

# Mental Health Resources in Warren County



(Update Fall 2017)

## Table of Contents

### Providers by location.....Page of complete listing

#### Indianola

Patti Campadilli, LISW.....	2
Celebrate Recovery, Indianola Community Church.....	3
Central Iowa Community Services (CICS).....	3
Central Iowa Recovery.....	4
Choices Therapy Solutions.....	5
Christian Opportunity Center (COC).....	6
Eyerly Ball Community Mental Health Services.....	8
Genesis Development.....	9
House of Mercy.....	10
Integrative Counseling Solutions, Inc.....	11
Mercy Clinics.....	12
Peace of Mind Counseling.....	14
Bailey Saal, LISW.....	15
Team Resotation.....	17
Unity Point Clinic.....	18

#### Norwalk

Michael Borst, LMHC.....	2
Unity Point Clinic.....	18

#### Other – Des Moines

Community Support Advocates (CSA).....	6
Employee and Family Resources (EFR).....	7
NAMI of Greater Des Moines.....	12
Orchard Place.....	13

#### Other information

Provider descriptions.....	1
Service descriptions.....	1
How to access services.....	1
What you will find in this directory.....	1
Updates.....	1

## Provider Descriptions

### **Social Workers**

LISW: Licensed Independent Social Worker,  
May practice independently.

LMSW: Licensed Master Social Worker,  
Practices under supervision.

MSW: Master of Social Work

### **Mental Health Practitioners**

LMHC: Licensed Mental Health Counselor

MA: Master of Arts

MS: Master of Sciences

### **Medical Practitioners**

ARNP: Advanced Registered Nurse Practitioner  
These professionals have specialized at the  
master level to practice professional nursing. A nurse  
practitioner can prescribe medication.

MD: Medical doctor, physician

PA: Physician's Assistant. A PA is a medically trained practitioner  
who practices with the supervision of a physician.

### **Psychological Practitioners**

PhD: Advanced doctorate level training. These credentials may  
be used by an educational psychologist, psychologist, or  
another professional who has completed an advanced level  
of graduate work.

PsyD: Doctorate in psychology

### **Other Practitioners:**

CADC: Certified Alcohol Drug Counselor

LADC: Licensed Alcohol and Drug Counselor

RD, LMNT: Registered Dietitian, Licensed Medical Nutrition  
Therapist



**Borst Counseling Services, LLC**

2601 Border Street  
Norwalk, IA 50211

www.borstcounselingservices.com

(515) 240-9474 – phone

(515) 897-2413 – fax

Payment methods accepted

- Most insurances
- Sliding fee scale
- Fee for service
- Title 19

Types of providers

- LMHC

Populations Served:

- Children 0-5
- Children 6-12
- Adolescents 13-18
- Adults

Services available

- Mental health assessment
- Disorders of infancy & childhood
- Individual therapy
- Child therapy: 6 – 12
- Screening
- ADHD/hyperactivity assessment
- Family therapy
- Adolescent therapy: 13 – 18
- Adult therapy

**Patti Campadilli, LISW**

100 South B Street  
Indianola, IA 50125

(515) 962-9126 – phone

Payment methods accepted

- Most insurances
- Private Pay

Types of providers

- LISW

Populations Served:

- Adults
- Seniors

Services available

- Individual therapy

**Service descriptions, cont'd**

**Pediatric Integrated Health Home (IHH) Services:** These services consist of a team of professionals working together to coordinate services for children with a serious emotional disturbance. This service is available only to children on Medicaid insurance.

**Parent Child Interaction Therapy:** PCIT focuses on the interaction between the child and his/her parent. Child directed interactions and parent directed interactions are the techniques associated with PCIT. Parents learn to use behavior management techniques as they play with their child.

**Play or art therapy:** Young children are not sophisticated enough to do traditional “talk therapy.” Experienced therapists who work with young children will introduce play or art in working with young children.

**Child & Adolescent Psychiatry:** A psychiatrist is a medical doctor who has specialized in treatment of mental disorders. Some psychiatrists specialize in child or adolescent psychiatry. Ask if the doctor is child or adult qualified.

**Psychological testing:** Psychologists in Iowa are licensed by the State or certified as school psychologists. Psychologists are trained to use various assessment tests for IQ, personality, cognitive impairment, etc. Be sure to understand the nature and type of psychological tests being performed and the purpose for which they will be used.



## Service descriptions, cont'd

**Eye Movement Desensitization & Reprocessing:** EMDR was developed to reduce trauma-related stress, anxiety, and depression symptoms associated with posttraumatic stress disorder (PTSD) and to improve overall mental health functioning.

**Faith based:** Some professionals may identify themselves as faith based and may be associated with a church or a religious denomination. Usually these organizations employ staff that is licensed to practice as well.

**Family therapy:** Family therapy can be provided by licensed and qualified mental health professionals. Family therapy will involve the child and his/her parent figure, seen together to work on relationship issues, communication, and behavioral problems.

**Individual therapy:** Individual therapy is done 1 on 1 with the child, adolescent, or adult.

**Intensive Psychiatric Rehabilitation (IPR) services:** IPR is a service program delivered to adults with chronic mental illness. It is designed to work both one-on-one and in group settings to identify life changing goals to promote steps towards recovery, and provide support to achieve those goals.

**Jail Services:** While an individual is in the Warren County jail, they may speak with a mental health profession to discuss what, if any, services are needed during incarceration and following release from jail.

**Medication management:** Medication management will be supervised by an MD (pediatrician, psychiatrist, or your family doctor), a qualified pediatric nurse practitioner, or a mental health qualified nurse practitioner. A therapist, counselor or psychologist does not prescribe medication.

**Mental health assessment:** A mental health assessment will be provided by a licensed practitioner. Be sure to ask whether or not the individual has expertise in working with young children, if needed. Some providers are trained in the use of diagnosis and classification of infants and young children (DC: 0 – 3R), which is a developmentally based diagnosis of mental health and developmental disorders in infancy and early childhood.

## **Celebrate Recovery (Indianola Community Church)**

14424 Kennedy Street (515) 961-8311 – phone  
Indianola, IA 50125 (515) 961-4081 – fax

[bwatt25@gmail.com](mailto:bwatt25@gmail.com)

[www.indianolacc.org/adults](http://www.indianolacc.org/adults)

Facebook: Celebrate Recovery at Indianola Community Church

Payment methods accepted

- No cost

Services available

- Peer Support Services
- Substance Abuse Services
- Gambling Addiction Services

## **Central Iowa Community Services (CICS) – Warren County Office**

1007 S Jefferson Way (515) 961-1068 – phone  
Indianola, IA 50125 (515) 961-1142 – fax

**\*Regional Funder of mental health services**

Payment methods accepted

- No Cost

Populations served

- Children 0-5
- Children 6-12
- Adolescents 13-18
- Adults
- Seniors

Services available

- Coordination services
- Information and referral

### **Central Iowa Recovery (CIR)**

1007 South Jefferson Way  
Indianola, IA 50125

(515) 478-0619 – phone  
(515) 832-9554 – fax

www.centraliowarecovery.org

#### Payment methods accepted

- Regional funding
- AmeriHealth Caritas – Medicaid MCO
- Amerigroup – Medicaid MCO
- United Healthcare – Medicaid MCO
- Private pay

#### Population(s) served

- Adults

#### Types of providers

- Qualified Psychiatric Rehabilitation Practitioner

#### Services available

- Intensive Psychiatric Rehabilitation (IPR)



### **Service descriptions, cont'd**

**Community based services:** For individuals who need additional assistance living independently in the community, there are services available to help. Community based services can include help getting and keeping a job, finding housing, maintaining housing, assistance with cooking, cleaning, and money management or reducing isolation. These services are typically accessed through coordination services or adult or pediatric integrated health home (IHH) programs.

**Dialectical Behavior Therapy (DBT):** DBT is a cognitive-behavioral approach that emphasizes the psychosocial aspects of treatment. It helps people learn and use new skills and strategies, such as mindfulness, emotion regulation, distress tolerance, and social skills. It can include both individual and group sessions.

**Developmental assessment:** A developmental assessment can be completed by your child's pediatrician, a pediatric nurse practitioner, the area educational agency professionals (AEA), and some psychologists or clinicians. If you have a home visitor, that person may perform developmental screenings which may result in a referral to a provider who can provide an assessment.

**Disorders of infancy and childhood:** The classification of diagnosis in very young children is different than diagnosis of older children. Parents should ask whether the clinician is trained in the DC: 0 – 3R, and whether a developmental assessment will be part of an assessment.

**Early ACCESS:** Area Education Agency 13 administers this program. Early ACCESS is partnership between families with young children, birth to age three, and providers from the Departments of Education, Public Health, Human Services, and Child Health Specialty Clinics. The purpose of this program is for families and staff to work together in identifying, coordinating and providing needed services and resources that will help the family assist their infant or toddler to grow and develop. Early ACCESS may serve an infant or toddler under the age of three who

- has a condition or disability that is known to have a high probability of later delays if early intervention services were not provided
- is already experiencing a 25% delay in one or more areas of growth or development.

## Service descriptions, cont'd

### **Behavioral Health Intervention Services (BHIS):**

Sometimes it takes more than office visits to deal with a child's severe emotional and behavioral issues. Behavioral Health Intervention Services (BHIS) are a voluntary service that offers tools and support to families so they can create a supportive environment at home. This is typically a Medicaid funded service, but Orchard Place does have a System of Care (SOC) Program which can serve other families in Polk and Warren Counties.

**Behavioral therapy:** Behavioral interventions are very effective in managing or eliminating behavior problems and increasing positive behaviors in young children. A behavioral therapist will work with parents or teachers to develop a reward or incentive plan. Parents and teachers will need to be consistent and ready to engage actively in a plan designed to change behaviors.

**Children's therapy for ages 0 – 5:** Therapy for infants and children under age 3 will involve the child's relationship with his/her parent. Parent and child will be seen together. Children 3 – 5 may be seen for art or play therapy or behavioral interventions. Ask about the therapist's experience with young children and expect to be involved in the session if the child is under 3.

**Children's therapy for ages 6 – 12:** Young children will benefit from therapy which uses an expressive form of treatment like play or art therapy, behavioral therapy, family therapy, or combinations of the three types of therapy. Regular communication with the parents as a part of the on-going therapy should be expected. As a parent, you have a right and responsibility to be included in your child's treatment

**Coordination services:** Finding help can sometimes be difficult. Coordination services are designed to help individuals and families navigate behavioral and mental health services available in Warren County.

### **Choices Therapy Services, LLC**

1011 N Jefferson Way, Suite 800  
Indianola, IA 50125  
www.choicestherapyservices.org

(515) 979-2271 – phone  
(515) 987-2390 – fax

#### Payment methods accepted

- Private Pay
- Medicaid Fee for service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Sliding Fee Scale
- Blue Cross Blue Shield Insurance

#### Populations served

- Children 6-12
- Adolescents 13-18
- Adults
- Seniors

#### Types of providers

- LMHC
- LMSW
- CADC

#### Services available

- Mental health assessment
- Development assessment
- Disorders of infancy & childhood
- Individual therapy
- Child therapy: 6 – 12
- Screening
- ADHD/hyperactivity assessment
- Family therapy
- Adolescent therapy: 13 – 18
- Adult therapy
- Anger Replacement Therapy (ART)
- Jail Services
- Behavioral Health Intervention Services (BHIS)
- Substance Abuse Services

### **Christian Opportunity Center (COC)**

1602 N. 14<sup>th</sup> Street (515) 961-3653 - phone  
Indianola, IA 50125 (515) 961-4170 – fax  
www.christianopportunity.org

#### Payment methods accepted

- Private Pay
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Regional Funding

#### Populations served

- Adults

#### Services available

- Community Based Services

### **Community Support Advocates (CSA)**

6000 Aurora Ave, Suite B (515) 883-1776 – phone  
Urbandale, IA 50322 (844) 883-1776 – toll free  
[www.teamcsa.org](http://www.teamcsa.org) (515) 883-2171– fax

\*Services provided in Warren County, as staff are mobile and meet in the home and community.

#### Payment methods accepted

- Private Pay
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO

#### Populations served

- Adolescents 13-18
- Adults

#### Services available

- Coordination Services
- Adult Integrated Health Home (IHH) Services
- Pediatric Integrated Health Home (IHH) Services

### **Service descriptions**

Some of the services listed in this directory may be unfamiliar to you. The following is a brief description of what each service might provide. Talk to your prospective provider for more specific information.

**ADHD/hyperactivity Assessment:** An assessment for ADHD will be done by a pediatrician, a pediatric nurse practitioner, or a qualified mental health professional. An assessment will involve an interview, observations, and behavioral reports from home, day care, preschool, and school environments. Parents and school staff will be asked to complete a behavioral rating scale to report the nature of the child's problems. ADHD symptoms would be present across all environments – not just in the home. An ADHD diagnosis may result in a referral to a provider for medications. Sometimes behavioral interventions alone may benefit a child. Very young children are by nature very active and curious. They can be very strong willed and even oppositional. Careful assessment should be done. A child placed on ADHD medication will be closely monitored for behavioral response to make sure medications are working and not making behaviors worse.

**Adolescent therapy ages 13 – 18:** Adolescents are able to abstract and communicate in ways that are like an adult, but also uniquely adolescent. Look for a therapist your adolescent likes and who is experienced with teenagers and their needs. Regular communication with the parents as a part of the on-going therapy should be expected. As a parent, you have a right and responsibility to be included in your child's treatment.

**Adult Integrated Health Home (IHH) Services:** These services consist of a team of professionals working together to coordinate services for individuals with a serious mental illness. This service is available only to individuals on Medicaid insurance.

**Aggression Replacement Training (ART):** Aggression Replacement Training® is a cognitive behavioral intervention program to help children and adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior. The program specifically targets chronically aggressive children and adolescents ages 12-17.



**Unity Point Clinic - Indianola**

301 East Hillcrest Ave (515) 961-3700 – phone  
Indianola, IA 50125 (515) 962-0160 – fax

\*Provides mental health services in the family medicine clinic, including therapy.

Payment methods accepted

- Most Insurances

Types of providers

- PA
- LMHC

Populations served

- Adults
- Seniors

Services available

- Individual therapy
- Medication Management

**Unity Point Clinic - Norwalk**

801 Colonial Circle (515) 285-3200 – phone  
Norwalk, IA 50211 (515) 285-3232 – fax

\*Provides therapy in the family medicine clinic.

Payment methods accepted

- Most Insurances

Types of providers

- LMFT
- LISW

Populations served

- Adults
- Seniors

Services available

- Individual therapy

**Employee & Family Resources, Inc.**

505 5<sup>th</sup> Ave, Suite 600 (515) 471-2327 – phone  
Des Moines, IA 50309 (515) 244-2938 – fax

[www.efr.com](http://www.efr.com)

Facebook: Employee and Family Resources

\*Services provided in the community setting in Warren County.

Payment methods accepted

- No Cost

Populations served

- Children 0-5
- Children 6-12
- Adolescents 13-18
- Adults
- Seniors

Services available

- Substance Abuse Prevention Services
- Gambling Prevention Services



**Eyerly Ball Community Mental Health Services**

1007 South Jefferson Way (515) 961-1035 - phone  
Indianola, IA 50125 (515) 961-1142 – fax  
(515) 243-5181 –DM Office

www.eyerlyball.org

Payment methods accepted

- Private Pay
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Sliding Fee Scale
- Regional Funding
- Other Insurance

Types of providers

- LMSW
- ARNP

Populations served

- Adults

Services available

- Mental health assessment
- Individual therapy
- Adult therapy
- Medication Management
- Jail services
- Adult Integrated health home (IHH) services
- Mobile Crisis
- Community based services

**Team Restoration Ministries**

Mailing Address (515) 238-9010 – phone  
1473 195<sup>th</sup> Ave (641) 342-1017 – fax  
Osceola, IA 50213  
Practice Location – no mail  
14424 Kennedy Street  
Indianola, IA 50125  
www.team-restoration.org

Payment methods accepted

- Most insurances
- Private Pay
- Sliding Fee Scale
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO

Types of providers

- LISW
- LMHC

Populations Served:

- Children 0-5
- Children 6-12
- Adolescents 13-18
- Adults
- Seniors

Services available

- Mental health assessment
- Development assessment
- Individual therapy
- Child therapy: 0 – 5
- Child therapy: 6 – 12
- Family therapy
- Adolescent therapy: 13 – 18
- Adult therapy
- Parent-child interaction therapy



The human capacity for burden is like bamboo- far more flexible than you'd ever believe at first glance.

Jodi Picoult

### **Genesis Development**

1809 W 2<sup>nd</sup> Avenue  
Indianola, IA 50125

(515) 961-6918 – phone  
(515) 961-6913 – fax

[www.genesisdevelopment.com](http://www.genesisdevelopment.com)

#### Payment methods accepted

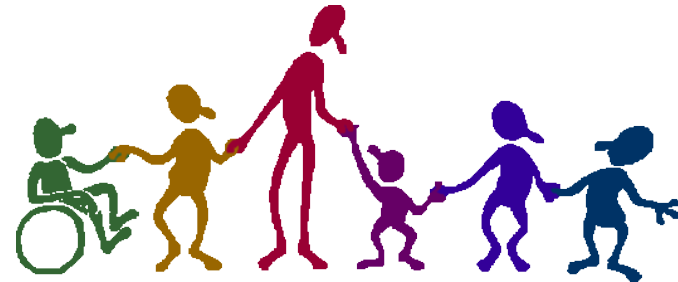
- Private Pay
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Regional funding

#### Populations served

- Children 6-12
- Adolescents 13-18
- Adults
- Seniors

#### Services available

- Community based services



**House of Mercy**

310 North Buxton Street  
Indianola, IA 50125

(515) 358-7610 – phone

www.houseofmercydesmoines.org

**Payment methods accepted**

- Private Pay
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Sliding Fee Scale
- Regional Funding
- Most Insurances

**Types of providers**

- LMSW
- LMHC
- CADC

**Populations served**

- Children 6-12
- Adolescents 13-18
- Adults
- Seniors

**Services available**

- Mental health assessment
- Individual therapy
- Child therapy 6-12
- Family therapy
- Adult therapy
- EMDR – child & adult
- Medication Management
- Jail services
- Dialectical Behavioral Therapy (DBT)
- Substance Abuse Services

**Bailey Saal, LISW**

1202 E 2<sup>nd</sup> Ave  
Indianola, IA 50125

(515) 312-8071 – phone

baileysaallisw@gmail.com

**Payment methods accepted**

- Most insurances
- Private Pay
- Sliding Fee Scale
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO

**Types of providers**

- LISW

**Populations Served:**

- Children 0-5
- Children 6-12
- Adolescents 13-18
- Adults

**Services available**

- Disorders of infancy & childhood
- Individual therapy
- Child therapy: 0 – 5
- Child therapy: 6 – 12
- Family therapy
- Adolescent therapy: 13 – 18
- Adult therapy



**Peace of Mind Counseling**

117 North Buxton Street  
Indianola, IA 50125  
[peaceofmind@mahaska.org](mailto:peaceofmind@mahaska.org)  
[www.peaceofmindindianola.com](http://www.peaceofmindindianola.com)

(515) 962-5561 – phone  
(515) 962-5565

**Payment methods accepted**

- Private pay
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Most insurances – Wellmark BC/BS, Aetna

**Types of providers**

- LMHC

**Populations Served:**

- Children 6-12
- Adolescents 13-18
- Adults
- Seniors

**Services available**

- Mental health assessment
- Individual therapy
- Child therapy: 6 – 12
- Family therapy
- Adolescent therapy: 13 – 18
- Adult therapy
- EMDR – child & adult
- Parent-child interaction therapy
- Dialectical Behavioral Therapy (DBT)



**Integrative Counseling Solutions, Inc.**

1200 Valley West Drive #306 (515) 267-1340 - phone  
West Des Moines, IA 50266 (515) 267-1355 – fax  
[www.integrativecs.net](http://www.integrativecs.net)

\*Providing School Based Mental Health therapy in Indianola School Districts.

**Payment methods accepted**

- Private Pay
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Other Insurance

**Types of providers**

- LISW
- LMHC
- LMFT

**Populations served**

- Children 0-5
- Children 6-12
- Adolescents 13-18
- Adults

**Services available**

- Mental health assessment
- School Based Mental Health
- Child therapy 0-5
- Child therapy 6-12
- Adolescent therapy 13-18
- Family therapy

**Mercy Clinic - Indianola**

307 E Scenic Valley Ave (515) 643-9042 – phone  
Indianola, IA 50125

\*This is for existing Mercy Clinic patients only and on a referral basis from their primary care physician.

Payment methods accepted

- Most Insurances (check with Mercy Psych for specifics)

Types of providers

- LMHC

Populations served

- Adults
- Seniors

Services available

- Individual therapy

**NAMI of Greater Des Moines**

511 E 6<sup>th</sup> Street, Suite B (515) 277-0672 – phone

Des Moines, IA 50309

Email: [namigdm@gmail.com](mailto:namigdm@gmail.com)

[www.namigdm.org](http://www.namigdm.org)

NAMI, the acronym for the National Alliance on Mental Illness, is a grass roots, self-help, education, support and advocacy organization dedicated to improving the lives of families who have relatives with a brain disorder (mental illness). This includes families and consumers diagnosed with a mental illness, relatives and friends, professionals, and all who share NAMI's vision and mission.

Payment methods accepted

No cost

**Orchard Place**

808 5<sup>th</sup> Avenue (515) 244-2267 – phone  
Des Moines, IA 50312 (515) 246-3599 – fax

[www.orchardplace.org](http://www.orchardplace.org)

\*See children in Des Moines for mental health services and provider coordination and BHIS services in the community in Warren County.

Payment methods accepted

- Most insurances
- Private Pay
- Sliding Fee Scale
- Medicaid fee-for-service
- United Healthcare – Medicaid MCO
- Amerigroup – Medicaid MCO
- AmeriHealth Caritas – Medicaid MCO
- Regional funding

Types of providers

- LISW
- LMHC
- ARNP
- Psychiatrist

Populations Served:

- Children 0-5
- Children 6-12
- Adolescents 13-18

Services available

- Mental health assessment
- Development assessment
- Disorders of infancy & childhood
- Individual therapy
- Child therapy: 0 – 5
- Child therapy: 6 – 12
- Screening
- ADHD/hyperactivity assessment
- Family therapy
- Adolescent therapy: 13 – 18
- Autism assessment
- Pediatric Integrated health home (IHH) services
- Family support services