

**Mental Health Resource Document Purpose** - to provide a list of mental health therapy options (individual, family, marriage, and group therapy) in Adair County Iowa and the surrounding area for the helping profession. This document is not intended for emergency use. In the event of an emergency call 911.

**Online Resource** - the following website may assist in finding a mental health professional  
[www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com)

## Mental Health Resources Adair County Updated 10-01-18

Agency	Description	Contact Information
<input type="checkbox"/> Zion Recovery Services 641-743-2439	Provides drug and alcohol treatment services. Title 19, Iowa Health and Wellness, Blue Cross Blue Shield, and Hawk 1 accepted (please check with insurance carrier for inpatient coverage)	134 S.E. Court Street Greenfield, IA 50849 <a href="http://www.zionrecovery.org">www.zionrecovery.org</a>
<input type="checkbox"/> Turning Point Counseling Diane Bales 641-780-2718 641-743-8454	Provides support, counseling, therapeutic services to individuals, children, couples and families. Accepts AmeriHealth Caritas, AmeriGroup, Blue Cross/Blue Shield, and Atena.	202 S 1 <sup>st</sup> St Suite B Greenfield, IA 50849 <i>(in same building as Greenfield Public Library)</i>
<input type="checkbox"/> Crossroads Behavioral Health Center 641-782-1193	Provides support, counseling, therapeutic services to individuals, children, couples and families. Title 19 insurance and most insurance plans accepted.	1003 Cottonwood Creston, IA 50801 <a href="http://www.crossroadscreston.com">www.crossroadscreston.com</a>
<input type="checkbox"/> Child Health Specialty Clinics 641-782-9500 877-292-9500	Provides family support, care coordination, clinic services, and system building. Serves birth through age 21.	904 E. Taylor Street Creston, IA 50801 <a href="http://www.chsciowa.org/">http://www.chsciowa.org/</a>
<input type="checkbox"/> Southern Hills Regional Mental Health 712-525-1337	Provides countywide referral, funding and coordination of mental health services for county residents without insurance or other funding options.	106 Central #106 Glenwood, Iowa 51534
<input type="checkbox"/> Senior Life Solutions 641-743-7202	Provides support and coping skills related to the emotional and behavioral health of patients 65 and older dealing with grief and loss, crying, loneliness, difficulty sleeping and decreased energy.	Adair County Health System 609 SE Kent St. Greenfield, IA 50849 <a href="mailto:dtheisenchenchar@adaircountyhealthsystem.org">dtheisenchenchar@adaircountyhealthsystem.org</a>
<input type="checkbox"/> Phipps Family Therapy 641-782-2223	Provides outpatient mental health therapy services for children, adolescents, and adults. Weekend and late evening appointments available.	505 East Taylor Street Creston, Iowa 50801 <a href="http://www.phippsfamilytherapy.com">www.phippsfamilytherapy.com</a>
<input type="checkbox"/> Mercy Medical Center Behavioral Health "Help Center"	A resource for the mental health and substance abuse programs available to help people of all ages and include emergent/urgent assessments, crisis management support, professional consultations and referrals	1111 6 <sup>th</sup> Avenue Des Moines, IA 515-271-6111
<input type="checkbox"/> UnityPoint – Iowa Lutheran Hospital "Mental Health Access Center"	Provides a clinical, coordinated system of assessment, triage, admission and referral for inpatient and outpatient services in behavioral health and/or substance abuse for adult, geriatric, adolescent and children	700 East University Ave Des Moines, IA 5016 515-263-5249

### Mental Health Therapy Resources Around The Adair County Area Updated 10-10-17

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 Document is posted at [www.4rkids-eci.org](http://www.4rkids-eci.org)*

Agency	Description	Contact Information
<input type="checkbox"/> Providence Place 515-986-7255	Provides individual and family and children therapy and counseling services as well as school based therapy. Title 19 insurance and most insurance plans accepted.	408 S.E. 2nd Street Grimes, Iowa 50111 <a href="http://www.myprovidenceplace.com">www.myprovidenceplace.com</a>
<input type="checkbox"/> Broadlawns 515-282-2200	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	1801 Hickman Road Des Moines Iowa 50314 <a href="http://www.broadlawns.org/index.cfm">www.broadlawns.org/index.cfm</a>
<input type="checkbox"/> Catholic Charities 515-244-3761 or 800-227-3002	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted	601 Grand Ave Des Moines, Iowa 50309 <a href="http://www.dmdiocese.org/catholic-charities.cfm">www.dmdiocese.org/catholic-charities.cfm</a>
<input type="checkbox"/> Unity Point Health 515-241-2300	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	6000 University Ave, Suite 200 West Des Moines, Iowa 50266 <a href="http://www.unitypoint.org/desmoines/services-iowa-health-counseling-psychiatry-clinic.aspx">www.unitypoint.org/desmoines/services-iowa-health-counseling-psychiatry-clinic.aspx</a>
<input type="checkbox"/> Jeffery Ellens 515-777-3388	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	1045 76th St., Ste 3030 West Des Moines, Iowa 50266
<input type="checkbox"/> YESS 515-282-9377	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	918 S.E. 11th Street Des Moines, Iowa 50309 <a href="http://www.yessiowa.typepad.com">www.yessiowa.typepad.com</a>
<input type="checkbox"/> Life Works Inc 515-255-8399	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	600 42nd Street Des Moines, Iowa 50312 <a href="http://www.lifeworksdm.com/lifeworksdm/index.jsp">www.lifeworksdm.com/lifeworksdm/index.jsp</a>
<input type="checkbox"/> Counseling for Growth and Change 515-243-1020	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	6959 University Avenue Windsor Heights, Iowa 50324 <a href="http://counselingforgrowthandchange.com">counselingforgrowthandchange.com</a>
<input type="checkbox"/> Children and Families of Iowa 515-288-1981	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	1111 University Avenue Des Moines, Iowa 50314 <a href="http://www.cfiowa.org">www.cfiowa.org</a>
<input type="checkbox"/> Kavalier and Associates 515-267-1003	Provides individual and family counseling services. Most insurance plans accepted.	1003 Grand Avenue West Des Moines, Iowa 50265 <a href="http://www.kavalierandassociates.com">www.kavalierandassociates.com</a>
<input type="checkbox"/> Child Psychiatry Associates 515-288-5570	Provides child psychiatric and counseling services. Title 19 insurance and most insurance plans accepted.	939 Office Park Rd Ste 200 West Des Moines, Iowa 50265
<input type="checkbox"/> Counseling Associates of Central Iowa 515-512-5167	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	3900 Ingersoll , Suite 201 Des Moines, Iowa 50312 <a href="http://www.counselingassociatesofcentraliowa.com">www.counselingassociatesofcentraliowa.com</a>
<input type="checkbox"/> Lutheran Services in Iowa 515-274-4946	<b>Faith based service.</b> Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	3125 Cottage Grove Ave Des Moines, Iowa 50315 <a href="http://www.lsiowa.org">www.lsiowa.org</a>
<input type="checkbox"/> Integrative Counseling Solutions 515-267-1340	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	1200 Valley West Drive, Suite 306 West Des Moines, Iowa 50265 <a href="http://www.integrativecounselingsolutions.com">www.integrativecounselingsolutions.com</a>
<input type="checkbox"/> West Des Moines Psychology and Associates 515-223-4188	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	1350 N.W. 138th St, Suite 200 Clive, Iowa 50325 <a href="http://www.wdmpsyach.com">www.wdmpsyach.com</a>
<input type="checkbox"/> Rhonda Lovell 515-367-0961	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	950 Office Park Road , Suite 139 West Des Moines, Iowa 50265
<input type="checkbox"/> Randal Reynolds 515-440-3804	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	4401 Westown Parkway, Suite 309 West Des Moines, Iowa 50266 <a href="http://www.drreynolds.org">www.drreynolds.org</a>
<input type="checkbox"/> Family Legacy 515-727-1338	<b>Faith based service.</b> Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	5415 NW 88th St, Suite 100 Johnston, Iowa 50131 <a href="http://www.familylegacycounseling.com">www.familylegacycounseling.com</a>
<input type="checkbox"/> Orchard Place 515-244-2267	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	808 S. 5 <sup>th</sup> Ave Des Moines, Iowa 50309 <a href="http://www.orchardplace.org">www.orchardplace.org</a>
<input type="checkbox"/> Des Moines Pastoral Counseling 515-274-4006	<b>Faith based service.</b> Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	8553 Urbandale Ave Urbandale, Iowa 50322 <a href="http://www.dmpcc.org">www.dmpcc.org</a>
<input type="checkbox"/> Compass Clinical Associates 515-412-5112	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	2500 82nd Street Urbandale, IA 50322 <a href="http://www.compassclinicalassociates.com">www.compassclinicalassociates.com</a>
<input type="checkbox"/> Wadle & Associates 515-270-1344	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	2327 70th Street Urbandale, IA 50322 <a href="http://www.wadleadassociates.com">www.wadleadassociates.com</a>
<input type="checkbox"/> I Learn 515-279-3033	Provides individual and family counseling services. Title 19 insurance and most insurance plans accepted.	2130 Grand Ave Des Moines, IA 50312 <a href="http://www.innovativelearningpros.com">www.innovativelearningpros.com</a>

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