STORY COUNTY
COMMUNITY
THERAPY
OPTIONS

Fall 2022

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

Compiled by ISU Student Counseling Services to assist students with finding the most appropriate therapy services in Story & 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 must be uninsured or under-insured & will be expected to pay some toward your therapy. It can range from $5 - $70 depending on the provider.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
</table>
| 5th Street Mental Health Professionals  
600 5th St.,  
Ste 200  
Ames, IA 50010  
P: 515-232-2051  
F: 515-232-2775  
E: none |
- Deena Cavender, LISW  
- Thomas Looney  
- Adrienne Shrader, LMHC  
- Kelly Shea, LMFT  
  - Thomas & Adrienne are doing in-person sessions. |
- 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 |
- Telemental Health & in-person for some counselors.  
- Most have openings.  
- Thomas Looney has openings & takes BCBS & UHC. |
| Adrienne Shrader  
5th Street Mental Health Professionals  
600 5th Street,  
Ste 200  
Ames, IA 50010  
P: 515-232-2051  
F: 515-232-2775  
E: adrienne22rae@gmail.com |
- Adrienne Shrader, LMHC, CADC  
  - Both In-Person & Telemental Health |
- 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  
- Health Partners  
- CIGNA  
- Medicaid  
- UBH  
- Multiplan  
- Midlands Choice  
- Health Alliance  
- Private pay |
- Private pay: $155/hour  
Accepting new clients for Telemental Health |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ames Counseling &amp; Psychological Services 3600 Lincoln Way, Ste 4 Ames, IA 50014 P: 515-239-4410 F: 515-663-4885 E: <a href="mailto:info@amespsych.com">info@amespsych.com</a> Website: <a href="http://www.amespsych.com">www.amespsych.com</a></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 • 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 • Transgender identity/issues • Multi-cultural issues • Trauma issues • Complex/Developmental trauma • Psychological assessment • Adjustment/Life transition • Emotional Dysregulation • PTSD • Autism Spectrum • Christian Counseling</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>Do NOT take CIGNA</td>
</tr>
</tbody>
</table>

- Initial intake in-person then switched to Telemental Health
- James Donaldson speaks fluent Spanish
- All therapists/counselors are currently not accepting new clients.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ames Counseling Center</td>
<td>Bing Wall, PhD, LMFT • Carol Caskey, MS ED, LMSW • Kay Foster, LISW • Shannon Haus, t-LMHC</td>
<td>Christian Counseling • Couples/Family • Depression • Anxiety • Self-esteem • Career exploration • Disordered eating • Academic/work performance • Substance use • Trauma/PTSD • Life Adjustments • OCD • Relationships • Sex Therapy • Process Addictions</td>
<td>Wellmark • BCBS • Private Pay - $185/session</td>
<td>Accepting new clients</td>
</tr>
<tr>
<td>Ames Mind Body center</td>
<td>Ian Nelson-Johnson, PhD</td>
<td>Wellmark BCBS Private Pay</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------------------------</td>
<td>---------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4923 Lincoln Way, Suite 102</td>
<td>◊ Anger Management</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ames, IA 50014</td>
<td>◊ Anxiety</td>
<td>◊ Grief</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: 515-292-4870</td>
<td>◊ Behavioral Issues</td>
<td>◊ Infidelity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W: <a href="https://www.amesmindbod">https://www.amesmindbod</a> ycenter.com/meet-our-team-1</td>
<td>◊ Bipolar Disorder</td>
<td>◊ Internet Addiction</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Chronic Illness</td>
<td>◊ Life</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Codependency</td>
<td>◊ Transitions</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Coping Skills</td>
<td>◊ Marital issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Divorce</td>
<td>◊ Premarital</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Emotional Disturbance</td>
<td>◊ Men's Issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Family Conflict</td>
<td>◊ Parenting</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Substance Use</td>
<td>◊ Peer Relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Suicidal Ideation</td>
<td>◊ Racial Identity</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Transgender</td>
<td>◊ Self Esteem</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>◊ Video Game Addiction</td>
<td>◊ Sexual Abuse</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>◊ Spirituality</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>◊ Stress</td>
<td></td>
<td></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>
</tr>
<tr>
<td>-----------------------------------</td>
<td>-----------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------</td>
<td>-------------------------------------------</td>
</tr>
</tbody>
</table>
| Ames Psychological Wellness Center | • Nichole Olson, PhD  
• Courtney Clippert-Treadwell, PhD  
• Whitney Statham, PhD  
• Kristen Sievert, PhD  
• Izzy Tenbrook, PhD  
• Carmen Tebbe Priebe, PhD  
• Kelsey Engel, PhD  
• Tressa Reisetter, PhD  
• Telehealth for Assessment  
• Telehealth for counseling | • Depression  
• Anxiety  
• Healing from trauma or abuse (verbal, physical, and/or sexual)  
• PTSD  
• Complex/Developmental Trauma  
• Relationships or family concerns  
• Disordered Eating  
• Body image and eating concerns  
• Grief and loss  
• Career exploration  
• Identity exploration  
• LBGTQIA issues  
• Transgender issues  
• Experiences of discrimination or oppression  
• Academic/work performance  
• Life adjustments/transitions  
• Difficulties with self-esteem or self-confidence  
• Stress management  
• Emotional Dysregulation  
• Personality Disorders  
• OCD  
• Bipolar Disorder  
• Autism Spectrum  
• Psychological Assessment – ADHD; LD & other mental health concerns | • Wellmark  
• BCBS  
• Private Pay – see website for specifics  
• Accepts payments for all out-of-network mental health benefits except Medicaid & Medicare. | Wait times:  
* Currently no availability for counseling appointments.  
No waitlist available at this time.  
*Assessment – There is a waitlist.  
NO SLIDING FEE SCALE  
Will not write ESA letters |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amy Kuehl Clinical Associates of Ames 600 5th Street, Ste 201 Ames, IA 50010 P: 515-520-1896 F: 515-292-5044 E: <a href="mailto:amykuehl@live.com">amykuehl@live.com</a></td>
<td>Amy Kuehl, LISW</td>
<td>Depression • Anxiety • Relationships • Self-esteem • Stress Management • Couples/Family issues</td>
<td>Wellmark BCBS • Alliance Select • United Healthcare • Health Partners • CIGNA • Medicaid • Medicare • AETNA</td>
<td>First Administrator • Tri-Care • Coventry • Multi-plan • Midland’s Choice • Health Alliance • Sliding Fee scale</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>
</tr>
<tr>
<td>--------</td>
<td>-----------------------</td>
<td>----------</td>
<td>-------------------</td>
<td>------------------------------------------</td>
</tr>
</tbody>
</table>
| ATC Ames Therapy & Consulting Services, PC 1103 Buckeye Ave., Ste 104 Ames, IA 50010 | • Terry Augsberger, MD, psychiatrist (consultant) • Dr. Amy Mooney, PhD. LMHC, NCC, ACS • Vincent Marziano, PhD, LP, Licensed Psychologist, DSM office • Shatai Joiner, LMHC, CADC • Samantha Snovelle, LMHC • Aryn Grywusiewicz, MS, NCC, tLMHC • Cori Uitermarkt, MS, tLMHC • Natalie Snyder, t-LMHC, CADC • Kelsey York, t-LMHC (telehealth only) • Madelynn Santi, t-LMHC • Sarah Statz, Intern • Meredith Francom, Intern Both in-person & telehealth appointments. | • Depression • Anxiety • Self-esteem • Relationships • Grief work • Academic/work performance • Career Exploration • Stress Management • Couples/family issues • Multi-cultural issues • Trauma issues • Complex /developmental trauma • Substance abuse • LGTQIA issues • Transgender issues • Issues of Diversity & Inclusion • Emotional Dysregulation • Personality Disorders • OCD • Bipolar Disorder • Psychological assessment • Adjustment/life transitions • PTSD • Chronic pain group • Free Anxiety & Depression screening • Psychological Assessment - NOT ADHD testing • CBT • EMDR • DBT • Grief/Loss • Women’s Issues • Mindfulness | • Wellmark • BCBS • UBH • United Healthcare • UMR • CIGNA • Midland’s Choice • Health Alliance • EAP • Health Partners • Federal VA DSM & Iowa City • State of Iowa EFR • Private pay $75 - $100 | • Same day call-back  
Private pay: $40 ISU students w/ counseling interns  
$50 non-student counseling w/ intern  
Hours:  
M,T &Th: 9-5  
Wed: 10-7  
Fri: 8-3  
Appointments available in Ames & DSM  
Waitlist about 1-3 months (updated 08/08/22) |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tammi Wirth, LLC</td>
<td>• Tami Wirth, LISW, RPT In-office &amp; Telehealth EMDR Play Therapy Child Interaction Therapy Child Parent Psychotherapy</td>
<td>ADHD Adoption Anxiety Behavioral Issues Coping Skills Depression Divorce Domestic Abuse Domestic Violence Trauma PTSD Family Conflict</td>
<td>AMERIGROUP AmeriHealth BlueCross and BlueShield Wellmark Alliance Select Medicaid United Healthcare UBH CIGNA UMR Out of Network</td>
<td>• Currently NOT accepting new clients.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Obsessive-Compulsive (OCD) Oppositional Defiance Parenting Peer Relationships Relationship Issues Academic/work issues Self Esteem Sexual Abuse Stress Management Life Adjustments Family relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Catholic Charities</td>
<td>• Sarah Thomas, LMFT In-person &amp; Telemental Health sessions DBT Grief &amp; Loss CBT EMDR Faith-based IFS Women’s Issues Family-of-Origin Mindfulness Sandtray Play therapy Polyvagal therapy</td>
<td>Depression Anxiety Relationships Self-esteem Stress Management Couples/Family Substance abuse Personality disorders Bi-Polar DO</td>
<td>Wellmark BCBS BCBS Alliance Select United HealthCare UBH AETNA CIGNA Midland’s Choice First Administrators Multi-plan UMR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Trauma Complex/Development Trauma Adjustment/Life Transitions Emotional Dysregulation/Personality Disorders PTSD OCD</td>
<td>Medicaid – Iowa Total Care Medicaid - Amerigroup Sliding fee scale for uninsured clients ($20 - $100) Private Pay $150 intake &amp; $120 for 1 hour session</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Do not write ESA letters.</td>
<td>Do NOT provide crisis counseling.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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>
</tr>
<tr>
<td>--------</td>
<td>------------------------</td>
<td>----------</td>
<td>-------------------</td>
<td>-------------------------------------------</td>
</tr>
</tbody>
</table>
| Central Iowa Psychological Services | • Warren Phillips, PhD  
• Lu Klatt, LISW  
• Robin Schinnnow, LISW  
• Anthony Santiago, PhD  
• Maggie Doyle, PhD  
• Jessica Miller-Lange, Psy D  
• Lily Mathison, PhD  
• Kyla Kiltner, LMSW  
• Emily Loynachan  
• Sarah Crouse, tLMHC  
• John Aviritt, PhD  
• Melissa Wubben, LMHC, CADC  
• Robert Thacker, MS, CADC  
• Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Academic/work performance  
• Stress Management  
• Couples/ Family  
• Autism spectrum  
• ADHD assessments  
• CBY  
• EMDR  
• HYPNOSIS  
• DBT  
• GRIEF/LOSS  
• ACT  
• MEN'S ISSUES  
• WOMEN'S ISSUES  
• FAMILY ISSUES  
• IFS  
• MINDFULNESS  
• IDENTITY DEVELOPMENT  
• Substances  
• LBGTQIA identities/issues  
• Transgender issues  
• Multi-cultural  
• Adjustment/Life Transitions  
• Trauma  
• Emotional Dysregulation  
• PTSD  
• Wellmark  
• BCBS  
• Alliance Select  
• UBH  
• Midlands Choice  
• Medicaid - both  
• United Healthcare  
• AETNA  
• Some providers take TriCare  
• CIGNA  
• Health Alliance  
• Health Partners  
• Coventry  
• First Administrators  
• Multi-Plan  
• UMR  
• MHNet  
• Private pay @ discretion of clinician  
• *Not all providers are credentialed with all insurances.  
*VERY LIMITED AVAILABILITY AS OF 08/10/21. |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Clear Brook Counseling | • Kim Pontius, LMHC, CCDP  
• Valerie Stubbs, LMFT, CADC, CCH, Hypnotist – Ankeny only  
• Thomas Patterson, LISW, CADC  
• Diversity issues  
• Kathy Dingess, LISW  
• Amber Jointer, LMSW  
• Doug Detrick, LISW  
• Kristina Corcoran, LMHC  
• Emily Huss, LMSW  
• Katie Straw, t-LMHC  
• Colleen Swain, t-LMHC  
• Brittney Miller, Intern  
• John McDonald, LISW  
• Leisha Ristau, LISW  
• Paul Johnson, LMHC  
• Daniel Chavarria, LMHC (Bilingua l in Spanish)  
• Delphine Weiss, LMSW  
• Missy Hirsch, LMSW - Ankeny  
• Melissa Lohman n, LMHC | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief Work  
• Academic/Work Performance  
• Couples/Family  
• Substance use  
• Hypnosis – Weight loss/smoking cessation  
• OCD  
• Bipolar Disorder  
• Substance Use/Abuse  
• Process Addictions  
• Career Exploration  
• LBGTQIA Identities/issues  
• Identity/support  
• Trauma Issues  
• Complex/Developmental trauma  
• Adjustment/Life transitions  
• PTSD  
• ADHD Assessments  
• Autism Spectrum  
• CBT  
• EMDR  
• Faith-based if requested Internal Family Systems  
• DBT  
• ACT  
• Internal Family Systems  
• Mindfulness | • Wellmark BCBS  
• BCBS  
• EAP  
• Some providers take Medicaid Amerigroup  
• DO NOT take Iowa Total Care Medicaid  
• DO NOT take United Healthcare  
• Private pay - $150  
• Taking new clients – especially for Telemental Health appointments.  
• Amerigroup clients may take longer to schedule as those therapists are often at their max for Medicaid.  
• Will write ESA letters for current clients who have been seen at least 3 times. |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Community & Family Resources | • Jack Dodd, MD  
• Christel Rinehart, ARNP  
• Maria Mallarino, LISW  
• Madeline Rivera, LMHC  
• Kylie Hepp, LMSW  
• Nikki Banes, CDAC  
• Kelly Sinclaire-Jordan, IADC  
• Brittany Rice, IADC | • Depression  
• Anxiety  
• Relationship Issues  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/family issues  
• Career exploration  
• LGBTQIA identities/issues  
• Transgender identities/support  
• Issues of diversity & inclusion  
• Bi-Polar DO  
• ADHD assessments | • Multi-cultural issues  
• Trauma  
• Complex/Developmental trauma  
• Psychological assessment  
• Adjustment/Life Transitions  
• Emotional Dysregulation  
• PTSD  
• Medication Management  
• Substance use/abuse  
• addictions/impulse control (i.e., gambling, OCD, sexual addictions, etc.)  
• Wellmark  
• BCBS  
• BCBS  
• Alliance Select  
• United Healthcare  
• Health Partners  
• CIGNA  
• AETNA  
• Medicaid (Amerigroup & Iowa Total Care)  
• Medicare  
• UBH  
• Midlands Choice  
• Tri-Care  
• Coventry  
• Multiplan  
• Midlands Choice  
• First Administrators  
• UMR  
• Health Alliance  
• Preferred One  
• Sliding fee scale  
• Private pay | • Return call w/in 24 hours  
• Mental health wait: 3-5 days  
• Substance Abuse: same day evaluations  
Sliding scale for both substance abuse & mental health for uninsured and underinsured students.  
**Same Day Access Evaluations:**  
Tues., 10:00 am to 3:00 pm  
Thurs., 2:00 pm to 6:00 pm  
Friday, 9:00 am to 12:00 noon  
Saturday, 9:00 am to 12:00 noon.  

- In-person & Telemental health appts.
- CBT  
EMDR (Oct)  
ADHD Assessment  
Grief & Loss  
Men’s Issues  
Women’s issues  
FOO issues  
IFS  
Mindfulness  
Identity Development  
Will Not SEE violent clients  

Current counseling appointments available
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Compass Tree Counseling | • Martha Norton, LMHC, IAADC  
• K.C. Moore, LISW  
• Elaine O’Neal, LISW  
• April Falzone, LMHC  
• Sheryl Frye, LISW  
• Melissa Joshel, LISW, LCSW  
• Tricia Simmons, LMHC  
• Josh Vander Zwag, LMSW  
• Generally 1 prac students  
All clinicians are trained in trauma - EMDR  
Martha has worked with military, Substance abuse; Eating Disorders, comorbid, DID; transgender clients | • Trauma – EMDR - Sensorimotor  
• Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic or work performance  
• Stress Management  
• Couples/family issues  
• Substance use  
• Career exploration | • LBGTQIA Identities/issues  
• Transgender identity/support  
• Multi-cultural issues  
• Complex/developmental trauma  
• Psychological assessment  
• Adjustment/Life transitions  
• Emotional dysregulation  
• PTSD  
• Autism spectrum | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid Amerigroup & Iowa Total Care  
• Medicare  
• AETNA  
• UBH  
• Tri-Care  
• Private pay  
• In-person & telemental Health (depends on insurance). They have some openings. (2-4 weeks Telehealth & 4-6 weeks in-person)  
Do Not offer a sliding fee scale. | • Can call front desk (515-233-3971) or complete online intake form to get started.  
• New client bio is completed online on website. Password is compasstreelc  
• Weekly team meetings on Wednesday to check on who is waiting for a contact.  
Private Pay:  
• Licensed: $100 |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment /Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornerstone Counseling Center</td>
<td>Steve Jones, MA, Ed Ruppert, LISW,</td>
<td>Abuse</td>
<td>Our fees range from $119-$259 per session depending on the services provided. Payment is due at the time of service. Each therapist is an independent contractor and is a provider for various insurance carriers. The therapist you choose may or may not be a part of your insurance. The client is responsible for calling his or her insurance company to check on their mental health benefits and to determine if their therapist will be covered. Clients are responsible for any insurance co-pays and/or deductibles and any amount not covered by insurance. We ask that you bring your payment and insurance card to your first session. Please contact one of our staff if you have questions about this process.</td>
<td>Current openings – only Telemental Health at this time.</td>
</tr>
<tr>
<td>4720 Mortensen Road Ames, IA 50014</td>
<td>Anthony Santiago, PhD, LMFT,</td>
<td>Addictions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: 515-599-8904</td>
<td>Warren Jacobs, LMFT</td>
<td>Adjustment Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>F: 515-686-6018</td>
<td>Steve Bohlen, LMHC</td>
<td>ADD/ADHD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W: <a href="http://www.cornerstone-counseling.com">www.cornerstone-counseling.com</a></td>
<td>Elizabeth Herrington, LMHC</td>
<td>Disordered Eating</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Faith-based Counseling</td>
<td>Holly Lukasiewicz, LISW</td>
<td>Mood Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Taya Amundson, LISW</td>
<td>Sexual issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Katie Blair, temporary license</td>
<td>PTSD</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Loss/grief</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dissociative Disorder</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Family issues</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Career Counseling</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spiritual issues</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Creative Counseling Services
214 5th St.
Ste 103
Ames, IA  50010
P: 515-233-1699
F: 515-233-2957
E: svela@ccsames.org
W: ccsames.org

“All populations welcome.”

- Telehealth & In-office

- Amy Hawcott, LMFT
- Stephanie Vela, LMHC, CADC

CBT
EMDR
Internal Family Systems
Family-of-Origin issues
Mindfulness
Substance abuse/use

- Depression
- Anxiety
- Relationships
- Self-esteem
- Academic/work performance
- Stress Management
- Couple/Family
- Substance use
- Process addictions
- Career Exploration

- Depression
- Anxiety
- Relationships
- Self-esteem
- Academic/work performance
- Stress Management
- Couple/Family
- Substance use
- Process addictions
- Career Exploration

- LBGTQIA Identities/Issues
- Transgender Identity/Supports
- Multi-cultural issues
- Trauma issues
- Complex/Developmen tal trauma
- Adjustment/Life transition
- PTSD
- Bipolar DO

- Wellmark BCBS
- BCBS
- Medicaid – Iowa Total Care
- Medicaid - Amerigroup
- Private pay: Intake - $175
  Therapy sessions - $150 (45 min)

- Doing substance abuse evaluations
  4-6 month wait

ESA letters only for established clients who they deem appropriate.

No longer do substance abuse evaluations or tx for primary substance abuse.
Will work with clients with primary mental health concern & co-occurring substance use.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crossroads Counseling</td>
<td>B. Ann Kennedy, PhD, LMFT</td>
<td>Depression Anxiety Eating disorders Relationships Self-esteem Academic/work performance Couples/family issues Career exploration LBGTQIA identities/issues Transgender identities/support PTSD Multi-cultural issues Women’s issues Family-of-origin issues</td>
<td>Wellmark BCBS BCBS Alliance Select United Healthcare CIGNA AETNA UBH Military One Source Coventry Multiplan Midlands Choice Health Alliance Health Partners First Administrators Preferred One Multi-Plan MHNet UMR Private Pay - $150/session</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Trauma Sexual abuse Domestic abuse Adjustment/life transitions Emotional dysregulation Christian counseling Military couples – pre-deployment, deployment, &amp; reintegration Grief/Loss Divorce Stress management Health &amp; wellness self-care Chronic illness</td>
<td>BCBS Private pay - $175/hr $200 initial assessment No sliding fee scale.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Currently taking new clients. Offering both in-office and Telemental Health No sliding fee scale.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>New clients can register on the website. Have to set up an account to do so.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cultivate Wellness</td>
<td>Kristten Buttermore, LMHC</td>
<td>Depression Anxiety Relationships Self-esteem Grief work Stress Management Trauma Complex/Developmental trauma Couple/Family Career Exploration</td>
<td>BCBS Private pay - $175/hr $200 initial assessment No sliding fee scale.</td>
<td></td>
</tr>
<tr>
<td>214 5th Street</td>
<td></td>
<td>Trauma issues Adjustment/Life transition Emotional Dysregulation PTSD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ames, IA 50010</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Currently taking new clients.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>* Offering both in-office and Telemental Health</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Some availability</td>
<td></td>
</tr>
</tbody>
</table>

**PLEASE MAIL RECORDS VIA USPS ONLY.**

Not seeing clients who have a current suicidal method available.

- Telehealth only

Cultivate Wellness
214 5th Street
Ames, IA 50010
P: 515-212-7379
F: 515-293-6673
E: kristten@cultivatewellnessames.com
W: https://cultivatewellnessames.com/
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment</th>
<th>Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deena Cavender, LISW</td>
<td>Deena Cavender, LISW</td>
<td>Depression</td>
<td>Wellmark BCBS</td>
<td>Possible openings</td>
<td></td>
</tr>
<tr>
<td>5th Street Mental Health Professionals</td>
<td>CBT DBT INTERNAL FAMILY SYSTEMS GRIEF &amp; LOSS ACT WOMEN'S ISSUES FAMILY-OF-ORIGIN CONCERNS MINDFULNESS IDENTITY DEVELOPMENT</td>
<td>Anxiety</td>
<td>BCBS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>600 5th St., Ste 200</td>
<td></td>
<td>Relationships</td>
<td>United Healthcare</td>
<td>Does NOT see sex offenders</td>
<td></td>
</tr>
<tr>
<td>Ames, IA 50010</td>
<td></td>
<td>Self-esteem</td>
<td>AETNA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: 515-451-5446</td>
<td></td>
<td>Grief work</td>
<td>Medicaid - Amerigroup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>F: 515-232-2775</td>
<td></td>
<td>Stress Management</td>
<td>Medicare</td>
<td></td>
<td></td>
</tr>
<tr>
<td>E: <a href="mailto:deenacavender@gmail.com">deenacavender@gmail.com</a></td>
<td></td>
<td>Couples/Family</td>
<td>Multiplan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W: <a href="http://www.5thstreetmhp.com">www.5thstreetmhp.com</a></td>
<td></td>
<td>LGBTQIA Issues</td>
<td>Midlands Choice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Trauma/PTSD</td>
<td>Telehealth services only</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Complex/Developmental Trauma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Academic/work issues</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Career exploration</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transgender Identity/support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Multi-cultural issues</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Adjustment/Life Transitions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Emotional Dysregulation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>PTSD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bipolar disorder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>OCD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Autism Spectrum</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Personality Disorders</td>
<td></td>
<td></td>
<td></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>
<td></td>
</tr>
<tr>
<td>------------------------</td>
<td>---------------------------------------------------</td>
<td>---------------------------------------------------------</td>
<td>--------------------</td>
<td>--------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Elizabeth Wade</td>
<td>• Elizabeth Wade, LMHC, EMDRIA Certified</td>
<td>• Depression</td>
<td>• Wellmark BCBS</td>
<td>“I am usually full. If there is someone needing EMDR for trauma, their therapist is welcome to contact me to discuss case.</td>
<td></td>
</tr>
<tr>
<td>2613 Northridge Parkway, Ste 105 Ames, IA 50010</td>
<td><strong>Currently only TeleHealth Appointments</strong></td>
<td>• Anxiety</td>
<td>• Private pay</td>
<td>Private Pay: $150/session</td>
<td></td>
</tr>
<tr>
<td>P: 515-450-2191</td>
<td>CBT</td>
<td>• Eating Disorders</td>
<td></td>
<td>No current openings</td>
<td></td>
</tr>
<tr>
<td>F: none</td>
<td>EMDR</td>
<td>• Relationships</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E: <a href="mailto:elizabeth@amescounseling.com">elizabeth@amescounseling.com</a></td>
<td>ACT</td>
<td>• Self-esteem</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>W: <a href="http://www.amescounseling.com">www.amescounseling.com</a></td>
<td>Mindfulness</td>
<td>• Grief/loss work</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Stress management</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Chronic/terminal illness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Trauma issues</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Complex &amp; developmental trauma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Adjustment/life transitions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Emotional dysregulation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• PTSD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>NO clients with extensive suicidal ideation (plan, intent or history of attempts); no clients currently in crisis.</strong></td>
<td></td>
<td></td>
<td></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>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------</td>
<td>----------</td>
<td>------------------</td>
<td>-------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| Eyerly Ball Community Mental Health Services  
2521 University Blvd, Ste 121  
Ames, IA 50010  
P: 515-598-3300  
F: 515-292-2624  
E: none identified  
W: www.eyerlyball.org | 13 Different Providers & Licensures  
1 in-person therapist  
1 in-person ARNP |  ▪ Depression  
▪ Anxiety  
▪ Self-esteem  
▪ Grief work  
▪ Stress management  
▪ Medication management  
▪ Substance use  
▪ LGBTQIA ISSUE  
▪ ADHD Assessments  
▪ Emotional dysregulation/Personality Disorders  
▪ OCD  
▪ Bipolar disorder  
▪ Trauma issues  
▪ Psychological assessment  
▪ Adjustment/life transitions  
▪ Emotional dysregulation  
▪ PTSD  
▪ Relationship issues  
Will write ESA letters for clients in service for 3-6 months.  
Wait times:  
- Assessment – same day  
- Ongoing Therapy – 4-6 weeks  
- Medication – 10-12 weeks |  ▪ Wellmark BCBS  
▪ BCBS  
▪ Alliance Select  
▪ United Healthcare  
▪ United Behavioral Health  
▪ AETNA  
▪ CIGNA  
▪ Health Alliance  
▪ Health Partners  
▪ First Administrators  
▪ Multi-Plan  
▪ Medicaid – IA Total Care & Amerigroup  
▪ Medicare  
▪ Tri-Care  
▪ Coventry  
▪ Midlands Choice  
▪ MHN Net  
▪ Preferred One  
▪ Sliding Fee Scale – county funding  
▪ Private pay  
▪ Walk-in for initial assessment  
Monday – Friday 8:00 am to 2:30 pm  
▪ 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 – you will be seen that day.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firm Foundations Counseling Center</td>
<td>Ron Stubbs, LMFT</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress Management, Couples/Family, Christian Counseling</td>
<td>Wellmark BCBS, AETNA, Sliding fee scale</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harmony Therapy Services</td>
<td>Kelsi Macek, LMFT In-person &amp; telehealth Internal Family Systems Family-of-Origin issues Mindfulness Identity Development EFT</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Stress Management, Trauma, Complex/Developmental Trauma, Life Adjustments, Emotional Disregulation/Personality Disorders, Exploration of Self</td>
<td>Wellmark, BCBS, United Healthcare, TriCare, Private pay ($120 - $160)</td>
<td>Wait time 2-3 months Will see clients with SI &amp; self-harm but no one with current plans to harm self or others.</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>
</tr>
<tr>
<td>--------</td>
<td>-----------------------</td>
<td>----------</td>
<td>-------------------</td>
<td>------------------------------------------</td>
</tr>
</tbody>
</table>
| Heartland Mental Health Therapy | John McInnerney, LISW, CADC | • Depression  
• Anxiety  
• Eating Disorders  
• Relationship issues  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couples/Family  
• Substance use  
• OCD  
• Bipolar disorder | • Career Exploration  
• LBGTQIA identities/issues  
• Transgender issues  
• Trauma issues  
• Complex/Developmental trauma  
• Psychological Assessment  
• Adjustment/Life transitions  
• Emotional Dysregulation  
• PTSD  
• Autism spectrum  
• Identity development | • Wellmark BCBS  
• BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid - Amerigroup & Iowa Total Care  
• Medicare  
• AETNA  
• CIGNA  
• UBH  
• Midlands Choice  
• Tri-Care  
• Health Alliance  
• Health Partners  
• Coventry  
• MHNet  
• UMR  
• Sliding scale $25 - $135  
• Private pay - $135 - $250 | Will call the client back within 24 hours  
Schedule client on his website. Sliding Fee Scale $30-$150. |
| Innovative Counseling & Consulting |  | Depression  
Anxiety  
Self-esteem  
Grief, Loss, Loneliness  
Career Conflicts  
Addictions  
Communication | Offers a DBT group when they have 5+ clients. |  |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jessica Hoy Counseling</td>
<td>• Jessica Hoy, LMFT, CADC CBT EMDR Faith-based IFS ED Grief/Loss DBT Women’s Issues Mindfulness</td>
<td>• Depression • Anxiety • Eating disorders • Self-esteem • Grief work • Academic/work performance • Career Exploration • Stress management • Couples/family issues • Substance Abuse • Process Addictions • Identity Development</td>
<td>• Wellmark • BCBS • Alliance Select • United Healthcare • United Behavioral Healthcare • Health Partners • CIGNA • AETNA • UMR</td>
<td>• Respond w/in 5 business days Open Monday – Friday &amp; some Saturdays *Not willing to see clients with risk.</td>
</tr>
<tr>
<td></td>
<td>• Telehealth</td>
<td>• Multi-cultural issues • Trauma issues • Complex/developmental trauma • Adjustment/Life transitions • Emotional dysregulation • PTSD • Autism spectrum • Christian counseling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Joann Seeman-Smith</td>
<td>• Joann Seeman Smith, PhD, LMHC CBT IFS ADHD Assessment Grief &amp; Loss Women’s issues Family-of-Origin issues Mindfulness</td>
<td>• Depression • Anxiety • Relationships • Self-esteem • Grief work • Academic/work performance • Stress Management • Couples/Family • Life Adjustments</td>
<td>• Wellmark BCBS • BCBS • Private Pay (Initial session $200 &amp; hourly sessions $180) ESA letters for current &amp; established clients</td>
<td>Private Pay: Initial appointment $200 1 hr. Session $180</td>
</tr>
<tr>
<td></td>
<td>• In-office • Telehealth</td>
<td>• Trauma issues • Complex/Developmental trauma • Adjustment/Life Transitions • PTSD • Emotional Dysregulation • Autism Spectrum • ADHD Assessments</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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>
</tr>
<tr>
<td>--------</td>
<td>----------------------</td>
<td>----------</td>
<td>------------------</td>
<td>------------------------------------------</td>
</tr>
</tbody>
</table>
| 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  
In-office – must be vaccinated  
Telehealth  
ESA letters for current clients who continue with therapy once the letter is written for the mental health condition they have sought services for. | Depression  
Anxiety  
Relationships  
Self-esteem  
Body Image  
Stress Management  
Couples/Family  
Academic/Work performance  
Substance use  
LGBTQIA issues  
Transgender issues | Multi-cultural issues  
Trauma  
Adjustment/Life Transitions  
Emotional Dysregulation  
Personality disorders  
OCD  
PTSD  
Bipolar disorder | Will not see clients who are high risk to self or others, those who have not responded to outpatient therapy; condition which shows evidence of lack of empathy and/or sociopathy.  
A few current openings |

| Kavanaugh Counseling & Consulting  
208 5th Street, Suite 104  
Ames, IA 50010  
P: 515-661-4210 (prefers texts but ok for phone)  
F: none provided  
E: shane@kccames.org | Shane Kavanaugh, LMHC  
Telehealth  
CBT  
EMDR  
ED tx  
DBT  
Grief & Loss  
ACT | Depression  
Anxiety  
Relationships  
Gender/Sexuality/identity  
Stress  
Couples/Family  
LGBTQIA identities/issues  
Transgender issues  
Body Image  
Disordered eating  
Trauma | Self-esteem  
Issues of diversity & inclusion  
Life Adjustments  
Identity Development | Not willing to see clients with high risk, must have readiness for change, have a level of insight, level of stability, functioning and support system  
No to ESA letters |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Kelly Shea 5th Street Mental Health Professionals 600 5th St., Ste 200 Ames, IA 50010 | • Kelly D. Shea, LMFT  
• Telemental Health only | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Stress Management  
• Couples/Family issues  
• Issues of diversity & inclusion  
• LBGTQIA Identities/Issue  
• Career Exploration  
• Disordered eating (No anorexia - emotional/compulsive eating)  
• Academic/work problems  
• Transgender Support  
• Trauma issues  
• Complex/Developmental Trauma  
• Adjustment/Life Transitions  
• Emotional Dysregulation  
• PTSD/Trauma  
• OCD  
• Bipolar Disorder  

Will write ESA letters for clients attending 3 months therapy; have a diagnosis appropriate for ESA & an ability to provide the animal with their needs too. | • Wellmark BCBS  
• BCBS  
• Alliance Select  
• Health Partners  
• United Healthcare  
• United Behavioral Health  
• Health Alliance  
• TriCare  
• Medicaid – Iowa Total Care & Amerigroup  
• Midland’s Choice  
• Private pay - $175 intake $150 for intake appointment  
• EAP for EFR, Optum & Mutual of Omaha  

Not taking clients with significant suicidal thoughts, plans; sexual perpetrators; perpetrators of domestic violence | Private Pay: Initial intake $175 Individual $150  
Prefer clients e-mail her directly to self-refer  
Sliding scale available only for uninsured clients. Case by case  
Availability varies |
| Linda Feldman Clinical Associates of Ames 600 5th St., Suite 201 Ames, IA 50010 | • Linda Feldman, LISW  
• CBT  
• Mindfulness  
• Psychodynamic  

No clients who are medium to high risk for SI/HI | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couples/family issues  
• LBGTQIA  
• Multi-cultural issues  
• Trauma issues  
• Adjustment/life transitions  
• PTSD  
• Grief/Loss  
• Women’s issues  
• Family-of-origin issues  
• Wellmark BCBS  
• BCBS  
• Alliance Select  
• Medicare  
• UBH  

In-office  
Telehealth | • Usually 2-3 week  
• Return call w/in 24 hours  

No current availability |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lutheran Services in Iowa</td>
<td>Renae Van Der Linden</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress management, Couples/family, Career exploration</td>
<td>Wellmark BCBS, Alliance Select, United Healthcare, CIGNA, Medicaid, AETNA, UBH</td>
<td>No information given about sliding scale or private pay.</td>
</tr>
<tr>
<td>1323 Northwestern Ave.</td>
<td></td>
<td>LBGTQIA identities/issues, Multi-cultural issues, Trauma issues, Complex &amp; developmental trauma, Adjustment/Life transitions, Emotional dysregulation, PTSD, Christian counseling</td>
<td>FIRST Administrator, Tri-Care, Coventry, Multiplan, Midlands Choice (only if secondary insurance), Private pay</td>
<td></td>
</tr>
<tr>
<td>Ames, IA 50010</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intake P: 888-457-4692</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: 515-817-0982</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F: 515-232-7416</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E: <a href="mailto:amyDavis@lsiowa.org">amyDavis@lsiowa.org</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mary Nii Munteh</td>
<td>Mary Nii Munteh, PhD</td>
<td></td>
<td>BCBS</td>
<td>Current openings</td>
</tr>
<tr>
<td>Trauma Recovery</td>
<td></td>
<td></td>
<td></td>
<td>Will not see clients who need risk management.</td>
</tr>
<tr>
<td>P: 515-726-3400</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F: 515-726-3500</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E: <a href="mailto:mary@drmarymunteh.com">mary@drmarymunteh.com</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>W: <a href="http://www.trauma-recovery.co">www.trauma-recovery.co</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Telehealth only</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Call or e-mail for an appointment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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>
</tr>
<tr>
<td>--------</td>
<td>-----------------------</td>
<td>----------</td>
<td>------------------</td>
<td>------------------------------------------</td>
</tr>
</tbody>
</table>
| Network Community Counseling | • Nathaniel Wade, PhD (Director/Supervisor)  
• Christina (Anna) Lall-Alvarez  
• Iloria Pheonix-Lopez, MA  
• Corrine Schwarting, MA |  
CBT  
ACT  
Mindfulness |  
• No insurance accepted  
CBT  
Interpersonal  
ACT  
Group Therapy  
Emotion-focused  
Mindfulness |  
• Primarily looking for group clients  
Must be 18+  
• Call for availability for individual appts.  
Private pay:  
$10 individual for ISU students  
$20 all others  
$5 for group ISU students  
$10 group for all others |

Physical location: Science Hall, (basement) Room 56  
Mailing address:  
1347 Lagomarcino Hall  
Iowa State Univ.  
901 Stange Road  
Ames, IA  50011  
P: 515-294-1455  
F: 515-294-6424  
E: groups@iastate.edu  
W: www.networkcounseling.com  

Will work with clients who use substances but have other diagnoses.  
Will not see clients who are experiencing current imminent/active SI/HI  
Will work with students who cannot financially afford the cost of counseling.  
Openings for group and a very limited individual clients.  
TELEHEALTH ONLY.  

Individual similar to clients we see at SCS.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Next Counseling 809 Wheeler St., Ste 108 Ames, IA 50010</td>
<td>Andrew Bradley, LMHC CBT Faith-based if desired Internal Family Systems ADHD Assessments Grief &amp; Loss Men’s Issues Family-of-origin issues</td>
<td>• Managing autism spectrum disorders  • Anger  • Anxiety/depres sion  • PTSD  • Addiction  • Guilt, shame and more  • Couples and Family Therapy  • <em>For adults and teens struggling with...</em>  • Control issues  • Conflict Resolution  • Recovery from betrayal and affairs  • “Dead” Marriages and relationships  • Communicatio n  • Parenting and more</td>
<td>• BCBS  • Wellmark BCBS  • Willing to see clients who have out-of-network concerns</td>
<td>• 1-2 weeks  • Mondays every other week, 10AM - 2PM  Tues - 9AM - 8PM  Wed - 9AM-5PM  Thur - 9AM - 8PM  Fri - 9AM - 5PM  Saturdays every other week, 10AM - 2PM</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>
</tr>
<tr>
<td>----------------------------</td>
<td>------------------------</td>
<td>-----------------------------------------------</td>
<td>--------------------</td>
<td>--------------------------------------------</td>
</tr>
</tbody>
</table>
| 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 | • 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 |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Paula Gallt, LLC                           | Paula Gallt, LMFT      | ▪ Couples  
▪ Individual  
▪ Family                                                                      | Wellmark  
BlueCross/ Blue Shield  
United Health Care Midlands Choice Aetna Medicaid, Amerigroup, Iowa Total Care Tricare | Out of pocket fee  
$100/session  
Copays/deductible/s/out of pocket fees collected at time of appointment | ▪ Cancellations must be made within 24 hours of your appointment or you could be charged a $100 No Show fee.  
Options for scheduling:  
Call 515-233-1694  
Submit request via website Client Portal (for existing clients) |
| Paula Gallt, LLC                           |                        |                                                                          |                                                                                     |                                            |
| River Valley Therapy Clinic                | Jeremy Stumbo, LMFT    | ▪ Depression  
▪ Anxiety  
▪ Relationships  
▪ Self-esteem  
▪ Grief work  
▪ Academic/work performance  
▪ Stress Management  
▪ Family issues  
▪ Adjustment/life transition | ▪ BCBS                                                                   | ▪ 3-4 weeks  
No current openings for counseling. |
<p>| River Valley Therapy Clinic                |                        |                                                                          |                                                                                     |                                            |
| Paula Gallt, LLC                           |                        |                                                                          |                                                                                     |                                            |</p>
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rooted Therapy</td>
<td>Ellyn Nitchals-Kellner, LMHC</td>
<td>Depression</td>
<td>Wellmark</td>
<td>Wait time is generally 3-5 months.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anxiety</td>
<td>BCBS</td>
<td>No after hours care provided so high risk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Self-esteem</td>
<td>United Healthcare</td>
<td>clients not accepted.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>LGTQIA issues</td>
<td>United Behavioral Health</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transgender support – will write letters for HRT, surgery, etc for estb</td>
<td>Health Partners</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>clients</td>
<td>Medica</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Trauma</td>
<td>UMR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Complex trauma</td>
<td>Medicaid (IA Total Care &amp; Amerigroup)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Life Adjustments</td>
<td>Private Pay</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Emotional dysregulation/Personality Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>In-office &amp; Telehealth</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CBT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>EMDR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Family-of-Origin issues</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Identity Development</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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>
</tr>
<tr>
<td>--------</td>
<td>-----------------------</td>
<td>----------</td>
<td>-------------------</td>
<td>------------------------------------------</td>
</tr>
<tr>
<td>Sarah Fleming Creativity &amp; Healing Ames, IA</td>
<td>• Sarah Fleming, LCSW, LISW&lt;br&gt;• Alyssa Vibbard, LMSW/Addiction/Substance/Personality disorders/life transitions Charges $35</td>
<td>• Disordered Eating&lt;br&gt;• Transitional Issues&lt;br&gt;• Anxiety&lt;br&gt;• Depression&lt;br&gt;• Women’s issues&lt;br&gt;• Highly sensitive people&lt;br&gt;• Relationships&lt;br&gt;• Stress Management&lt;br&gt;• Self-esteem&lt;br&gt;• Career Exploration&lt;br&gt;• Substance abuse&lt;br&gt;• Highly sensitive clients - neurodivergence</td>
<td>• Life adjustments&lt;br&gt;• OCD&lt;br&gt;• Diversity/inclusion issues&lt;br&gt;• Trauma&lt;br&gt;• PTSD&lt;br&gt;• OCD&lt;br&gt;• Grief &amp; Loss&lt;br&gt;• Family of Origin issues&lt;br&gt;• Mindfulness</td>
<td>Will write <strong>ESA letter</strong> for clients who are seen <strong>4-5 sessions</strong>. Cost for the letter writing is $45 after the therapy sessions. Must sign release to their doctor for consult. &lt;br&gt;Will <strong>NOT</strong> see clients who are actively suicidal. &lt;br&gt;<strong>Telehealth appointments only.</strong>&lt;br&gt;Will NOT see clients with active SI. &lt;br&gt;Offers 2 scholarship slots given on first come first serve basis.</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>
</tr>
<tr>
<td>-----------------------------</td>
<td>-----------------------</td>
<td>--------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------</td>
</tr>
</tbody>
</table>
| Sharing is Healing          | Michelle Roling, LMHC, CEDS | - Eating disorders  
- Anxiety  
- OCD  
- Depression  
- Bipolar  
- Relationships  
- LBGTQIA  
- Grief  
- Trauma  
- Chronic/terminal illnesses  
- Families/couples  
- Parenting  
- Positive Psychology  
- Self-esteem  
- Interpersonal Development  
- Teletherapy coverage dependent on insurance  
- BCBS  
- Private pay – initial session $100 & subsequent sessions $75  
- Teletherapy:  
- BCBS does pay for this service  
- Noninsurance covered appts. Initial session $100 & subsequent sessions $75  | - BCBS  
- Private pay – initial session $100 & subsequent sessions $75  | - To make an appointment, go to [www.michelleroling.com](http://www.michelleroling.com) & look at appointment availability, register, request appointment & complete intake forms. |

F: 515-520-8232  
E: sharingishealingames.gmail.com  
* Schedule and complete forms online at  
W: [www.michelleroling.com](http://www.michelleroling.com)  
* Telemental Health only  
* Not accepting new clients at this time.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Summer Brunscheen, PhD, Licensed Psychologist | • Summer Brunscheen, PhD, Licensed Psychologist  
• Telemental Health only until Feb. 1st.  
Not willing to see abuse perpetrators, primary substance abuse, primary eating disorders, Narcissistic or Antisocial PD. No court-ordered work or custody evaluations. No letters for emotional support animals | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Family issues  
• Career Exploration  
• LBGTQIA identities/issues  
• Transgender identities/support | • Wellmark BCBS  
• BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• AETNA  
• CIGNA  
• Private Pay - $220/session | • Not accepting new clients at this time.  
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 |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susie Lang Counseling Services 408 Douglas Ave., Suite C Ames, IA 50010 P: 515-233-6110 E: <a href="mailto:susielang10@gmail.com">susielang10@gmail.com</a> W: susielangcounselingservices.com</td>
<td>Susie Lang, LMHC, Life Coach</td>
<td>Depression  Anxiety  Relationships  Self-esteem  Stress Management  Career Exploration  Disordered eating  Academic/work performance  Substance use  LBGTQIA issues  Transgender issues  Trauma  PTSD  Issues of diversity/inclusion  Life Adjustments  Emotional dysregulation – Personality disorders  OCD  Bipolar Disorder  ADHD/ADD assessments</td>
<td>BCBS  Wellmark BCBS  Alliance Select  United Healthcare  UBH  Health Partners  Iowa Total Care (Medicaid)  UMR  Private pay - $100 per session</td>
<td>Open for new clients</td>
</tr>
</tbody>
</table>

**Telehealth only**

- Grief/Loss
- CBT
- EMDR
- ACT
- Family-of-origin issues
- Mindfulness

Cash or check is required at the end of each session.

PHOTOGRAPHIC GROUP WORK

A specific and informed payment schedule is discussed prior to commencing these short-term experiences.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| The Kai Lani Center 2603 Northridge Pkwy, Ste 103 Ames, IA 50010 P: 515-338-2929 F: 515-337-8863 E: info@thekailanicenter.com W: www.thekailanicenter.com | • 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) | • Depression  • Anxiety  • Relationships  • Self-esteem  • Emotional dysregulation – Personality Disorders  • OCD  • Bipolar disorder  • ADHD assessments  • Autism spectrum  • Grief work  • Academic/work performance  • Stress Management  • Couples/Family issues  • Substance abuse  • Trauma/PTSD  • Life adjustments  • Cultural identity  • Adverse discrimination  • Career exploration  • Disordered eating  • LBGTQIA issues  • Transgender issues  • Ehler’s Danlos Support/Education Group | • Wellmark  • BCBS  • Alliance Select  • UHC  • UBH  • AETNA  • TriCare  • Health Partners  • CIGNA  • Medicaid – Francine only (Iowa Total Care)  • Medicare  • MH Net  • UMR  • Preferred One Administrators | Private pay: $125-$175 per session depending on service provided

- 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

Telemental Health only

- MBCBT
- CBT
- FAITH-BASED – SPIRITUALITY AND MEANING MAKING MIND-BODY WORK
- HOLISTIC WELLNESS
- NARRATIVE & BIBLIOTherAPY

In-office & Telehealth offered

- Will not accept suicidal clients at this time.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Thomas Loney 5th Street Mental Health Professionals 600 5th Street, Ste 200 Ames, IA 50010 | • Thomas Loney, LMHC  
• In-person & Telehealth  
  CBT  
  DBT  
  Men’s issues  
  Mindfulness | • Anxiety  
• Depression  
• Life transitions  
• Grief & Loss  
• Relationships  
• Families  
• Self-esteem  
• Stress Management  
• Career Exploration  
• Disordered eating  
• Academic/work performance  
• Substance Abuse  
• LBGTQIA issues  
• Transgender issues  
• Trauma  
• PTSD  
• Complex/Developmental Trauma  
• Issues of diversity & inclusion  
• Life adjustments  
• Emotional dysregulation/Personality disorders  
• OCD  
• Bipolar disorder  
• ADHD Assessments  
• Process addictions  
• Identity development | • Wellmark  
• BCBS  
• UBH  
• United Healthcare | Openings available  
In office immediate  
Telehealth 2-4 weeks |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Vine Christian Counseling  
1604 Wheeler Drive  
Ames, IA  50010  
P:  515-420-0520  
F:  515-606-3523  
E: vineccs@protonmail.com  
W:  www.vineccs.com | • Monique Maldonado, MACP, LMHC, IADC  
• Kristin Boyd, tLMHC, CADC  
  **Telehealth Only**  
  CBT  
  EMDR  
  Faith-based  
  IFS  
  DBT  
  Grief & Loss  
  ACT  
  Women’s issues  
  Family-of-Origin issues  
  Mindfulness  
  Substance use  
  Process Addictions  
  Identity development  
  Trauma-focused CBT  
  Motivational Interviewing  
  Transtheoretical Model of Change  
  Narrative Therapy | • Anxiety  
• Depression  
• Personality Disorders  
• Life Adjustments  
• Substance abuse assessments  
• Spiritual confusion  
• Stress Management  
• Career Exploration  
• Academic/Work Performance  
• Emotion regulation  
• ADHD Assessments  
• Attachment issues  
• Trauma  
• Mood Disorders  
• Addiction treatment  
• OCD  
• Bipolar DO | • AETNA  
• Wellmark  
• BCBS  
• Alliance Select  
• United Healthcar e  
• UBH  
• CIGNA  
• TriCare  
• Coventry  
• Medicaid  
– Amerigroup & Total Care  
• Optum | There is a wait time for mental health.  
Almost immediate appointments for substance abuse. |

- Sliding Fee Scale for un-insured or under-insured - $70 - $100  
- Private Pay $120 - $190  
- Story Co Funding available for some students if no insurance.  
- No actively suicidal clients.  
- ESA letters for clients actively engaged in therapy regularly. |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Wild Blossom Counseling | • April Mahler, LMHC | • Anger Management  
• Bipolar Disorder  
• Codependency  
• Coping Skills  
• Divorce  
• Domestic Abuse  
• Domestic Violence  
• Dual Diagnosis  
• Emotional Disturbance  
• Family Conflict  
• Grief  
• Infertility  
• Infidelity  
• Life Transitions  
• Peer Relationships  
• Relationship Issues  
• Self Esteem  
• Stress  
• Suicidal Ideation  
• Women's Issues | • BCBS  
• Wellmark BCBS | |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
</table>
| YSS Family Counseling Center  
125 S. 3rd St.  
Ames, IA 50010  
P: 515-233-2250  
F: 515-233-3235  
E: mvasquez@yss.org  
W: www.yss.org  

In-Person  
Telehealth | • Lesley Banda, LMSW  
• Jenna Prusa, LISW  
• Kenia Fountain, LISW  
• Patrick Harnish, LMHC  
• Michelle Vetter, LISW  
• Jill Hill, IADC  
• Michael Edens, CADC  

CBT  
EMDR  
IFS  
DBT  
Grief & Loss  
ACT  
Men’s issues  
Women’s issues  
Family-of-Origin issues  
Substance Use  
Process Addictions | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Stress Management  
• Substance abuse  
• LBGTQIA issues  
• Transgender issues  
• PTSD  
• Issues of diversity & inclusion  
• Life Adjustments  
• Emotional dysregulation & BPD  
• Bipolar Disorder  
• Autism Spectrum  
• OWI Evaluations | • Wellmark  
• BCBS  
• Alliance Select  
• UHC  
• UBH  
• AETNA  
• CIGNA  
• Midland’s Choice  
• TriCare  
• Health Alliance  

Will write ESA letters for established clients with YSS. | • Health Partners  
• Coventry  
• First Administrators  
• Multi-Plan  
• Iowa Total Care (Medicaid)  
• Amerigroup (Medicaid)  
• MHNet  
• UMR  
• Private Pay  
• Grant money available for SUBSTANCE ABUSE | Wait time 3-5 weeks.  
YSS will only reach out 2 times & if no response, then the person is put at the bottom of the waitlist. |
ON-LINE THERAPY OPTIONS

There are many different companies that provide on-line telehealth services. This list includes a few of the different options, however, it is not exhaustive. These agencies are not affiliated with Iowa State University Student Counseling Services.

<table>
<thead>
<tr>
<th>AGENCY</th>
<th>INSURANCE/PRIVATE PAY</th>
<th>ADDITIONAL INFORMATION</th>
</tr>
</thead>
</table>
| Covenant Family Solutions | • Medicaid  
• BCBS  
• AETNA  
• Midland’s Choice  
• Health Partners  
• United Healthcare  
• UMR  
• Tricare | Cost before insurance/Private Pay:  
- Initial appointment $165  
- Follow up sessions between $110 - $160 for 45 min. |
| Offices in Iowa – Marion, Cedar Rapids, Coralville & Cedar Falls | Current wait time for an appointment is approximately 2-3 weeks.  
Potential clients are expected to check with their insurance company to make sure their health insurance plan covers telehealth. | |
| Better Help | Generally NOT covered by private health insurance, Medicaid or Medicare. | Cost:  
- $60 - $90 per week depending on your location, preferences & therapist availability.  
- |
| Website: [https://www.betterhelp.com/get-started/](https://www.betterhelp.com/get-started/) | | |
| Mantra Health | Potential clients are expected to check with their insurance company to make sure their health insurance plan covers telehealth with this agency. | - CIGNA  
- AETNA  
- United Healthcare  
- HSA & FSA ACCEPTED  

See website for more specific details or call 1-800-997-6196 to discuss insurance coverage with your plan. | Cost:  
- Initial appointment $125  
- Follow-up sessions $90 for 45 min. |
|----------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------|
| Doctor on Demand | Potential clients are expected to check with their insurance company to make sure their health insurance plan covers telehealth with this agency. | See website for more specific details about insurance coverage or call 1-800-997-6196 to discuss insurance coverage with your plan. | Cost:  
- 50 min. sessions $179  
- 25 min. consultations $129 |
| Website:  
https://www.mantrahealth.com/for-patients |  |  |  |
| P:  
1-800-997-6196. |  |  |  |
<table>
<thead>
<tr>
<th>Services</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potential clients</td>
<td>are expected to check with their insurance company to make sure their health insurance plan covers telehealth with this agency.</td>
</tr>
<tr>
<td>We accept Iowa</td>
<td>Total Care, Medicare Original, United Healthcare (most plans), Optum EAP, and Wellmark (most plans).</td>
</tr>
<tr>
<td>Psychiatric Services/</td>
<td>Medication Management</td>
</tr>
<tr>
<td>Medication Management</td>
<td></td>
</tr>
<tr>
<td>Individual Therapy</td>
<td></td>
</tr>
<tr>
<td>Group Therapy</td>
<td></td>
</tr>
<tr>
<td>Women’s Support Group</td>
<td>A safe space for women. Helping to encourage, empower, and build confidence in one another.</td>
</tr>
<tr>
<td>Coping with Anxiety and</td>
<td>Depression: Connect with others living with depression and anxiety. Share struggles, coping strategies, and work through solutions.</td>
</tr>
<tr>
<td>Depression</td>
<td></td>
</tr>
<tr>
<td>Coping with Trauma</td>
<td>Meet with those who know what it’s like to live through trauma. Break down barriers together, discover new ways to cope with past trauma, and move forward from isolation.</td>
</tr>
<tr>
<td>Aging and Emotional</td>
<td>Health: Connect with other adults 65 and over who are experiencing emotional challenges related to aging and the changes it brings.</td>
</tr>
<tr>
<td>Health</td>
<td></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="https://www.embracehealth.com">https://www.embracehealth.com</a></td>
</tr>
<tr>
<td>Phone:</td>
<td>515-612-9583</td>
</tr>
</tbody>
</table>

- You can book an appointment online
- Email: embrace@embracehealth.com
- Or call: 515-612-9583

- Women’s Support Group: A safe space for women. Helping to encourage, empower, and build confidence in one another.
- Coping with Anxiety and Depression: Connect with others living with depression and anxiety. Share struggles, coping strategies, and work through solutions.
- Coping with Trauma: Meet with those who know what it’s like to live through trauma. Break down barriers together, discover new ways to cope with past trauma, and move forward from isolation.
- Aging and Emotional Health: Connect with other adults 65 and over who are experiencing emotional challenges related to aging and the changes it brings.
<table>
<thead>
<tr>
<th>PSYCHIATRIC PROVIDERS – AMES, IA</th>
</tr>
</thead>
</table>
| **Central Iowa Psychological Services**  
223 S. Walnut Ave.  
Ames, IA 50010  
P: 515-233-1122  
F: 515-6500  |
| • Jody Kapustka, PMHNP-BC – Ames fulltime  
• Nick Stull, PMHNP – Ames full-time  
• 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  |
|  |
| **Ames Mental Health & Wellness Center**  
1531 Airport Road, Suite 102, Ames, IA 50010  
P: 515-620-5352  
F: 877-375-1824  
E: amhwc.mak@gmail.com  |
| • Maureen Patterson, PAC  |
| • Medication evaluation  
• Medication management  |
| Hours:  
Monday – Thursday 8 am – 5:00 pm  
Friday – 8:00 am to Noon  |
|  |
| Central Iowa Psychological Services | Jody Kapustka, PMHNP-BC – Ames fulltime  
|                                   | Nick Stull, PMHNP – Ames full-time  
|                                   | 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) | Jack Dodd, MD  
|                                   | Christel Rinehart, ARNP |  
|                                   | Medication evaluation  
|                                   | Medication management |  
| Ames Mental Health & Wellness Center | Maureen Patterson, PAC  
|                                   | Medication evaluation  
|                                   | Medication management |  
|                                   | Hours: Monday – Thursday 8 am – 5:00 pm Friday – 8:00 am to Noon |  
| Eyerly Ball Mental Health Community Center | Steven Stokes, ARNP (telemedicine)  
|                                   | Medication evaluation  
|                                   | Medication management |  
|                                   | Wellmark BCBS  
|                                   | Alliance Select  
|                                   | United Healthcare  
|                                   | Medicaid  
|                                   | Medicare  
|                                   | Tri-Care  
|                                   | Coventry  
|                                   | Midlands Choice  
|                                   | Sliding scale (county funding)  
|                                   | Private pay |  
| Gabrielle Barloon, MD Fifth Street Mental Health Professionals | Gabrielle Barloon, MD  
|                                   | Medication Evaluation  
|                                   | Medication Management |  
|                                   | Wellmark BCBS  
|                                   | Alliance Select  
|                                   | United Healthcare |  
| 1-2 weeks |
**Optimae Life Services**  
104 S. Hazel Ave.  
Ames, IA  50010  
P: 515-956-2684  
F: 515-450-5315  
- Jayson Gesulga, PA-C, MMS  
- Medication evaluation  
- Medication management  
- Varies  
- In Ames office  
  - Tuesdays  
  - from 9:00 – 4:30  
  - Currently 2 weeks for psychiatric evaluation

**Primary Health Care**  
3510 Lincoln Way  
Ames, IA  50014  
P: 515-232-0628  
F: 515-232-0727  
- Medication evaluation  
- Medication management  
- **Must be a medical patient to obtain psychiatric services**

**Clear Brook Counseling**  
614 Billy Sunday Road, Ste 100  
Ames, IA  50010  
P: 515-337-1764  
F: 515-337-0480  
W: [www.clearbrookcounselingprofessionals.com](http://www.clearbrookcounselingprofessionals.com)  
- Nikki Rochman, ARNP  
- Medication Evaluation  
- Medication Management  
- Wellmark BCBS  
- AETNA  
- Medicaid - Amerigroup

**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 Dowd, PA-C  
- 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
### Mary Greeley Medical Center Behavioral Health Outpatient Clinic

1111 Duff Ave.
Ames, IA 50010

P: 515-239-6888

### YSS

125 South 3rd St.
Ames, IA 50010

P: 515-233-2250
F: 515-233-3235

E: mvasquez@yss.org
W: www.yss.org

- Brian Vold, ARNP
- Maureen Richards, ARNP
- Brittany Sherwood, ARNP
- Shobit Negi, DO
- Nicole Medina, ARNP

- **Medication Evaluation**
- **Medication Management**

- Wellmark BCBS
- United Healthcare
- Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise)
- AETNA
- UHB
- Coventry
- CIGNA
- UMR
- Midlands Choice
- Health Alliance
- Private pay (no specifics given)
- Health Partners
- Tri-Care
- Sliding fee scale (substance abuse only)
- Private pay

---

**NEURO-PSYCHOLOGY SERVICES**
| **Campbell Neuropsychological Services**  
| 6200 Aurora Ave.  
| Ste. 202W  
| Urbandale, IA 50322  
| **P:** 515-330-1114  
| **F:** 515-331-6565  
| • Derek Campbell, PhD  
| • Neuro-psychological Services  |
| **Mercy Ruan Neurology**  
| 111 6th Ave.  
| Des Moines, IA 50314  
| **P:** 515-358-0011  
| **F:** 515-358-0099  
| *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  |
| **Ames Counseling & Psychological Services**  
| 3600 Lincoln Way, Suite 4  
| Ames, IA 50014  
| **P:** 515-239-4410  
| **Fax:** 515-663-4885  
| •  
| • Neuro-psychological Services  |