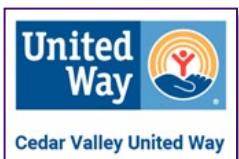




**Cedar Valley Mental Health Resources** <https://www.211iowa.org/>

**Addiction Counseling**

- Access Evaluations and Education
  - Services:
    - Education Sessions
    - Individual Therapy
    - OWI Class
    - OWI Evaluations
    - Treatment Evaluation
  - Contact:
    - 3640 Canterbury Ct, Waterloo, IA 50702
    - Phone: (319) 252-4631
    - <https://www.accesswellnessrecovery.com/>
- Boyle Counseling & Consulting LLC
  - Services:
    - Alcohol/Drug Abuse Screenings
  - Contact:
    - 1409 W. 4th St., Waterloo, IA 50702
    - Phone: (319) 610-4179
    - <https://www.boylecc.com/>
- Elevate CCBHC
  - Services:
    - Substance Use Disorder Treatment
  - Contact:
    - 604 Lafayette St., Waterloo, IA 50703
    - Phone: (833) 370-0719
    - <https://elevateccbhc.org/>
- Gundersen Palmer Lutheran Health Center (Provide Telehealth Services)
  - Services:
    - Residential and Transitional Addiction Treatment
  - Contact:
    - 110 Jefferson St., West Union, IA 52175
    - Phone: (563) 422-3817
    - <https://www.gundersenhealth.org/>
- Helm Counseling
  - Services:
    - Drug Free Workplace Training
    - Substance Abuse Evaluations & Therapy
    - Substance Abuse Professional (SAP) Evaluations
  - Contact:
    - 3510 Kimball Avenue, Ste. D, Waterloo, IA 50702



- Phone: (319) 232-5024
    - <https://helmcounseling.com/>
  - Junkman/Knoebel Sober Living Center
    - Services:
      - Sober living for women
    - Contact:
      - 1014 W. 4th St., Waterloo, IA 50702
      - Phone: (319) 235-8855
      - <https://www.pathwaysb.org>
  - MercyOne Waterloo Horizons
    - Services:
      - Co-Occurring Disorders
      - Evening Outpatient Services
      - Inpatient Services
      - Intensive Outpatient Services
      - Medically Managed Detoxification
      - Pre-Treatment
      - Relapse Treatment
    - Contact:
      - 3421 W. 9th St., Waterloo, IA 50702
      - Phone: (319) 272-8560
      - <https://rehabnow.org/center>
  - Pathways Behavioral Services and Integrated Health Services
    - Services:
      - Detox Services
      - Gambling Treatment and Recovery Support Services
      - Several levels of treatment care for substance use disorders
    - Contact:
      - Black Hawk County:
        - 3362 University Ave., Waterloo, IA 50701
        - Phone: (319) 235-6571
        - <https://www.pathwaysb.org>
      - Out-Patient Substance Abuse Treatment:
        - 607 Sycamore St., Ste. 300, Waterloo, IA 50703
        - Phone: (319) 232-5363
      - Junkman/Knoebel Sober-Living Unit:
        - 1014 W. 4th St., Waterloo, IA 50702
        - Phone: (319) 235-8855
      - Bremer County:
        - 111 10th St., Waverly, IA 50677
        - Phone: (319) 352-2064
      - Buchanan County:
        - 1827 First Street W., Ste. C, Independence, IA 50644
        - Phone: (319) 334-6163
  - UnityPoint Health
    - Services:
      - Allen Substance Abuse Evaluation
    - Contact:
      - 1825 Logan Ave., Waterloo, 50703
      - Phone: (319) 235-3550
      - <https://www.unitypoint.org/find-a-service>

## Aging Services

- Caring.com
  - Resources for individuals with Alzheimer's and dementia
  - Memory care facilities in Iowa
  - <https://www.caring.com/>
- Medicare in Iowa
  - Iowa Department on Aging
    - Waterloo Office:
      - 3840 W. 9th St. Waterloo, IA 50702
      - Phone: (319) 874-6840 OR 1 (800) 779 – 8707
    - Statewide Toll Free Number: 1 (800) 532-3213
    - <https://iowaaging.gov/>
  - Iowa Division of Insurance
    - 1963 Bell Ave., Ste. 100, Des Moines, IA 50315
    - Phone: (515) 654-6600
    - <https://iid.iowa.gov/>
  - Iowa Legal Aid
    - Statewide Toll Free Number: 1 (800) 532-1275
    - <https://www.iowalegalaid.org/>
      - Cedar Rapids:
        - 317 7th Ave. S.E., Ste. 404, Cedar Rapids, IA 52401
      - Waterloo:
        - 607 Sycamore St. Ste. 304, Waterloo, IA 50703
  - Senior Health Insurance Information Program (SHIIP)
    - 1401 West Central Park Avenue Pavilion 2, Suite 1100, Davenport, IA 52801
    - Phone: (563) 421-1096
    - <https://shiip.iowa.gov/>
- MercyOne Senior Behavioral Health Care
  - Services:
    - 24-Hour Admission
    - Activity-Based Therapy Groups
    - Community Resource Linkage
    - Comprehensive Medical and Psychiatric Evaluation
    - Discharge Planning
    - Individual, Group, and Family Therapy
    - Individualized Treatment Planning
    - Medication Management and Education
    - Medical Management of Psychiatric Disorders
    - Neuropsychological Testing
    - Occupational and Physical Therapy
    - Spiritual Counseling
    - Stress Management
    - Therapeutic Exercise
  - Contact:
    - 515 College St., Cedar Falls, IA 50613
    - Phone: (319) 268-9700
    - <https://www.mercyone.org/>

## Death and Grief Services

- Cedar Valley Hospice
  - Services:
    - Cedar AIDS Support System (CASS)
    - Eucalyptus Tree – Youth Grief Support
    - Grief Support
    - Hospice Care
    - Palliative Care
  - Contact:
    - Hospice Home
      - 2001 Kimball Ave., Waterloo, IA 50702
      - Phone: (319) 272-1771
    - Central Office
      - 900 Tower Park Dr., Waterloo, IA 50701
      - Phone: (319) 272-2002
      - Toll Free Number: 1 (800) 626-2360
      - <https://www.cvhospice.org/>
    - Grundy Center Office
      - 310 E. G Ave., Grundy Center, IA 50638
      - Phone: (319) 824-3868
    - Independence Office
      - 801 First St. E., Independence IA 50644
      - Phone: (319) 334-6960
    - Waverly Office
      - 209 20th St. N.W., Waverly, IA 50677
      - Phone: (319) 352-1274
- Denise Maas Ma, L. M. H. C.
  - Services:
    - Mental health counseling specializing in grief, trauma, and loss
  - Contact:
    - 3356 Kimball Ave., Ste. 7, Waterloo, IA 50702
    - Phone: (319) 226-3220
- Wapsi Valley Family Counseling, L. L. C.
  - Services:
    - Grief and Loss Counseling
  - Contact:
    - 2300 Swan Lake Blvd., Ste. 102, Independence, IA 50644
    - Phone: (319) 361-4867

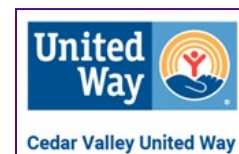
## Domestic Abuse and Sexual Assault Victim Services

- Amani Community Services
  - Services:
    - Amani Community Services is a culturally specific domestic violence and sexual assault agency serving African Americans in Black Hawk and Linn Counties.
  - Contact:
    - Waterloo:
      - 2315 Falls Ave., Ste. 1, Waterloo, IA 50701
      - Phone: (319) 232-5660
    - Cedar Rapids:
      - 1073 Rockford Rd. S.W., Cedar Rapids, IA 52404

- Phone: [\(319\) 232-5660](tel:3192325660)
    - 24 Hour After Care Line: 1 (888) 983-2533
      - <https://www.amani-cs.org/>
  - Riverview Center
    - Services:
      - 100% free and confidential services for survivors of sexual violence in Iowa
      - 24 Hour Crisis Line
      - Legal, Medical, and Social Services Advocacy
      - Long- and Short-Term Counseling
      - Trauma-Informed Therapy
      - Transition and Basic Needs Assistance
    - Contact:
      - <https://riverviewcenter.org/>
      - Cedar Rapids:
        - 118 3rd Ave. S.E., Ste. 500, Cedar Rapids, IA 52401
        - Phone: (319) 540-0080
      - Waterloo:
        - 100 E Park Ave # 250, Waterloo, IA 50703
        - Phone: (319) 939-9599
  - Waypoint
    - Services:
      - Domestic Violence Victim Services:
        - 24/7 Resource & Support Line
        - Information and Referrals
        - Legal Advocacy
        - Medical Advocacy
        - Peer Counseling
        - Support Groups
    - Contact:
      - Cedar Rapids Office:
        - 318 5th St. S.E., Cedar Rapids, IA 52401
        - Phone: (319) 365-1458
      - Resource and Support Line: 1 (800) 208-0388 OR (319) 363-2093
      - <https://www.waypointservices.org/>

### Legal Services

- Amani Community Services
    - Services:
      - Legal advocacy for African Americans experiencing domestic violence and/or sexual assault in Black Hawk and Linn Counties
    - Contact:
      - Waterloo:
        - 2315 Falls Ave., Ste. 1, Waterloo, IA 50701
        - Phone: (319) 232-5660
      - Cedar Rapids:
        - 1073 Rockford Rd. S.W., Cedar Rapids, IA 52404
        - Phone: (319) 804-0741
      - 24 Hour After Care Line: 1 (888) 983-2533
      - <https://www.amani-cs.org/>
- 
- Catholic Charities (Provide Telehealth Services)



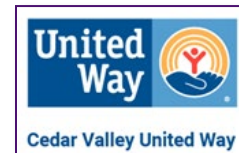
- Services:
  - Immigration Legal Services
- Contact:
  - <https://catholiccharitiesdubuque.org/>
  - Cedar Rapids:
    - St. Mary Lawrence Community Center
    - 420 6th St., S.E., Ste. 220, Cedar Rapids, IA 52401
    - Phone: (319) 364-7172
  - Waterloo:
    - St. Edward Parish
    - 1425 Kimball Ave., Waterloo, IA 50702
    - Phone: (319) 272-2080
- Medicare in Iowa
  - Iowa Legal Aid
    - Statewide Toll Free Number: 1 (800) 532-1275
    - <https://www.iowalegalaid.org/>
      - Cedar Rapids:
        - 317 7th Ave. S.E., Ste. 404, Cedar Rapids, IA 52401
      - Waterloo:
        - 607 Sycamore St. Ste. 304, Waterloo, IA 50703

### Mental Health Counseling Services

- Abbe Community Mental Health
  - Services:
    - Child and Adolescent Outpatient Services:
      - Individual, Family, and Group Therapy
        - Eye Movement Desensitization and Reprocessing (EMDR)
        - Family Therapy
        - Parent Child Interaction Therapy
        - Play and Expressive Art Therapy
        - Systems Training for Emotional Predictability and Problem Solving, Young Persons (STEPPS YP)
        - Trauma Focused Cognitive Behavioral Therapy
      - Psychiatric Evaluations and Medication Management
      - School-Based Mental Health Services
    - Adult Outpatient Services:
      - Individual, Family, and Group Therapy
        - Acceptance and Commitment Therapy (ACT)
        - Cognitive Behavioral Therapy (CBT)
        - Couples Therapy
        - Eye Movement Desensitization and Reprocessing (EMDR)
        - Family Therapy
        - Systems Training for Emotional Predictability and Problem Solving (STEPPS)
      - Psychiatric Evaluations and Medication Management
  - Contact:
    - Abbe Center for Community Mental Health, multiple sites
      - 811 D Ave ste 27, Vinton, IA 52349
      - Phone: (319) 362-1382
      - <https://cedarrapids.unitypoint.org/location/unity-point-health-abbe-health-services-community-mental-health-vinton/LOC0000029509>

- Andresen Counseling and Consulting
  - Services:
    - Play Therapy, EMDR and Sand Tray Therapy for children
    - Counseling for teenagers, college students, adults, and couples
    - All ages and situations, such as anxiety, depression, eating disorders, grief, substance abuse issues, trauma and more
  - Contact:
    - 110 Plaza Circle, Ste. B, Waterloo, IA 50701
    - Phone: (319) 233-3348
    - <https://andresencc.com/>
- Barb Lind
  - Services:
    - Mental health therapy for individuals, families, and children
    - Specialties: anxiety, depression, trauma, adoption
  - Contact:
    - 200 State St #202Y, Cedar Falls, IA 50613
    - Phone: (319) 277-7218
    - <https://barblind.clientsecure.me/>
- Boyle Counseling
  - Services:
    - Anger Management Training
    - Animal Assisted Therapy
    - Mental Health Counseling (individual, couples, families, groups)
    - Mental Health Screenings (Depression, Anxiety, PTSD, Alcohol/Drug Abuse)
    - Parenting and Co-Parenting Training
    - Play Therapy
    - Social Skills Development Groups for Children, Adolescents, and Adults on the Autism Spectrum
  - Contact:
    - 1409 W. 4th St., Waterloo, IA 50702
    - Phone: (319) 610-4179
    - <https://www.boylecc.com/>
- Catholic Charities (Provide Telehealth Services)
  - Services:
    - In-person and telehealth counseling sessions for new and existing clients
    - Additionally, provide the following services:
      - Affordable Housing
      - Disaster Resources
      - Jail and Prison Reentry Services
      - Immigration Legal Services
      - Poverty Reduction
      - Post-Adoption Search
  - Contact: <https://catholiccharitiesdubuque.org/>
    - Cedar Rapids:
      - St. Mary Lawrence Community Center
      - 420 6th St., S.E., Ste. 220, Cedar Rapids, IA 52401
      - Phone: (319) 364-7172
    - Waterloo:
      - St. Edward Parish
      - 1425 Kimball Ave., Waterloo, IA 50702
      - Phone: (319) 272-2080

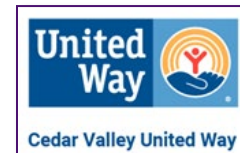
- Cedar Falls Counseling Associates
  - Services:
    - Clinical Supervision
    - Couples and Relationship Counseling
    - Crisis Intervention
    - Health and Wellness Focus
    - Individual Counseling
    - Marriage and Family Counseling
    - Mediation/Consultation Services
    - Psychoeducational Evaluations
    - Sex Therapy/Sexual Health
    - Testing and Evaluations
  - Contact:
    - 324 W. 3rd St., Cedar Falls, IA 50613
    - Phone: (319) 277-4383
    - <https://cedarfallscounselingassociates.com/>
- Cedar Valley Center for Expressive Arts Therapy (Provide Telehealth Services)
  - Services:
    - Art Therapy
    - Group Therapy
    - Play Therapy
    - Rhythm, Music, and Movement in Therapy
    - Sand Tray Therapy
  - Contact:
    - 905 Sycamore St., Waterloo, IA 50703
    - Phone: (319) 888-1022
    - <https://cvceat.com/>
- Cedar Valley Counseling Services
  - Services:
    - Business and Group Workshops
    - Couples and Family Counseling
    - Individual Counseling
  - Contact:
    - 4521 Chadwick Rd., Ste. 2, Cedar Falls, IA 50613
    - Phone: (319) 239-3533
    - <https://www.cedarvalleycounselingservices.com/>
- Cedar Valley Mental Health Connections
  - Contact:
    - <https://cedarvalleymentalhealthconnections.org/ed-resource/>
- Change Behavioral Health
  - Services:
    - No specified services
    - Mental health organization
  - Contact:
    - 2307 Falls Ave., Ste. 1, Waterloo, IA 50701
    - Phone: (319) 233-0323
- Conditt Psychological Services
  - Services:
    - Consulting
    - Couples Therapy
    - Group Therapy
    - Individual Therapy for Children, Adolescents, and Adults





- Personal and Executive Coaching
    - Psychoeducational Presentations
    - Psychological, Behavioral, and Intellectual Assessment
  - Contact:
    - 2708 Bicentennial Dr., Cedar Falls, IA 50613
    - Phone: (319) 277-1020
    - <https://conditt.org/>
- Cory Wumkes, M. S. L. M. H. C.
  - Services:
    - Couples Therapy
    - Family Therapy
    - Individual Therapy
  - Contact:
    - 3641 Kimball Ave., Ste. 201, Waterloo, IA 50702
    - Phone: (319) 504-9439
- Counseling and Assessment Services P. C.
  - Services:
    - Individual Psychotherapy/Counseling
    - Marital and Family Counseling
    - Psychological Evaluations
    - Psychoeducational Assessments
  - Contact:
    - 515 2nd St. N.E., Independence, IA 50644
    - Phone: (319) 334-6820
    - <http://www.counselerservice.com/>
- Elevate CCBHC
  - Services:
    - Mobile Crisis
    - Mental Health Therapy
    - Medication Management
    - Substance Use Disorder Treatment
    - Veteran Support
  - Contact:
    - 604 Lafayette St., Waterloo, IA 50703
    - Phone: (833) 370-0719
    - <https://elevateccbhc.org/>
- Emerald Bridges Family Therapy
  - Services:
    - Family Counseling
    - Individual Counseling
    - Marriage Counseling
  - Contact:
    - 2300 Swan Lake Blvd., Ste. 102, Independence, IA 50644
    - Phone: (563)-579-1181
    - <https://emeraldbridgesfamilytherapy.weebly.com/>
- Families First Counseling Services (Provide Telehealth Services)
  - Services:
    - In-Home Counseling for Youth and Adults
    - In-Office Therapy
  - Contact:
    - Cedar Rapids:

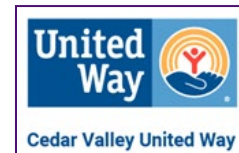
- 375 Collins Rd. N.E., #24, Cedar Rapids, IA 52402
    - Phone: 1 (888) 316-3025
  - Waterloo:
    - 3604 Kimball Ave., Waterloo, IA 50701
    - Phone: 1 (888) 316-3025
  - Waterloo Admin Office:
    - 111 Plaza Circle, Waterloo, IA 50701
    - Phone: (319) 433-0395
    - <https://www.families-first.net/>
- Four Oaks
  - Services:
    - Cornerstone – Family Development and Self-Sufficiency (FaDSS) Program
    - Foster and Adoptive Family Connections
    - Foster Group Care Services
    - Functional Family Therapy
    - Individual, Family, and Group Psychotherapy
    - Integrated Health Home
    - Iowa Aftercare Program
    - Parents as Teachers Program
    - Psychiatric Medical Institute for Children (PMIC)
    - Safety and Permanency Services
    - School-Based Programming
    - Sexual Abuse Treatment and Re-Orientation Program (STOP)
    - Shelter Program
    - Skill-Building
    - Supervised Community Treatment
    - TotalChild Program
  - Contact:
    - 5400 Kirkwood Blvd. S.W., Cedar Rapids, IA 52404
    - Phone: (319) 364-0259
    - <https://fouroaks.org/>
- Gundersen Palmer Lutheran Health Center (Provides Telehealth Services)
  - Services:
    - Assessment
    - Couples and Family Counseling
    - Education Groups
    - Group Psychotherapy
    - Individual Psychotherapy
    - Integrated Behavioral Health Treatment in Primary Care Settings
    - Medication Management
    - Residential and Transitional Addiction Treatment
  - Contact:
    - 110 Jefferson St., West Union, IA 52175
    - Phone: (563) 422-3817
    - <https://www.gundersenhealth.org/locations/gundersen-palmer-lutheran-hospital>
- Heart and Solutions
  - Services:
    - Behavioral Health Intervention Services (BHIS)
    - Marriage and Family Therapy
    - Mental Health Therapy
  - Contact: <https://heartandsolutions.net/>
    - Cedar Rapids:



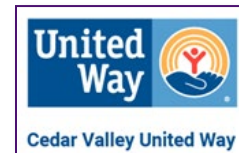
- 3100 E. Ave. N.W., Ste. 105, Cedar Rapids, IA 52405
  - Grundy Center:
    - 626 G Ave., Grundy Center, IA 50638
  - Waterloo:
    - 3261 University Ave., Waterloo, IA 50701
  - Phone: 1 (800) 531-4236
- Helm Counseling
  - Services:
    - Adolescent Counseling
    - Individual Therapy
    - Family Counseling
    - Group Therapy
  - Contact:
    - 3510 Kimball Avenue, Ste. D, Waterloo, IA 50702
    - Phone: (319) 232-5024
    - Email: [helmcounseling@gmail.com](mailto:helmcounseling@gmail.com)
    - <https://helmcounseling.com/>
- Hope Tree Counseling Services, Inc.
  - Services:
    - Expressive Arts Therapy
    - Holistic Therapies:
      - Animal-Assisted Therapy (AAT)
      - Equine Assisted Mental Health
      - Nature Assisted Therapy (NAT)
    - Hypnotherapy
    - Play Therapies:
      - Adlerian Play Therapy (AdPT)
      - Child Centered Play Therapy
      - Sand Tray Therapy
      - Theraplay
    - Trauma Informed Therapies:
      - Cognitive Behavioral Therapy (CBT)
      - Client Centered Talk Therapy (CCTT)
      - Dialectal Behavior Therapy (DBT)
      - Eye Movement Desensitization and Reprocessing (EMDR)
      - Trauma Systems Therapy (TST)
  - Contact:
    - 1420 W. Donald St., Waterloo, IA 50703
    - Phone: (319) 232-4673
    - <https://www.hopetreecounselingservices.com/>
- Huff Counseling Services
  - Services:
    - Couples Therapy
    - Family Therapy
    - Group Therapy
    - Individual Therapy
    - System Training for Emotional Predictability and Problem Solving (STEPPS) Class
  - Contact:
    - 128 Plaza Cir., Waterloo, IA 50701
    - Phone: (319) 233 – 3348

- Keys to Living Counseling Center
  - Services:
    - Professional counseling from a Christian perspective for adults, adolescents, children, families, and couples
  - Contact:
    - 5743 Westminster Dr ste b, Cedar Rapids, IA 52402
    - Phone: (319) 377-2181
    - <https://www.keystoliving.org/>
- Lauren Dunn, L. I. S. W.
  - Services:
    - Counseling in the following specialties for individuals 14+:
      - Adjustment to Life Changes
      - Anxiety
      - Depression
      - Improving Self-Esteem
      - Marriage Issues
      - Postpartum Depression and Anxiety
      - Relationship Issues
      - Stress Management
  - Contact:
    - 3641 Kimball Ave., Ste. 102, Waterloo, IA 50702
    - Phone: (319) 214-0461
    - <https://laurendunn counseling.com/>
- Lutheran Services in Iowa
  - Services:
    - Foster Care and Adoption
    - Mental Health Resources
      - Therapy
      - Behavioral Health Intervention Services (BHIS)
    - Refugee and Immigrant Services
      - Career Pathways
      - Child Care Program
      - Citizenship Education
      - Community-Based ESL
      - Global Greens
      - Global Greens CSA
      - Global Greens Farmers Market
      - Match and Save Program
      - Mental Health and Wellness
      - Services for Elderly Refugees
      - Statewide Services for Immigrants
    - Services for Adults
      - Family Centered Services
      - Services for People with Disabilities
      - Therapy
    - Services for Children and Youth
      - Behavioral Health Intervention Services (BHIS)
      - Community Programs
      - Early Childhood Services
      - Residential Treatment

- Services for People with Disabilities
      - Daily Supported Community Living
      - Host Homes
      - Hourly Supported Community Living
      - Respite Care
    - Contact: <https://lsiowa.org/>
      - Waterloo:
        - 304 South St., Waterloo, IA 50701
        - Phone: (319) 233-3579
      - Waverly:
        - 106 16th St. S.W., Waverly, IA 50677
        - Phone: (319) 352-2630
  - MercyOne Behavioral Health Care (Provides Telehealth Services)
    - Services:
      - Specialized, family-centered treatment for adolescents, adults and seniors
    - Contact: <https://www.mercyone.org/>
      - MercyOne Bluebell Road BHC
        - 226 Bluebell Rd., Cedar Falls, IA 50613
        - Phone: (319) 575-5800
      - MercyOne Cedar Falls BHC
        - 2802 Orchard Dr., Cedar Falls, IA 50613
        - Phone: (319) 268-9700
      - MercyOne Oelwein BHC
        - 129 8th Ave. S.E., Oelwein, IA 50662
        - Phone: (319) 283-6153
      - MercyOne Senior BHC
        - 515 College St., Cedar Falls, IA 50613
        - Phone: (319) 268-9700
      - MercyOne Waterloo BHC – Suite 210
        - 2710 St. Francis Dr., Ste. 210, Waterloo, IA 50702
        - Phone: (319) 272-5000
      - MercyOne Waterloo BHC
        - 2750 St. Francis Dr., Waterloo, IA 50702
        - Phone: (319) 272-8929
      - MercyOne Waverly BHC
        - 217 20th St. N.W., Waverly, IA 50677
        - Phone: (319) 352-9500
  - Mid-Iowa Family Therapy Clinic
    - Services:
      - Behavioral Health Intervention Services (BHIS)
      - Mental Health Therapy Services
      - Psychiatric Community Support Services
      - HAB (Habilitation Services)
    - Contact:
      - 3275 W. 4th St., Waterloo, IA 50701
      - Phone: (319) 833-0072
      - <https://www.miftc.com/>
  - Monarch Therapy Services, Inc.
    - Services:
      - Family Therapy



- Formal Assessments
    - Group Therapy
    - Individual Therapy
    - Play Therapy
    - Psychoeducational Services
    - Relationship Therapy
    - Theraplay
    - Trauma and Attachment Team
  - Contact:
    - Parkersburg:
      - 505 Coates St., Parkersburg, IA 50665
      - Phone: (319) 346-1216
    - Waterloo:
      - 1009 Decathlon Dr., Ste. A, Waterloo, IA 50701
      - Phone: (319) 346-1216
    - Waverly:
      - 406 W. Bremer Ave., Ste. C, Waverly, IA 50677
      - Phone: (319) 346-1216 OR (319) 346-1217
- NAMI Black Hawk County
  - Services:
    - Free Classes
    - Educational Presentations
    - Support Groups
  - Contact:
    - 212 W. Dale St., Waterloo, IA 50703
    - Phone: (319) 235-5263
    - <https://namibh7.wixsite.com/website>
- New Directions Counseling Center
  - Services:
    - Career and Vocational Counseling
    - Individual Counseling
    - Marriage and Family Counseling
  - Contact:
    - 1310 Solar Dr., Waterloo, IA 50701
    - Phone: (319) 232-2086
    - <https://www.newdirectionsmentalhealth.com/>
- Noble Cedar Psychological Institute
  - Services:
    - Continuing and comprehensive mental and behavioral health care for individuals and families
    - Consultation to agencies and communities
    - Training, education and supervision
    - Research-based practice
  - Contact:
    - 802 Rainbow Dr., Waterloo, IA 50701
    - Phone: (319) 883-9811
- Odyssey Counseling Services
  - Services:
    - Couples Therapy
    - Family Therapy
    - Individual Therapy



- Contact:
  - Stephanie Harken
    - Phone: (319) 349-1046
    - Email: [s.harken@odysseycounselingservices.org](mailto:s.harken@odysseycounselingservices.org)
  - Stephanie Hebert
    - Phone: (319) 250-7376
    - <https://www.odysseycounselingservices.com/>
- Pathways Behavioral Services and Integrated Health Services
  - Services:
    - 24 Hour Emergency Services
    - Consultation and Coordination with Other Agencies
    - Diagnostic Services
    - Educational and Preventative Programs
    - Family Counseling
    - Group Counseling Experiences
    - Individual Counseling
    - Marital Counseling
    - Medication Management
    - Pre-Hospitalization Screening
    - Post-Hospitalization Aftercare
    - School Based Programming
  - Contact: <https://www.pathwaysb.org/>
    - Black Hawk County:
      - 3362 University Ave., Waterloo, IA 50701
      - Phone: (319) 235-6571
    - Bremer County:
      - 111 10th St., Waverly, IA 50677
      - Phone: (319) 352-2064
    - Buchanan County:
      - 1827 First Street W., Ste. C, Independence, IA 50644
      - Phone: (319) 334-4035
- Perspectives Behavioral Health
  - Services:
    - No specified services
    - Mental Health Organization
  - Contact:
    - 215 E. 5th St., Waterloo, IA 50703
    - Phone: (319) 274-9396
- Robin Rodenburgh, L. M. H. C., R. P. T.
  - Services:
    - Eye Movement Desensitization and Reprocessing (EMDR)
    - Group Counseling
    - Individual Counseling
    - Play Therapy
  - Contact:
    - 142 Brookeridge Dr., Waterloo, IA 50702
    - Phone: (319) 231-5871
    - <https://robynrodenburgh-lmhc.com/>
- State Street Counseling Services
  - Services:
    - Clinical Supervision

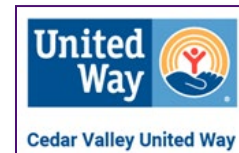
- Eye Movement Desensitization and Reprocessing (EMDR)
  - Individual Psychotherapy
  - Play Therapy
- Contact: <https://www.statestreetcounseling.com/>
  - 250 Franklin St., Ste. D, Cedar Falls, IA 50613
  - Therapists:
    - Rachael Jorgensen
      - Phone: (319) 260-2287
    - Emily Conrad
      - Phone: (319) 804-8584
    - Cortney Alber
      - Phone: (319) 343-6368
    - Andrea Lansing
      - Phone: (319) 332-2816
    - Caitlin Pixler
      - Phone: (319) 859-7220
    - Katie Rogers
      - Email: [krogers@statestreetcounseling.com](mailto:krogers@statestreetcounseling.com)
- UNI Psychological Assessment Clinic
  - Services:
    - Evaluation of academic achievement and cognitive ability
    - Evaluation of attention and concentration difficulties
    - Evaluation of emotional difficulties
  - Contact:
    - Bartlett Hall:
      - 1200 W. 23rd St., Cedar Falls, IA 50614
      - Room 0089
    - Phone: (319) 273-7941
    - Email: [psych-assessment@uni.edu](mailto:psych-assessment@uni.edu)
- UnityPoint Health
  - Services:
    - Family and Individual Counseling
    - In-Patient Services
  - Contact: <https://www.unitypoint.org/find-a-service>
    - Allen Mental Health Inpatient and Outpatient Treatment Program
      - 1825 Logan Ave., Waterloo, 50703
      - Phone: (319) 235-3624
    - Allen Substance Abuse Evaluation:
      - 1825 Logan Ave., Waterloo, 50703
      - Phone: (319) 235-3550
    - Black Hawk – Grundy Mental Health Center at Allen Hospital
      - 3251 W 9th St, Waterloo, IA 50702
      - Phone: (319) 234-2893 or 1 (800) 583-1526
    - UnityPoint Clinic Psychiatry – Cedar Falls
      - 1824 West 8th St., Cedar Falls, IA 50613
      - Phone: (319) 277-0992
    - UnityPoint ClinicTherapy – Waterloo
      - 2160 Logan Ave., Waterloo, IA 50703
      - Phone: (319) 226-8560
- Wapsi Valley Family Counseling L. L. C.
  - Services:



- Christian-Based Counseling
- Cognitive Behavioral Therapy (CBT)
- Grief and Loss Counseling
- Marriage and Family Counseling
- Mental Health Counseling
- Trauma-Informed Counseling
- Contact:
  - 2300 Swan Lake Blvd., Ste. 102, Independence, IA 50644
  - Phone: (319) 361-4867

### Residential Treatment Services

- AbbeHealth Residential Community Based Services
  - Services:
    - Short and long-term residential treatment services for adults with mental health and medical conditions, intellectual disabilities and elderly who require 24-hour treatment and supervision
  - Contact:
    - Abbe Center for Community Mental Health, multiple sites
      - 811 D Ave ste 27, Vinton, IA 52349
      - Phone: (319) 362-1382
      - <https://cedarrapids.unitypoint.org/location/unity-point-health-abbe-health-services-community-mental-health-vinton/LOC0000029509>
- Adult Crisis Stabilization Center
  - Services:
    - The Adult Crisis Stabilization Center (ACSC) provides immediate shelter, support and care for adults 18 years of age and older experiencing a mental health crisis.
  - Contact:
    - 1440 W. Dunkerton Rd., Waterloo, IA 50703
    - Phone: (319) 291-2455
    - <https://www.nirservices.com/copy-of-juvenile-detension-center>
- Associates for Behavioral Health Inc.
  - Services:
    - Private rehab specializing in the treatment of mental health
  - Contact:
    - 3356 Kimball Ave., #5, Waterloo, IA 50702
    - Phone: (319) 291-6500
- Four Oaks
  - Services:
    - Youth Emergency Shelter
  - Contact: <https://www.fouroaks.org>
    - Independence:
      - 2277 Iowa Ave., Independence, IA 50644
      - Phone: (319) 334-9208
    - Iowa City:
      - 1916 Waterfront Dr., Iowa City, IA 52240
      - Phone: (319) 337-4523
- Gundersen Palmer Lutheran Health Center (Provide Telehealth Services)
  - Services:
    - Residential Addiction Treatment
  - Contact:
    - 110 Jefferson St., West Union, IA 52175



- Phone: (563) 422-3817
- Junkman/Knoebel Sober Living Center
  - Services:
    - Sober housing for women
  - Contact:
    - 1014 W. 4th St., Waterloo, IA 50702
    - Phone: (319) 235-8855
- Lutheran Services in Iowa
  - Services:
    - Residential Treatment for Youth
  - Contact:
    - Bremwood Residential Treatment Center
    - 106 16th St. S.W., Waverly, IA 50677
    - Phone: (319) 352-2630

### School-Based Services

- Abbe Community Mental Health
  - Services:
    - School-Based Mental Health Services
  - Contact:
    - 520 11th St. N.W., Cedar Rapids, IA 52405
    - Phone: (319) 398-3562
    - <https://www.unitypoint.org/locations/unitypoint-health---abbe-center-for-community-mental-health--unitypoint-clinic-family-medicine>
- Four Oaks
  - Services:
    - School-Based Programming
  - Contact:
    - 5400 Kirkwood Blvd. S.W., Cedar Rapids, IA 52404
    - Phone: (319) 364-0259
    - <https://www.fouroaks.org>
- Pathways Behavioral Services and Integrated Health Services
  - Services:
    - School Based Programming
  - Contact: <https://www.pathwaysb.org/>
    - Black Hawk County:
      - 3362 University Ave., Waterloo, IA 50701
      - Phone: (319) 235-6571
    - Bremer County:
      - 111 10th St., Waverly, IA 50677
      - Phone: (319) 352-2064
    - Buchanan County:
      - 1827 First Street W., Ste. C, Independence, IA 50644
      - Phone: (319) 334-4035
- Success Street Clinics
  - Services:
    - Students K-12th grade
    - Mental health services provided by UnityPoint Black Hawk Grundy Mental Health Center
    - Contact: <https://www.successtreet.org/>
      - Carver Academy – Waterloo

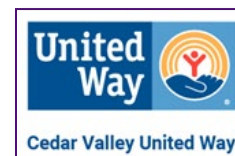
- 1506 Logan Ave., Waterloo, IA 50703
- Phone: (319) 433-2530
- East High School – Waterloo
  - 214 High St., Waterloo, IA 50703
  - Phone: (319) 433-2446
- West High School – Waterloo
  - 425 E. Ridgeway Ave., Waterloo, IA 50702
  - Phone: (319) 433-2780

### State and Nationwide Emergency Resources

- <https://www.211iowa.org/>
- Suicide Prevention Hotline
  - Toll Free Number: 1 (800)-273-8255
- Iowa Crisis Chat
  - Website: [www.iowacrisischat.org/](http://www.iowacrisischat.org/)
- Iowa Warm Line
  - Toll Free Number: 1 (844) 775-9276
- National Alliance on Mental Health Helpline
  - Toll Free Number: 1 (800)-662-4357
- Teen Line
  - Toll Free Number: 1 (800)-852-8336
- Cedar Valley Mental Health Connections
  - <https://cedarvalleymentalhealthconnections.org/ed-resource/>

### Trauma-Informed Resources

- Abbe Community Mental Health, multiple locations
  - Services:
    - Child and Adolescent Outpatient Services:
      - Individual, Family, and Group Therapy
        - Eye Movement Desensitization and Reprocessing (EMDR)
        - Trauma Focused Cognitive Behavioral Therapy
    - Adult Outpatient Services:
      - Individual, Family, and Group Therapy
        - Eye Movement Desensitization and Reprocessing (EMDR)
  - Contact:
    - 520 11th St. N.W., Cedar Rapids, IA 52405
    - Phone: (319) 398-3562
    - <https://www.unitypoint.org/locations/unitypoint-health---abbe-center-for-community-mental-health--unitypoint-clinic-family-medicine>
- Andresen Counseling and Consulting
  - Services:
    - Play Therapy, EMDR and Sand Tray Therapy for children
    - Counseling for teenagers, college students, adults, and couples
    - All ages and situations, such as anxiety, depression, eating disorders, grief, substance abuse issues, trauma and more
  - Contact:
    - 110 Plaza Circle, Ste. B, Waterloo, IA 50701
    - Phone: (319) 233-3348
    - <https://andresencc.com/>



- Barb Lind
  - Services:
    - Mental health therapy for individuals, families, and children
    - Specialties: anxiety, depression, trauma, adoption
  - Contact:
    - 200 State St #202Y, Cedar Falls, IA 50613
    - Phone: (319) 277-7218
    - <https://barblind.clientsecure.me/>
- Denise Maas Ma, L. M. H. C.
  - Services:
    - Mental health counseling specializing in grief, trauma, and loss
  - Contact:
    - 3356 Kimball Ave., Ste. 7, Waterloo, IA 50702
    - Phone: (319) 226-3220
- Hope Tree Counseling Services, Inc.
  - Services:
    - Trauma Informed Therapies:
      - Cognitive Behavioral Therapy (CBT)
      - Client Centered Talk Therapy (CCTT)
      - Dialectal Behavior Therapy (DBT)
      - Eye Movement Desensitization and Reprocessing (EMDR)
      - Trauma Systems Therapy (TST)
  - Contact:
    - 1420 W. Donald St., Waterloo, IA 50703
    - Phone: (319) 232-4673
    - <https://www.hopetreecounselingservices.com/>
- Monarch Therapy Services, Inc.
  - Services:
    - Trauma and Attachment Team
  - Contact:
    - Parkersburg:
      - 505 Coates St., Parkersburg, IA 50665
      - Phone: (319) 346-1216
    - Waterloo:
      - 1009 Decathlon Dr., Ste. A, Waterloo, IA 50701
      - Phone: (319) 346-1216
    - Waverly:
      - 406 W. Bremer Ave., Ste. C, Waverly, IA 50677
      - Phone: (319) 346-1216 OR (319) 346-1217
- Wapsi Valley Family Counseling L. L. C.
  - Services:
    - Trauma-Informed Counseling
  - Contact:
    - 2300 Swan Lake Blvd., Ste. 102, Independence, IA 50644
    - Phone: (319) 361-4867