

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

Sheila Aukes
515-964-6294
sraukes@dmacc.edu
Building 1

Mindy Graham-Hinners
515-964-6268
mkgrahamhinners@dmacc.edu
Building 1

Mary M. McClure
515-964-6436
mmmccclure@dmacc.edu
Building 24-209A

Landi A. Smith
515-964-6442
lasmith19@dmacc.edu
Building 1

Thomas Tweedy
515-964-6846
tntweedy@dmacc.edu
Building 1

Michelle Vaccaro
515-965-7153
mmvaccaro@dmacc.edu
Building 1

Boone Campus Counselor

Rita Davenport
515-433-5030
rldavenport@dmacc.edu

Carroll Campus Counselor

Jen Wollesen
712-792-8501
jswollesen@dmacc.edu

Urban Campus Counselors

Dale Chell
515-697-7727
dchell@dmacc.edu

Pamela Parker
515-697-7791
pjparker@dmacc.edu

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
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 Requirements: Eff. \$12,000/yr, 1BR \$16,000/yr, 2BR \$19,000/yr; Full-time students don't meet requirement unless you have an income—Work Study accepted www.anawimhousing.org					√						
Ankeny Food Pantry 406 SW School St., Suite 201, Ankeny, IA 515-965-0433 Other: Women's resource http://iowacommunityaction.org				√						√	
The Ankeny Klothing 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 1717 Woodland Ave., Des Moines, IA 515-244-4713 Other: Women only www.beaconoflifedm.org			√	√	√			√		√	√
Bernie Lorenz Recovery Inc. 4018 Kingman Blvd., Des Moines, IA 515-255-3373 Other: Women only www.bernielorenzrecovery.org								√	√	√	√
Bethel Mission 1310 6 th Ave., Des Moines, IA 515-244-5445 Other: Men only www.hopeiowa.org		√		√				√	√	√	√

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
Bidwell Riverside Center 1203 S.E. Hartford, Des Moines, IA 515-244-6251 Hours: Mo-Tu, Fr 10am-3pm; We 10am-1pm; Th 1am-6pm 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 Hotline: 1-800-550-4900 www.birthright.org	√	√		√	√	√	√	√		√	
Boys and Girls Club - DSM 1031 Office Park Rd., Suite 1, West Des Moines, IA 515-262-5695 Hours: Mo-Fr 3-6pm (except Summer 7:30am-6pm) Clubs: Education/Career Dev, Character/Leadership Dev., Health/Life Skills, The Arts, and Sports/Fitness/Recreation. Member fee: \$10 per child Other: After school club for children ages 5-18; no child is turned away www.bgccci.org											
Broadlawns Medical Center 1801 Hickman Rd., Des Moines, IA Outpatient: 515-282-2200 Crisis: 515-282-5752 www.broadlawns.org		√	√			√		√	√		√
Buchanan Transitional Living Center 1219 Buchanan, Des Moines, IA 515-265-1222 www.yssames.ia.us	√		√	√	√		√	√	√	√	√
Bureau of Refugee Services 2309 Euclid Ave., Des Moines, IA 515-725-2600 www.dhs.state.ia.us/refugee	√		√	√	√		√	√	√		
Capital Hill Lutheran 511 Des Moines St., Des Moines, IA 515-244-8913 Hours: Sa 9:30-11:30am; We 3-5pm www.capitolhilllutheran.org		√									

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
Center for Behavioral Health 1200 University Ave., Suite 106, Des Moines, IA 515-244-9500 Hours: Mo-Fr 5am-12:30pm; Sa 7-8am www.centerforbehavioralhealth.com									✓		✓
Central IA Regional Housing Authority 1201 Gateway Dr., Grimes, IA 515-986-1882 www.cirhahome.org					✓						
Central Iowa Shelters and Services 1420 Mulberry St., Des Moines, IA 515-284-5719 Clothing Closet Hours: Tu, Th, Fr 10am-1pm www.centraliowashelter.org		✓		✓	✓		✓	✓	✓	✓	✓
Child Abuse and Neglect Hotline 1-800-422-4453 www.childhelp.org						✓		✓	✓	✓	
Child Abuse Prevention Council 2309 Euclid Ave., Des Moines, IA 515-720-2682 Hours: Mo-Th 9am-3pm								✓			
Child and Adult Care Food Program 1914 Carpenter Ave., Des Moines, IA 515-286-2136 or 515-286-3703 www.cms.polkcountyiowa.gov			✓	✓					✓	✓	
Child Care Resource and Referral 808 5 th Ave., Des Moines, IA 515-246-3560 Hours: Mo-Fr 8am-5pm www.iowaccrr.org	✓										
Children in the Middle 1111 6 th Ave., Des Moines, IA Mercy Nurse: 515-243-2584 Other: Divorce; only classes www.mercydesmoines.org							✓				
Churches United Shelter 1420 Mulberry St., Des Moines, IA 515-284-5719 www.centraliowashelther.org		✓		✓	✓	✓	✓	✓	✓	✓	✓
City of Des Moines Dept. of Housing 100 E Euclid Ave., Suite 101, Des Moines, IA 515-323-8950 Other: Park Fair Mall lower level www.gosection8.com					✓						

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
Easter Seal Society of Iowa 401 NE 66 th Ave., Des Moines, IA 515-289-1933 www.eastersealsia.org	√				√						
Employee and Family Resources Community Service: 1446 Martin Luther King Jr. Pkwy., Des Moines, IA 515-244-2297 Substance Abuse: 505 5 th Ave., Suite 600, Des Moines, IA 515-243-4200 www.efr.org	√		√	√	√		√	√	√	√	√
Evelyn Davis Early Learning Academy 1409 Clark St., Suite 7, Des Moines, IA 515-243-4212 Serves: Ages 3-5	√										
Eyerly-Ball Community Mental Health 945 19 th St., Des Moines, IA 515-243-0982 www.eyerlyball.org									√		
Family Violence Center 1111 University Ave., DSM, IA 515-288-1981 Hotline: 1-800-942-0333 www.cfiowa.org	√					√			√	√	√
Friendship Baptist Center 1526 Martin Luther King Jr. Pkwy., Des Moines, IA 515-244-1701 Clothing Hours: Tu and We 9:30am-12pm; with ID only Food Pantry: Last Th of the month only www.friendshipbaptistcenter.org		√		√							
Good Samaritan Urban Ministries 1353 9 th St., Des Moines, IA 515-283-0818 www.goodsamaritan-dsm.org			√	√	√			√	√		√
Hansen House of Hospitality 1521 6 th Ave., Des Moines, IA 515-282-0549 Other: Men only										√	
Harbor of Hope 1617 Oakland, Des Moines, IA 515-244-0370 Other: Men only www.harborofhopeiowa.com										√	

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
HER 828 SE Scott Ave., Des Moines, IA 515-282-6542 www.herdsm.org	√				√						
Highland Park Christian Church 4260 NW 6 th Dr., Des Moines, IA 515-244-3182 Hours: Mo and Fr 9:30-11:30am		√									
HOME Inc. Community Housing Program 1111 9 th St., Suite 210, Des Moines, IA 515-243-1277 www.homeincdsm.org					√						
Hope Bargain and Community Outreach Ctr. 4950 NE 12 th Ave. Pleasant Hill, IA 515-262-0876 Hours: 9am-7pm www.hopeiowa.org		√									
House of Mercy 1409 Clark St., Suite 1, Des Moines, IA 515-643-6525							√	√	√	√	
Human Services Hotline Phone: 211 www.211iowa.org						√			√		√
Iowa Child Care Resource and Referral Central Iowa Region: 808 5 th Ave., Des Moines, IA 515-246-3560 Other: Listing of all local parenting classes and resources http://iowaccrr.org	√										
Iowa Commission of status of Women Lucas State Office Building, Des Moines, IA 515-281-4461 Other: Women only www.women.iowa.gov											√
Iowa Comprehensive Human Services 1111 9 th St., Suite 260, Des Moines, IA 515-245-7800	√	√	√		√		√			√	
Iowa Homeless Youth Center 1219 Buchanan St., Des Moines, IA 515-265-1222 www.yss.ames.ia.us				√				√		√	

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
Iowa Homeless Youth Shelter 1216 Martin Luther King Jr. Pkwy., Des Moines, IA 515-288-7884 or 211 www.yss.ames.ia.us		√		√						√	√
Iowa Lutheran Hospital (Powell) 700 University Ave, Des Moines, IA 515-263-2424 www.iowahealth.org								√	√		√
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 Other: Women's scholarship fund for age 35+ www.rankinfoundation.org			√								
Iowa Legal Aid 1111 9 th St., Suite 230, Des Moines, IA 515-243-1193 www.iowalegalaid.org							√				
Learning Center 1801 16 th St., Des Moines, IA 515-323-8644 or 515-323-8603 www.dmps.k12.ia.us											
Lutheran Services in Iowa (Polk Co.) 3125 Cottage Grove, Des Moines, IA 515-274-4946 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						√					√

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
Narcotics Anonymous 3500 Kingman Blvd., Des Moines, IA 515-244-2277 or 800-897-6242 www.southcentralareaofna.org						√					√
National Alliance for Mental Illness 5911 Meredith Dr., Des Moines, IA 515-254-0417 or 1-800-417-0417 Hotline: 1-800-950-6264 www.namiiaowa.com or www.nami.org						√			√		
National Suicide Prevention Lifeline 1-800-273-8255 www.suicidepreventionlifeline.org						√					
New Directions Shelter 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 Community Schools 7110 Prairie Ave., Urbandale, IA 515-457-5855 www.urbandaleschools.com	√	√		√							
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 Crisis and Advocacy Services 2309 Euclid Ave., Des Moines, IA 515-286-3600 http://cms.polkcountyiowa.gov									√		√
Polk County Family Enrichment Center 2309 Euclid Ave., Des Moines, IA 515-286-3406 (only for people in the program) www.polkcountyiowa.gov		√	√	√	√		√			√	√

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
Polk County General Assistance 2309 Euclid Ave., Des Moines, IA 515-286-2088 http://cms.polkcountyiowa.gov		√		√	√			√		√	
Polk County Supplemental Food 2309 Euclid Ave., Des Moines, IA 515-286-3655 http://cms.polkcountyiowa.gov				√							
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 271-5306 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 534 42 nd St., Des Moines, IA 515-279-4661 or 1-866-900-4661 Other: Christian housing/support for pregnant women http://ruthharbor.org				√				√	√	√	
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. Mary Family Center 1815 Hubbell Ave., Des Moines, IA 515-262-7290 www.dmdiocese.org/st-mary-family-center.cfm		√	√		√						
St. Vincent DePaul 1426 6 th Ave., Des Moines, IA 515-282-8328 www.svdpsm.org		√	√	√	√						

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
Salvation Army Adult Rehabilitation Ctr. 133 E. 2 nd and Court St., Des Moines, IA 515-243-4277 Other: Men only www.satruck.org		√	√	√						√	√
Salvation Army Social Services 1326-30 6 th , Des Moines, IA 515-282-3227 Other: Women only www.satruck.org				√	√						√
Student Assistance Program (EFR) 505 5 th Ave., Suite 600, Des Moines, IA 515-244-6090 www.efr.org								√	√		
Student Support Services - DMACC Urban 1100 7 th St., Des Moines, IA 515-248-7516 www.dmacc.edu			√								
Sunshine Lady Foundation 4900 Randall Pkwy., Suite H, Wilmington, NC 910-397-7742 www.sunshineladyfdn.org			√								
The Home Connection 3100 Grand Ave., Des Moines, IA 515-244-9748 http://hawthorn-hill.org					√						
The Outreach Project / Primary Healthcare 1200 University Ave., Suite 120, Des Moines, IA 515-248-1505 www.phcinc.net								√		√	√
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								√			√

DMACC Area Resource Guide	Child Care	Clothing	Financial	Food	Housing Asst.	Hot Line	Legal	Medical	Mental	Shelters	Substance Abuse Assistance
West Des Moines Human Services 318 5 th St., West Des Moines, IA 515-222-3660 www.wdm.iowa.gov		√	√	√	√						√
Women's Christian Temperance Union of IA 4425 University Ave., Des Moines, IA 515-274-4199										√	
YMCA 101 Locust, Des Moines, IA 515-288-9622 Other: Men only www.dymymca.org		√	√	√	√		√	√	√	√	√
Young Women's Resource Center 818 5 th Ave., Des Moines, IA 515-244-4901 Other: Women only www.ywrc.org								√	√		√
Youth Emergency Services and Safe Shelter 918 SE 11 th St., Des Moines, IA 515-282-9377 www.yessiowa.org								√	√	√	
Youth Law Center 300 Walnut St., Suite 295, Des Moines, IA 515-244-1172 Hotline: 1-800-728-1172 www.youthlawcenter.org						√	√				
Youth Outreach Center 701 Grand, Des Moines, IA 515-265-1222 Hotline: 515-249-1443 www.iowahomelessyouth.org				√		√				√	

Free and Subsidized Des Moines Area Medical Clinics

Resource	No Appt. Necessary	Appt. Necessary
Calvary Lutheran (Deaf Site) 3909 E 42 nd , Des Moines, IA 515-262-3420		√
Christ the King Free Clinic 5711 SW 9 th St., Des Moines, IA 515-285-2888	√	
Corinthian Clinic 814 School St., Des Moines, IA 515-243-4073	√	
Douglas Avenue Presbyterian 4601 Douglas, Des Moines, IA 515-276-4289		√
East Side Senior Center 1231 E 26 th , Des Moines, IA 515-265-8461		√
Evangelical Covenant Church 2625 Hubbell Ave, Des Moines, IA 515-266-1732	√	
Evelyn Davis Early Learning Center 1409 Clark St, Des Moines, IA 515-243-4212		√
Four-Mile Community Center 3711 Easton, Des Moines, IA 515-248-6211		√
Good Samaritan Clinic 1709 10 th St., Des Moines, IA 515-241-3222	√	
Grandview Health Center 1500 Morton Ave., Des Moines, IA 515-263-6035	√	
Hispanic Education Resource 828 SE Scott Ave., Des Moines, IA 515-242-0225	√	
House of Mercy Medical Clinic 1409 Clark St., Des Moines, IA 515-643-6500		√
Logan Community Center 1740 and Garfield, Des Moines, IA 515-248-6212		√

Resource	No Appt. Necessary	Appt. Necessary
Mae Davis Free Medical Clinic Eddie Davis Community Center, 312 Maple St., West Des Moines, IA 515-277-1103 Hours: Tu 7-9pm	√	
Maple Street Baptist Church Free 1522 Maple St., Des Moines, IA 515-262-1931	√	
Margaret Cramer Free Medical Clinic 2725 Merle Hay Rd., Des Moines, IA 515-279-9766		√
Northside Center Park Fair Mall, 100 E Euclid, Des Moines, IA 515-244-3070		√
Norwoodville Community 3077 NE 46 th Ave., Des Moines, IA 515-266-5794		√
Pioneer Columbus 2100 SE 5 th St., Des Moines, IA 515-248-6312		√
Polk County Health Center 1907 Carpenter Ave., Des Moines, IA 515-286-3798		√
Primary Health Care 515-288-4900	√	
Southeast Scott Community Center 2501 Maury, Des Moines, IA 515-266-8494		√
Southside Senior Center 100 Payton, Des Moines, IA 515-287-0092		√

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/cancelation 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/cancelation fee if less than 24 hour notice

Other: ages 2+

Center for Interpersonal Effectiveness

2525 N. Ankeny Blvd. Suite 113

Ankeny, IA 50023

515- 289-9136

OR

106 2nd St. SE

Altoona, Iowa 50009

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

1750 - 48th St., Suite 2

Des Moines, IA 50310

515-271-6300

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

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@mail.mil

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

Prevention, Resilience, Response and Outreach & SHARP NCO: SSG Jeremiah Chase; 515-252-4988;
jeremiah.l.chase2@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@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@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.myers4@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@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.lynnvestalcounseling.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-e-way.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

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-- _____
--	--

Monthly Expenses Rent-- _____ Gas and Elect.-- _____ <hr style="width: 100%;"/> 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>
--	--

Total Income -- _____ + F.A. Resources-- _____ Minus Expenses-- _____ Remainder-- _____	Name _____ SS# _____ Date _____
--	---------------------------------------