

# COUNSELING & THERAPY RESOURCES

## 2018

Name & Location	Phone Number	Days/Hours	Services Provided
<b>DOMESTIC &amp; FAMILY VIOLENCE COUNSELING</b>			
<b>Horizons – A Family Service Alliance: Child Witness to Violence</b> 819 5 <sup>th</sup> Street SE Cedar Rapids, IA 52401	398-3943	Monday, Tuesday, Wednesday & Friday 8:00 AM - 5:00 PM Thursday, 8:00 AM - 6:00 PM	Counseling for children and families. Consumer credit counseling, early ACCESS, family outreach and support. Meals on Wheels. Survivors program.
<b>Iowa Domestic Abuse Program (IDAP)</b> 951 29 <sup>th</sup> Avenue SW Cedar Rapids, IA 52404	730-1136	Monday - Friday 8:00 AM - 4:30 PM	IDAP consists of 24 sessions. Each session is two hours in length. Class times vary throughout the week. The cost of the program is \$500. The majority of clients are court-ordered. Must be 18 or older to enroll.
<b>St. Luke's Child Protection Center</b> 1095 North Center Point Rd. Hiawatha, IA 52233	369-7908	Monday - Friday 8:00 AM - 4:30 PM	Conduct interviews and exams of alleged child-abuse (sexual and physical) victims referred from DHS and law enforcement & make referrals for counseling.
<b>Waypoint Domestic Violence Program</b> 318 5 <sup>th</sup> Street SE* Cedar Rapids, IA 52401 <i>*Office location</i>	<u>Business:</u> 365-1458 <u>24-hour Crisis &amp; Support</u> 363-2093 or 1-800-208-0388	Monday - Friday 8:00 AM - 5:00 PM 24-hour Crisis & Support Line, emergency medical advocacy or legal system advocacy	Waypoint provides support services to help victims and their families deal with the trauma of domestic violence, including individual and group counseling, support for youth and families, teen support, and advocacy within the medical, legal and social service systems. Waypoint is committed to providing comprehensive support services to anyone regardless of race, ethnicity, class or sexual identity. All domestic violence services are free and confidential. The Cedar Rapids office serves residents from Linn, Jones and Benton Counties. The Waterloo office serves residents of Black Hawk County. The Dubuque office serves residents of Dubuque, Buchanan and Delaware Counties.
<b>FINANCIAL COUNSELING</b>			
<b>Horizons, A Family Service Alliance: Credit &amp; Financial Counseling</b> 819 5 <sup>th</sup> Street SE Cedar Rapids, IA 52401	398-3576	Monday - Friday , 8:00 AM - 5:00 PM Call first for an appointment.	<u>FINANCIAL COUNSELING AND COACHING:</u> Assistance with resolving and preventing financial, credit and housing problems, goal setting and planning/building. <u>CONSUMER EDUCATION:</u> Classes and workshops on financially related topics. <u>REPRESENTATIVE PAYEE:</u> For consumers who are required to have a payee in order to receive Social Security benefits. <u>CREDIT RESTORATION:</u> Review of credit report and assistance with rebuilding and improving credit score. <u>HOME OWNERSHIP:</u> Pre-purchase, post-purchase and foreclosure prevention.
<p>For more information regarding community resources, contact United Way 2-1-1 by phone at 2-1-1, 319-739-4211, or 1-866-469-2211.</p> <p>You may also choose to search the new United Way 2-1-1 website for resources at <a href="http://www.firstcallforhelpiowa.org">www.firstcallforhelpiowa.org</a>.</p> <p>To obtain a copy of the Resource Charts, go to <a href="http://www.linncounty.org/communityservices">www.linncounty.org/communityservices</a> or contact Linn County Community Services at 892-5600.</p> <p>For questions about the Resource Charts, contact Linn County Community Services at 892-5600.</p>			

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<b>Consumer Credit Counseling Service of Northeastern Iowa</b> 1003 W. 4 <sup>th</sup> Street Waterloo, IA 50702	234-0661	Monday - Thursday , 9:00 AM - 5:00 PM Friday, 9:00 AM - 12:00 PM	<b>COUNSELING:</b> Counsels clients on how to manage their debt. CCCSIA sets up a system for bill paying that helps the client structure their finances. <b>FINANCIAL LITERACY:</b> Offers courses and workshops <b>MONEY MAP:</b> Money Map is a program that consists of various courses: credit when credit is due, renting today, check wise, make your move, money in motion, money and faith in motion, start right and build your own business.
<b>Financial Counseling Center</b> 4403 1ST Avenue SE, Ste. 411 Cedar Rapids, IA 52402	373-8297	Tuesday , 9:30 AM - 4:00 PM Wednesday - Friday 9:30 AM - 5:30 PM	Financial Counseling Center is a full service provider for those individuals that are in need of budget or money management improvement. We have services we teach you how to take care of those nagging credit card payments and also teach you how to manage your entire household budget. We give the instruction but it is up to you! You then contract with us. This contract is not binding, if you stay on the program more than six months. Regulated by the Iowa State Banking Commission. Consultation is free for the elderly or disabled. Tax assistance available.
<b>Foreclosure Prevention Counseling – FHAS</b> 2401 Lake Street Omaha, NE 68111	888-573-0495	Monday - Friday, 8:00 AM - 5:00 PM	FORECLOSURE education provides an understanding of the options to foreclosure, prioritizing bills and valuing a home as an investment. <a href="http://www.fhasinc.org">www.fhasinc.org</a>
<b>Iowa Mediation Services</b> 4015 Glass Road NE Cedar Rapids, IA 52402 1415 S. Monroe Avenue Mason City, IA 50401	398-4042  641-423-4322	Monday - Friday, 9:00 AM - 4:00 PM	Iowa Mediation works with borrowers and lenders dealing with mortgage and foreclosure concerns. Mediation, a process where parties meet with a neutral third party mediator and look for win/win solutions, will be offered to any borrowers and lenders who wish to participate. Divorce mediations and conflict resolution training. Personal conflict resolution. Farmer Creditor Resolution (required by Iowa Statute).
<b>Iowa Mortgage Help Hotline</b>	877-622-4866	Monday - Thursday, 9:00 AM - 5:00 PM Friday, 9:00 AM - 12:00 PM	Works with borrowers with any type of mortgage issue, including foreclosure. Free service. <a href="http://www.iowamortgagehelp.com">www.iowamortgagehelp.com</a>
<b>GENERAL COUNSELING</b>			
<b>Catholic Charities</b> 420 6th Street SE, Ste. 220 Cedar Rapids, IA 52401	364-7121	Monday - Friday, 8:30 AM - 5:00 PM Evening appointments available.	Counseling for individuals, families and couples, sliding fee scale. Pregnancy counseling, Project Rachel (post-abortion), free to birth parents. Barnabus Outreach. Does not accept health insurance.
<b>Cornerstone Brief Therapy</b> 5925 Council Street NE, Ste. 120 Cedar Rapids, IA 52402	393-6796	Monday - Saturday By appointment. Hours vary.	Provides outpatient psychotherapy and Christian counseling for individuals, couples, children and families. Accepts health insurance and also Title 19.
<b>Covenant Family Solutions</b> 1655 Blairs Ferry Road Marion, IA 52302	261-2292	Monday, Tuesday, Friday, 9:00 AM - 6:00 PM Thursday, 11:00 AM - 8:00 PM	Provides individual, couples, and family counseling. Specialties include play therapy, depression, anxiety, grief/loss, adjustment to medical concerns, addictions, and trauma. Accepted insurances: Wellmark BC/BS, Midland's Choice, Healthsmart, Coventry, Sigma, and several others. Also accepts Medicaid. Sliding fee scale. Online scheduling. <a href="http://www.covenantfamilysolutions.com">www.covenantfamilysolutions.com</a>
<b>Family Psychology Associates</b> 1221 Center Point Road NE Cedar Rapids, Iowa 52402	378-1199	Monday - Thursday 8:00 AM - 8:00 PM Friday 8:00 AM - 4:00 PM	Counseling for individuals, couples, children and families; accepts most health insurances and Title 19. Services include assessments/evaluations, therapy, and community consultation/education, play therapy, EMDR (Eye movement desensitization and reprocessing) and psychological testing.

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<b>Foundation 2 Crisis Center</b> 1540 2 <sup>nd</sup> Avenue SE Cedar Rapids, IA 52403	362-2174 or 800-332-4224	Phone answered 24 hours a day.	24-hour crisis counseling & referrals. Depression and Anxiety Support Group. Youth and Adult Suicide Survivors Support Group. Suicide Attempt Survivors Support Group.
<b>Harambee House</b> 404 17 <sup>th</sup> Street SE Cedar Rapids, IA 52403	366-1408	Monday - Thursday 8:30 AM - 6:30 PM Friday 8:30 AM - 4:30 PM	Access to public computers Monday through Thursday from 8:00 AM to 7:00 PM and Friday from 8:00 AM to 5:00 PM. Bread pantry Tuesday through Friday.
<b>Heart and Solutions</b> 3100 E. Avenue NW, Ste. 105 Cedar Rapids, IA 52405 306 Hwy 1 SE, Ste. B Cedar Rapids, IA 52314	800-531-4236	Monday - Friday, by appointment only. Flexible hours including days & some evenings.	Group, Family, Couple's, and Individuals for ages 3 and up. Behavioral Health Intervention Services. Accepts Title 19 (all MCOs), BC/BS, SED funding, MHDD funding, Crime Victim's Compensation, and private pay.
<b>Horizons – A Family Service Alliance</b> 819 5 <sup>th</sup> Street SE Cedar Rapids, IA 52401	398-3943 877-653-3123	Monday - Friday 8:00 AM - 5:00 PM	Service for individuals, couples, family, children and adults.
<b>Keys to Living</b> 1642 42nd Street NE Cedar Rapids, IA 52402	377-2161	Monday & Tuesday 8:00 AM - 8:00 PM Wednesday & Thursday 8:00 AM - 5:00 PM Friday 8:00 AM until 2:00 PM	Individual and family counseling. Marriage counseling.
<b>The Olson Marriage and Family Therapy Clinic</b> 1650 Matterhorn Drive NE Cedar Rapids, IA 52402	368-6493	Monday – Friday, 12:00 PM - 9:00 PM Saturday: 9:00 AM - 12:00 PM	The Gerald and Audrey Olson Marriage and Family Therapy Clinic offers marriage and family therapy graduate students at Mount Mercy University the opportunity to provide low-cost mental health services to individuals, couples, and families in Cedar Rapids and the greater eastern Iowa area. Under the direct supervision of a licensed mental health practitioner, student interns are able to address a wide range of mental health concerns including: Depression, Anxiety, Mood Disorders, Eating Disorders, Attention Deficit / Hyperactivity Disorder, Pervasive Developmental Disorders, Oppositional Defiant Disorder, Sexual Dysfunction. <a href="http://www.olsonmftclinic.com">www.olsonmftclinic.com</a>
<b>Pediatric Counseling Center</b> 375 Collins Rd NE, Ste. 17 Cedar Rapids, IA 52402	Dr. Sandra Fischer: 409-6899 Angela Cantrell: 208-0175	Monday - Thursday, 8:00 AM - 6:00 PM Friday, 8:00 AM - 12:00 PM Phones answered 9:00 AM - 5:00 PM	Pediatric Counseling Center Center's sole focus is providing quality, evidence-based therapy services to children and adolescents. Therapy services include individual therapy, trauma focused therapy, parent-child interaction therapy (PCIT) and play therapy.
<b>Planned Parenthood of East Central Iowa</b> 3425 1 <sup>st</sup> Avenue SE Cedar Rapids, IA 52402	363-8572	Monday, 10:00 AM - 5:00 PM Tuesday, 9:00 AM - 4:00 PM Wednesday, 11:00 AM - 7:00 PM Thursday, 1:00 PM - 5:00 PM Friday, 9:00 AM - 3:00 PM	Specially trained staff members are available that can talk with individuals about their pregnancy options. Exams, birth control, testing for HIV and sexually transmitted diseases. Abortion referral, general health care, LGBT services, men's health care, morning-after pill (emergency contraception), pregnancy testing and services, STD treatment and vaccines, women's health care. <a href="http://www.ppheartland.org">www.ppheartland.org</a>
<b>United States Department of VA</b>			We provide free, confidential counseling and treatment to Veterans for both mental and physical health problems linked to Military Sexual Trauma. MST refers to sexual assault or repeated, threatening sexual harassment which in the military. This could have occurred while the Veteran was serving on active duty, ADT, or inactive duty training. <a href="https://www.mentalhealth.va.gov/msthome.asp">https://www.mentalhealth.va.gov/msthome.asp</a>

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<b>Veterans Center</b> 4250 River Center Ct NE, Ste D Cedar Rapids, IA 52402	378-0016	Monday, Tuesday, Friday & Saturday, 8:00 AM - 4:30 PM Wednesday & Thursday, 8:00 AM - 6:30 PM	Counseling for combat veterans of war. Family, marital, alcohol, substance abuse, and post-traumatic stress disorder counseling. Also serves survivors of military sexual trauma. Can see active military and provide treatment for family that has lost a loved one in the military.
<b>MENTAL HEALTH COUNSELING</b>			
<b>Abbe Center for Community Mental Health</b> 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Monday, Tuesday & Thursday 8:00 AM - 6:00 PM Wednesday, 8:00 AM - 8:00 PM Friday, 8:00 AM - 4:00 PM	Provide outpatient mental health services for children, adolescents, families and adults. Services include assessments/evaluations, therapy, medication management, crisis/emergency services as well as community consultation/education. <a href="http://www.abbe.org">www.abbe.org</a>
<b>Abbe Center for Community Mental Health</b> Adult Day Treatment 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Monday, Wednesday & Friday 9:00 AM - 12:00 PM	Provides a structured, therapeutic program for individuals needing intensive services. Services focus on crisis and symptom stabilization and/or post-hospitalization needs. Program components include small group therapy, goal setting, stress management, illness education and wellness recovery action planning.
<b>Abbe Center for Community Mental Health</b> Club 520 Wellness Center 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Tuesday - Thursday 1:00 PM - 4:00 PM Friday 1:00 PM - 3:45 PM	Consumer run, recovery focused social support center. Offers structured activities, social opportunities, vocational assistance and recovery support group. Dual recovery anonymous group available to individuals with mental illness and substance abuse issues.
<b>Abbe Center for Community Mental Health</b> Community Support 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Monday, Tuesday & Thursday 8:00 AM - 5:00 PM Wednesday 8:00AM - 8:00 PM Friday 8:00 AM - 4:00 PM	Provides an array of home and community based services designed to assist individuals with a chronic mental illness in living as independently as possible in the community. Focus is on illness management and moving forward in the recovery process. Individual and group services offered. Nurses available to provide medication oversight.
<b>Abbe Center for Community Mental Health</b> Intensive Psychiatric Rehabilitation 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Monday - Friday, by appointment only.	The IPR curriculum allows the consumer to identify and overcome barriers to assist them in their recovery process. IPR does require individuals to be an active participant in the rehabilitation process. Individual and group (Cohort) services available.
<b>Abbe Center for Community Mental Health</b> Life Skills 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Monday & Wednesday, 1:00 PM - 3:00 PM Tuesday & Thursday, 10:00 AM - 12:00 PM	Habilitation service that assists individuals who have "stabilized" and now need ongoing skill development. Skills addressed are community integration, coping skills/problem-solving, independent living, leisure skills, developing support networks, and interpersonal skills.
<b>Abbe Center for Community Mental Health</b> Transitional Living 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	286-9822	Monday - Friday, 7:00 AM - 7:30 PM Additional hours on Saturday, Sunday, & holidays	Habilitation services (skill teaching) which focus on independent living skills are provided in the home or community setting.

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<b>Aging Services, Inc.</b> <b>Mental Health Outreach</b> 317 7th Avenue SE, Ste. 302B Cedar Rapids, IA 52401	398-3644	Monday - Friday, 8:00 AM - 4:30 PM	Mental health services and in-home therapy and treatment for older adults experiencing mental illness, unable to access traditional services due to physical frailty. Financial eligibility guidelines.
<b>Anchor Center</b> <b>Mental Health Jail Diversion Program</b> 12th St SW Cedar Rapids, IA 52404	558-8705	Monday - Friday, 8:00 AM - 5:00 PM	Provides correctional supervision and navigation for both the criminal justice and mental health systems for those with mental illness (or are dually diagnosed), brain injury, intellectual and developmental disabilities. Completes mental health assessments in the jail and community to determine eligibility. Coordinates community resources based on identified needs. Provides periodic progress reports to the court as needed. <b>*Participants must have a pending legal charge to qualify*</b>
<b>Crisis &amp; Assessment Services</b> <b>Mercy Medical Center</b> 701 10 <sup>th</sup> Street SE Cedar Rapids, IA 52403	398-6476	24 hours per day, 7 days per week	A mental health access program to provide information, referral, assessment, admission, insurance verification and easy access to mental health issues both public and private. Outpatient services available. Accepts crisis calls.
<b>Family Psychology Associates</b> 1221 Center Point Road NE Cedar Rapids, Iowa 52402	378-1199	Monday - Thursday, 8:00 AM - 8:00 PM Friday, 8:00 AM - 4:00 PM	Counseling for individuals, couples, children and families; accepts most health insurances and Title 19. Services include assessments/evaluations, therapy, and community consultation/education, play therapy, EMDR (Eye movement desensitization and reprocessing) and psychological testing.
<b>HOPE Homeless Outreach Program (Abbe)</b> 520 11 <sup>th</sup> Street NW Cedar Rapids, IA 52405	398-3562	Monday - Friday, by appointment only	Homeless outreach effort. Identifies and delivers mental health services to the homeless and serious mental illness. Works from referrals from the police, visits shelters, provides emergency services and identifies people who need help.
<b>Horizons</b> 819 5 <sup>th</sup> Street SE Cedar Rapids, IA 52401	398-3943	Monday- Friday, 8:00 AM - 5:00 PM	Service for individuals, couples, family, children and adults.
<b>Lutheran Services in Iowa</b> First Lutheran Church 1000 3 <sup>rd</sup> Avenue SE Cedar Rapids, IA 52403	Intake 888-457-4692 Office 563-582-0044	Monday - Friday, 8:00 AM - 5:00 PM <i>(Some evening hours are available on a case by case basis and need)</i>	Mental Health assessments; individual, family, couples and group psychotherapy; and behavioral intervention services (BHS) for individual, family and group, skill development. Psychoeducation and counseling.
<b>Mercy Family Counseling</b> 1340 Blairs Ferry Rd, Ste. A Hiawatha, IA 52233	398-6575	Monday - Friday, 8:00 AM - 4:30 PM	Provides services that address a whole range of individual, couple, and family issues. Families who have concerns about their child's behavior, emotional, attention or learning difficulties may seek help at Mercy Family Counseling. Counseling services for adults address marital and family difficulties, anxiety, depression, grief and adjustment to illness issues. Testing for all ages is available to evaluate personality, learning and neurobehavioral concerns.
<b>Mercy Medical Behavioral Services</b> 701 10 <sup>th</sup> Street SE Cedar Rapids, IA 52403	398-6553	24 hours a day, seven days a week.	Inpatient hospitalization for mental health/substance abuse patients requiring a safe, supportive environment. Mental Health Unit (locked) Services for individuals. For adults 18 years and older.

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<b>National Suicide Prevention Lifeline</b>	800-273-8255 (TALK)	24 hours a day.	24-hour suicide prevention hotline.
<b>St. Luke's Hospital Adult Partial Hospitalization</b> 1030 5th Avenue SE, Ste. 2000 Cedar Rapids, IA 52403	369-8176	Monday - Friday, 8:30 AM - 4:30 PM	Assists adults who are experiencing life crisis or emotional problems. Provides intensive treatment while client remains outpatient. Also provides community support services and psychiatric home visits for Title 19 and Linn County MHDD patients. Offers goal setting and coping, social skills, therapy and talk groups, and adult partial program.
<b>St. Luke's Family Counseling Center</b> 1077 North Center Point Road Hiawatha, IA 52233	369-7952	Monday - Thursday, 8:00 AM - 5:00 PM Friday, 8:00 AM - 4:00 PM	Marital, family and individual counseling.
<b>Tanager Place Mental Health Clinic</b> 1030 5 <sup>th</sup> Avenue SE Cedar Rapids, IA 52403	286-4545	Monday, Tuesday & Thursday 8:00 AM - 7:00 PM Wednesday, 8:00 AM - 6:00 PM Friday, 8:00 AM - 4:30 PM	Tanager Place's Mental Health Clinic provides comprehensive outpatient mental health services to children, adolescents and families. Professional staff offer medication management, individual and family therapy, play therapy, music therapy and applied behavior analysis for children with an autism spectrum disorder. Individualized care and specific treatment goals are established for all patients. <a href="http://www.tanagerplace.org">www.tanagerplace.org</a>
<b>SUBSTANCE ABUSE &amp; GAMBLING COUNSELING</b>			
<b>Alcoholics Anonymous</b>	365-5955 888-425-4266	24 hours per day.	Call for information on AA and al-anon meetings in Cedar Rapids area. <a href="http://www.al-anon-alateen.org">www.al-anon-alateen.org</a> or <a href="http://www.aa-cedarrapids.org">www.aa-cedarrapids.org</a>
<b>ASAC Adult Residential</b> 3601 16 <sup>th</sup> Avenue SW Cedar Rapids, IA 52404	390-4611	Monday - Friday, 8:00 AM - 5:00 PM 24 hours a day	22-bed residential substance abuse treatment program for men and women 18 years of age and older. Ten bed halfway house program. <a href="http://www.asac.us">www.asac.us</a>
<b>ASAC Downtown Office:</b> 317 7th Avenue SE, Ste. 203 Cedar Rapids, IA 52401	247-4873	Monday - Friday, 8:00 AM - 5:00 PM & by appointment.	Substance abuse assessments and individual and group treatment services for adults including extended outpatient, intensive outpatient and aftercare. Serves Spanish-speaking population. <a href="http://www.asac.us">www.asac.us</a>
<b>ASAC East Office</b> 4837 1st Avenue SE, Ste. 206 Cedar Rapids, IA 52402	447-1921	Monday - Friday, 8:00 AM - 5:00 PM & by appointment.	Substance abuse assessments and individual and group treatment services for adults including extended outpatient, intensive outpatient and aftercare. <a href="http://www.asac.us">www.asac.us</a>
<b>ASAC Heart of Iowa</b> 4050 Bowling Street SW Cedar Rapids, IA 52404	862-1050	Monday - Friday, 8:00 AM - 5:00 PM 24 hours a day	Residential, outpatient, and halfway house services for pregnant women and women with children. On-site housing for 36 families. <a href="http://www.asac.us">www.asac.us</a>
<b>ASAC West Office</b> 3601 16 <sup>th</sup> Avenue SW Cedar Rapids, IA 52404	390-4611	Monday - Friday, 8:00 AM - 5:00 PM	Substance abuse assessments and individual and group treatment services for adults. Services include extended outpatient, intensive outpatient, aftercare, and family counseling for concerned others. Residential treatment for adults. Youth residential and outpatient programs. <a href="http://www.asac.us">www.asac.us</a>
<b>ASAC Youth Services</b> 3601 16 <sup>th</sup> Avenue SW Cedar Rapids, IA 52404	390-4611	Monday - Friday 8:00 AM - 5:00 PM 24 hours a day	Youth residential and outpatient services. ASAC's Youth Residential program has 22 beds for male and female adolescents ages 13 – 18. Joint program with Four Oaks. <a href="http://www.asac.us">www.asac.us</a>

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<b>Dual Diagnosis Program</b> <b>Sedlacek Treatment Center</b> 5975 Rockwell Drive NE Cedar Rapids, IA 52402	398-6226	Monday-Friday, 8:00 AM - 4:30 PM	Services provided for persons who have diagnoses of chemical dependency. The program has three levels of care based on the patient's severity of illness: Intensive Outpatient, Extended Outpatient, and Aftercare. Individual counseling education provided.
<b>Iowa Gambling Treatment Program</b> Iowa Department of Public Health Lucas State Office Building Des Moines, IA 50319-0075	1-800-BETS OFF 1-800-238-7633	Monday - Friday 9:00 AM - 5:00 PM 24 hours a day	Gambling information and referral services and connections to gambling treatment centers.
<b>Iowa Substance Abuse Information Center</b>	1-866-242-4111	Phones answered 24/7	Educational materials available. Referrals to treatment centers. Media resources. Training center. Behavioral health employer listing statewide database. <a href="http://www.drugfreeinfo.org">www.drugfreeinfo.org</a>
<b>Prelude Behavioral Services</b> 430 Southgate Avenue Iowa City, IA 52240	877-355-4804	24/7 Call for assistance.	Problem gambling services, assessment and evaluation, family services, individual and group counseling, continuing care, financial counseling, transitional housing, and prevention/education. Inpatient unit.
<b>Mercy Hospital – Sedlacek Treatment Center</b> 5975 Rockwell Drive NE Cedar Rapids, IA 52402	398-6226	Treatment is Monday - Thursday Counselors available Monday - Friday, 8:00 AM - 4:30PM	Assessments, evaluations, OWI evaluations, school consultations, outpatient aftercare, family and education programs.
<b>SASC Gambling Treatment Program</b> 4403 1st Avenue SE, Ste. 307 Cedar Rapids, IA 52402	319-294-1599  24 Hour Crisis Line: 888-771-6771	Monday, Wednesday, & Thursday, 8:00AM - 5:00 PM Tuesday, 10:00 AM - 7:00 PM Friday, 8:00 AM - 3:00 PM By appointment only - crisis line	All services are confidential Crisis Services: Crisis line is answered 24 hours a day 1-888-771-6771. Counseling Services: Individual, group, and family. Distance Treatment: Counselors can provide services to those that cannot be seen in the office by offering sessions through phone, email, internet, or mail. Financial Counseling: Counselors can help establish a budget and/or develop a debt repayment plan for
<b>St. Luke's Chemical Dependency Services</b> 810 1 <sup>st</sup> Avenue NE Cedar Rapids, IA 52403	363-4429	Monday, Tuesday & Thursday, 8:00 AM - 9:30 PM Wednesday & Friday, 8:00 AM - 4:30 PM	Chemical dependency evaluations, intensive outpatient treatment, aftercare, relapse prevention, intervention training, family and individual counseling and information and referral. Extended outpatient program. Dual diagnosis outpatient group.
<b>Tanager Place Mental Health Clinic</b> 1030 5th Avenue SE Cedar Rapids, IA 52403	286-4545	Monday, Tuesday & Thursday, 8:00 AM - 7:00 PM Wednesday, 8:00 AM - 6:00 PM Friday, 8:00 AM - 4:30 PM	Tanager Place's Mental Health Clinic offers outpatient therapy for children with substance abuse issues. Children have the opportunity to work directly with a certified Drug and Alcohol Counselor to create an individualized treatment plan. <a href="http://www.tanagerplace.org">www.tanagerplace.org</a>
<b>The Salvation Army</b> 1000 C Avenue NW Cedar Rapids, IA 52405	364-9131	Monday - Friday, 8:30 AM - 4:30 PM Closed 12:00 PM - 1:00 PM All days by appointment Breakfast served, 8:00 AM - 9:00 AM Lunch served, 12:00 PM - 1:00 PM	The Salvation Army is both a social service and a religious organization. The Army practices an integrated ministry uniting spiritual, social and physical support. Seeks first to meet the immediate needs of families and individuals in crisis and stabilize their situations. Spiritual counsel is made available to those who seek it. The Salvation Army's core social services focus on meeting basic human needs. Locally, social service programs include emergency disaster services, senior activities, community meal and pantry program, homeless prevention and transportation assistance, holiday programs and youth activities. Transportation assistance may include tickets for the City bus and purchase of gas for qualifying individuals. The Salvation Army does not have volunteers to provide transportation. Rental and utility assistance.