

Polk County

COMMUNITY THERAPY OPTIONS

SPRING 2021

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

Compiled by ISU Student Counseling Services to assist students with finding the most appropriate therapy services in Story & Polk Counties.

TIPS FOR SCHEDULING AN APPOINTMENT WITH COMMUNITY A PROVIDER

Know your insurance information:

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

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

Verify insurance coverage:

- ◇ Call the customer service number on the back of your insurance card.
- ◇ Verify the provider you have chosen is an approved provider with your insurance company.
- ◇ Ask, “**Do I have a deductible?**” A deductible is the amount you pay for covered health care services before your **insurance** plan starts to pay. With a \$2,000 **deductible**, for example, you pay the first \$2,000 of covered services yourself (i.e., the whole amount for the appointments). 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 a very few agencies that offer a sliding fee scale. You will be expected to pay some toward your therapy. It can range from \$5 - \$70.

Agency	Counselors/ Therapists	Services	Insurance/ Payment	Wait time for appointment/ Other Comments	
POLK COUNTY SERVICES					
<p>Advanced Wellness 950 Office Park Rd. #221 West DSM, IA 50265</p> <p>P: 515-897-7579 (Carrie) P: 515-954-7610 (Bridgette) F: none provided E: carrie@advancedwellnessdsm.com Bhagarty03@gmail.com</p>	<ul style="list-style-type: none"> • Carrie Leaf, LMFT • Bridgette Hagarty, Psy D 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress management ▪ Couples/Family issues ▪ LBGTQIA identities/issues 	<ul style="list-style-type: none"> ▪ Multi-cultural issues ▪ Trauma issues ▪ Complex/developmental issues ▪ Adjustment/Life transitions ▪ Emotional dysregulation ▪ PTSD ▪ Military & family – specialize in PTSD, trauma, anxiety, relationships 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Midland’s Choice 	<ul style="list-style-type: none"> • Will return call w/in 24 hrs. • Can get in 2 wks. • Offer EMDR & Hypnotherapy
<p>Ankeny Family Counseling 301 W. 1st St. Ankeny, IA 50023</p> <p>P: 515-508-1150 F: 515-964-0106 E: vicki@ankenfamilycounseling.com</p>	<ul style="list-style-type: none"> • Vicki Ailey-Roberson, LMHC • Tristin Hodges, tLMHC • Brandal Wagner, tLMHC 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress management ▪ Couples/Family issues – specializes in this ▪ Substance use ▪ Career Exploration ▪ Couples ▪ Family 	<ul style="list-style-type: none"> ▪ Trauma issues ▪ Complex/developmental Trauma ▪ Adjustment/Life transitions ▪ Emotional dysregulation ▪ PTSD ▪ Christian Counseling ▪ Emotionally focused Therapy ▪ EMDR 	<ul style="list-style-type: none"> ▪ Alliance Select ▪ Wellmark BCBS ▪ Medicaid ▪ Midlands Choice ▪ UBH 	<p>Call to schedule an intake –</p> <p>Same day appointments available</p> <p>*now offering Telemental Health therapy</p>
<p>Anne Ducharme-Jones 1316 41st St. Des Moines, IA 50311</p> <p>P: 515-576-1699 E: anneducharmejonessm.com</p>	<ul style="list-style-type: none"> • Anne Ducharme-Jones, LISW 	<ul style="list-style-type: none"> ▪ Disordered eating ▪ Body Image ▪ Binge eating, bulimia, anorexia, orthorexia ▪ Anxiety ▪ Adjustment to life changes ▪ Depression 	<ul style="list-style-type: none"> ▪ Private pay 	<p>Return calls within 24 hours.</p> <p>Usually get new clients in 1-2 weeks.</p>	

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<p>Brown Therapy Resources 974 73rd St., Ste 24 Windsor Heights, IA 50324</p> <p>P: 515-267-9054 F: 515-267-9057 E: browntherapyresources@gmail.com</p>	<ul style="list-style-type: none"> • Kevin Brown, LMSW 	<ul style="list-style-type: none"> ▪ No information provided 	<ul style="list-style-type: none"> ▪ Medicaid ▪ Private Pay 	<p>No information provided</p>
<p>Center for Interpersonal Effectiveness 2525 N. Ankeny Blvd., Ste 113 Ankeny, IA 50023</p> <p>P: 515-289-9136 F: 515-289-9139 E: info@cie-ankeny.com</p> <p>Altoona Location 110 2nd Street SW Altoona, IA 50009 *Use Ankeny phone for scheduling.</p>	<ul style="list-style-type: none"> • R. James Thorpe, Psy. D • Phyllis Eddy, LMHC • Lon Eisbrener, LMHC • Lisa Walton, LISW • Susan Price Saylor, LISW • Pamela Davis, LMFT <p>In-office & Telemental Health sessions</p> <p>CBT</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationship Issues ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Career Exploration ▪ Disordered Eating ▪ Trauma ▪ PTSD ▪ Life Adjustments/Transitions ▪ Couple/Family ▪ Grief/Loss work ▪ Men’s Issues ▪ Women’s Issues ▪ Substance Abuse Evaluations ▪ Behavioral Health Assessments ▪ ADHD Assessments – adults only 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Alliance Select ▪ United Healthcare ▪ UBH ▪ UMR ▪ AETNA ▪ Midland’s Choice ▪ Health Partners ▪ Medicaid – Amerigroup ▪ Private Pay 	<p>10 days – 2 weeks</p>

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<p>Central Iowa Psychological Services 3737 Woodland Ave., Ste 415 West Des Moines, IA 50266</p> <p>P: 515-222-1999 F: 515-224-3949 E: ksp@iowacounseling.com</p>	<ul style="list-style-type: none"> • Karen Ahrens, Psy D • Ddanah Barazanji, PhD • Teresa Barrett, LMHC • Karin Beschen, LMHC • Bridget BEncke, LMHC • Amy Cantazaro, PhD • Deanna Engrav, MA, MFT • Megan Cecil, CADC 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationships ▪ Self-esteem ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family 	<ul style="list-style-type: none"> ▪ Substances ▪ LGBTQIA identities/issues ▪ Multi-cultural ▪ Adjustment/Life Transitions ▪ Trauma ▪ Emotional Dysregulation ▪ PTSD 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Midlands Choice ▪ AETNA ▪ UBH ▪ Medicaid 	1-2 weeks
<p>Clarity Counseling 1200 Valley West Drive Suite 702 West Des Moines, IA 50266-1907</p> <p>Barbara P: 515-225-1940 Krista P: 515-225-1825</p>	<ul style="list-style-type: none"> • Barbara Petersen-Fox, LISW barb@claritycounselingdm.com • Krista Long, LISW krista@claritycounselingdm.com 	▪	▪	<ul style="list-style-type: none"> ▪ Blue Cross Blue Shield 	
<p>Clear Brook Counseling 213 N. Ankeny Blvd., Ste 100 Ankeny, IA 50023</p>	•	▪		▪	

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David Beeman, Innovative Learning 2130 Grand Ave. Des Moines, IA 50322 P: 515-270-0280 F: 515-270-1647 E: david.beeman.phd@gmail.com	<ul style="list-style-type: none"> • David Beeman, PhD • Susan Smith Helkein 	<ul style="list-style-type: none"> ▪ Mood disorders ▪ Relationships ▪ PTSD ▪ Self-injury ▪ ADHD ▪ Individual therapy ▪ Disability assessment ▪ Neurotherapy ▪ Forensic evaluation ▪ Psych assessment & evaluation 		<ul style="list-style-type: none"> ▪ BCBS ▪ Medicare ▪ Midland's Choice 	1 week
Des Moines Pastoral Counseling 8553 Urbandale Ave. Urbandale, IA 50322 P: 515-274-4006 F: 515-255-5697 E: info@dmpcc.org	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family ▪ Substances 	<ul style="list-style-type: none"> ▪ LBGTQIA identities/issues ▪ Multi-cultural ▪ Adjustment/Life Transitions ▪ Trauma ▪ Emotional Dysregulation ▪ PTSD 	<ul style="list-style-type: none"> ▪ 	4-6 weeks
Des Moines Therapy & Consulting 1201 Westown Pkwy. West Des Moines, IA	<ul style="list-style-type: none"> • Vincent Marziono, PhD, LP • Callie Lawrence, LMHC 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ 	
Dorothy Anderson 3109 SW Woodfield Lane Ankeny, IA 50023 P: 515-963-0222 F: none E: none provided	<ul style="list-style-type: none"> • Dorothy Anderson, LMHC 	<ul style="list-style-type: none"> ▪ 		<ul style="list-style-type: none"> ▪ Private Pay only 	

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<p>Family Legacy Counseling 5415 NW 88th St., Ste 100 Johnston, IA 50131</p> <p>P: 515-727-1338 F: none E: none</p>	<ul style="list-style-type: none"> • 	<p>No information provided</p>		<ul style="list-style-type: none"> ▪ BCBS ▪ United Healthcare ▪ Coventry ▪ TriCare 	<p>No information provided</p>
<p>Fein Therapy Services & Women's Counseling Center 412 NW Irvinedale Drive Ankeny, IA 50023</p> <p>P: 515-964-1733 (Fein Therapy) P: 515-422-4003 (Women's Counseling Center) F: none E: feintheapy@aol.com E: womenscc@aol.com</p>	<ul style="list-style-type: none"> • Laurie Fein, LISW <p>In-office & Telemental Health Counseling</p> <p>CBT ADHD Assessment Internal Family Systems Family-of-Origin work Identity Development Women's Issues Psychodynamic, insight</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/Work performance ▪ Stress Management ▪ Issues of diversity & inclusion ▪ ADHD/ADD 	<ul style="list-style-type: none"> ▪ Career Exploration ▪ LBGTQIA identities/issues ▪ Transgender Identity/support ▪ Multi-cultural issues ▪ Trauma issues ▪ Complex/Developmental trauma ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ Personality Disorders ▪ PTSD 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Health Partners ▪ Medicare ▪ Private pay 	<p>Private pay - \$160/session</p> <p>ESA only for current clients</p>
<p>Foundation Counseling 1217 SW 2nd St. Ankeny, IA 50023 P: 515-965-7983 F: none E: none provided</p>	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> ▪ 		<ul style="list-style-type: none"> ▪ 	<p>Call to schedule an intake</p>

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<p>Full Heart Family Therapy & Renewal Center 602 SE Delaware Ave. Ankeny, IA 50021</p> <p>P: 515-705-0174 F: None provided E: fullheartftrc@gmail.com Website: www.fullheartfamilytherapy.com</p>	<ul style="list-style-type: none"> • Mary Meyer, PhD, LMFT, CSAT • Krystyna Thompson, LMFT • Kaitlyn Schafer, MHP-TL • Alyssa Clayden, LMSW • Jim Hanson, PhD, LMHC • Kathy Greer, LISW 	<ul style="list-style-type: none"> ▪ Couples Therapy ▪ Individual Therapy ▪ Sexual Addiction ▪ Betrayal Trauma ▪ Couples Retreats ▪ Art Therapy 	<ul style="list-style-type: none"> ▪ We do not accept insurance as payment for our services, however we will be happy to provide you necessary documentation should you choose to seek reimbursement yourself. ▪ Full Heart is an 'out of network' provider with all insurance companies. 	
<p>Glen Haven Counseling Resources 3408 Woodland Ave., Ste 102 Des Moines, IA 50266</p> <p>P: 515-225-2015 F: 515-225-1744 E: glenhavencounseling.com</p>	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ 	1 week
<p>Hayden Finch 1400 Walnut St. Des Moines, IA 50309</p> <p>P: 515-207-2409 F: none provided E: hayden@haydenfinch.com W: haydenfinch.com</p>	<ul style="list-style-type: none"> • Hayden Finch, PhD 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Panic attacks ▪ Perfectionism ▪ Self-criticism ▪ School-life balance 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Medicaid – Iowa Total Care ▪ AETNA ▪ Midlands Choice ▪ Private pay 	<ul style="list-style-type: none"> • Return calls

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<p>Healing Arts, PLLC A Mental Wellness Clinic 8435 University Blvd, STE 8 Clive, IA 50325</p> <p>P: 515-635-5016 F: E: melissa@healingartspllc.com Website: www.healingartspllc.com</p>	<ul style="list-style-type: none"> • Molly Douglas, ATR-, LMHC • Melissa Nord, LMHC • Claire Roth Lamb, LISW 	Trauma & PTSD Sexual & Physical abuse Grief Mood disorders Anxiety disorders Eating disorders Body image Attachment Grief Phase of life issues Identity issues Emotion regulation	Adjustment issues Coping strategies Self-inflicted violence Traumatic stress	<ul style="list-style-type: none"> • Alliance Select • Blue Select • Blue Cross Blue Shield • Health Partners • Midlands Choice • Optum • United Healthcare 	Art Therapy Body Mind Healing EMDR Mindfulness TF-CBT Yoga Sliding scale on limited basis
<p>Healing Pathways 1200 Valley West Drive, Suite 304-10 West Des Moines, IA 50266</p> <p>P: 515-309-2113 F: 515-864-0537 E: dminard@healingpathwaysiowa.com</p> <p>*Please use USPS to mail records.</p>	<ul style="list-style-type: none"> • Devon Gilliland-Minard, LISW <p>In-office & telehealth</p>	<ul style="list-style-type: none"> ▪ Addiction (Drugs & Process) ▪ Alcohol Abuse ▪ Anger Management ▪ Borderline Personality DO ▪ Career Counseling ▪ Codependency ▪ Coping skills ▪ Divorce ▪ Domestic Abuse/Violence ▪ Family Conflict ▪ Grief ▪ Stress management ▪ Issues of diversity/inclusion 	<ul style="list-style-type: none"> ▪ Asperger's Syndrome ▪ Autism ▪ Behavioral issues ▪ Infidelity ▪ Relationship issues ▪ Self-Esteem ▪ SIB ▪ Sexual abuse ▪ Gender identity ▪ Depression ▪ Anxiety ▪ Suicidal ideation ▪ Academic/work performance ▪ LBGTQIA issues ▪ Trauma/PTSD 	<ul style="list-style-type: none"> ▪ BCBS ▪ Wellmark ▪ Private Pay (\$150 per session) 	

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Heartland Christian Counseling 6200 Aurora Ave. #401E Urbandale, IA 50322 P: 515-331-0303 F: 515-331-9086 E: none provided Website: www.heartland-christiancounseling.com	<ul style="list-style-type: none"> • Heidi Vermeer-Quist, PsyD • Linda Blinkman, LISW • Kelsey Gehrin, LMSW • Barbara Graham, LISW • Jeff Loney, LMHC • Holly Lukasiewicz, LISW • Jill Thomas, LISW 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Mood Disorders ▪ Relationships ▪ Trauma Recovery ▪ Grief/Loss ▪ Pain Management ▪ Peri-natal Mood & Anxiety 		<ul style="list-style-type: none"> ▪ BCBS ▪ United Healthcare ▪ Medicaid ▪ Health Partners ▪ Midland's Choice 		No information provided
JMG Therapy & Counseling Services 4725 Merle Hay Rd., Ste 205 Des Moines, IA 50322 P: 515-777-1209 F: 515-777-1210 E: andrea@jmgtherapy.com	<ul style="list-style-type: none"> • Andrea Gustafson, LISW CBT Internal Family Systems ED Treatment DBT Grief/Loss Family-of-Origin issues Mindfulness	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Disordered eating <p><i>ESA for clients seen a minimum of 6 sessions.</i></p>	<ul style="list-style-type: none"> ▪ LBGQIA Identities/issues ▪ Transgender Identity/support ▪ Trauma ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ Borderline Personality Disorders 	<ul style="list-style-type: none"> ▪ Wellmark ▪ BCBS ▪ BCBS ▪ AETNA ▪ Health Partners ▪ Medicaid - IA ▪ Total Care & Amerigroup ▪ Midland's Choice 	<ul style="list-style-type: none"> ▪ TriCare ▪ United Healthcare ▪ UBH ▪ Private pay 	<ul style="list-style-type: none"> • 1-2 weeks Private Pay ranges from \$110 - \$160 Will work with client on payment plan if they are private pay.

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<p>Lauren Wright Therapy, PLLC 6955 University Ave Windsor Heights, IA 50324</p> <p>Email: lauren@laurenwrighttherapy.com</p> <p>Phone: 515-218-1405</p> <p>Website: https://www.laurenwrighttherapy.com/</p> <p>Email is the best way to contact or request appointment through secure site by clicking Request Appointment on website</p>	<ul style="list-style-type: none"> • Lauren Wright, LMHC • Both In-Person & Telemental Health • Evening/Weekend Appts • Adults over 18 only • Please no recent or significant risk/psychosis 	<ul style="list-style-type: none"> ▪ Anxiety ▪ Depression ▪ Relationship issues ▪ Self-esteem ▪ Grief ▪ Academic/career issues ▪ Stress management 	<ul style="list-style-type: none"> ▪ LBG/QIA identities/issues ▪ Adjustment/Life transition issues ▪ Emotional Dysregulation ▪ Health & wellness self-care 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Private pay 		<ul style="list-style-type: none"> ▪ Private pay: \$156 /hour <p>Accepting new clients for Telemental Health</p>
<p>Lutheran Services in Iowa 3125 Cottage Grove Ave. Des Moines, IA</p> <p>P: 515-271-7403 F: 515-271-7450 E: none provided</p>	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> ▪ 		<ul style="list-style-type: none"> ▪ BCBS ▪ Medicaid ▪ United Health Care ▪ Private Pay 		<p>1 week</p>

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<p>Morgain Hall, PhD 1922 Ingersoll Ave., Ste. 116 Des Moines, IA 50309</p> <p>P: 888-316-0396 E: drmorganhall@itherapy.com</p>	<ul style="list-style-type: none"> • Morgain Hall, PhD 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress Management ▪ Trauma issues ▪ Complex/Developmental trauma ▪ Adjustment/Life Transitions ▪ PTSD ▪ ADHD 		<ul style="list-style-type: none"> ▪ BCBS ▪ Medicare ▪ TriCare ▪ Private Pay 		<p>Private Pay \$100/50 min session</p> <p>**Note: I only provide online sessions on secure website @ www.therapy.com/morgain-hall</p>
<p>Murphy Counseling & Therapy 4725 Merle Hay Road, Ste 205 Des Moines, IA 50322</p> <p>P: 515-777-1208 F: 515-777-1210 E: emily@murphycts.com</p>	<ul style="list-style-type: none"> • Emily Murphy, LMHC 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Self-esteem ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family issues ▪ LBGQTIA Identities/issues ▪ Transgender Identity/support 	<ul style="list-style-type: none"> ▪ Multi-cultural issues ▪ Trauma ▪ Complex/developmental trauma ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ PTSD 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ United Healthcare ▪ Medicaid ▪ AETNA ▪ UBH 		<p>Typically 1 week from initial call.</p>
<p>New Heights Counseling Resources 2335 70th Street Urbandale, IA 50322</p> <p>P: 515-274-9690 F: 515-274-9680 E: jennifer@newheightscounseling.org W: www.newheightscounseling.org</p>	<ul style="list-style-type: none"> • Jennifer Drew, LISW 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Codependency ▪ Interpersonal relationships 		<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> • Evening & Saturday appointments available.

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<p>New Life Counseling 225 NW School St. Ankeny, IA 50023</p> <p>P: 515-964-5003 F: 515-964-3856 E: listed on the website W: newlifecounseling.com</p> <p>In-office & Telemental Health sessions</p>	<ul style="list-style-type: none"> • Donald Gilbert, PhD LMFT • See complete list of counselors on their website <p>CBT EMDR Faith-based</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Academic/work performance ▪ Stress management ▪ Couples/family issues/Family-of-Origin ▪ Trauma ▪ Adjustment/life transitions ▪ ADD/ADHD assessments ▪ Substance use ▪ Christian counseling ▪ Men's Issues ▪ Women's Issues 		<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Alliance Select ▪ United Healthcare ▪ Health Partners ▪ CIGNA ▪ Medicare ▪ AETNA 	<ul style="list-style-type: none"> ▪ UBH ▪ First Administrators ▪ Midlands Choice ▪ Sliding Fee Scale - Interns ▪ Private pay \$80 - \$130 depending on license <ul style="list-style-type: none"> • Try to return calls daily • Get clients in as quickly as possible • Return calls daily during business hours
<p>Prairie Wellness 3209 Ingersoll Ave., Ste 100 Des Moines, IA 50312</p> <p>P: 515-207-1705 F: 515-993-3845 E: info@prairiewellness.com W: prairiewellness.com</p> <p><i>"Politically progressive, culturally competent and happy to work with clients from other countries."</i></p> <p>In-office and Telemental Health</p>	<ul style="list-style-type: none"> • Emily Smith, LISW • Annie Lass, LMHC • Trisha Crabs, LMHC • Jessica DeBoom, LMHC • Logan Porter, LISW • Michelle Kellar, LMHC • Susan Heitshusen, LMHC • Katie Williams, LMHC • Katie Cabreriza, LMHC • Mariah Andreasen, LMHC • Kelly LaMotte, LMHC 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Couples/family issues ▪ Substance use ▪ Career Exploration ▪ LBGTQIA identities/issues 	<ul style="list-style-type: none"> ▪ Trauma ▪ Complex/developmental trauma ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ PTSD ▪ Mindfulness training ▪ OCD treatment ▪ Group therapy ▪ Mindfulness-based stress reduction classes 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ United Healthcare ▪ Health Partners ▪ Medicaid ▪ Medicare ▪ Aetna ▪ CIGNA ▪ UBH ▪ Coventry ▪ Midlands Choice ▪ Private Pay <p>CURRENTLY NOT ACCEPTING NEW CLIENTS. PLEASE DO NOT REFER TO THIS AGENCY.</p>	<ul style="list-style-type: none"> • Calls returned w/in 24 business hours Private pay is \$160/session Evening hours offered

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<p>Psychology Associates 7177 Hickman Road Ste. 12 Urbandale, IA 50233</p> <p>P: 515-253-0566 F: 515-253-0616 E: psychologyassociates@gm ail.com</p>	<ul style="list-style-type: none"> • Paul Ascherman PhD • Phil Ascherman, PhD <p>Telemental Health sessions only</p> <p>CBT Mindfulness</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress management ▪ Substance use ▪ Military/Veterans 	<ul style="list-style-type: none"> ▪ Career Exploration ▪ Trauma ▪ Complex/developmental trauma ▪ Psychological assessment ▪ Adjustment/Life transitions 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Alliance Select 	<p>1-2 weeks</p>
<p>Red Couch Counseling 5408 NW 88th St. #130 Johnston, IA</p> <p>200 SW State ST, Ste 2C Ankeny, IA</p> <p>Schedule on website</p>	<p>See website for a list of counselors at each site.</p>	<p>Addiction/Recovery Conflict Resolution Couples Counseling Depression Anxiety Disordered Eating EMDR Family Counseling Trauma Work/Career Phobias Stress Management</p>	<p>Grief & Loss Grief Counseling Relationship issues Mood Disorder Panic Disorder</p>	<ul style="list-style-type: none"> ◇ BCBS ◇ Aetna ◇ Cigna ◇ HealthPartners ◇ Amerigroup ◇ United Health Care ◇ Compsych ◇ Meritain ◇ Medicaid ◇ Midlands Choice ◇ Iowa Total Care 	<p>Appointments available.</p>
<p>Thrive Counseling Center 1250 SW State St., Ste F Ankeny, IA 50023</p> <p>P: 515-989-8266 F: 515-686-8003 W: www.thriveccankeny.com</p>	<p>Amy Halls, LMFT Sue Cyr, LMFT Jordan Samuelson, LISW Kenlyn Gordon, LMHC</p>				

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<p>Thriving Families Counseling Services 2213 Grand Avenue, Des Moines, Iowa 50312</p> <p>P: 515-808-2900 F: 515-462-0504 W: www.thrivingfamilieservices.com</p>	<p>William Walker, LISW Sharaine Conner, LMSW, IADC Tobi Simmons, LMSW Brian Ellis, LMSW</p>			<p>AMERIGROUP (MCO/ MEDICAID)</p> <p>AMERIHEALTH</p> <p>ANTHEM</p> <p>BLUE CROSS & BLUE SHIELD</p> <p>IOWA TOTAL CARE (MCO/ MEDICAID)</p> <p>MAGELLAN</p> <p>MEDICA</p> <p>MEDICARE</p> <p>OPTUM</p> <p>UNITED HEALTHCARE</p>	

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<p>Seely Psychotherapy Services 974 73rd St., Ste 24 Windsor Heights, IA 50324</p> <p>P: 515-267-9054 F: 515-267-9057 E: seelypsychotherapyservice s@gmail.com</p>	<ul style="list-style-type: none"> • Aaron Seely, LISW 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress management ▪ Couples/Families ▪ Trauma ▪ Adjustment/life transitions ▪ Emotional dysregulations ▪ PTSD 		<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Alliance Select ▪ United Healthcare ▪ Health Partners ▪ CIGNA ▪ Medicaid ▪ AETNA 	<ul style="list-style-type: none"> ▪ UBH ▪ Coventry ▪ Midlands Choice ▪ Sliding fee scale ▪ Private pay 	<p>Generally schedules w/in 24 hours</p> <p>Sliding fee scale Private Pay \$70/session</p> <p>E-mails preferred to phone</p>
<p>SS Therapy & Consulting 2675 N. Ankeny Blvd., Ste 105 Ankeny, IA 50023</p> <p>4725 Merle Hay Road, Ste 205 Des Moines, IA 50322</p> <p>Ankeny site P: 515-964-5105 F: 515-964-5150 E: admin@sstherapyandconsulting.com</p> <p>Des Moines site P: 515-528-8135 F: 515-777-1210</p>	<ul style="list-style-type: none"> • Shelly Stewart-Sandusky, LMFT (Des Moines) • Paul Guerdet, LISW (Ankeny) • Anne Lolwing, LMFT (Ankeny) • Amanda Ackerman, LMHC, CADC, EMDR trained (Des Moines) • Sheryl Frye, LISW • Sarah Koenen, LMSW • Janet Rieckhoff, TLMHC • Monica Meier, TLMHC • Allison Robbins, LMSW • Elijah Evans, TLMHC • Ariel Meaney, Intern • Lance Anderson, Intern • Ellie McDonald, Intern • Kendall Way, Intern 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress management ▪ Couples/families ▪ Substance abuse ▪ Personality Disorders ▪ Bipolar Disorder 	<ul style="list-style-type: none"> ▪ LBGTQIA identities/issues ▪ Transgender identities/support ▪ Issues of Diversity & Inclusion ▪ Trauma ▪ Complex/developmental trauma ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ PTSD ▪ Autism spectrum ▪ ADHD/ADD Assessments <p>CBT EMDR Faith-based per request Internal Family Systems DBT Grief/Loss ACT Men's Issues/Women's issues Mindfulness Neurofeedback</p>	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Alliance Select ▪ United Healthcare ▪ Medicaid - IA Total Care & Amerigroup ▪ AETNA ▪ CIGNA ▪ TriCare ▪ Health Partners 	<ul style="list-style-type: none"> ▪ UBH ▪ Tri-Care ▪ Coventry ▪ Midlands Choice ▪ MHN Net ▪ UMR ▪ Preferred One Administrators <p><i>Will write letters for ESA if active client seen at least 3 times for relevant mental health issues</i></p>	<ul style="list-style-type: none"> • Appointments w/in 2 business days <p>Private Pay: Initial - \$150 After - \$100</p>

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<p>Susan Houts, LISW, LLC 431 28th St., Suite 202 Des Moines, IA 50312</p> <p>P: 515-274-9838 F: none E: susan@soulvoiceia.com</p>	<ul style="list-style-type: none"> • Susan Houts, LISW 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Sexual identity ▪ Gender identity ▪ Family of origin concerns ▪ Trauma ▪ LBGTQ clients 	<ul style="list-style-type: none"> ▪ BCBS ▪ Midlands Choice ▪ AETNA ▪ CIGNA ▪ Medicaid - Amerigroup ▪ Sliding fee scale 	
<p>West Des Moines Center for Psychotherapy 1045 76th St., Ste 3030 West Des Moines, IA</p> <p>P: 515-777-3388 F: 515-777-3387 E: none provided</p>	<ul style="list-style-type: none"> • Catalina Ressler, PHD • Kathryn Wierda, PhD • Cora Schuhmacher, PhD • Danah Barazanji, PhD 	<ul style="list-style-type: none"> ▪ Catalina specialties (Relational & shock trauma; Body Image & Bulimia; Shame-related issues; Life Transitions. Assessment areas: Personality; Bariatric Procedures; Spinal Cord Stimulation Implant; Disability & Impairment; Career Exploration/Development. ▪ Kathryn Weirda specialties (Body image/eating disorders; Identity/related issues; Relational/interpersonal issues Assessment areas: Personality; Bariatric procedures; Spinal cord stimulator implant ▪ Cora Schuhmacher specialties (sexual issues; women’s issues; integrative work relational/interpersonal issues Assessment areas: Personality; Bariatric procedures; Spinal cord stimulator implant 	<ul style="list-style-type: none"> ▪ BCBS ▪ Medicare ▪ Midlands Choice (some CIGNA plans) ▪ AETNA ▪ United Healthcare 	<p>See individuals 18+</p> <p>All therapists are generalist who take referrals for the full spectrum of mental health concerns.</p> <p>Wait time 1-4 weeks depending on the provider.</p>
<p>NEURO-PSYCHOLOGY SERVICES</p>				

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Campbell Neuropsychological Services 6200 Aurora Ave. Ste. 202 Urbandale, IA 50322 P: 515-252-2522 F: 515-252-2523	<ul style="list-style-type: none"> • Derek Campbell, PhD 	<ul style="list-style-type: none"> ▪ Neuro-psychological Services 	<ul style="list-style-type: none"> ▪ 	
Evans Neuropsychology 1001 Office Park Rd Ste 301 West Des Moines, IA 50265 P: 515-985-8209 F: 515-805-2981	<ul style="list-style-type: none"> • Catherine Evans, PhD 	<ul style="list-style-type: none"> ▪ Individual Psychotherapy ▪ Counseling ▪ Psychological Assessment ▪ Testing ▪ Neuro-psychological Evaluation ▪ Neuro-psychological Treatment Planning ▪ Cognitive Rehabilitation 	<ul style="list-style-type: none"> ▪ 	Call for insurance & appointment
Mercy Ruan Neurology 111 6 th Ave. Des Moines, IA 50314 P: 515-358-0011 F: 515-358-0099	<ul style="list-style-type: none"> *<u>Steven R. Adelman, D.O.</u> *<u>Paul V. Babikian, M.D.</u> *<u>David L. Friedgood, D.O.</u> *<u>Randall H. Hamilton, M.D.</u> *<u>Bruce L. Hughes, M.D.</u> *<u>Michael Jacoby, M.D.</u> *<u>Mark S. Puricelli, D.O.</u> *<u>Heike I Schmolck, M.D.</u> *<u>Keith M. Kohout, D.O., M.S.</u> *<u>Anne Lewis, ARNP</u> 	Neuro-psychological Services	<ul style="list-style-type: none"> ▪ BCBS ▪ CIGNA ▪ Multiplan ▪ United Healthcare 	

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<p>On With Life 715 SW Ankeny Rd Ankeny, IA 50023</p> <p>P: 515-289-9600 or 1-800-728-0645</p>	<ul style="list-style-type: none"> • 	<p><u>Post-Acute Inpatient Neuro Rehabilitation</u> <u>Long-Term Skilled Care</u> <u>Outpatient Neuro Rehabilitation</u> <u>Residential Neuro Rehabilitation</u> <u>Supported Community Living</u> <u>Neuro-psychological Services</u> <u>Independent Living</u></p>	<ul style="list-style-type: none"> ▪ 	
<p>Ames Counseling & Psychological Services 3600 Lincoln Way, Suite 4 Ames, IA 50014</p> <p>P: 515-239-4410 Fax: 515-663-4885</p>	<ul style="list-style-type: none"> • 	<p><u>Neuro-psychological Services</u></p>	<ul style="list-style-type: none"> ▪ 	