

STORY COUNTY
COMMUNITY
THERAPY
OPTIONS

FALL 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 & surrounding counties.

TIPS FOR SCHEDULING AN APPOINTMENT WITH COMMUNITY A PROVIDER

Know your insurance information:

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

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

Verify insurance coverage:

- ◇ Call the customer service number on the back of your insurance card.
- ◇ Verify the provider you have chosen is an approved provider with your insurance company.
- ◇ Ask, “**Do I have a deductible?**” A deductible is the amount you pay for covered health care services before your **insurance** plan starts to pay. With a \$2,000 **deductible**, for example, you pay the first \$2,000 of covered services yourself (i.e., the whole amount for the appointments). Your insurance may also have an out-of-pocket expectation which is the amount set by your policy that provides you the maximum amount you will have to pay on your own. After you pay your **deductible & out-of-pocket expenses are met**, you usually pay only an office copayment.
- ◇ Ask, “**Do I have a co-pay?**” An office co-pay is your share of the costs of a health care service. It's usually figured as a percentage of the amount the insurance company allows to be charged for services. You start paying coinsurance after you've paid your plan's deductible.

Scheduling your first appointment:

- ◇ Call the agency and ask if they take your insurance. Have the above information available.
- ◇ Inquire about intake paper work and if it is best to complete it prior to coming in. Ask how you get the paper work?
- ◇ Talk with them about when the co-pay is due. If you cannot pay the co-pay all at once, ask if there are options for paying the co-pay in ways other than paying up front.
- ◇ Ask how payment is accepted (cash; check; debit or credit card).

What if I do not have insurance?

- ◇ There are very few agencies that offer a sliding fee scale. You will be expected to pay some toward your therapy. It can range from \$5 - \$70.

Agency	Counselors/ Therapists	Services	Insurance/ Payment	Wait time for appointment / Other Comments	
STORY COUNTY PROVIDERS					
<p>5th Street Mental Health Professionals 600 5th St., Ste 200 Ames, IA 50010</p> <p>P: 515-232-2051 F: 515-232-2775 E: none</p>	<ul style="list-style-type: none"> • Deena Cavender, LISW • Thomas Looney • Adrienne Shrader, LMHC • Kelly Shea, LMFT • Thomas & Adrienne are doing in-person sessions. 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Couples/Family ▪ Positive Psychology ▪ Grief work ▪ LBGTQIA identities/issues 	<ul style="list-style-type: none"> ▪ Transgender issues/support ▪ PTSD ▪ Emotional Dysregulation ▪ Christian Counseling ▪ Substance use 	<ul style="list-style-type: none"> ▪ Wellmark ▪ BCBS ▪ Alliance Select ▪ Midlands Choice ▪ Coventry 	<ul style="list-style-type: none"> ▪ Telemental Health & in-person for some counselors. ▪ Most have openings. ▪ Thomas Looney has openings & takes BCBS & UHC.
<p>Adrienne Shrader 5th Street Mental Health Professionals 600 5th Street, Ste 200 Ames, IA 50010</p> <p>P: 515-232-2051 F: 515-232-2775 E: adrienne22rae@gmail.com</p>	<ul style="list-style-type: none"> • Adrienne Shrader, LMHC, CADC • Both In-Person & Telemental Health 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating disorders ▪ Relationship issues ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress management ▪ Couple/Family ▪ Substance use ▪ Mental Health Assessment 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Wellmark ▪ BCBS ▪ Alliance Select ▪ Health Partners ▪ CIGNA ▪ Medicaid ▪ UBH ▪ Multiplan ▪ Midlands Choice ▪ Health Alliance ▪ Private pay 	<ul style="list-style-type: none"> ▪ Private pay: \$155 /hour Accepting new clients for Telemental Health

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<p>Ames Counseling & Psychological Services 3600 Lincoln Way, Ste 4 Ames, IA 50014</p> <p>P: 515-239-4410 F: 515-663-4885 E: info@amespsych.com Website: www.amespsych.com</p> <ul style="list-style-type: none"> Initial intake in-person then switched to Telemental Health 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Depression Anxiety Eating Disorders Relationships Self-esteem Grief work Academic/work performance Stress Management Couple/Family issues Substance use Career Exploration LBGTQJA identities/issues Neuro-psychological Assessments 	<ul style="list-style-type: none"> Transgender identity/issues Multi-cultural issues Trauma issues Complex/Developmental trauma Psychological assessment Adjustment/Life transition Emotional Dysregulation PTSD Autism Spectrum Christian Counseling 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> James Donaldson speaks fluent Spanish <p>New clients accepted in May or June. They work off a cancellation list and try to move clients forward as availability allows.</p>
<p>Ames Counseling Center 2515 University Blvd., Ste 106 Ames, IA 50010</p> <p>P: 515-233-8473 F: 515-233-5810 E: inquiry@amescounselingcenter.com W: www.amescounselingcenter.com</p>	<ul style="list-style-type: none"> Bing Wall, PhD, LMFT Carol Caskey, MS ED, LMSW <p>Telehealth only</p> <p>CBT IFS Grief/Loss Men & women's issues Attachment based EFT Person-centered SFBT</p>	<ul style="list-style-type: none"> 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 		<ul style="list-style-type: none"> Wellmark BCBS Private Pay - \$180/session 	<p>Accepting new clients</p>

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<p>Ames Mind Body Center 4923 Lincoln Way, Ste 102 Ames, IA 50014</p> <p>P: 515-292-4870 F: 833-597-4490 E: info@amesmindbodycenter.com</p> <p>W: www.amesmindbodycenter.com</p>	<ul style="list-style-type: none"> • Ian Nelson-Johnson, Psy. D. • Kate Van Pay, PhD <p>Kate has training in EMDR Mindfulness</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Men's issues ▪ Women's issues ▪ Relationship distress ▪ Grief & Loss ▪ LBTGQJA identified/issues ▪ Career Exploration ▪ Stress management ▪ Issues of diversity & inclusion ▪ Disordered eating ▪ Identity Development 	<ul style="list-style-type: none"> ▪ Transgender issues/support ▪ Self-esteem ▪ Family of Origin issues ▪ Trauma ▪ Issues of diversity & inclusion ▪ PTSD ▪ Emotional dysregulation 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Private Pay - \$165 <p>No sliding fee scale.</p> <p>Kate's waiting period is 2-4 weeks telehealth & 4-6 weeks in person.</p> <p><u>Not</u> willing to see clients who are at daily risk of suicide or homicide (plan & intent both present; suicide within the last month); psychosis; presence of hallucinations or delusions; severe disordered eating, severe substance abuse; multiple hospitalizations</p>	<ul style="list-style-type: none"> ▪ Wait Times: 2-3 months

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<p>Ames Psychological Wellness Center 3510 Lincoln Way, Suite 300, Ames, IA 50014</p> <p>P: 515-292-9251 F: 844-895-6179 E: admin@ameswellnesscenter.com</p> <p>Website: www.ameswellnesscenter.com</p>	<ul style="list-style-type: none"> • Nichole Olson, PhD • Courtney Clippert-Treadwell, PhD • Whitney Statham, PhD • Mary Nii Munteh, PhD • Kristen Sievert, PhD • Jill Jordahl-Ball, Psy. D • Kaitlyn McDonald, LMHC • Izzy Tenbrook, PhD • Carmen Tebbe Priebe, PhD <ul style="list-style-type: none"> • In-office & Telemental health for Assessment • Telehealth for counseling 	<ul style="list-style-type: none"> • Depression • Anxiety • Healing from trauma or abuse (verbal, physical, and/or sexual) • PTSD • Complex/Developmental Trauma • Relationship or family concerns • Disordered Eating • Body image and eating concerns • Substance abuse • Grief and loss • Career exploration • Identity exploration • LBGTQIA issues • Transgender issues • Experiences of discrimination or oppression • 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 	<ul style="list-style-type: none"> • Wellmark • BCBS • Alliance Select • Private Pay – see website for specifics • Accepts payments for all out-of-network mental health benefits except Medicaid & Medicare. <p>Currently no availability for counseling appointments. The “waitlist is long.”</p> <p><u>NO SLIDING FEE SCALE.</u></p>	<p>Wait times: * Therapy 16 weeks Possible to get clients on the waitlist for newer counselors</p> <p>*Assessment – initial appt. usually within 8 - 10 weeks</p>

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<p>Amy Kuehl Clinical Associates of Ames 600 5th Street, Ste 201 Ames, IA 50010</p> <p>P: 515-520-1896 F: 515-292-5044 E: amykuehl@live.com</p>	<ul style="list-style-type: none"> • Amy Kuehl, LISW 	<ul style="list-style-type: none"> • Depression • Anxiety • Relationships • Self-esteem • Stress Management • Couples/Family issues 	<ul style="list-style-type: none"> • LBGTQIA Identities/Support • Trauma • Complex/Developmental Trauma • Emotional Dysregulation • PTSD • Christian counseling 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Alliance Select ▪ United Healthcare ▪ Health Partners ▪ CIGNA ▪ Medicaid ▪ Medicare ▪ AETNA 	<ul style="list-style-type: none"> ▪ First Administrator ▪ Tri-Care ▪ Coventry ▪ Multi-plan ▪ Midland's Choice ▪ Health Alliance ▪ Sliding Fee scale 	<ul style="list-style-type: none"> •

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<p>ATC Ames Therapy & Consulting Services, PC 1103 Buckeye Ave., Ste 104 Ames, IA 50010</p> <p>P: 515-337-1380 F: 1-855-377-6321 E: dr.amy@amestherapy.com</p> <p>W: www.amestherapy.com</p> <p>Des Moines Therapy & Consulting Services, PC 2501 Westown Parkway, Ste 120 Des Moines, IA 50266</p> <p>P: 515-635-0213 or 515- 635-0213</p> <p>F: Use the Ames fax #</p>	<ul style="list-style-type: none"> • Terry Augsberger, MD, psychiatrist (consultant) • Dr. Amy Mooney, PhD. LMHC, NCC, ACS • Vincent Marziona, PhD, LP, Licensed Psychologist, DSM office • Shatai Joiner, LMHC, CADC • Anna Sposeto, MS, NCC, CADC TLMHC • Aryn Grywusiewicz, MS, NCC, tLMHC • Cori Uitermarkt, MS, tLMHC • Kelsey York, Practicum/Intern <p>Both in-person & telehealth appointments.</p>	<ul style="list-style-type: none"> ▪ 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 ▪ LBGTQIA issues ▪ Transgender issues ▪ Issues of Diversity & Inclusion ▪ Emotional Dysregulation ▪ Personality Disorders ▪ OCD ▪ Bipolar Disorder 	<ul style="list-style-type: none"> ▪ Psychological assessment ▪ Adjustment/life transitions ▪ PTSD ▪ Chronic pain group ▪ Free Anxiety & Depression screening <ul style="list-style-type: none"> ▪ Psychological Assessment - NOT ADHD testing <ul style="list-style-type: none"> • CBT • EMDR • DBT • Grief/Loss • Women's Issues • Mindfulness 	<ul style="list-style-type: none"> ▪ Wellmark ▪ BCBS ▪ UBH ▪ United Healthcare ▪ UMR ▪ CIGNA ▪ Midland's Choice ▪ Health Alliance ▪ Medica ▪ Health Partners ▪ Federal VA DSM & Iowa City ▪ State of Iowa EFR ▪ Private pay \$75 - \$100 <p style="color: red;">Appointments available in Ames & DSM</p> <p style="color: red;">Waitlist about 2-4 weeks (updated 09/09/2021)</p>	<ul style="list-style-type: none"> • Same day call-back <p>Private pay: \$40 ISU students w/ counseling interns \$50 non-student counseling w/ intern</p> <p><u>Hours:</u> M,T&Th: 9-5 Wed: 10- 7 Fri: 8-3</p>

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<p>Catholic Charities 2210 Lincoln Way Ames, IA 50014</p> <p>P: 515-296-2759 F: 563-557-3140 – Attn: Ames</p> <p>E: l.turner@dbqarch.org s.thomas@dbqarch.org</p> <p>W: www.catholiccharitiesdbq.org</p>	<ul style="list-style-type: none"> • Lisa Turner, LMFT • Sarah Thomas, LMHC <ul style="list-style-type: none"> • In-person & Telemental Health sessions <p>DBT Grief & Loss CBT EMDR Faith-based IFS Men’s Issues Women’s Issues Family-of-Origin Mindfulness</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Stress Management ▪ Couples/Family ▪ Substance abuse ▪ Personality disorders ▪ Bi-Polar DO 	<ul style="list-style-type: none"> ▪ Trauma ▪ Complex/Developmental Trauma ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ PTSD ▪ OCD 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Alliance Select ▪ United Healthcare ▪ UBH ▪ CIGNA ▪ Midland’s Choice ▪ UMR 	<ul style="list-style-type: none"> ▪ Medicaid – Iowa Total Care ▪ Medicaid - Amerigroup ▪ Sliding fee scale for uninsured clients (Lowest fee \$20) <p>4-month wait for in-person 2-3 weeks for telehealth</p>	<p>Not accepting new clients in Ames at this time.</p> <p>Wait-time is 4 months for Ames. Telehealth with counselors from Catholic Charities areas – 4-8 week wait.</p>

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<p>Central Iowa Psychological Services 223 S. Walnut Ames, IA 50010</p> <p>P: 515-233-1122 F: 515-233-6500 E: sarah@iowacounseling.com Website: www.iowacounseling.com</p>	<ul style="list-style-type: none"> • Warren Phillips, PhD • Lu Klatt, LISW • Robin Schinnow, LISW • Anthony Santiago, PhD • Maggie Doyle, PhD • Jessica Miller-Lange, Psy D • Lily Mathiason, PhD 	<ul style="list-style-type: none"> • Kyla Kiltner, LMSW • Mary Perloniski, LMSW • Sarah Crouse, tLMHC • John Aviritt, PhD • Melissa Wubben, LMHC, CADC • Robert Thacker, MS, CADC 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationships ▪ Self-esteem ▪ Academic/work performance ▪ Stress Management ▪ Couples/ Family ▪ Autism spectrum ▪ ADHD assessments <p>CBY EMDR HYPNOSIS DBT GRIEF/LOSS ACT MEN'S ISSUES WOMEN'S ISSUES FAMILY ISSUES IFS MINDFULNESS IDENTITY DEVELOPMENT</p>	<ul style="list-style-type: none"> ▪ Substances ▪ LBGTQIA identities/issues ▪ Transgender issues ▪ Multi-cultural ▪ Adjustment/Life Transitions ▪ Trauma ▪ Emotional Dysregulation ▪ PTSD 	<ul style="list-style-type: none"> ▪ 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 <p>*Not all providers are credentialed with all insurances.</p>	<p>“VERY LIMITED AVAILABILITY AS OF 08/10/21.</p>

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<p>Clear Brook Counseling 614 Billy Sunday Road, Ste 100 Ames, IA 50010</p> <p>P: 515-337-1764 F: 515-337-0480 E: info@clearbrookcounselingprofessionals.com W: www.clearbrookcounselingprofessionals.com</p> <p><i>Kim Pontius is licensed in Iowa, Oklahoma & Missouri</i></p>	<ul style="list-style-type: none"> • Kim Pontius, LMHC, CCDP • Valerie Stubbs, LMFT, CADC, CCH, Hypnotist – Ankeny only • Thomas Patterson, LISW, CADC • Samantha Snovelle, LMHC • Hilary Johnson, LMHC • Amber Jointer, LMSW 	<ul style="list-style-type: none"> • John McDonald, LISW • Leisha Ristau, LISW • Paul Johnson, LMHC • Daniel Chavarria, LMHC (Bilingual in Spanish) • Delphine Weiss, LMSW • Missy Hirsch, LMSW - Ankeny • Melissa Lohmann, LMHC 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationships ▪ Self-esteem ▪ Grief Work ▪ Academic/Work Performance ▪ Couples/Family ▪ Substance use ▪ Hypnosis – Weight loss/smoking cessation 	<ul style="list-style-type: none"> ▪ Career Exploration ▪ LBGQTIA Identities/issues ▪ Transgender Identity/support ▪ Trauma Issues ▪ Complex/Developmental trauma ▪ Adjustment/Life transitions ▪ PTSD ▪ Christian Counseling 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ EAP ▪ <u>Some</u> providers take Medicaid Amerigroup ▪ DO NOT take Iowa Total Care Medicaid ▪ DO NOT take United Healthcare ▪ Private pay - \$150 <p>CAUTION: If they are scheduling be sure to ask if it will be weekly appts. Or if they are filling-in a cancelation & it will be weeks before they can get back in.</p> <p>In-office & Telemental Health appts. Offered.</p>	<p>Taking new clients – currently doing Telemental Health and in office appointments. Telehealth is offered by all counselors.</p> <p>Amerigroup clients may take longer to schedule as those therapists are often at their max for Medicaid.</p>

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<p>Community & Family Resources 1619 S High Street Ames, IA 50010</p> <p>P: 515-232-5811 or 515-232-3206 F: 515-232-3780 E: Michelled@cfrhelps.org</p> <p>Access & complete the intake forms in the client portal found at www.cfrhelps.org</p> <ul style="list-style-type: none"> In-person & Telemental health apts. 	<ul style="list-style-type: none"> Jack Dodd, MD Christel Rinehart, ARNP Maria Mallarino, LISW Madeline Rivera, tLMHC Kylie Hepp, LMSW Nikki Banes, CDAC Kelly Sinclair-Jordan, IADC Brittany Rice, IADC <p>CBT EMDR (Oct) ADHD Assessment Grief & Loss Men's Issues Women's issues FOO issues IFS Mindfulness Identity Development</p>	<ul style="list-style-type: none"> Depression Anxiety Relationship Issues Self-esteem Grief work Academic/work performance Stress Management Couples/family issues Career exploration LBGTQIA identities/issues Transgender Identities/support Issues of diversity & inclusion Bi-Polar DO ADHD assessments <p>Will Not SEE violent clients</p>	<ul style="list-style-type: none"> 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.) 	<ul style="list-style-type: none"> Wellmark BCBS BCBS Alliance Select United Healthcare Health Partners CIGNA AETNA Medicaid (Amerigroup & Iowa Total Care) Medicare UBH Midlands Choice 	<ul style="list-style-type: none"> Tri-Care Coventry Multiplan Midlands Choice First Administrators UMR Health Alliance Preferred One Sliding fee scale Private pay <p>Current counseling appointments available</p>	<ul style="list-style-type: none"> Return call w/in 24 hours Mental health wait: 3-5 days Substance Abuse: same day evaluations <p><i>Sliding scale for both substance abuse & mental health for uninsured and underinsured students.</i></p> <p>Same Day Access Evaluations: <i>Tues., 10:00 am to 3:00 pm</i> <i>Thurs., 2:00 pm to 6:00 pm</i> <i>Friday, 9:00 am to 12:00 noon</i> <i>Saturday, 9:00 am to 12:00 noon.</i></p>

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<p>Compass Tree Counseling 600 5th St., Ste 300 Ames, IA 50010</p> <p>P: 515-233-3971 F: 877-522-5014 E: reception@compasstree.org</p> <p>Website: www.compasstree.org</p>	<ul style="list-style-type: none"> • 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 <p>• Generally 1 prac students</p> <p>All clinicians are trained in trauma - EMDR</p> <p>Martha has worked with military, Substance abuse; Eating Disorders, comorbid, DID; transgender clients</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ LBGQTQIA Identities/issues ▪ Transgender identity/support ▪ Multi-cultural issues ▪ Complex/developmental trauma ▪ Psychological assessment ▪ Adjustment/Life transitions ▪ Emotional dysregulation ▪ PTSD ▪ Autism spectrum 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Alliance Select ▪ United Healthcare ▪ Medicaid Amerigroup & Iowa Total Care ▪ Medicare ▪ AETNA ▪ UBH ▪ Tri-Care ▪ Private pay <p>• In-person & telemental Health (depends on insurance). They have some openings. (2-4 weeks Telehealth & 4-6 weeks in-person)</p> <p>Do Not offer a sliding fee scale.</p>	<ul style="list-style-type: none"> • Can call front desk (515-233-3971) or complete on-line intake form to get started. • New client bio is completed online on website. Password is compasstree llc • Weekly team meetings on Wednesday to check on who is waiting for a contact. <p>Private Pay:</p> <ul style="list-style-type: none"> • Licensed: \$100

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<p>Connecting Foundations 517 Grand Ave., Ste 102 Ames, IA 50010</p> <p>P: 515-232-1689 F: 515-233-2221 E: pcavinesslisw@connectingfoundations.com W: www.connectingfoundations.com</p>	<ul style="list-style-type: none"> • Pam Caviness, LISW, ACSW • Ann McCrea, LISW, ACSW • Only Telemental Health thru 02/2021 <p>CBT EGO State Approaches Mindfulness</p> <p>No clients with personality disorders or Psychotic Disorders</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief/Loss work ▪ Career Exploration ▪ Stress Management ▪ Women’s issues ▪ LGBTQIA Identities/issues ▪ Transgender Identity/support ▪ Adjustment/Life transitions ▪ Academic/Work Performance ▪ Trauma ▪ PTSD ▪ Family-of-origin issues ▪ Women’s issues 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ United Healthcare ▪ Medicaid – Iowa Total Care ▪ AETNA ▪ UBH ▪ Private pay: \$235 Intake; \$174/session (60 min.) 	<p>Private pay: \$235 for initial intake \$175 per hour</p> <p>Wait for Pam is 1-2 weeks.</p> <p>Wait for Ann is 5-7 weeks.</p>
<p>Cornerstone Counseling Center 4720 Mortensen Road Ames, IA 50014</p> <p>P: 515-599-8904 F: 515-686-6018 W: www.cornerstone-counseling.com</p> <p>Faith-based Counseling</p>	<ul style="list-style-type: none"> • Steve Jones, MA • Ed Ruppert, LISW • Anthony Santiago, PhD, LMFT • Warren Jacobs, LMFT • Steve Bohlen, LMHC • Elizabeth Herrington, LMHC • Holly Lukasiewicz, LISW • Taya Amundson, LISW • Katie Blair, temporary license 	<ul style="list-style-type: none"> ▪ Abuse ▪ Addictions ▪ Adjustment Disorders ▪ ADD/ADHD ▪ Disordered Eating ▪ Mood Disorders ▪ Sexual issues ▪ PTSD ▪ Loss/grief ▪ Dissociative Disorder ▪ Relationships ▪ Family issues ▪ Career Counseling ▪ Spiritual issues 	<p>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.</p>	<p>Current openings – only Telemental Health at this time.</p>

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<p>Creative Counseling Services 208 5th St. Ste 103 Ames, IA 50010</p> <p>P: 515-233-1699 F: 515-233-2957 E: svela@ccsames.org W:</p> <p><i>"All populations welcome."</i></p> <ul style="list-style-type: none"> Telemental Health & In-office 	<ul style="list-style-type: none"> Amy Hawcott, LMFT Stephanie Vela, LMHC, CADC <p>In-office & Telehealth appointments available.</p> <p>CBT EMDR Mindfulness Substance abuse/use</p> <p>No clients who are a threat to the counselor's or safety.</p>	<ul style="list-style-type: none"> Depression Anxiety Relationships Self-esteem Grief work Academic/work performance Stress Management Couple/Family Substance use Process addictions Career Exploration 	<ul style="list-style-type: none"> LGBTQIA Identities/Issues Transgender Identity/Supports Multi-cultural issues Trauma issues Complex/Developmental trauma Adjustment/Life transition Emotional Dysregulation PTSD OCD Bipolar DO 	<ul style="list-style-type: none"> Wellmark BCBS BCBS Medicaid – Iowa Total Care Medicaid - Amerigroup Private pay: Intake - \$175 Therapy sessions - \$150 (45 min) Sub. Abuse intake - \$125 SA counseling - \$110 (45 min) <p>NO SLIDING FEE SCALE.</p>	<ul style="list-style-type: none"> Doing substance abuse evaluations <p>2-4 week wait</p>

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<p>Crossroads Counseling 113 Colorado Ave., Ste 207 Ames, IA 50014</p> <p>P: 515-292-1813 F: 515-826-4369 E: annisu@aol.com</p> <ul style="list-style-type: none"> • Telemental Health only <p>Not seeing clients who have a current suicidal method available.</p>	<ul style="list-style-type: none"> • B. Ann Kennedy, PhD, LMFT <p>** PLEASE MAIL RECORDS VIA USPS ONLY.</p> <p>CBT IFS Faith-based Mindfulness Grief/Loss</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Trauma ▪ Sexual abuse ▪ Domestic abuse ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ Christian counseling ▪ Military couples – pre-deployment, deployment, & reintegration ▪ Grief/Loss ▪ Divorce ▪ Stress management ▪ Health & wellness self-care ▪ Chronic illness 	<ul style="list-style-type: none"> ▪ 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 	<p>Appointments within 1 week.</p> <p>Current Availability</p> <p>No sliding fee scale.</p>
<p>Cultivate Wellness 214 5th Street Ames, IA 50010 P: 515-212-7379 F: 515-293-6673</p> <p>E: kristten@cultivatewellnessames.com W: https://cultivatewellnessames.com/</p>	<p>Kristten Buttermore, LMHC</p> <p>CBT EMDR Internal Family Systems Mindfulness</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress Management ▪ Trauma ▪ Complex/Develop mental trauma ▪ Couple/Family ▪ Career Exploration 	<ul style="list-style-type: none"> ▪ Trauma issues ▪ Adjustment/Life transition ▪ Emotional Dysregulation ▪ PTSD 	<p>BCBS Private pay - \$175/hr \$200 initial assessment</p> <p>No sliding fee scale.</p> <p>New clients can register on the website. Have to set up an account to do so.</p>	<p>Currently taking new clients.</p> <p>* Offering both in-office and Telemental Health</p> <p>Some availability</p>

Agency	Counselors/ Therapists	Services		Insurance/ Payment	Wait time for appointment / Other Comments
<p>Deena Cavender, LISW 5th Street Mental Health Professionals 600 5th St., Ste 200 Ames, IA 50010</p> <p>P: 515-232-2051 F: 515-232-2775 E: deenacavender@gmail.com W: www.5thstreetmhp.com</p>	<ul style="list-style-type: none"> • Deena Cavender, LISW <p>CBT INTERNAL FAMILY SYSTEMS GRIEF & LOSS ACT WOMEN'S ISSUES FAMILY-OF-ORIGIN CONCERNS MINDFULNESS IDENTITY DEVELOPMENT</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress Management ▪ Couples/Family ▪ LBGTQIA Issues ▪ Trauma/PTSD ▪ Complex/Develop mental Trauma 	<ul style="list-style-type: none"> ▪ Transgender Identity/support ▪ Multi-cultural issues ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ PTSD ▪ Bipolar disorder 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ United Healthcare ▪ Medicaid - Amerigroup & Iowa Total Care ▪ Medicare ▪ Multiplan ▪ Midlands Choice <p>Telemental health services only</p>	<p>Possible openings</p> <p>Does NOT see sex offenders</p> <p>Will write ESA letters for established clients only.</p>

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<p>Elizabeth Wade 2613 Northridge Parkway, Ste 105 Ames, IA 50010</p> <p>P: 515-450-2191 F: none E: elizabeth@amescounseling.com W: www.amescounseling.com</p>	<ul style="list-style-type: none"> • Elizabeth Wade, LMHC, EMDRIA Certified <p>Currently only Telemental Health Appointments</p> <p>CBT EMDR ACT Mindfulness</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationships ▪ Self-esteem ▪ Grief/loss work ▪ Stress management ▪ Chronic/terminal illness 	<ul style="list-style-type: none"> ▪ Trauma issues ▪ Complex & developmental trauma ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ PTSD 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Private pay <p><u>NO</u> clients with extensive suicidal ideation (plan, intent or history of attempts); no clients currently in crisis.</p>	<ul style="list-style-type: none"> • “I am usually full. If there is someone needing EMDR for trauma, their therapist is welcome to contact me to discuss case. <p>Private Pay: \$150/session</p>

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<p>Eyerly Ball Community Mental Health Services 2521 University Blvd, Ste 121 Ames, IA 50010</p> <p>P: 515-598-3300 F:515-292-2624 E: none identified</p>	<ul style="list-style-type: none"> • Melinda Wadsley, LMHC • John Morrow, LISW • Tim Payton, LMHC • Marshall Abbe, LMSW • Marsha Ring, ARNP • Veronica Holloway, ARNP, PMHNP-BC 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Self-esteem ▪ Grief work ▪ Stress management ▪ Medication management ▪ Substance use ▪ LBGTQJA ISSUE ▪ Transgender identity/support ▪ Trauma issues ▪ Psychological assessment ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ PTSD 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Alliance Select ▪ United Healthcare ▪ Medicaid ▪ Medicare ▪ Tri-Care ▪ Coventry ▪ Midlands Choice ▪ Sliding Fee Scale – county funding ▪ Private pay 	<ul style="list-style-type: none"> • Walk-in Clinic only on Wed. & Thur. from 9:00 am - Noon • <u>Cancellation policy</u> – must cancel within 48 hours of appointment • Appointment reminders sent 48 hours in advance • Must bring a form of ID and current insurance card • <u>Walk-in is first come first serve</u> – no guarantee you will be seen that day. Will have to come back the next Thursday.

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Firm Foundations Counseling Center 600 5 th St., Ste 304 Ames, IA 50010 P: 515-233-8441 F: 515-233-2247 E: rcstubbsjr@gmail.com	<ul style="list-style-type: none"> • Ron Stubbs, LMFT 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family ▪ Christian Counseling 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ AETNA ▪ Sliding fee scale 	
Harmony Therapy Services 515 Grand Avenue, Ste 104, Ames, IA 50010 P: 515-981-2772 F: 515-954-2771 E: kelsi@harmonytherapyservices.com W: www.harmonytherapyservices.com	<ul style="list-style-type: none"> • Kelsi Macek, LMFT <p>In-person & telehealth</p>	<ul style="list-style-type: none"> • Individual • Couples • Family 	<ul style="list-style-type: none"> • BCBS • United Healthcare • TriCare • Private pay 	

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<p>Heartland Mental Health Therapy 328 Main St., Ste 214 Ames, IA 50010</p> <p>P: 515-520-9703 F: 515-854-4229</p> <p>E: jmcinnerney@heartlandmht.com</p> <p>W: www.heartlandmentalhealththerapy.com</p>	<ul style="list-style-type: none"> • John McInnerney, LISW, CADC <p>*Offers both mental health & chemical dependency evaluation/assessment</p> <p>CBT EMDR FAITH-BASED SENSORI-MOTOR INTERNAL FAMILY SYSTEMS ADHD/ADD ASSESSMENTS Ed TX DBT GRIEF & LOSS ACT MEN'S ISSUES WOMEN'S ISSUES FAMILY-OF-ORIGIN MINDFULNESS SUBSTANCE USE PROCESS ADDICTIONS</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationship issues ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family ▪ Substance use ▪ OCD ▪ Bipolar disorder <p><i>Will do ESA letter but client must do an intake prior to him writing a letter. Student should make sure their insurance covers an intake with no additional services.</i></p>	<ul style="list-style-type: none"> ▪ Career Exploration ▪ LBGQTQIA identities/issues ▪ Transgender issues ▪ Trauma issues ▪ Complex/Developmental trauma ▪ Psychological Assessment ▪ Adjustment/Life transitions ▪ Emotional Dysregulation ▪ PTSD ▪ Autism spectrum ▪ Identity development <p>In person & Telehealth sessions offered</p>	<ul style="list-style-type: none"> ▪ 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 <p>Will call the client back within 24 hours</p> <p>Schedule client on his website.</p> <p>Sliding Fee Scale \$30-\$150.</p>

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<p>Innovative Counseling & Consulting 511 Duff Avenue Lower Level Ames, IA 50010</p> <p>P: 515-235-5224 E: byronjarrettsr@gmail.com Fax: 866-672-0706</p>	<ul style="list-style-type: none"> Abigail Doerder, LMSW 	<p>Depression Anxiety Self-esteem Grief, Loss, Loneliness Career Conflicts Addictions Communication</p>	<ul style="list-style-type: none"> Offers a DBT group when they have 5+ clients. 	<ul style="list-style-type: none"> Medicaid BCBS CIGNA Health Partners AETNA Midland's Choice UMR Check on others UHC 		<ul style="list-style-type: none">
<p>Jessica Hoy Counseling 619 Elm St., Suite 2 Story City, IA 50248</p> <p>P: 515-520-2257 F: 515-733-6602 E: JESSICA@JESSICAHOYCOUNSELING.com W: www.jessicahoycounseling.com</p>	<ul style="list-style-type: none"> Jessica Hoy, LMFT, CADC <p>CBT EMDR Faith-based IFS ED Grief/Loss DBT Women's Issues Mindfulness</p> <ul style="list-style-type: none"> Telehealth 	<ul style="list-style-type: none"> Depression Anxiety Eating disorders Self-esteem Grief work Academic/work performance Career Exploration Stress management Couples/family issues Substance Abuse Process Addictions Identity Development 	<ul style="list-style-type: none"> Multi-cultural issues Trauma issues Complex/developmental trauma Adjustment/Life transitions Emotional dysregulation PTSD Autism spectrum Christian counseling 	<ul style="list-style-type: none"> Wellmark BCBS Alliance Select United Healthcare United Behavioral Healthcare Health Partners CIGNA AETNA UMR 	<ul style="list-style-type: none"> Midlands Choice Health Partners Sliding fee scale Private pay Iowa Total Care (Medicaid) Amerigroup (Medicaid) Sliding fee Private pay 	<ul style="list-style-type: none"> Respond w/in 5 business days <p>Open Monday – Friday & some Saturdays</p> <p>*Not willing to see clients with risk.</p>

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<p>Joann Seeman-Smith 2515 University Blvd, Ste 102 Ames, IA 50010</p> <p>P: 515-451-0657 F: none E: dr.joannss@gmail.com</p>	<ul style="list-style-type: none"> • Joann Seeman Smith, PhD, LMHC <p>Joann also has an office in Grimes, IA.</p> <ul style="list-style-type: none"> • In-office • Telehealth 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family 	<ul style="list-style-type: none"> ▪ Trauma issues ▪ Complex/Developmental trauma ▪ Adjustment/Life Transitions ▪ PTSD ▪ Emotional Dysregulation ▪ Autism Spectrum 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Alliance Select ▪ Private Pay 	<p>Private Pay: Initial appointment \$200 1 hr. Session \$180</p>
<p>Joyce Davidson, PhD 2515 University Blvd., Suite 102 Ames, IA 50010</p> <p>P: 515-451-3895 F: 515-598-7800 E: Jad7grands@gmail.com</p>	<ul style="list-style-type: none"> • Joyce Davidson, PhD, HSP <ul style="list-style-type: none"> • In-office – must be vaccinated • Telehealth 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Body Image ▪ Stress Management ▪ Couples/Family ▪ LGBTQIA Identities/Issues 	<ul style="list-style-type: none"> ▪ Transgender Identity/support ▪ Multi-cultural issues ▪ Trauma ▪ Complex/Developmental Trauma ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ PTSD ▪ Autism Spectrum 	<ul style="list-style-type: none"> ▪ Wellmark ▪ BCBS ▪ UHC 	<p>Current openings – van Telemental Health only for now</p>

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<p>Kavanaugh Counseling & Consulting 208 5th Street, Suite 104 Ames, IA 50010</p> <p>P: 515-661-4210 F: none provided</p> <p>E: shane@kccames.org</p>	<p>Shane Kavanaugh, LMHC</p> <ul style="list-style-type: none"> • Currently Telemental Health • EMDR Trained <p>CBT EMDR</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Gender/Sexuality /identity ▪ Academic/work performance ▪ Stress Management ▪ Couples/Family ▪ LBGTQIA Identities/Issues ▪ Transgender issues ▪ Body Image ▪ Trauma 	<ul style="list-style-type: none"> • Self-esteem • Career Exploration • Substance abuse • Issues of diversity & inclusion • Life Adjustments • Emotional Dysregulation • Personality Disorders • Process Addictions • Identity Development 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ UHC ▪ UBH ▪ AETNA ▪ TRI-CARE ▪ Private Pay 	

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<p>Kelly Shea 5th Street Mental Health Professionals 600 5th St., Ste 200 Ames, IA 50010</p> <p>P: 515-232-2051 F: 515-232-2775 E: therapistshea@gmail.com W: www.5thstreetmhp.com</p> <p><i>Be sure to specify if client needs every week or EOW.</i></p>	<ul style="list-style-type: none"> • Kelly D. Shea, LMFT • Telemental Health only <p><i>CBT DBT Grief/Loss Women's issues Family of origin concerns Mindfulness Identity Development</i></p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress Management ▪ Couples/Family issues ▪ Issues of diversity & inclusion ▪ LBGTQIA Identities/Issues ▪ Career Exploration ▪ Disordered eating ▪ Academic/work problems 	<ul style="list-style-type: none"> ▪ Transgender Identity/Support ▪ Multi-cultural issues ▪ Trauma issues ▪ Complex/Developmental Trauma ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation (emotional/compulsive eating) ▪ PTSD/Trauma ▪ OCD ▪ Bipolar Disorder <p>Will write ESA letters for clients attending 4-5 sessions; have a diagnosis appropriate for ESA & an ability to provide the animal with their needs too.</p>	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Health Partners ▪ United Healthcare ▪ United Behavioral Health ▪ TriCare ▪ Medicaid – Iowa Total Care & Amerigroup ▪ Midland's Choice ▪ Private pay - \$175 intake \$150 for intake appointment ▪ EAP for EFR & Mutual of Omaha <p><u>Not</u> taking clients with significant suicidal thoughts, plans; sexual perpetrators; perpetrators of domestic violence</p>	<p>Private Pay: Initial intake \$175 Individual \$150 Couples/ Family \$120</p> <p>Call the main office to schedule. Will need to come in to the office to do the paper work.</p> <p>No sliding scale available.</p>
<p>Linda Feldman Clinical Associates of Ames 600 5th St., Suite 201 Ames, IA 50010</p> <p>P: 515-520-4369 F: 515-292-5044 E: lindafeldmanlisw@gmail.com</p>	<ul style="list-style-type: none"> • Linda Feldman, LISW <p>CBT Mindfulness Psychodynamic</p> <p><u>No</u> clients who are medium to high risk for SI/HI</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress management ▪ Couples/family issues 	<ul style="list-style-type: none"> ▪ LBGTQIA ▪ Multi-cultural issues ▪ Trauma issues ▪ Adjustment/life transitions ▪ PTSD ▪ Grief/Loss ▪ Women's issues ▪ Family-of-origin issues 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Alliance Select ▪ Medicare ▪ UBH <p>In-office Telehealth</p>	<ul style="list-style-type: none"> • Usually 2-3 week • Return call w/in 24 hours <p>No current availability</p>

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<p>Lutheran Services in Iowa 1323 Northwestern Ave. Ames, IA 50010</p> <p>Intake P: 888-457-4692</p> <p>P: 515-817-0982 F: 515-232-7416 E: amy.Davis@lsiowa.org</p>	<ul style="list-style-type: none"> • Renae Van Der Linden 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress management ▪ Couples/family ▪ Career exploration 	<ul style="list-style-type: none"> ▪ LBGTQIA identities/issues ▪ Multi-cultural issues ▪ Trauma issues ▪ Complex & developmental trauma ▪ Adjustment/Life transitions ▪ Emotional dysregulation ▪ PTSD ▪ Christian counseling 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ Alliance Select ▪ United Healthcare ▪ CIGNA ▪ Medicaid ▪ AETNA ▪ UBH 	<ul style="list-style-type: none"> ▪ FIRST Administrator ▪ Tri-Care ▪ Coventry ▪ Multiplan ▪ Midlands Choice (only if secondary insurance) ▪ Private pay 	<p>No information given about sliding scale or private pay.</p>
<p>Millennial Therapy P: 208-371-7213 E: danielle@millennialtherapy.com W: https://www.millennialtherapy.com</p>	<p>Danielle Wayne, LISW</p> <p>ONLINE COUNSELING ONLY</p> <p>Danielle is licensed in Iowa, Idaho and North Dakota.</p>	<ul style="list-style-type: none"> ◇ Cognitive Behavioral Therapy (CBT)* ◇ Mindfulness-based Cognitive Behavioral Therapy (MBCT) ◇ Mindfulness ◇ Acceptance and Commitment Therapy (ACT)* ◇ Exposure and Response Prevention (ERP)* ◇ Eye Movement Desensitization and Reprocessing (EMDR) ◇ Exposure Therapy ◇ 	<ul style="list-style-type: none"> ◇ LBGTQIA affirming ◇ Positive Psychology ◇ Rational Emotive Behavioral Therapy (REBT) ◇ Strength-Based ◇ Trauma Focused ◇ 		<p>No insurances accepted.</p>	<p>Free consultation appointment prior to starting counseling.</p>

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<p>Network Community Counseling Physical location: Science Hall, (basement) Room 56 Mailing address: 1347 Lagomarcino Hall Iowa State Univ. 901 Stange Road Ames, IA 50011</p> <p>P: 515-294-1455 F: 515-294-6424 E: groups@iastate.edu W: www.networkcounseling.com</p>	<ul style="list-style-type: none"> • Nathaniel Wade, PhD (Director) • Kayla Chang, MS, Practicum Counselor – openings for individual only.. • Elise Frickey, MS, Practicum Counselor - individual & group • Pauline Freud, MS 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Academic/work performance ▪ Stress management ▪ Career exploration ▪ LBGTQIA identities/issues ▪ Multi-cultural issues ▪ Adjustment/Life transitions ▪ Emotional Dysregulation ▪ Men’s issues ▪ Women’s issues 	<ul style="list-style-type: none"> ▪ Disordered eating ▪ Trauma ▪ PTSD ▪ Complex/Developmental Trauma ▪ Issues of Diversity & Inclusion ▪ Grief/Loss ▪ Identity development ▪ Family-of-origin issues 	<ul style="list-style-type: none"> ▪ No insurance accepted <p>CBT Interpersonal ACT Group Therapy Emotion-focused Mindfulness</p> <p>Will not see clients who are experiencing current imminent/active SI/HI</p> <p>Will work with students who cannot financially afford the cost of counseling.</p> <p>Openings for group and a few individuals. TELEHEALTH ONLY.</p> <p>Individual similar to what we take at SCS.</p>	<ul style="list-style-type: none"> • Primarily looking for group clients Must be 18+ • Call for availability for individual appts. <p>Private pay: \$10 individual for ISU students \$20 all others \$5 for group (ISU student) \$10 group for all others</p>

<p>Next Counseling 809 Wheeler St., Ste 108 Ames, IA 50010</p> <p>P: 515-996-6778 F: W: www.nextofiowa.com</p> <p>Located in the Northern Lights Center in North Ames.</p>	<ul style="list-style-type: none"> • Andrew Bradley, LMHC 	<ul style="list-style-type: none"> • Managing autism spectrum disorders • Anger • Anxiety/depression • PTSD • Addiction • Guilt, shame and more • Couples and Family Therapy • <i>For adults and teens struggling with...</i> • Control issues • Conflict Resolution • Recovery from betrayal and affairs • “Dead” Marriages and relationships • Communication • Parenting and more 		<ul style="list-style-type: none"> ▪ BCBS ▪ Willing to see clients who have out-of-network concerns 	<ul style="list-style-type: none"> • 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
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Agency	Counselors/ Therapists	Services		Insurance/ Payment		Wait time for appointment / Other Comments
<p>Okerberg & Associates 6139 US Highway 69 Ames, IA 50105</p> <p>628 Broad Street, Suite 2 Story City, IA 50248</p> <p>P: 319-665-2008 F: none E: info@okerberg.com W: www.Okerberg-assoc.com</p>	<p>Melinda Wadsley, NCC, LMHC</p> <p>Not currently accepting new clients.</p>	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Eriksonian Hypnosis ▪ Christian Counseling ▪ Play Therapy ▪ CBT ▪ Cultural Sensitive ▪ Divorce ▪ ADHD Assessments ▪ Autism Spectrum ▪ Addictions, Substance Use/Abuse ▪ Military Support 	<ul style="list-style-type: none"> ▪ AETNA ▪ Beacon ▪ CIGNA ▪ Curialinc ▪ MagellanP ▪ Medica ▪ Medicaid ▪ Morneau Shepell ▪ Stripe ▪ UBH ▪ UHC ▪ UMR 	<ul style="list-style-type: none"> ▪ Unity Point ▪ Value Options 	<ul style="list-style-type: none"> • 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
<p>Optimae Life Services 328 Main St., Ste 110 Ames, IA 50010</p> <p>P: 515-715-1884 F: 515-715-1886 E: jgalger@optimaelifeservices.com</p>	<ul style="list-style-type: none"> • Ed Rund, LISW 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Eating Disorders ▪ Relationship Issues ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Couple/Family ▪ Medication management ▪ Substance abuse 	<ul style="list-style-type: none"> ▪ Career Exploration ▪ LBGQTIA identities/issues ▪ Multi-cultural issues ▪ Trauma ▪ Complex/Developmental trauma ▪ Adjustment/life transitions ▪ Emotional dysregulation ▪ PTSD ▪ Autism spectrum ▪ Christian counseling 	<ul style="list-style-type: none"> ▪ Wellmark ▪ BCBS ▪ Alliance Select ▪ United Healthcare ▪ Health Partners ▪ Medicaid ▪ Medicare 	<ul style="list-style-type: none"> ▪ AETNA ▪ UBH ▪ Coventry ▪ Multiplan ▪ Midlands Choice ▪ New Direction, Railroad Medicare 	<ul style="list-style-type: none"> • 5 weeks Sliding scale available M-W-TH from 8:00 am – 4:00 pm.

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<p>River Valley Therapy Clinic 414 S. 17th St., Suite 102B, Ames, IA 50010</p> <p>P: 515-290-2259 F: none provided E: rivervalleytherapyclinic@g mail.com W: www.rivervalleytherapyclin ic.com</p>	<ul style="list-style-type: none"> • Jeremy Stumbo, LMFT <p>Telemental health only at this time.</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Family issues ▪ Adjustment/life transition 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ BCBS 	<ul style="list-style-type: none"> • 3-4 weeks <p>No current openings for counseling.</p>
<p>Rooted Therapy 511 Duff Ave., Ste 301 Ames, IA 50010</p> <p>P: 515-815-6466 F: 515-619-6207</p>	<ul style="list-style-type: none"> • Ellyn Nitchals-Kellner, LMHC 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ BCBS ▪ United Healthcare ▪ Medica ▪ UMR 	<ul style="list-style-type: none"> • Currently not accepting new clients

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<p>Sarah Fleming Creativity & Healing Ames, IA</p> <p>P: 434-218-5326 E: sarahfleming@hushmail.com W: www.sarahflemingcounseling.com</p>	<ul style="list-style-type: none"> • Sarah Fleming, LCSW, LISW • TELEHEALTH ONLY 	<ul style="list-style-type: none"> ▪ Art Therapy ▪ Talk Therapy ▪ EFT Tapping ▪ CBT, DBT & Narrative therapy ▪ Disordered Eating ▪ Transitional Issues ▪ Anxiety ▪ Depression ▪ Women's issues ▪ Highly sensitive people ▪ Relationships ▪ Stress Management ▪ Career Exploration 	<ul style="list-style-type: none"> ▪ Life adjustments ▪ OCD ▪ Diversity/inclusion issues ▪ Trauma/PTSD <p>Will return calls in 24-48 hours</p> <p>Waitlist is 1-2 weeks</p>	<ul style="list-style-type: none"> ▪ Life Coaching ▪ Faith-based Christian Counseling ▪ Grief/Loss ▪ Substance Abuse ▪ Trauma ▪ Relationship Concerns ▪ Stress Management <p>CBT EMDR Faith-based</p> <p>Will write ESA letter for clients who are seen 4-5 sessions. Cost for the letter writing is \$100 per session. Must sign release to their doctor for consult.</p>	<ul style="list-style-type: none"> ▪ Does NOT take insurance – private pay only. Will provide a super bill <i>if clients have out-of-network insurance benefits.</i> ▪ Initial session \$210 • Sessions after initial \$175
<p>Sharing is Healing 2403 Lakeside Drive Ames, IA 50010</p> <p>F: 515-520-8232 E: sharingishealingames@gmail.com</p> <p>* Schedule and complete forms online at W: www.michelleroling.com</p>	<p>Michelle Roling, LMHC, CEDS</p> <ul style="list-style-type: none"> • Telemental Health only • Not accepting new clients at this time. 	<ul style="list-style-type: none"> ▪ Eating disorders ▪ Anxiety ▪ OCD ▪ Depression ▪ Bipolar ▪ Relationships ▪ LBGQTQIA ▪ Grief ▪ Trauma ▪ Chronic/terminal illnesses 	<ul style="list-style-type: none"> ▪ Families/couples ▪ Parenting ▪ Positive Psychology ▪ Self-esteem ▪ Interpersonal Development ▪ Teletherapy coverage dependent on insurance 	<ul style="list-style-type: none"> ▪ BCBS ▪ Private pay – initial session \$100 & subsequent sessions \$75 <ul style="list-style-type: none"> ▪ Teletherapy: ▪ BCBS does pay for this service ▪ Noninsurance covered appts. Initial session \$100 & subsequent sessions \$75 	<ul style="list-style-type: none"> • To make an appointment, go to www.michelleroling.com & look at appointment availability, register, request appointment & complete intake forms.

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<p>Summer Brunscheen, 2515 University Blvd, Ste 102 Ames, IA 50010</p> <p>P: 515-450-7532 F: 515-864-0263 E: drsummerb@gmail.com</p>	<ul style="list-style-type: none"> • Summer Brunscheen, PhD, Licensed Psychologist • Telemental Health only until Feb. 1st. <p>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</p>	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Academic/work performance ▪ Stress Management ▪ Family issues ▪ Career Exploration ▪ LBGTQIA identities/issues ▪ Transgender identities/suppor t 	<ul style="list-style-type: none"> ▪ Multi-cultural issues ▪ Trauma Issues ▪ Complex/Development al Trauma ▪ Psychological Assessment ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ PTSD ▪ Autism Spectrum ▪ Will support spiritual beliefs as client desires 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ BCBS ▪ Alliance Select ▪ United Healthcare ▪ Medicaid ▪ Medicare ▪ AETNA ▪ CIGNA ▪ Private Pay - \$220/session 	<ul style="list-style-type: none"> • Not accepting new clients at this time. <p>Private Pay: \$230 initial session \$220 – 60 min \$170 – 45 min \$230/hr psych testing</p> <p>Phone calls may take 1-2 business days to return.</p> <p>Hours are M-W 9 to 4 Thurs. not in office Fri 9 – 3</p>

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<p>Susie Lang Counseling Services 408 Douglas Ave., Suite C Ames, IA 50010 P: 515-233-6110 E: susielang10@gmail.com W: susielangcounselingservices.com</p>	<ul style="list-style-type: none"> Susie Lang, LMHC, Life Coach 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<p>BCBS</p> <p>I practice using a sliding scale which is discussed, adjusted and agreed upon in our first session. Although I do not take insurance, I trust that we can work towards an affordable fee that suits your requirements.</p> <p>INDIVIDUAL THERAPY</p> <p>Cash or check is required at the end of each session.</p> <p>PHOTOGRAPHIC GROUP WORK</p> <p>A specific and informed payment schedule is discussed prior to commencing these short-term experiences.</p>	<ul style="list-style-type: none"> Open for new clients
<p>Blue Haven Counseling 103 East 6th Street Suite 101 Ames, Iowa 50010</p> <p>806 7th Street, Ste U2 Boone, Iowa 50036</p> <p>P: 515-337-2872 E: twirththerapy@hushmail.com F: 515-432-3426</p>	<ul style="list-style-type: none"> Tami Wirth, LISW, RPT 	<p>ADHD Adoption Anxiety Behavioral Issues Coping Skills Depression Divorce Domestic Abuse Domestic Violence Family Conflict</p>	<p>Obsessive-Compulsive (OCD) Oppositional Defiance Parenting Peer Relationships Relationship Issues School Issues Self Esteem Sexual Abuse</p>	<p>AMERIGROUP AmeriHealth BlueCross and BlueShield Medicaid United Healthcare Out of Network</p>	<ul style="list-style-type: none"> Currently NOT accepting new clients.

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<p>The Kai Lani Center 2603 Northridge Pkwy, Ste 103 Ames, IA 50010</p> <p>P: 515-338-2929 F: 515-337-8863 E: info@thekailanicenter.com W: www.thekailanicenter.com</p> <p>Telemental Health only</p>	<ul style="list-style-type: none"> • 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) <p>In-office & Telehealth offered</p> <p>MBCBT CBT FAITH-BASED – SPIRITUALITY AND MEANING MAKING MIND-BODY WORK HOLISTIC WELLNESS NARRATIVE & BIBLIOTHERAPY</p>	<ul style="list-style-type: none"> ▪ 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 <p>▪ Ehler’s Danlos Support/Education Group</p>	<ul style="list-style-type: none"> ▪ Wellmark ▪ BCBS ▪ Alliance Select ▪ UHC ▪ UBH ▪ AETNA ▪ TriCare ▪ Health Partners ▪ CIGNA ▪ Medicaid – Francine only (Iowa Total Care) ▪ Medicare ▪ MH Net ▪ UMR ▪ Preferred One Administrators 	<ul style="list-style-type: none"> ▪ UBH ▪ Coventry ▪ Midland’s Choice ▪ Health Alliance ▪ First Administrators ▪ Multi-Plan ▪ Private pay ▪ Sliding Scale - For uninsured (not for clients who qualify for Medicaid/Medicare); for underinsured, mental health services not covered on health insurance policy <ul style="list-style-type: none"> • Will not accept suicidal clients at this time. 	<p>Private pay: \$125-\$175 per session depending on service provided</p> <ul style="list-style-type: none"> • 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

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<p>Thomas Looney 5th Street Mental Health Professionals 600 5th Street, Ste 200 Ames, IA 50010</p> <p>P: 515-232-2051 F: 515-232-2775 E: thomasloney@gmail.com W: www.5thstreetmhp.com</p>	<ul style="list-style-type: none"> • Thomas Looney, LMHC • In-person & Telemental Health 	<ul style="list-style-type: none"> ▪ Anxiety ▪ Depression ▪ Life transitions ▪ Grief & Loss ▪ Relationships ▪ Families 	<ul style="list-style-type: none"> ▪ BCBS ▪ United Healthcare 	<ul style="list-style-type: none"> ▪ 	<p>Openings available In office immediate Telehealth 2-4 weeks</p> <p>May do a charge of \$40 for those un-insured or under-insured based on income.</p>

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<p>Vine Christian Counseling 1604 Wheeler Drive Ames, IA 50010</p> <p>P: 515-420-0520 F: 515-232-1499 E: vineccs@protonmail.com W: www.vineccs.com</p>	<ul style="list-style-type: none"> • Monique Maldonado, MACP, LMHC, IADC • Kristin Boyd, tLMHC, CADC <p>In-office Telehealth</p> <p>CBT EMDR Faith-based IFS DBT Grief & Loss ACT Women’s issues FOF Mindfulness Substance use Process Addictions Identity development Trauma-focused CBT Motivational Interviewing Transtheoretical Model of Change Narrative Therapy</p>	<ul style="list-style-type: none"> ▪ Anxiety ▪ Depression ▪ Personality Disorders ▪ Life Adjustments ▪ Substance abuse assessments ▪ Spiritual confusion ▪ Emotion regulation ▪ Life changes ▪ Trauma ▪ Mood Disorders ▪ Addiction treatment ▪ OCD ▪ Bipolar DO 	<ul style="list-style-type: none"> ▪ AETNA ▪ Wellmark BCBS ▪ BCBS ▪ Alliance Select ▪ United Healthcare ▪ UBH ▪ Midland’s Choice ▪ TriCare ▪ Health Alliance ▪ Health Partners ▪ Coventry ▪ First Administrators ▪ Multi-Plan ▪ Medicaid – Amerigroup & Total Care ▪ Optum ▪ MHNet 	<ul style="list-style-type: none"> ▪ Sliding Fee Scale for un-insured or under-insured - \$70 - \$100 <p>Private Pay (\$175 assesemnts; \$120/session</p> <p>Story Co Funding available for some students if no insurance.</p> <p>No actively suicidal clients.</p> <p>ESA letters for clients actively engaged in therapy regularly.</p>	<p>There is a wait time for mental health.</p> <p>Almost immediate appointments for substance abuse.</p>

<p>YSS – Family Counseling & Clinic 125 S 3rd St. Ames, IA 50010</p> <p>P: 515-233-2250 F: 515-233-3235 E: mvasquez@yss.org W: www.yss.org</p> <p>105 S. Marshall St., Boone, IA 50036 P: 515-233-2250 F: 515-233-3235</p> <p>W: www.yss.org</p> <ul style="list-style-type: none"> ● Telemental Health only ● YSS <u>may</u> be reopening for face-to-face appointments in March or April. 	<ul style="list-style-type: none"> ● Lesley Banda, LMSW ● Jeremy Barsness, CADC ● Joseph Fox, LMHC ● Michelle Vetter, LISW ● Amanda Sinclair, LMHC ● Jenna Prusa, LISW ● Sharon VanBeest, tLMHC ● Sam Lassie, CADC <p>Medication Providers:</p> <ul style="list-style-type: none"> ● Brian Vold, ARNP ● Brittany Sherwood, ARNP ● Maureen Richards, ARNP 	<ul style="list-style-type: none"> ▪ Depression ▪ Anxiety ▪ Career Exploration ▪ Relationships ▪ Self-esteem ▪ Grief work ▪ Stress Management ▪ Couples/Family Management ▪ Medication Management ▪ Diversity & Inclusion ▪ Emotional dysregulation ▪ Personality Disorders ▪ OCD ▪ Bipolar Disorder ▪ PCIT Play therapy 	<ul style="list-style-type: none"> ▪ Substance use ▪ LBGTQJA Identities/issues ▪ Multi-cultural issues ▪ Transgender issues ▪ Trauma ▪ Complex/developmental trauma ▪ Adjustment/Life Transitions ▪ Emotional Dysregulation ▪ PTSD <p>Running a substance abuse group which has openings.</p>	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ United Healthcare ▪ Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise) ▪ AETNA ▪ UBH ▪ Coventry ▪ CIGNA ▪ UMR ▪ Midlands Choice ▪ Health Alliance ▪ Private pay (no specifics given) ▪ Health Partners ▪ Tri-Care ▪ Private pay ▪ Sliding fee scale (substance abuse only) Scale is based on income from Free to 100% the cost of therapy. ▪ They also have grant funding available to provide services to clients who are uninsured as long as they live in Ames and Story Co. <p>Current openings for individual therapy.</p>	<p>Intakes generally scheduled within 2-3 days depending on client's availability.</p> <p>Same day appointments for intake are available if information is received by 11 am.</p> <p>To be assigned it may take 1-2 weeks.</p>
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PSYCHIATRIC PROVIDERS – AMES, IA				
Central Iowa Psychological Services 223 S. Walnut Ave. Ames, IA 50010 P: 515-233-1122 F: 515-6500	<ul style="list-style-type: none"> • Jody Kapustka, PMHNP-BC - Wednesdays • Nick Stull, PMHNP – Ames full-time • Judy Gonzales, PMHNP-BC DSM office only 	<ul style="list-style-type: none"> ▪ Medication evaluation ▪ Medication management 	<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> • Jack Dodd, MD • Christel Rinehart, ARNP 	<ul style="list-style-type: none"> ▪ Medication evaluation ▪ Medication management 	<ul style="list-style-type: none"> ▪ 	
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	<ul style="list-style-type: none"> • Maureen Patterson, PAC 	<ul style="list-style-type: none"> ▪ Medication evaluation ▪ Medication management <p>Hours: Monday – Thursday 8 am – 5:00 pm Friday – 8:00 am to Noon</p>	<ul style="list-style-type: none"> ▪ 	

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Eyerly Ball Mental Health Community Center 2521 University Blvd, Ste 121 Ames, IA 50010 P: 515-598-3300 F: 515-292-2624	<ul style="list-style-type: none"> Steven Stokes, ARNP (telemedicine) 	<ul style="list-style-type: none"> Medication evaluation Medication management 	<table border="1"> <tr> <td data-bbox="1308 360 1476 612"> <ul style="list-style-type: none"> Wellmark BCBS Alliance Select United Healthcare Medicaid Medicare Tri-Care </td> <td data-bbox="1476 360 1682 612"> <ul style="list-style-type: none"> Coventry Midlands Choice Sliding scale (county funding) Private pay </td> </tr> </table>	<ul style="list-style-type: none"> Wellmark BCBS Alliance Select United Healthcare Medicaid Medicare Tri-Care 	<ul style="list-style-type: none"> Coventry Midlands Choice Sliding scale (county funding) Private pay 	
<ul style="list-style-type: none"> Wellmark BCBS Alliance Select United Healthcare Medicaid Medicare Tri-Care 	<ul style="list-style-type: none"> Coventry Midlands Choice Sliding scale (county funding) Private pay 					
Gabrielle Barloon, MD Fifth Street Mental Health Professionals 600 5 th St., Ste 200 Ames, IA 50010 P: 515-232-2051 F: 515-232-2775	<ul style="list-style-type: none"> Gabrielle Barloon, MD 	<ul style="list-style-type: none"> Medication Evaluation Medication Management 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Jayson Gesulga, PA-C, MMS 	<ul style="list-style-type: none"> Medication evaluation Medication management 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Medication evaluation Medication management 	<ul style="list-style-type: none"> 	**Must be a medical patient to obtain psychiatric services		

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<p>Clear Brook Counseling 614 Billy Sunday Road, Ste 100 Ames, IA 50010</p> <p>P: 515-337-1764 F: 515-337-0480 W: www.clearbrookcounselingp rofessionals.com</p>	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> ▪ Medication Evaluation ▪ Medication Management 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ AETNA ▪ Medicaid - Amerigroup 	
<p>Thielen Student Health Center (TSHC) 2647 Union Drive Iowa State Univ. Ames, IA 50011-2029</p> <p>P: 515-294-5801 F: 515-294-5457</p>	<ul style="list-style-type: none"> • Carver Nebbe, MD • Ranae Roberts, ARNP • Sarah Dowd, PA-C 	<ul style="list-style-type: none"> ▪ Medication Evaluation ▪ Medication Management 	<ul style="list-style-type: none"> ▪ 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. 	<p>Call to make an appointment.</p> <p>Note: Fax #'s vary by provider so call & check where to fax information</p>
<p>Mary Greeley Medical Center Behavioral Health Outpatient Clinic 1111 Duff Ave. Ames, IA 50010</p> <p>P: 515-239-6888</p>	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ 	

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<p>YSS 125 South 3rd St. Ames, IA 50010</p> <p>P: 515-233-2250 F: 515-233-3235 E: mvasquez@yss.org W: www.yss.org</p>	<ul style="list-style-type: none"> • Brian Vold, ARNP • Rebecca Nunn-Ryan, ARNP • Sasha Khosravi, MD • Lucas Trautman, MD • Maureen Richards, ARNP • Brittany Sherwood, ARNP 	<ul style="list-style-type: none"> ▪ Medication Evaluation ▪ Medication Management 	<ul style="list-style-type: none"> ▪ Wellmark BCBS ▪ United Healthcare ▪ Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise) ▪ AETNA ▪ UBH ▪ Coventry ▪ CIGNA ▪ UMR ▪ Midlands Choice ▪ Health Alliance ▪ Private pay (no specifics given) ▪ Health Partners ▪ Tri-Care ▪ Sliding fee scale (substance abuse only) ▪ Private pay 	
<p>NEURO-PSYCHOLOGY SERVICES</p>				

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Campbell Neuropsychological Services 6200 Aurora Ave. Ste. 202W Urbandale, IA 50322 P: 515-330-1114 F: 515-331-6565	<ul style="list-style-type: none"> Derek Campbell, PhD 	<ul style="list-style-type: none"> Neuro-psychological Services 	<ul style="list-style-type: none"> 	
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"> *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	<ul style="list-style-type: none"> BCBS CIGNA Multiplan United Healthcare 	
On With Life 715 SW Ankeny Rd Ankeny, IA 50023 P: 515-289-9600 or 1-800-728-0645	<ul style="list-style-type: none"> 	<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>	<ul style="list-style-type: none"> 	
Ames Counseling & Psychological Services 3600 Lincoln Way, Suite 4 Ames, IA 50014 P: 515-239-4410 Fax: 515-663-4885	<ul style="list-style-type: none"> 	<u>Neuro-psychological Services</u>	<ul style="list-style-type: none"> 	

