  
  • Stress management  
  • Medication management  
  • Substance use  
  • LGBTQA ISSUE  
  • Transgender identity/support  
  • Trauma issues  
  • Psychological assessment  
  • Adjustment/life transitions  
  • Emotional dysregulation  
  • PTSD | • Wellmark BCBS  
  • Alliance Select  
  • United Healthcare  
  • Medicaid  
  • Medicare  
  • Tri-Care  
  • Coventry  
  • Midlands Choice  
  • Sliding Fee Scale – county funding  
  • Private pay | • Walk-in Clinic only on Wed. & Thur. from 9:00 am - Noon  
  • Cancelation policy – must cancel within 48 hours of appointment  
  • Appointment reminders sent 48 hours in advance  
  • Must bring a form of ID and current insurance card  
  • Walk-in is first come first serve – no guarantee you will be seen that day. Will have to come back the next Thursday. |
| Firm Foundations Counseling Center 600 5th St., Ste 304 Ames, IA 50010 | • Ron Stubbs, LMFT | • Depression  
  • Anxiety  
  • Relationships  
  • Self-esteem  
  • Grief work  
  • Academic/work performance  
  • Stress Management  
  • Couples/Family  
  • Christian Counseling | • Wellmark BCBS  
  • AETNA  
  • Sliding fee scale | |
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<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heartland Mental Health Therapy</td>
<td>John McInerney, LISW, CADC</td>
<td>Offers both mental health &amp; chemical dependency evaluations/assessments</td>
<td>Wellmark BCBS</td>
<td>• No wait time currently Will call the client back within 24 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Depression • Anxiety • Eating Disorders • Relationship issues • Self-esteem • Grief work • Academic/work performance • Stress Management • Couples/Family • Substance use</td>
<td>Alliance Select</td>
<td>Schedule client on his website.</td>
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<td></td>
<td></td>
<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>United Healthcare</td>
<td>Private pay: $145/hour</td>
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<td>Medicaid</td>
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<td>Medicare</td>
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<td>AETNA</td>
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<td>UBH</td>
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<td>Midlands Choice</td>
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<td></td>
<td>TriCare</td>
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<td>Lowest cost for private pay $70</td>
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<td></td>
<td>Private pay</td>
<td></td>
</tr>
<tr>
<td>Jessica Hoy Counseling</td>
<td>Jessica Hoy, LMFT</td>
<td>• Depression • Anxiety • Eating disorders • Relationships • Self-esteem • Grief work • Academic/work performance • Stress management • Couples/family issues • Substance use • Career exploration • LBGTQIA Identities/issues • Transgender identity/support • Multi-cultural issues • Trauma issues • Complex/developmental trauma • Adjustment/Life transitions • Emotional dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Wellmark BCBS</td>
<td>• Respond w/in 5 business days</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Alliance Select</td>
<td>• No openings until summer.</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>United Healthcare</td>
<td>Open Monday – Friday &amp; some Saturdays</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Health Partners</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>CIGNA</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Medicaid</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>AETNA</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>UBH</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>First Administrat</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Tri-Care</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Coventry</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Multiplan</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Midlands Choice</td>
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<td></td>
<td></td>
<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Health Alliance</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Health Partners</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Sliding fee scale</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td>Private pay</td>
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<td>• Career Exploration • LBGTQIA identities/issues • Trauma issues • Complex/Developmental trauma • Psychological Assessment • Adjustment/Life transitions • Emotional Dysregulation • PTSD • Autism spectrum • Christian counseling</td>
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<td>Wait time for appointment/Other Comments</td>
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</tbody>
</table>
| Joann Seeman-Smith  
2515 University Blvd,  
Ste 102  
Ames, IA  50010  
P: 515-451-0657  
F: none  
E: dr.joannss@gmail.com | • Joann Seeman Smith, PhD, LMHC | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/Family | • Wellmark BCBS  
• Alliance Select  
• Private Pay | Private Pay:  
Initial appointment $200  
1 hr. Session $180  
No current openings |
| Joyce Davidson, PhD  
2515 University Blvd., Suite 102  
Ames, IA  50010  
P: 515-451-3895  
F: 515-598-7800  
E: Jad7grands@gmail.com | • Joyce Davidson, PhD, HSP | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/Family  
• LBGTQIA Identities/Issues | • Wellmark BCBS  
• UHC | Some openings |
| Kelly Shea  
5th Street Mental Health Professionals  
600 5th St.,  
Ste 200  
Ames, IA  50010  
P: 515-232-2051  
F: 515-232-2775  
E: therapistshea@gmail.com  
W: www.5thstreetmhp.com | • Kelly Shea, LMFT | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/Work Performance  
• Stress Management  
• Couples/Family issues  
• LBGTQIA Identities/Issues | • Wellmark BCBS  
• United Healthcare  
• Medicaid – Iowa Total Care  
& Amerigroup  
• Private pay  
• TRICARE  
• Several EAP programs  
• Midland’s Choice | Private Pay:  
Initial intake $130  
Individual $65  
Couples/Family $80  
1-2 Business Days  
to return calls.  
Call for availability |
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<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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<tbody>
<tr>
<td><strong>Linda Feldman</strong></td>
<td>Linda Feldman, LISW</td>
<td>• Depression &lt;br&gt; • Anxiety &lt;br&gt; • Relationships &lt;br&gt; • Self-esteem &lt;br&gt; • Grief work &lt;br&gt; • Academic/work performance &lt;br&gt; • Stress management &lt;br&gt; • Couples/family issues</td>
<td>• Wellmark BCBS &lt;br&gt; • Alliance Select &lt;br&gt; • United Healthcare &lt;br&gt; • Medicaid – Iowa Total Care only &lt;br&gt; • Medicare &lt;br&gt; • UBH &lt;br&gt; • Midlands Choice &lt;br&gt; • Health Alliance &lt;br&gt; • MHNET</td>
<td>• Usually 2-3 week &lt;br&gt; • Return call w/in 24 hours</td>
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<td><strong>Clinical Associates of Ames</strong></td>
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<td>600 5th St., Suite 201 Ames, IA 50010</td>
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<td>P: 515-520-4369</td>
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<td>F: none provided</td>
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<tr>
<td>E: <a href="mailto:lindafeldmanlisw@gmail.com">lindafeldmanlisw@gmail.com</a></td>
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<tr>
<td><strong>Living Solutions</strong></td>
<td>Kimberly Benton Herzberg, LISW</td>
<td>• Depression &lt;br&gt; • Anxiety &lt;br&gt; • Eating disorders &lt;br&gt; • Relationships &lt;br&gt; • Self-esteem &lt;br&gt; • Grief work &lt;br&gt; • Academic/work performance &lt;br&gt; • Stress Management &lt;br&gt; • Couples/family</td>
<td>• Wellmark BCBS &lt;br&gt; • United Healthcare &lt;br&gt; • UBH &lt;br&gt; • Midland’s Choice</td>
<td>• Usually 2 – 3 weeks &lt;br&gt; • Call back within 24 hours &lt;br&gt; • Some evening hours available &lt;br&gt; • Kim is cutting back on # of clients she is taking.</td>
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<tr>
<td>2126 Gable Lane PO Box 1328 Ames, IA 50014</td>
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<tr>
<td>P: 515-290-1534 or 515-337-1161 F: 515-382-2004</td>
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<tr>
<td>E: <a href="mailto:kbh@livingsolutionstc.com">kbh@livingsolutionstc.com</a></td>
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<tr>
<td><strong>Lutheran Services in Iowa</strong></td>
<td>Renae Van Der Linden</td>
<td>• Depression &lt;br&gt; • Anxiety &lt;br&gt; • Relationships &lt;br&gt; • Self-esteem &lt;br&gt; • Grief work &lt;br&gt; • Academic/work performance &lt;br&gt; • Stress management &lt;br&gt; • Couples/family &lt;br&gt; • Career exploration</td>
<td>• Wellmark BCBS &lt;br&gt; • Alliance Select &lt;br&gt; • United Healthcare &lt;br&gt; • CIGNA &lt;br&gt; • Medicaid &lt;br&gt; • AETNA &lt;br&gt; • UBH &lt;br&gt; • FIRST Administrator &lt;br&gt; • Tri-Care &lt;br&gt; • Coventry &lt;br&gt; • Multiplan &lt;br&gt; • Midlands Choice (only if secondary insurance) &lt;br&gt; • Private pay</td>
<td>• No information given about sliding scale or private pay. &lt;br&gt; • No current openings</td>
</tr>
<tr>
<td>1323 Northwestern Ave. Ames, IA 50010</td>
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<td>Intake P: 888-457-4692</td>
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<td>P: 515-817-0982</td>
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<td>F: 515-232-7416</td>
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<tr>
<td>E: renae.vanderlindenlsiowa.org &amp; <a href="mailto:amy.davis@lsiowa.org">amy.davis@lsiowa.org</a> supervisor</td>
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<td>Agency</td>
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</tbody>
</table>
| Network Community Counseling | - Nathaniel Wade, PhD (Director)  
- Meredith Tittler, MS (Assoc. Director), Practicum Counselor  
- Kelsey Engle, Practicum Counselor, MS  
- Nellie Moualeu, MS, Practicum Counselor  
- Carlos Vidales, MS, Practicum Counselor  
- Kent Crick, MS, Practicum Counselor | - Depression  
- Anxiety  
- Relationships  
- Self-esteem  
- Academic/work performance  
- Stress management  
- Career exploration  
- LBGTQIA identities/issues  
- Multi-cultural issues  
- Adjustment/Life transitions  
- Emotional Dysregulation  
- Group Therapy | - No insurance accepted | - No individual appointments available at this time.  
Private pay:  
$10 for individual for ISU students  
$20 all others  
$5 for group (ISU student)  
$10 group for all others |
| Okerberg & Associates | Melinda Wadsley, NCC, LMHC | - Depression  
- Anxiety  
- Relationships  
- Adjustment Disorders  
- Solution Focused Brief Therapy  
- Equine Assisted Therapy  
- Stress Management  
- Self-esteem  
- Career Counseling  
- Couples/Family  
- Trauma & Attachment  
- Women’s Issues | - Eriksonian Hypnosis  
- Christian Counseling  
- Play Therapy  
- CBT  
- Cultural Sensitive  
- Divorce  
- ADHD Assessments  
- Autism Spectrum  
- Addictions, Substance Use/Abuse  
- Military Support | - AETNA  
- Beacon  
- CIGNA  
- Curalinc  
- MagellanP  
- Medica  
- Medicaid  
- Morneau Shepell  
- Stripe  
- UBH  
- UHC  
- UMR | - Unity Point  
- Value Options | - Private Pay is $120/hour  
- Sliding Scale available on limited basis.  
- Return calls within 48 hours  
- Wait time 1-2 weeks.  
- Hours:  
M: 9-3  
T: 9-8  
W: 9-8  
Th: 9-8  
F: 9-3 |
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<tr>
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<tbody>
<tr>
<td><strong>Optimae Life Services</strong></td>
<td>Ed Rund, LISW</td>
<td>Depression, Anxiety, Eating Disorders, Relationship Issues, Self-esteem, Grief work, Academic/work performance, Stress Management, Couple/Family, Medication management, Substance abuse, Career Exploration, LBGTQIA identities/issues, Multi-cultural issues, Trauma, Complex/Developmental trauma, Adjustment/life transitions, Emotional dysregulation, PTSD, Autism spectrum, Christian counseling, Wellmark BCBS, Alliance Select, United Healthcare, Health Partners, Medicaid, Medicare</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, Health Partners, Medicaid, Medicare</td>
<td>5 weeks Sliding scale available M-W-TH from 8:00 am – 4:00 pm.</td>
</tr>
<tr>
<td><strong>River Valley Therapy Clinic</strong></td>
<td>Jeremy Stumbo, LMFT</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress Management, Family issues, Adjustment/life transition</td>
<td>BCBS</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td><strong>Sharing is Healing</strong></td>
<td>Michelle Roling, LMHC, CEDS</td>
<td>Eating disorders, Anxiety, OCD, Depression, Bipolar, Relationships, LBGTQIA, Grief, Trauma, Chronic/terminal illnesses, Families/couples, Parenting, Positive Psychology, Self-esteem, Interpersonal Development, Teletherapy – no coverage by insurance</td>
<td>BCBS</td>
<td><strong>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.</strong></td>
</tr>
<tr>
<td>Agency</td>
<td>Counselors/Therapists</td>
<td>Services</td>
<td>Insurance/Payment</td>
<td>Wait time for appointment/Other Comments</td>
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</tbody>
</table>
| **Summer Brunscheen,** 2515 University Blvd, Ste 102, Ames, IA 50010  
P: 515-450-7532  
F: 515-864-0263  
E: drsummerb@gmail.com | ✮ Summer Brunscheen, PhD, Licensed Psychologist  
• Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Family issues  
• Career Exploration  
• LBGTQIA identities/issues  
• Transgender identities/support | ✮ Multi-cultural issues  
• Trauma Issues  
• Complex/Developmental Trauma  
• Psychological Assessment  
• Adjustment/Life Transitions  
• Emotional Dysregulation  
• PTSD  
• Autism Spectrum  
• Will support spiritual beliefs as client desires | ✮ Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• AETNA  
• UBH  
• Private Pay | ✮ 3 months  
Private Pay:  
$230 initial session  
$220 – 60 min  
$170 – 45 min  
$230/hr psych testing  
Phone calls may take 1-2 business days to return.  
Hours are M-W 9 to 4  
Thurs. not in office  
Fri 9 – 3 |
| **Tami Wirth**  
103 East 6th Street Suite 101, Ames, Iowa 50010  
806 7th Street U2, Boone, Iowa 50036  
P: 515-512-4493  
F: None provided | ✮ Tami Wirth, LISW, RPT  
• ADHD  
• Adoption  
• Anxiety  
• Behavioral Issues  
• Coping Skills  
• Depression  
• Divorce  
• Domestic Abuse  
• Domestic Violence  
• Family Conflict | Obsessive-Compulsive (OCD)  
Oppositional Defiance  
Parenting  
Peer Relationships  
Relationship Issues  
School Issues  
Self Esteem  
Sexual Abuse | AMERIGROUP  
AmeriHealth  
BlueCross and BlueShield  
Medicaid  
United Healthcare  
Out of Network | • |
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<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
</table>
| **Team Restoration**           |                       | • Stephen Bohlen, LMHC  
• Julie Porter, LMHC                                      | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• CIGNA  
• Medicaid  
• AETNA  
• UBH  
• First Administrators  
• Midlands Choice  
• Sliding Fee Scale  
• Private Pay              | 2 – 4 weeks  
Private pay  
$110 - $150                     |
| Cornerstone Church             |                       | • Christian Counseling  
• Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  |                                                                       |                                          |
| 56829 US Highway 30            |                       | • Stress Management  
• Couples/Family  
• Substance use  
• Career Exploration  
• Trauma issues  
• Adjustment/Life Transitions  
• PTSD                     |                                                                       |                                          |
| Ames, IA  50010                |                       |                                                                          |                                                                       |                                          |
| P: 515-238-9010                |                       |                                                                          |                                                                       |                                          |
| F: 641-342-1017                |                       |                                                                          |                                                                       |                                          |
| E: nnelsen@teamrestoration.org |                       |                                                                          |                                                                       |                                          |
| W:  www.teamrestoration.org    |                       |                                                                          |                                                                       |                                          |
| **The Kai Lani Center**        |                       | • Jocelyn Wilson, MA, MDiv,  
LCSW, LISW Also certified social work supervisor  
• Francine Ybarra-Rojas, LMFT, Sex Offender Tx Provider, native Spanish-speaker, trilingual in Spanish, English & French (Office Mon, Tues & Sat) | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• CIGNA  
• Medicaid  
• AETNA  
• UBH  
• Coventry  
• Midland’s Choice  
• Health Alliance  
• Private pay              | Private pay: $125- $175 per session depending on service provided  
Jocelyn is not accepting new clients.  
Francine may have some availability  
• Crisis care available same day  
• In case of hospital d/c, will see client on weekends  
• Calls returned w/in 24 hrs  
• On the brown bus line                     |                                          |
<p>| 2603 Northridge Pkwy, Ste 103 |                       |                                                                          |                                                                       |                                          |
| Ames, IA  50010                |                       |                                                                          |                                                                       |                                          |
| P: 515-338-2929                |                       |                                                                          |                                                                       |                                          |
| F: 515-337-8863                |                       |                                                                          |                                                                       |                                          |
| E: <a href="mailto:info@thekailanicenter.com">info@thekailanicenter.com</a>   |                       |                                                                          |                                                                       |                                          |
| W:  <a href="http://www.thekailanicenter.com">www.thekailanicenter.com</a>   |                       |                                                                          |                                                                       |                                          |</p>
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<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
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<tbody>
<tr>
<td>Thomas Looney 5th Street Mental Health Professionals 600 5th Street, Ste 200 Ames, IA 50010 P: 515-232-2051 F: 515-232-2775 E: <a href="mailto:thomasloney@gmail.com">thomasloney@gmail.com</a> W: <a href="http://www.5thstreetmhp.com">www.5thstreetmhp.com</a></td>
<td>• Thomas Looney, LMHC</td>
<td>• Anxiety  • Depression  • Life transitions  • Grief &amp; Loss  • Relationships  • Families</td>
<td>• BCBS  • United Healthcare</td>
<td>Some openings  May do a charge of $40 for those in need based on income.</td>
</tr>
<tr>
<td>Vine Christian Counseling 515 Grand Ave., Ste 203 Ames, IA 50010 P: 515-232-0411 x 2 F: 515-232-0427 E: vines@<a href="mailto:vinesccc@gmail.com">vinesccc@gmail.com</a> W: <a href="http://www.vinesccc.com">www.vinesccc.com</a></td>
<td>• Monique Maldonado, MACP, LMHC, IADC</td>
<td>• Anxiety  • Depression  • Personality Disorders  • Life Adjustments  • Substance abuse assessments  • Spiritual confusion  • Emotion regulation  • Life changes  • Trauma  • Mood Disorders  • Addiction treatment</td>
<td>• AETNA  • Wellmark  • BCBS  • United Healthcare  • Tri-Care West  • Medicaid  • Optum</td>
<td>Wait time for mental health.  Almost immediate appointments for substance abuse.</td>
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<td>Insurances</td>
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<tr>
<td>Depression</td>
<td>Shawna Kier, LMHC</td>
<td>Wellmark BCBS</td>
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<tr>
<td>Anxiety</td>
<td>Jeremy Barsness, CADC</td>
<td>United Healthcare</td>
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<tr>
<td>Career Exploration</td>
<td>Kevin Wilson, LMFT</td>
<td>Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise)</td>
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<tr>
<td>Relationships</td>
<td>Dakota Funk, LMSW</td>
<td>AETNA</td>
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<tr>
<td>Self-esteem</td>
<td>Christine Flathers, LISW</td>
<td>UBH</td>
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<tr>
<td>Grief work</td>
<td>Tamara Wirth, LISW</td>
<td>Coventry</td>
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<tr>
<td>Stress Management</td>
<td>Elizabeth Rigsbee, TLMHC</td>
<td>CIGNA</td>
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<tr>
<td>Depression Management</td>
<td>Andrew Bradley, TLMHC</td>
<td>UMR</td>
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<tr>
<td>Substance use</td>
<td>Nicole Cardarella, TLMHC</td>
<td>Midlands Choice</td>
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<tr>
<td>LBGTQIA Identities/issues</td>
<td>Tricia Simmons, TLMHC</td>
<td>Health Alliance</td>
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<tr>
<td>Multi-cultural issues</td>
<td></td>
<td>Private pay (no specifics given)</td>
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<tr>
<td>Trauma</td>
<td></td>
<td>Health Partners</td>
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<tr>
<td>Complex/developmental trauma</td>
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<td>Tri-Care</td>
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<tr>
<td>Emotional Dysregulation</td>
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<td>Sliding fee scale (substance abuse only)</td>
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<td>PTSD</td>
<td></td>
<td>Private pay</td>
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Intakes generally scheduled within 2-3 days
Same day appointments available if call is made by 11 am.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
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</thead>
<tbody>
<tr>
<td><strong>PSYCHIATRIC PROVIDERS – AMES, IA</strong></td>
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</tbody>
</table>
| **Central Iowa Psychological Services**  
223 S. Walnut Ave.  
Ames, IA  50010  
P: 515-233-1122  
F: 515-6500 | • Jody Kapustka, PMHNP-BC  
• Judy Gonzales, PMHNP-BC  
**DSM office only** | • Medication evaluation  
• Medication management | • Blue Cross Blue Shield | Jody: Only sees patients on Wednesdays late afternoon to evening  
Judy: Sees patients West Des Moines office Monday - Thursday |
| **Community & Family Resources (CFR)**  
1619 South High Ave.  
Ames, IA  50010  
P: 515-232-5811  
F: 515-232-3780 | • Jack Dodd, MD  
• Christel Rinehart, ARNP | • Medication evaluation  
• Medication management |                  |                                          |
| **Clear Brook Counseling Professionals**  
614 Billy Sunday Road, Ste 100,  
Ames, IA  50010  
P: 515-337-1764 | • Kelsey Christensen, DNP | • Medication evaluation  
• Medication management |                  |                                          |
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
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<th>Wait time for appointment/Other Comments</th>
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</thead>
<tbody>
<tr>
<td>Eyerly Ball Mental Health Community Center</td>
<td>• Steven Stokes, ARNP (telemedicine)</td>
<td>• Medication evaluation</td>
<td>▪ Wellmark BCBS</td>
<td><strong>Must be a medical patient to obtain psychiatric services</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Medication management</td>
<td>▪ Alliance Select</td>
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<td></td>
<td>▪ United Healthcare</td>
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<td></td>
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<td>▪ Medicaid</td>
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<td></td>
<td>▪ Medicare</td>
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<td>▪ Tri-Care</td>
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<td>▪ Coventry</td>
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<td>▪ Midlands Choice</td>
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<td>▪ Sliding scale (county funding)</td>
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<td>▪ Private pay</td>
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</tr>
<tr>
<td>Gabrielle Barloon, MD Fifth Street Mental Health Professionals</td>
<td>• Gabrielle Barloon, MD</td>
<td>• Medication Evaluation</td>
<td>▪ Wellmark BCBS</td>
<td>1-2 weeks</td>
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<td>• Medication Management</td>
<td>▪ Alliance Select</td>
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<td>▪ United Healthcare</td>
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<tr>
<td>Optimae Life Services</td>
<td>• Jayson Gesulga, PA-C, MMS</td>
<td>• Medication evaluation</td>
<td>▪ Varies</td>
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<td></td>
<td></td>
<td>• Medication management</td>
<td>▪ In Ames office Tuesdays from 9:00 – 4:30 Currently 2 weeks for psychiatric evaluation</td>
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<td>▪ <strong>Must be a medical patient to obtain psychiatric services</strong></td>
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<tr>
<td>Primary Health Care</td>
<td>•</td>
<td>• Medication evaluation</td>
<td>▪</td>
<td><strong>Must be a medical patient to obtain psychiatric services</strong></td>
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<td></td>
<td></td>
<td>• Medication management</td>
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Eyerly Ball Mental Health Community Center
2521 University Blvd, Ste 121
Ames, IA 50010
P: 515-598-3300
F: 515-292-2624

Gabrielle Barloon, MD
Fifth Street Mental Health Professionals
600 S 5th St., Ste 200
Ames, IA 50010
P: 515-232-2051
F: 515-232-2775

Optimae Life Services
104 S. Hazel Ave.
Ames, IA 50010
P: 515-956-2684
F: 515-450-5315

Primary Health Care
3510 Lincoln Way
Ames, IA 50014
P: 515-232-0628
F: 515-232-0727
<table>
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<th>Agency</th>
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<th>Insurance/ Payment</th>
<th>Wait time for appointment/ Other Comments</th>
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</thead>
</table>
| Thielen Student Health Center (TSHC)  
2647 Union Drive  
Iowa State Univ.  
Ames, IA  50011-2029  
P: 515-294-5801  
F: 515-294-5457 | - Carver Nebbe, MD  
- Ranae Roberts, ARNP  
- Sarah Hotchkiss, ARNP | - Medication Evaluation  
- Medication Management | - If you are seeing one of the primary care doctors, you are covered as a student at TSHC.  
- 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.  
- 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. | Call to make an appointment.  
Note: Fax #’s vary by provider so call & check where to fax information |
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<tr>
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<th>Wait time for appointment/Other Comments</th>
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<tbody>
<tr>
<td>YSS</td>
<td>• Brian Vold, ARNP</td>
<td>• Medication Evaluation</td>
<td>▪ Wellmark BCBS</td>
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<tr>
<td></td>
<td>• Rebecca Nunn-Ryan, ARNP</td>
<td>• Medication Management</td>
<td>▪ United Healthcare</td>
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<td></td>
<td>• Sasha Khosravi, MD</td>
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<td>▪ Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise)</td>
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<td>• Lucas Trautman, MD</td>
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<td>▪ AETNA</td>
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<td>• Maureen Richards, ARNP</td>
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<td>▪ UBH</td>
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<td></td>
<td>• Brittany Sherwood, ARNP</td>
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<td>▪ Coventry</td>
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<td>▪ CIGNA</td>
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<td>▪ UMR</td>
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<td>▪ Midlands Choice</td>
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<td>▪ Health Alliance</td>
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<td>▪ Private pay (no specifics given)</td>
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<td>▪ Health Partners</td>
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<td>▪ Tri-Care</td>
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<td>▪ Sliding fee scale (substance abuse only)</td>
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<td>▪ Private pay</td>
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YSS
125 South 3rd St.
Ames, IA  50010
P: 515-233-2250
F: 515-233-3235
E: mvasquez@yss.org
W:  www.yss.org
<table>
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<th>Insurance/ Payment</th>
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<tbody>
<tr>
<td>Compass Tree Counseling</td>
<td>• Maureen Patterson, PA-C</td>
<td>• Medication Evaluation</td>
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<tr>
<td>600 5th Street, Suite 300</td>
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<td>• Medication Management</td>
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<td>■</td>
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<td>Ames, IA  50010</td>
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<td>E: <a href="mailto:infor@compasstree.org">infor@compasstree.org</a></td>
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**NEURO-PSYCHOLOGY SERVICES**

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<tbody>
<tr>
<td>Campbell Neuropsychological Services</td>
<td>• Derek Campbell, PhD</td>
<td>• Neuro-psychological Services</td>
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<tr>
<td>6200 Aurora Ave.</td>
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<tr>
<td>Ste. 202</td>
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<tr>
<td>Urbandale, IA  50322</td>
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<td>P: 515-252-2522</td>
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</tr>
<tr>
<td>F: 515-252-2523</td>
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| Evans Neuropsychology                      | • Catherine Evans, PhD | • Individual Psychotherapy    |                    | ■                                        |
| 1001 Office Park Rd                        |                        | • Counseling                  |                    | ■                                        |
| Ste 301                                    |                        | • Psychological Assessment    |                    | ■                                        |
| West Des Moines, IA  50265                 |                        | • Testing                     |                    | ■                                        |
| P: 515-985-8209                           |                        | • Neuro-psychological Evaluation |                | ■                                        |
| F: 515-805-2981                           |                        | • Neuro-psychological Treatment Planning |         | ■                                        |
|                                           |                        | • Cognitive Rehabilitation    |                    | ■                                        |

Call for insurance & appointment
<table>
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<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment/ Other Comments</th>
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</thead>
</table>
| Mercy Ruan Neurology                        | *Steven R. Adelman, D.O.*  
*Paul V. Babikian, M.D.*  
*David L. Friedgood, D.O.*  
*Randall H. Hamilton, M.D.*  
*Bruce L. Hughes, M.D.*  
*Michael Jacoby, M.D.*  
*Mark S. Puricelli, D.O.*  
*Heike I Schmolck, M.D.*  
*Keith M. Kohout, D.O., M.S.*  
*Anne Lewis, ARNP* | Neuro-psychological Services | ▪ BCBS  
▪ CIGNA  
▪ Multiplan  
▪ United Healthcare |                                                            |
| On With Life                                | •                      | Post-Acute Inpatient Neuro Rehabilitation  
Long-Term Skilled Care  
Outpatient Neuro Rehabilitation  
Residential Neuro Rehabilitation  
Supported Community Living  
Neuro-psychological Services  
Independent Living |                                                            |
| Ames Counseling & Psychological Services    | •                      | Neuro-psychological Services           |                                                            |
|                                             |                        |                                       |                                                            |