

DMACC Area Resource Guide

Counseling Referral Resource



Community Resource Guide
Developed by
DMACC Counselors for
Student Success

DMACC
DES MOINES AREA
COMMUNITY COLLEGE
Life's Calling

Des Moines Area Community College Counseling Staff developed the following resource guide. This resource was developed to provide our students with contact information for various agencies in the Des Moines area. Phone numbers are provided in order for you to access these agencies and determine if the resource provides the assistance you desire. Please feel free to contact any of the DMACC counselors should you need additional guidance. The last page of the resource guide is a Financial Planner Worksheet to use at your convenience. This document can assist you to view your income and liabilities and allow a better understanding of where you stand financially.

Thank you!

Ankeny Campus Counselors

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DMACC Area Resource Guide	Child Care	Clothing	Financial	Food Assist.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
AGAPE Pregnancy Center 2550 Martin Luther King Jr. Pkwy., Des Moines, IA #515-255-0243 www.agapepregnancycenter.com		✓						✓				✓
Alcoholics Anonymous 1620 Pleasant St., Des Moines, IA #515-282-8550 www.aa.org											✓	
Anawim Housing 2024 Forest Ave., Suite 101, Des Moines, IA #515-244-8308 www.anawimhousing.org Requirements: Eff. \$12,000/yr, 1BR \$16,000/yr, 2BR \$19,000/yr; Full-time students must have an income, Work Study accepted					✓							✓
Ankeny Food Pantry <i>Other: Women's resource</i> 406 SW School St, Suite 201, Ankeny, IA #515-965-0433 http://iowacommunityaction.org				✓						✓		✓
The Ankeny Clothing Exchange (TAKE) 406 SW School St, Suite 310, Ankeny, IA Hours: Mo-Fr 9:30-11:30am; 2 nd Sa of month 9:30-11:30am		✓										✓
Ankeny Substance Abuse Project 406 SW School St., Suite 219 Ankeny, IA #515-964-4357 www.ankenyasap.org								✓			✓	
Beacon of Life <i>(Women only)</i> 1717 Woodland Ave., Des Moines, IA #515-244-4713 www.beaconoflifedm.org			✓	✓	✓			✓		✓	✓	
Bernie Lorenz Recovery Inc. <i>(Women only)</i> 4018 Kingman Blvd., Des Moines, IA #515-255-3373 www.bernielorenzrecovery.org								✓	✓	✓	✓	
Bethel Mission <i>(Men only)</i> 1310 6 th Ave., Des Moines, IA #515-244-5445 www.hopeiowa.org		✓		✓				✓	✓	✓	✓	
Bidwell Riverside Center 1203 SE Hartford, Des Moines, IA #515-244-6251 www.bidwellriverside.org	✓	✓	✓	✓						✓		✓
Big Brothers/Big Sisters of DSM 9051 Swanson Blvd, Clive, IA # 515-288-9025 www.bbbsia.org	✓											✓
Birthright 5806 Hickman Rd, Des Moines, IA #515-633-2133 www.birthright.org Hotline: 1-800-550-4900	✓	✓		✓	✓	✓	✓	✓		✓		✓
Boys and Girls Club – DSM 1031 Office park Rd, Suite 1, West DSM, IA # 515-262-5695 www.bgcci.org Clubs: Education/Career Dev, Health/Life Skills, Sports/Fitness/Recreation. Other: After school club for children ages 5-18; no child turned away												✓
Broadlawns Medical Center 1801 Hickman Rd, Des Moines, IA Outpatient #515-282-2200 www.broadlawns.org Crisis (hotline): #515-282-5752		✓	✓			✓		✓	✓		✓	✓

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food Assist.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
Buchanan Transitional Living Center 1219 Buchanan , Des Moines, IA #515-265-1222 www.yss.ames.ia.us Family Development & Self Sufficiency (FaDSS)	√		√	√	√		√	√	√	√	√	√
Bureau of Refugee Services 2309 Euclid Ave, Des Moines, IA #515-725-2600 www.dhs.state.ia.us/refugee-services	√		√	√	√		√	√	√			√
Capitol Hill Lutheran 511 Des Moines St, Des Moines, IA #515-244-8913 www.chlcdesmoines.org		√										√
Catholic Charities Outreach Center 1815 Hubbell Ave., Des Moines, IA #515-262-7290 www.dmdiocese.org/st-mary-family-center.cfm		√	√		√							
Center for Behavioral Health 1200 University Ave, Suite 106, Des Moines, IA #515-244-9500 www.centerforbehavioralhealth.com									√		√	
Central Iowa Regional Housing Authority 1201 Gateway Dr, Grimes, IA #515-986-1882 www.cirhahome.org					√							√
Central Iowa Shelters and Services/ Churches United Shelter 1420 Mulberry St., Des Moines, IA #515-284-5719 www.centraliowashelter.org Clothing Closet, Alcoholics Anonymous, Community Kitchen, Job Training, Veterans per Diem Program		√		√	√		√	√	√	√	√	√
Child Abuse and Neglect Hotline # 1-800-422-4453 www.childhelp.org						√		√	√	√		√
Child Abuse & Neglect (CAN) Prevention Classes Unity Point hospital; parenting program www.unitypoint.org/blackchildrens/can-prevention.aspx												√
Child Abuse Prevention Council 2309 Euclid Ave., Des Moines, IA # 515-720-2682 Hours: Mo-Th 9am-3pm								√				√
Child and Adult Care Food Program (CACFP) 1914 Carpenter Ave., Des Moines, IA #515-286-2136 or 515-286-3703 www.cms.polkcountyiowa.gov // www.educateiowa.gov food distribution; school meals; milk program; summer food service program			√	√					√	√		√
Children & Families of Iowa #515-243-6147 www.cfiowa.org *24-48 hour response line						√						√
Children in the Middle Unity Point Health 1200 Pleasant Street, DSM, IA #515-241-6212 www.unitypoint.org – under classes & events							√					√
City of Des Moines Dept. of Housing/ Community Action Agency Other: Park Fair Mall lower level 100 E Euclid Ave., Suite 101, Des Moines, IA #515-323-8950, www.gosection8.com or # 515-283-4180, www.dmgov.org/departments/housingservices					√							√

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Iowa Department of Public Health Early Childhood Iowa; http://www.state.ia.us/earlychildhood/FamilyHealth/Planning ; http://idph.iowa.gov/family-health Healthy Child Care Iowa; https://idph.iowa.gov/hcci Healthy Families Iowa; https://www.idph.iowa.gov/hopes Home Visiting; idph.iowa.gov/family-health/family-support Immunizations; idph.iowa.gov/immtd/immunization WIC; https://www.idph.iowa.gov/WIC	√			√				√				√
Iowa Family Support Network; Early ACCESS 1111 – 9 th St, Suite 320; Des Moines #1-888-425-4371 or #515-558-9986 www.iafamilysupportnetwork.org or www.earlyaccessiowa.org												√
Iowa Homeless Youth Centers (IHYC) 1219 Buchanan St., Des Moines, IA #515-265-1222 www.thriveiniowa.org												
Iowa Legal Aid 1111 9 th St., Suite 230, Des Moines, IA #515-243-1193 www.iowalegalaid.org							√					
Iowa Lutheran Hospital (Powell) 700 E University Ave, Des Moines, IA #515-263-5612 www.unitypoint.org/desmoines/iowa-lutheran-hospital								√	√		√	√
Iowa New Choices DMACC Urban Campus: 515-248-7520 DMACC Carroll Campus: 712-792-8304 DMACC Boone Campus: 515-432-7203	√											√
Iowa Workforce Development Center 430 E Grand Ave., Des Moines, IA #515-281-9616												
Jeannette Rankin Foundation Women's scholarship fund for age 35+ www.rankinfoundation.org			√									
Lutheran Family Services #515-251-4900 www.lfsiowa.org								√				√
Lutheran Services Iowa 3116 University Ave, Des Moines, IA #515-271-7411 http://lsiowa.org								√				
MADD (Mothers Against Drunk Driving) 515-279-2205 www.madd.org								√		√		
Mercy Franklin Help Center 1818 48 th St., Des Moines, IA #515-271-6000 www.mercydesmoines.org								√		√		
Mercy North 800 E 1 st St., Suite 1700, Ankeny, IA #515-643-8755 Hotline: 515-271-6111 www.mercydesmoines.org					√					√		
Mitchell Early Learning Center 1801 16 th St., Des Moines, IA #515-323-8644 or 515-323-8603 www.dmschools.org												√
Narcotics Anonymous 3500 Kingman Blvd., Des Moines, IA #515-244-2277; 515-244-9748 or 800-897-6242 www.southcentralareaofna.org					√					√		

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food Assit.	Housing Asst.	Hot Line	Legal	Medical	Mental Health	Shelters	Substance Abuse/Addiction	Parent & Family Resources
National Alliance for Mental Illness (NAMI) 5911 Meredith Dr., Des Moines, IA #515-254-0417; 1-800-417-0417; Hotline: 1-800-950-6264 www.namiiowa.com or www.nami.org						√			√			
National Suicide Prevention Lifeline # 1-800-273-8255 www.suicidepreventionlifeline.org						√						
New Directions Shelter; The Home Connection 3001 Grand Ave., Des Moines, IA #515-244-9748 http://hawthorn-hill.org	√	√			√					√		√
Oakridge Neighborhood 1236 Oakridge Dr., Des Moines, IA # 515-244-7702 www.oakridgeneighborhood.org	√	√	√		√							
Parents Anonymous of Iowa 1211 Vine St., Suite 2140, West Des Moines, IA # 515-255-9490 www.parentsanonymousofiowa.org	√										√	√
Parents as Teachers Urbandale Comm. Schools 7110 Prairie Ave., Urbandale, IA #515-457-5855 www.urbandaleschools.com	√	√		√								√
Parenting Way (parenting classes) www.parentingway.org												√
Planned Parenthood of Greater Iowa 815 5 th Ave., Des Moines, IA #515-362-8000 www.ppheartland.org								√				√
Poison Information Center # 1-800-222-1222						√					√	√
Polk County http://cms.polkcountyiowa.gov 2309 Euclid Ave., Des Moines, IA Crisis and Advocacy Services #515-286-3600 Family Enrichment Center #515-286-3406 (only for people in the program) General Assistance #515-286-2088 Supplemental Food #515-286-3655		√	√	√	√		√	√	√	√	√	√
Polk County Network of Care, Directory www.polk.ia.networkofcare.org/mh/services	√		√		√		√		√		√	√
Prevent Child Abuse Iowa 505 5 th Ave., Des Moines, IA #515-244-2200 or 1-800-362-2178 www.pcaiowa.org						√						
Proteus 3850 Merle Hay Rd., Ste. 500, Des Moines, IA # 1-800-372-6031 http://proteusinc.net		√	√	√	√						√	
Red Cross 2116 Grand Ave., Des Moines, IA # 515-243-7681 www.redcross.org								√			√	
Red Rock Area Community Action Program 406 SW School St., Suite 305, Ankeny, IA # 515-965-0433 http://iowacommunityaction.org		√	√	√	√							
Ruth Harbor other: Christian housing/support for pregnant women 534 42 nd St., Des Moines, IA # 515-279-4661 or 1-866-900-4661 http://ruthharbor.org				√				√	√	√		√

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St. Joseph's Emergency Family Shelter 1535 11 th St., Des Moines, IA # 515-282-1235 www.dmdiocese.org/st-joseph-emergency-family-shelter.cfm		√		√						√		√
St. Vincent DePaul (Thrift Store) 1426 6 th Ave., Des Moines, IA # 515-282-8327 www.svdpsdm.org		√	√	√	√							√
Salvation Army Adult Rehabilitation Ctr. <i>Men Only</i> 133 E. 2 nd and Court St., Des Moines, IA # 515-243-4277 www.satruck.org		√	√	√						√	√	
Salvation Army Social Services <i>Women Only</i> 1326-30 6 th , Des Moines, IA 515-282-3227 www.satruck.org				√	√						√	
Sunshine Lady Foundation 4900 Randall Pkwy., Suite H, Wilmington, NC # 910-397-7742 www.sunshineladyfdn.org			√									
Primary Health Care 1200 University Ave., Suite 120, Des Moines, IA #515-248-1500 www.phciowa.org Des Moines - 2353 SE 14th St; #515-248-1400 East Side Medical – 3509 E 29 th St; #515-248-1600 At Mercy – 250 Laurel St; #515 643-4610 Ames – 3510 Lincoln Way; #515-232-0628 + Dental & Pharmacy Services + Homeless Support Services								√	√	√		√
Trinity United Methodist Church 1548 8 th St., Des Moines, IA # 515-288-4056 http://trinityumcdm.org				√								
Urban Dreams 1410 6 th Ave., Des Moines, IA # 515-288-4742 http://urbandreams.org									√			√
Visiting Nurse Services 1111 9 th St., Suite 320, Des Moines, IA # 515-288-1516 www.vnsdm.org								√			√	√
West Des Moines Human Services 318 5 th St., West Des Moines, IA #515-222-3660 www.wdm.iowa.gov		√	√	√	√						√	
Woman's Christian Temperance Union of IA 4425 University Ave., Des Moines, IA # 515-274-4199										√		√
YMCA <i>Men Only</i> 101 Locust, Des Moines, IA # 515-288-9622 www.dmyymca.org		√	√	√	√		√	√	√	√	√	
Young Women's Resource Center 818 5 th Ave., Des Moines, IA Other: Women only, young mothers # 515-244-4901 www.ywrc.org								√	√		√	
Youth Emergency Services and Safe Shelter 918 SE 11 th St., Des Moines, IA www.yessiowa.org #515-282-9377 or 1-877-553-9377 Iowa Homeless Youth Shelter (IHYS) 1216 Martin Luther King Jr. Pkwy., Des Moines, IA # 515-288-7884 or 211								√	√	√		√

Free and Subsidized Des Moines Area Medical Clinics

Resource:	Appointment Needed?	NO	YES
Calvary Lutheran (Deaf Site) 3909 E 42 nd , Des Moines, IA Phone # 515-262-3420			✓
Christ the King Free Clinic 5711 SW 9 th St., Des Moines, IA Phone # 515-285-2888		✓	
Corinthian Clinic 814 School St., Des Moines, IA Phone # 515-243-4073		✓	
Douglas Avenue Presbyterian 4601 Douglas, Des Moines, IA Phone # 515-276-4289			✓
East Side Senior Center 1231 E 26 th , Des Moines, IA Phone # 515-265-8461			✓
Evangelical Covenant Church 2625 Hubbell Ave, Des Moines, IA Phone # 515-266-1732		✓	
Evelyn Davis Early Learning Center 1409 Clark St, Des Moines, IA Phone # 515-243-4212			✓
Four-Mile Community Center 3711 Easton, Des Moines, IA Phone # 515-248-6211			✓
Good Samaritan Clinic 1709 10 th St., Des Moines, IA Phone # 515-241-3222		✓	
Grandview Health Center 1500 Morton Ave., Des Moines, IA Phone # 515-263-6035		✓	
Hispanic Education Resource 828 SE Scott Ave., Des Moines, IA Phone # 515-242-0225		✓	
House of Mercy Medical Clinic 1409 Clark St., Des Moines, IA Phone # 515-643-6500			✓
Logan Community Center 1740 and Garfield, Des Moines, IA Phone # 515-248-6212			✓
Mae Davis Free Medical Clinic Eddie Davis Community Center, 312 Maple St., West Des Moines, IA Phone # 515-277-1103		✓	
Maple Street Baptist Church Free 1522 Maple St., Des Moines, IA Phone # 515-262-1931		✓	
Margaret Cramer Free Medical Clinic 2725 Merle Hay Rd., Des Moines, IA Phone # 515-279-9766			✓
Northside Center Park Fair Mall, 100 E Euclid, Des Moines, IA Phone # 515-244-3070			✓
Norwoodville Community 3077 NE 46 th Ave., Des Moines, IA Phone # 515-266-5794			✓
Pioneer Columbus 2100 SE 5 th St., Des Moines, IA Phone # 515-248-6312			✓
Polk County Health Center 1907 Carpenter Ave., Des Moines, IA Phone # 515-286-3798			✓
Primary Health Care Phone # 515-288-4900		✓	
Southeast Scott Community Center 2501 Maury, Des Moines, IA Phone # 515-266-8494			✓
Southside Senior Center 100 Payton, Des Moines, IA Phone # 515-287-0092			✓

Parent and Family Resources

Child Care	Child Care Resource and Referral 808 5 th Ave., Des Moines, IA Hours: Mo-Fr 8am-5pm #515-246-3560 www.iowaccrr.org
	Drake University Head Start & Parent Child Center 3206 University Ave., Des Moines, IA #515-271-1854 www.drakeheadstart.org Other: Preschool
	Iowa Child Care Resource and Referral Central Iowa Region: 808 5 th Ave., Des Moines, IA # 515-246-3560 http://iowaccrr.org Other: Listing of all local parenting classes and resources
Food Assistance	Child and Adult Care Food Program (CACFP) 1914 Carpenter Ave., Des Moines, IA #515-286-2136 or 515-286-3703 www.cms.polkcountyiowa.gov // www.educateiowa.gov food distribution; school meals; milk program; summer food service program
	IMPACT Community Action Partnership Ankeny Center #2 2701 SE Convenience Blvd; Ankeny # 515- 965-0433 www.impactcap.org/polk-county Des Moines Center 500 Army Post Rd Suite 17; Des Moines # 515-274-9496 Drake Area Center 3226 University; Des Moines #515- 518-4770
Health & Mental Wellness and Crisis Services	Broadlawns Medical Center 1801 Hickman Rd, Des Moines, IA Outpatient #515-282-2200 www.broadlawns.org Crisis (hotline): #515-282-5752
	Employee and Family Resources Community Service: # 515-244-2297 www.efr.org 1446 Martin Luther King Jr. Pkwy., Des Moines, IA Substance Abuse: # 515-243-4200
	Eyerly-Ball Community Mental Health 945 19 th St., Des Moines, IA #515-243-0982 www.eyerlyball.org
	Children & Families of Iowa #515-243-6147 www.cfiowa.org Domestic Violence Services *24-48 hour response line
Housing Assistance	Anawim Housing 2024 Forest Ave., Suite 101, Des Moines, IA #515-244-8308 www.anawimhousing.org Requirements: Eff. \$12,000/yr, 1BR \$16,000/yr, 2BR \$19,000/yr; Full-time students must have an income, Work Study accepted
	Central Iowa Regional Housing Authority 1201 Gateway Dr, Grimes, IA #515-986-1882 www.cirhahome.org
Parenting Classes	Unity Point Health 1200 Pleasant Street, DSM, IA #515-241-6212 www.unitypoint.org (under classes & events) → Children in the Middle, Breastfeeding, Baby Safety, Comfort Techniques, New Dad's Class & more
Pregnancy and Care	AGAPE Pregnancy Center 2550 Martin Luther King Jr. Pkwy., Des Moines, IA #515-255-0243 www.agapepregnancycenter.com
	Birthright 5806 Hickman Rd, Des Moines, IA #515-633-2133 www.birthright.org Hotline: 1-800-550-4900

<p>CAMPUS RESOURCES</p>	<p>DMACC ANKENY CAMPUS www.dmacc.edu Food & Family Pantry, Building Six Room 10B Health Services, Building Twenty-four #515-964-6352 Student Assistance Programs, Counseling – Counseling Services, Bldg One #515-964-6200 Compass Clinical Associates, Urbandale #515-412-5112</p>
<p>COMMUNITY RESOURCES</p>	<p>IOWA DEPARTMENT OF PUBLIC HEALTH www.idph.iowa.gov</p> <ul style="list-style-type: none"> ➤ Iowa Family Support Programming Maternal, Infant and Early Childhood Home Visiting (MIECHV) Program Early Childhood Iowa (ECI); Parentivity (www.parentivity.org) ➤ I-Smile Dental Home Initiative Visiting Nurse Services (central), region coordinator Sue Winker; # 515-557-9023, suew@vnsia.org ➤ Maternal and Child & Adolescent Health Services – Visiting Nurse Services of Iowa, #515-558-9618 ➤ Title X Family Planning Partner Provider: Primary Health Care, Inc (East Side Medical, #515-248-1600) Healthy Families Line 1-800-369-2229; TEEN Line 1-800-443-8336 ➤ WIC – Iowa; www.edph.iowa.gov/wic # 515-281-6650, 1-800-532-1579
	<p>Polk County; Community, Family & Youth Services Community & Family Division 515-286-3434 https://www.polkcountyiowa.gov/CFYS/</p>
	<p>Polk County Network of Care, Directory www.polk.ia.networkofcare.org/mh/services</p>
	<p>United Way of Central Iowa #211 – for Assistance 24/7 Help with Food, Rent, Utilities, Legal services, Crisis intervention, Disability services, Family support, Employment, Physical and mental health care, Natural disaster preparation and recovery, and MORE</p>

Counseling/Therapy Referrals

Ames area

Barclay and Associates

1525 Airport Rd., Suite 101
Ames, IA 50010
515-292-3023

www.drbarclay.com

Hours: Mo-Fr 8:30am-5pm

Appointments and Emergency: Appointment required; Evening appointments available until 8:30pm Mo-Fri with a \$25 surcharge (insurance may or may not pay this fee)

Services: Nutrition and health coaching, medication management, eating disorders, drug and substance abuse, child and teen behavior problems, Depression (child, teen and adult), adult relationship (couples and marriage and family), anger management, psychiatric evaluation

Fees and Insurance*: Referred providers for Wellmark BCBS, United Healthcare, Cigna, Aetna, First Administrators, HAMP, and Midlands Choice.

Central Iowa Psychological Services

223 S Walnut
Ames, IA 50010
515-233-1122 or 1-888-277-9246

www.iowacounseling.com

Hours: Mo-Fr 8am-5pm, evening appointments may be arranged

Appointments and Emergency: Appointment required; Emergencies call Crisis Hotline at 515-232-5811

Services: Therapy (child/adolescent, couples, adult, older adult and family), psychological testing

Fees and Insurance*: Accepts most major insurance; insurance may cover part or all of therapy; \$100 no-show/cancellation fee if less than 24 hour notice

Other: ages 2+

Des Moines area

360° Therapy and Consulting, LLC

Myke Selha, LISW, MSW

3408 Woodland Ave., Suite 305M
West Des Moines, IA 50266
515-996-0360

www.360degreestherapy.com

Services: Adult ADHD, sexual and/or gender identity, anxiety, living with chronic pain or illness, life transitions, and relationship counseling, individuals, couples, families, and groups.

Fees and Insurance*: check with your insurance

Other: Therapy is based in psychodynamic theory as well as mindfulness therapy

Central Iowa Psychological Services

3737 Woodland Avenue, Suite 415
West Des Moines, IA 50266
515-222-1999 or 1-888-277-9246

www.iowacounseling.com

Hours: Mo-Fr 8am-5pm, evening appointments may be arranged

Appointments and Emergency: Appointment required; Emergencies call Crisis Hotline at 211 or 515-244-1010

Services: Therapy (child/adolescent, couples, adult, older adult and family), psychological testing

Fees and Insurance*: Accepts most major insurance; insurance may cover part or all of therapy; \$100 no-show/cancellation fee if less than 24 hour notice

Other: ages 2+

Center for Interpersonal Effectiveness

2525 N. Ankeny Blvd. Suite 113; Ankeny, IA 50023
Phone # 515- 289-9136
OR 106 2nd St. SE; Altoona, Iowa 50009
Phone # 515-967-1997

www.cie-ankeny.com

Hours: Mo-Fr 8am-5pm; appointment times vary by therapist

Appointments and Emergency: Appointment required

Services: Individual adult, adolescent and child, marital/couple, and family therapy, substance abuse assessment, psychiatric care referrals, professional consultation, mood disorders, Anxiety, stress management, anger management, life transitions, job stress, marital/relationship problems, separation/divorce issues, Bereavement, grief and loss, chronic pain, domestic violence, self-esteem problems, childhood/adolescent emotional and behavioral issues

Fees and Insurance*: Accepts most major insurance

Other: offices also in Newton and Grinnell

Child Psychiatry Associates

Sheila Pottebaum, PhD

939 Office Park Rd., Suite 200
West Des Moines, IA 50265-2538
515-288-5570

Hours: Mo-Th 7:30am-5:30pm; Fr 7:30am-3:30pm
Appointments and Emergency: Appointment required
Services: Child/adolescent, couples, adult, and family therapy
Fees and Insurance*: Accepts most major insurance

Eyerly Ball

1301 Center St.
Des Moines, IA 50309
515-243-5181

<http://eyerlyball.org>

Hours: Mo-Fr 8am-4:30pm; Tu 11:30am-8pm
Appointment and Emergency: Appointment required; Emergency services available
Services: Assessment, Psychiatric treatment, Therapy (individual, group, couple, and family), Medication evaluation and management, Community consultation and education, Co-occurring disorders services (substance abuse and mental health)
Fees and Insurance*: All major insurance accepted; co-pay and deductibles due at time of service
Other: ages 17 and above

Hearthstone Counseling

950 Office Park Rd., Suite 321
West Des Moines, IA 50265
515-279-2834

<http://hearthstoneplc.com>

Hours: Mo-Fr 7:45am-4:30pm
Appointment and Emergency: Each therapist is responsible for their own scheduling, see website for therapist contact information
Services: Anxiety, depression, stress management, meditation, counseling and therapy (children/adolescent, individual, couples, marital, life transitions, grief and loss, women's issues), relaxation and anxiety management techniques, marital, sexual, and intimacy issues, family conflict
Fees and Insurance*: accept most major insurance

Legacy Family Counseling

5415 NW 88th St., Suite 100
Johnston, IA 50131
515-727-1338

<http://familylegacycounseling.com>

Hours: Mo-Th 8am-5pm; Fr 8am-3pm
Appointment and Emergency: Appointment required
Services: Child Therapy, Couples Therapy, Individual Therapy
Fees and Insurance*: Payment due at time of service; fee range \$90-\$200; check with your insurance plan for individual therapist participation

Lifeworks Counseling

600 42nd Street
Des Moines, IA 50312
515-255-8399

www.lifeworksdm.com

Hours: Mo-Th 8:30am-8pm; Fr 9am-5pm
Appointment and Emergency: Appointment required; evening appointments available
Services: Marriage and family counseling, depression, bipolar, PTSD, panic attacks, ADHD, anger management, anxiety, behavioral health intervention services, child custody evaluations, children's mental health (waiver services), parenting classes
Fees and Insurance*: accepts Title XIX/Medicaid and most private insurances; pro bono therapy available

Mercy Behavioral Health Clinic

1111 6th Ave., West Entrance
Des Moines, Iowa 50314
515-271-6111

www.mercydesmoines.org/behavioralhealth

Hours: Mo-Th 8am-5pm; Fr 8am-3pm
Appointment and Emergency: appointment required; after hours call Mercy Help Center at 515-271-6111 or 866-595-4959
Services: Child/adolescent therapy including teen suicide and ADHD; adult therapy including depression, anxiety, stress, and Bipolar Disorder; First Step Recovery Program; Transcranial Magnetic Stimulation (TMS) Therapy, classes
Fees and Insurance*: accepts most major insurances

New Life Counseling

225 NW School St.

Ankeny, IA 50023
515-964-5003

OR

Colony Park
3737 Woodland Ave., Suite 515
West Des Moines, IA 50265
515-225-4006

www.newlife-counseling.com

Hours: Mo-Fr, appointments vary by therapist

Appointment and Emergency: appointment required

Services: counseling for adolescents, adults, couples and families, marital and premarital counseling, personal and professional life coaching, consulting for businesses, churches and organizations, mental health counseling, marriage and family therapy, and social work

Fees and Insurance*: accepts most major insurances

Other: Faith-based Christian counseling, coaching and consulting services

Wadle and Associates, PC

2500 82nd Pl.
Urbandale, IA 50322
515-270-1344

www.wadleadassociates.com

Hours: Mo-Th 8:30am-8pm; Fr 8:30am-4pm

Appointment and Emergency: appointment required; some clinicians make their own appointments for outside normal business hours.

Services: ADHD, Anxiety, Depression, desensitization, loss and grief, mood disorders, phobias, PTSD, psychiatric medication, substance abuse, workers compensation

Fees and Insurance*: accepts most major insurances

Newton area

Arlene Van Voorhis, MS, LMHC

421 W. 3rd St. S
Newton, IA 50208
641-791-7194

Services: marriage and family counseling

Fees and Insurance*: contact your insurance

Capstone Behavioral Health

306 N. 3rd Ave. E
Newton, IA 50208
641-792-4012

www.capstonebh.com

Hours: Mo, We-Th 8am-5pm; Tu 8am-7pm; Fr 8am-3pm

Appointment and Emergency: appointment required; emergency services available 24/7 by calling main phone number

Services: psychopharmacological consultation, assessment, and treatment; mental health and substance abuse treatment; psychiatric and medication management (full list available on website)

Fees and Insurance*: accepts most major insurance, does not accept United Healthcare

Other: ages 5 years and over; Jasper and Marion counties

Center for Interpersonal Effectiveness

501 W. 3rd St. N. Ste. A5
Newton, Iowa 50208
641-791-9425

OR

821 5th Ave. Ste. 203
Grinnell, Iowa 50112
641-236-0946

www.cie-ankeny.com

Hours: Mo-Fr 8am-5pm; appointment times vary by therapist

Appointments and Emergency: appointments required

Services: Individual adult, adolescent and child, marital/couple, and family therapy, substance abuse assessment, psychiatric care referrals, professional consultation, mood disorders, Anxiety, stress management, anger management, life transitions, job stress, marital/relationship problems, separation/divorce issues, Bereavement, grief and loss, chronic pain, domestic violence, self-esteem problems, childhood/adolescent emotional and behavioral issues

Fees and Insurance*: Accepts most major insurance

Other: offices also in Ankeny and Altoona

*Always check with your insurance carrier to verify therapist participation, referral/pre-authorization/deduction requirements, and/or available benefits.

Educational Testing

Eva Christiansen, PhD.
1922 Ingersoll Ave., Suite 112
Des Moines, IA 50309
515-471-5071

Family Respite/Caregiver Support

ChildServe

5406 Merle hay Road
Johnston, Iowa
515-727-8750
www.childserve.org

Respite Connection

2469 106th Street
Urbandale, Iowa
515-277-1050
www.respiteconnection.com

Financial Literacy Resources

Iowa Rental Help

Iowa Finance Authority

2015 Grand Ave.
Des Moines, Iowa 50312
515-725-4900 or 1-800-432-7230
<http://IowaRentalHelp.com>

Veterans Benefits

Department of Veteran Affairs

VA Central Iowa Health Care System
3600 30th Street, Suite 116B
Des Moines, IA 50310

PTSD Program Coordinator/Director of Psychology Training: John Wallace, Ph.D. (Licensed Clinical Psychologist); 515-699-5999, ext. 4905; John.wallace4@va.gov

Other: Does not require the PTSD diagnosis to receive treatment. Uses a history-based/targeted approach.

Veterans Case Manager: Melissa Steenhoven, LISW; 515-699-5586

National Call Center for Homeless Veterans

1-877-4AID VET (877-424-3838)

OEF/OIF/OND Program (Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn)

VA Central Iowa Health Care System
3600 30th Street
Des Moines, IA 50310
515-699-5888 Eligibility office
515-699-5415 New Patient Scheduling
www.centraliowa.va.gov

Services: Medical, dental and mental health care to veterans who recently served on active duty in OEF, OIF, OND or Global War on Terrorism theaters of combat

Other: Community based outpatient clinics also located in Mason City, Fort Dodge, Knoxville, Marshalltown, and Carroll

Prevention Response Resilience Outreach (PRRO)

IANG Resource Line 515-252-4776

Suicide Prevention

Veterans Crisis Line: 1-800-273-TALK (8255)

IA National Guard Suicide Prevention Program Manager: Major Amy Price (OIC); 515-252-4184; amy.j.price4@mil.mail.mil

Prevention, Resilience, Response and Outreach NCOIC: SFC David Letcher; 515-252-4368; david.a.lecher2.mil@mail.mil

Prevention, Resilience, Response and Outreach & SHARP NCO: SSG Jeremiah Chase; 515-252-4988;

jeremiah.l.chase2.mil@mail.mil

Sexual Assault Prevention 1-877-995-5247 (DOD Safe Health Line)

IANG Sexual Assault Response Coordinator: 1LT Joel Sage; 515-252-4405 (office); 515-473-4355 (cell); joel.d.sage.mil@mail.mil (to report a sexual assault or for information on the program)

Iowa National Guard Victim Advocate: SGT Maggie Passer; 515-252-4580; maggie.m.passer.mil@mail.mil (to speak with a victim advocate)

Substance Abuse Prevention

Poison Control: 1-800-272-6477

Joint Substance Abuse Prevention Coordinator: SSG Shaun Meyers; 515-252-4029 (office); 641-230-0977 (cell); shaun.a.meyers4.mil@mail.mil (for help with locating rehab centers, self-help or FAQ for the program)

Joint Substance Abuse Prevention Coordinator: SSG Eric Pugh; 515-252-4503 (office); 515-783-7850 (cell); eric.e.pugh.mil@mail.mil

Certified Alcohol and Drug Counselor: Eric Marquart; 515-252-4769; eric.a.marquardt3.ctr@mail.mil

BS and Certified Alcohol and Drug Counselor: Sara Blaser; 515-252-4741; sarah.l.blaser.ctr@mail.mil

Vet Center

1821 22nd St., Suite 115
West Des Moines, IA 50026
515-284-4929

www.va.gov/rccs

Services: Individual readjustment, group readjustment, marital and family and bereavement counseling, referral for benefits assistance, liaison with community agencies, substance abuse information and referral, community education, job counseling and referral.

Other: Services are free to eligible veterans and their families. Centers also located in Cedar Rapids, Quad Cities area, and Sioux City.

Veterans Crisis Line

1-800-273-TALK (8255); Press 1

Veterans Justice Outreach Program

VA Central Iowa Health Care System
3600 30th Street
Des Moines, IA 50310
515-577-8892

Veterans Justice Outreach Specialist: Jennifer Miner, LISW, ACSW, CADC;

Services: "designed to collaborate with local justice system partners to identify Veterans that enter the criminal justice system and are in need of treatment services, rather than incarceration."

Hours: Mo-Fr 8am-4:30pm

Veterans Online Mental Health Resources

www.giveanhour.org (excellent website for veterans mental wellness care)

Depression/Anxiety

Candles in the Dark

St. Boniface Catholic Church
1200 Warrior Ln.
Waukee, IA 50263
515-710-1487 (Julie) or 515-315-6184 (Dana)

Recovery, Inc.

Central IA Center for Independent Living
655 Walnut St., Suite 131
Des Moines, IA 50309
515-243-1742

New Light Support Group

Westkirk Presbyterian Church
2700 Colby Woods Dr.
Urbandale, IA 50322
515-253-0330

Eating Disorders

Dr. Dianne Sylvia Alber Ed.D.

1215 Pleasant St, 506
Des Moines, IA - 50309
515-241-4280

Lynne Vestal, MA, LMHC

12495 University Avenue, Suite 100
Clive, IA 50325
515-267-8899
<http://www.lynnevestalcounseling.com/>

Grief

Alzheimer's Association Mid-Iowa Chapter

Iowa Lutheran Hospital
700 University Ave.
Des Moines, IA 50316
1-800-738-8071

Green Valley Hospice Grief Support Group

Creston and Mt. Ayr, IA
515-782-3528

Grief Support/Loss of Child

Kale Funeral Home
301 S Main St.
Osceola, IA 50213
641-447-2131 (Rita)

Grief Support Group

Pastoral Care Center, Mercy Hospital Med. Ctr.
1111 6th Ave.
Des Moines, IA 50314
515-247-3238 (Loretta Miller)

Grief Share

Ankeny First United Methodist Church
206 SW Walnut St.
Ankeny, IA 50023
515-964-4249 (Rev. Martha Ward)

Growing through Grief Workshop

401 Railroad Pl.
West Des Moines, IA 50265
515-274-3400 (David Manders)

Hamilton's Funeral Home

605 Lyon Street
Des Moines, IA 50309
515-243-5221
Fax 515-243-0422
www.hamiltonsfuneralhome.com/events/

Life after Death of a Spouse

515-964-1819 (Duane Anderson)

MADD (Mothers Against Drunk Driving)

Des Moines, IA
515-279-2205
www.madd.org

Mercy Grief Support Group (Cancer related Death)

515-643-8206 (Lynne Kinseth)

Parents without Partners

P.O. Box 4156
Des Moines, IA 50333
515-267-8637 (Karen Witham)

Touching Our Grief

Hospice
515-274-3400 (Dee Malena)

Widowed Persons Service

6786 Sunset Terrace
Des Moines, IA 50311
515-274-0708 (Jan Minarisch)

Sexual Abuse Survivors Resources

Ames Area

Assault Care Center Extending Shelter and Support (ACCESS)

P.O. Box 1429
Ames, IA 50014
515-292-0500
Boone Office: 515-432-3606
Crisis Line: 515-292-5378 or 800-203-3488 (toll free, in-state only)
Fax: 515-292-0505
www.assaultcarecenter.org/
Serves: Story, Boone, and Greene Counties

Outreach:

Deaf Iowans Against Abuse (DIAA)

P.O. Box 1429
Ames, IA 50014
1-877-244-0875 (TTY only)
Relay: 711 (for hearing callers calling the office)
www.dwiaa.org

Carroll Area

Domestic Abuse Prevention Center

P.O. Box 451
Carroll, IA 51401
712-792-6722
Crisis Line: 800-383-9744
Fax: 712-792-1818
Serves: Carroll, Crawford counties

Des Moines Area

Rape and Sexual Assault Outreach Center Polk Co. Crisis and Advocacy Services

525 SW 5th, Suite H
Des Moines, IA 50309
515-286-3600
Crisis line: 515-286-3535
Serves: Polk Co. and any victims that go to the agency

Iowa Sexual Abuse Hotline Rape Victim Advocacy Program

320 South Linn Street
Iowa City, IA 52240
319-335-6015
Hotline: 1-800-284-7821
Serves: All 99 counties in Iowa

Substance Abuse

Alcoholics Anonymous

800-258-7780

www.aa.org

Ankeny Substance Abuse Project

406 SW School St., Suite 219

Ankeny, IA

515-964-4357

Beacon of Life

1717 Woodland Ave.

Des Moines, IA

515-244-4713

www.volunteer.united-c-wav.org

Serves: women only

Bernie Lorenz Recovery, Inc.

4018 Kingman Blvd.

Des Moines, IA

515-255-3373

www.bernielorenzrecovery.org

Broadlawns Medical Center

1801 Hickman Rd.

Des Moines, IA

Crisis Line: 515-282-5752

Outpatient Line: 515-282-6610

www.broadlawns.org

Families of Alcoholism; Al-Anon

www.al-anon.org

➔ For Teens: Alateen

Harbor of Hope

1617 Oakland

Des Moines, IA

515-244-0370

www.harborofhope.net

Human Services Hotline

211

Iowa Commission on Status of Women

Lucas State Office Building

321 E. 12th St.

Des Moines, IA

515-281-4461

www.iowa.gov

Iowa Lutheran Hospital (Powell)

700 E. University Ave.

Des Moines, IA

515-263-5612

www.iowahealth.org

MADD (Mothers Against Drunk Driving)

8345 University Blvd., Suite F1

Clive, IA

515-223-8144

www.madd.org

Iowa Protection and Advocacy Services, Inc.

950 Office Park Road, Ste. 221

West Des Moines, IA

515-278-2502

www.ipna.org

Mercy Franklin Help Center

1818 48th St.

Des Moines, IA

515-271-6111

Mercy North

1750 48th St., Suite 2

Des Moines, IA

515-271-6300

Hotline: (515)-271-6111

Narcotics Anonymous

1011 Locust, Room 308

Des Moines, IA

515-244-2277

www.southcentralareaofna.org

Parents Anonymous of Iowa

1211 Vine St.

West Des Moines, IA

515-255-9490

www.parentsanonymousofiowa.org

Poison Information Center

1-800-222-1222

Polk County Crisis and Advocacy Services

2309 Euclid Ave.

Des Moines, IA

515-286-3600

Polk County Family Enrichment Center

2309 Euclid Ave.
Des Moines, IA
515-286-3406

Proteus

3115 Douglas
Des Moines, IA
515-271-5306, ext. 126

Red Cross

11216 Grand Ave.
Des Moines, IA
515-243-4054
www.redcross.org

Salvation Army Adult Rehabilitation Center

133 E. 2nd St.
Des Moines, IA
515-243-4277
www.choosehelp.com
Serves: men only

SMART Recovery and Moderation Management

<http://blog.smartrecovery.org/2012/07/17/5-alternatives-to-12-step-meetings/>

The Outreach Project -Primary Healthcare

979 Oakridge Dr.
Des Moines, IA
515-248-1500
www.phcinc.net

Visiting Nurse Services

1111 9th St.
Des Moines, IA
515-288-1516
www.vnsdm.org

Financial Planning Worksheet

Income/month Work-- _____ Wk. Comp.-- _____ Unemployment-- _____ Alimony-- _____ Child Support-- _____ SSI/SSDI-- _____ Food Stamps-- _____ Other-- _____	Financial Aid/semester Pell Grant-- _____ SEOG-- _____ IVT-- _____ DMACC-- _____ Other Grants-- _____ Loans-- _____
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Monthly Expenses Rent-- _____ Gas and Elect.-- _____ Phone (cell?)-- _____ Water-- _____ Food-- _____ Laundry-- _____ Credit Cards-- _____ Insurance-- _____ Car Payment-- _____ Gas for car-- _____ Car Upkeep-- _____ Child Support-- _____ Personal-- _____ Overdue bills-- _____ Child Care-- _____ Cable TV-- _____ Medications-- _____ Other-- _____	College Related Expenses/Semester Tuition-- _____ Books-- _____ Tools-- _____ Supplies-- _____ Other-- _____ <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Total Fin. Aid-- _____ Total Coll. Exp.-- _____ Remainder-- _____ * <u>Divide Remainder by 4</u> Monthly Resources = _____ (Add to "Total Resources") *Note - If Fin. Aid is for summer, Divide the Remainder by 2. </div>
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Total Income -- _____ + F.A. Resources-- _____ Minus Expenses-- _____ Remainder-- _____	Name _____ SS# _____ Date _____
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