

**Southeast  
Valley  
Area  
Resource  
Guide**



# **Mental Health Services**

## **Behavioral Health Intervention Services**

In Home Service, must have mental health diagnosis

Insurance: Only Medicaid insurance is accepted

Works on Skill Development, Anger Management, Behaviors, Emotional Awareness, etc.

## **Families First Counseling Services**

5 N. 27th St

Fort Dodge, IA

Ph: 888-316-3025

## **Children and Families of Iowa**

111 Ave O West

Fort Dodge, IA

Ph: 515-573-2193

## **Lutheran Services in Iowa**

704 Central Ave #200

Fort Dodge, IA

Ph: 515-955-2199

## **Mid-Iowa Family Therapy Clinic**

1426 Central Ave Ste B

Fort Dodge, IA

PH: 515-573-5128

## **Youth Shelter Care of Iowa**

301 Ave M West

Fort Dodge, IA

PH: 515-955-4831

## **Youth and Shelter Services**

105 S Marshall

Boone, IA

PH: 515-432-7983

## **Therapists**

### **Catholic Charities**

3 N 17th St

Fort Dodge, IA

Ph: 515-576-4156

Website: [www.cathchar.com](http://www.cathchar.com)

Individual, Couple, Family therapy all offered

Specializes in Aggression Replacement Therapy, Child Therapy, Family Planning, Grief Therapy, Marriage Counseling, Mental Health Therapy, Parental Crisis, Teen Pregnancy Prevention Education, Teen Pregnancy Support

Most insurance plans accepted including Medicaid and Medicare

### **Families First Counseling Services**

5 N. 27th St

Fort Dodge

Ph: 888-316-3026

Website: [www.families-first.net](http://www.families-first.net)

Individual and play therapy offered

Specializes in Child Therapy

Medicaid insurance accepted

Blue Cross Blue Shield Accepted

### **Children and Families of Iowa**

111 Ave O West

Fort Dodge, IA

Ph: 515-573-2193

Website: [www.cfiowa.org](http://www.cfiowa.org)

Individual, couples, family, and play therapy offered

Specializes in Child Therapy, Mental Health Therapy

Medicaid insurance accepted

### **Lutheran Services in Iowa**

704 Central Ave #200

Fort Dodge, IA

Ph: 515-955-2199

Website: [www.lsiowa.org](http://www.lsiowa.org)

Individual (adolescent and older) Couples, and Family Therapy offered

Specializes in Oppositional Defiance, Depression, Anxiety, Anger Management, and Health Relationships

Most Insurance accepted including Medicaid

**Berryhill Mental Health Center**

720 Kenyon Road

Fort Dodge, IA

Ph: 515-955-7171

Website: [www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx](http://www.unitypoint.org/fortdodge/berryhill-center-of-mental-health.aspx)

Individual, couple, family, and group therapy offered

Specializes in Aggression Replacement Therapy, Child Therapy, Family Therapy.

Most insurances accepted, including Medicaid and Medicare

**Lutheran Family Services**

409 Kenyon Rd Ste C

Fort Dodge, IA 50501

PH: 515-573-3138

Website:

Individual, family, couple, and pregnancy therapy available

Most insurance plans accepted, including Medicaid

**Mid Iowa Family Therapy Clinic**

1426 Central Ave Ste B

Fort Dodge, IA

Ph: 515-573-5128

Individual, family, grief, marriage therapy offered

Medicaid insurance accepted

**Therapeutic Solutions- Cindy Wilson**

728 1st Ave N Ste. #2

Fort Dodge, IA

PH: 515-576-6233

Individual, family, child therapy offered

Specializes in trauma, art/play therapy

Most Insurance accepted

**Timi Jordison Psychological Services**

1728 Central Ave #14

Fort Dodge, IA

PH: 515-573-3628

Individual, child, grief therapy

Must be at least 5 years or older

Most Insurance accepted

**Youth Shelter Care of Iowa**

301 Ave M West

Fort Dodge, IA

PH: 515-955-4831

Individual, family, couples therapy

Specializes in Aggression Replacement Therapy, Soft Skills

Most Insurances accepted

**Integrative Counseling Practices**

531 S 29th St. #1

Fort Dodge, IA 50501

Ph: 712-790-9318

Individual, Couples, Family therapy

Parent Child Interaction (PCIT)

**Genesis Mental Health Associates**

1218 Central Ave

Fort Dodge, IA

PH: 515-576-6441

Individual, Family, Couples Therapy

Specializes in child therapy, family therapy, grief therapy, and Marriage Counseling

Most Insurances accepted

**Youth and Shelter Services**

105 S Marshall

Boone, IA

Ph: 515-432-7983

Website: [www.yss.org](http://www.yss.org)

Individual, couples, family and group therapy

Wide array of specialties

Most Insurances accepted

**Genesis Development**

401 W. McKinley

Jefferson, IA

PH: 515-386-3017

Website: [genesisdevelopment.com](http://genesisdevelopment.com)

Individual, family, child therapy

Most Insurances accepted

**David Ohrt, DR (licensed mental health counselor)**

110 E State  
Jefferson, IA  
PH: 515-386-4817

**Private Victories Counseling- Jean Lumsden- LMFT**

115 E Lincoln Way #340  
Jefferson, IA  
PH:712-830-2545  
Serves families, couples, and individuals

**Authentic Therapy of Iowa**

822 Central Ave #401  
Fort Dodge, IA 50501  
Ph: 515-570-2838  
Email: sara@authentictherapyofiowa.com

## **Substance Abuse Treatment**

**Community and Family Resources**

211 Ave M West  
Fort Dodge, IA 50501  
Ph: 515-576-7261  
Website: cfrhelps.org  
Will work with adolescents through adults

**YWCA**

Women and Children's Facility  
826 1st Ave N  
Fort Dodge, IA  
PH: 515-573-3931  
Website: www.ywca.org  
Women can go attend residential treatment and bring their children. It is a 2-4 month Program (can be shorter or longer, depending on needs and what insurance will pay for)  
Women can attend without their children.

**New Opportunities**

1401 N Elm  
Jefferson, IA  
PH: 515-386-2719  
Website: www.newopp.org  
Outpatient treatment services, (available to Greene County residents only)

**Youth and Shelter Services**

712 Burnett Ave

Ames, IA

PH: 515-233-3141

Website: [www.yss.org](http://www.yss.org)

Adolescent Residential Treatment Program

**Alcoholics Anonymous (AA)**

12 N 7th St

Fort Dodge, IA 50501

Ph: 515-955-7723

**Crisis/Emergency Information****Domestic/Sexual Assault Outreach Center (DSAOC)**

Location is in Fort Dodge, but kept confidential for the safety of the individuals they serve

PH: 515-955-2273 or Toll-Free: 888-356-2006

Website: [www.dsaoc.com](http://www.dsaoc.com)

Domestic Violence services, Crisis/Emergency Information, Housing and Shelter, Mental Health counseling

**Crisis Intervention Services**

809 Central Ave #305

Fort Dodge, IA

PH: 855-424-9133

Website: [cishelps.org](http://cishelps.org)

Crisis Intervention Services, Crisis Shelter, Emergency Shelter, Family Safety, Food Assistance, Rental and Utility Deposit Assistance

**Beacon of Hope Ministries**

1021 1st Ave N

Fort Dodge, IA

PH: 515-955-3366

Website: [www.beaconofhopeshelter.com](http://www.beaconofhopeshelter.com)

Homeless shelter for men over the age of 18. They also provide food and clothing for the men staying in the shelter

Fort Dodge currently does not have a Women and Children's homeless shelter, but there is one in the works and I will update as soon as I know more information and it is open)

**Kadens Closet**

107 N 4th St  
Humboldt, IA  
PH: 515-332-1899

Website: [www.kadenscloset.com/humboldt](http://www.kadenscloset.com/humboldt)

Meeting the needs of children and families in their community and beyond. Families are able to shop the closet FREE of charge for household items, clothing, etc.

**Iowa Child Abuse Hotline**

PH: 1-800-362-2178

To make a report of suspected Child Abuse or Elder Abuse, call the above number. The more information you have the better it will be. They want to know how many children living in the home, ages, names, parents names, address, phone numbers, is their a safety risk to the Child Protective Worker going into the home (ex: are their weapons in the home, aggressive background)

**A.C.C.E.S.S. (Assault Care Center Extending Shelter and Support)**

Sexual Assault Services PH: 800-203-3488

Domestic Violence Services PH: 855-983-4641

Housing and Shelter Services PH: 855-696-2980

**\*\*BOONE AND GREENE COUNTY RESIDENTS ONLY**

Offers free and confidential assistance to victims of all ages  
Weekly support groups for domestic abuse and sexual assault  
Rape Crisis-advocacy for rape victims  
One-on-one Counseling  
Shelter for women, children, and men  
Educational programming and parenting classes for healthier dynamics in the home.

**Pre-Natal/Infant/Parenting****WIC-Webster County**

723 1st Ave So  
Fort Dodge, IA  
PH: 515-573-4107

Website: [www.webstercountya.org/HealthDept/HDWIC.html](http://www.webstercountya.org/HealthDept/HDWIC.html)

WIC services children birth-5 years, pregnant women, and women who have given birth in the last 6 months.

WIC help parents properly feed their children nutritious meals during the critical years of growth and development. WIC helps increase immunization rates, decrease anemia in children, and improves regular access to health care.



**Early Head Start**

214 S 13th St  
Fort Dodge, IA  
Ph: 888-484-1039

Early Head Start serves pregnant women and children up to the age 3 years old. Early Head Start meets weekly in the home for at least 90 minutes, they cover parenting skills, ensure your child(ren) are developally on track. They also can assist daily needs of the child (diapers, car seats, clothing, etc (if donations and funding allow))

**Family Foundations**

723 1st Ave S  
Fort Dodge, IA  
PH: 515-573-4107

Website: [www.webstercountyaia.org/HealthDept/HDFamilyFoundations.html](http://www.webstercountyaia.org/HealthDept/HDFamilyFoundations.html)

Family Foundations is a family support that is available to all pregnant women and families with children up to the age of 5 in Calhoun, Pocahontas, and Webster Counties. This FREE service is provided by the Webster County Health Department. Nurses and Family Support Workers come into your home or an alternate location and provide information on pregnancy, new baby, toddler growth and development, family life skills and help you find available resources based on your family's needs.

**Upper Des Moines**

113 S 10th St  
Fort Dodge, IA  
PH: 515-576-7774

Website: [www.udmo.com](http://www.udmo.com)

Upper Des Moines works in conjunction with general relief offices to provide emergency assistance programs and services to low incomes residents in need. Upper Des Moines can help pay for private housing, they have a Baby Room where you can call and schedule and appointment and visit the room and get necessities for your baby (clothes, diapers, etc)

\*\*WEBSTER COUNTY

**Caring Hands Closet**

501 Court St  
Rockwell City, IA  
PH: 712-297-8323

Part of Calhoun County Public Health

Pregnant moms/young families earn rewards for taking care of their health, the health of their babies, and learning positive parenting and lifestyle skills.

\*\*CALHOUN COUNTY

## **H.O.P.E.S (Healthy Opportunities for Parents to Experience Success)**

1000 W Lincoln Way

Jefferson IA

PH: 515-386-3228

Baby Boutique, In-home family support program, specializing in parenting education and strengthening families.

Open to expectant parents and parents of children ages 0-3

Services offered at no cost \*\*OPEN TO GREENE COUNTY RESIDENTS ONLY

No income guidelines

## **Medication/Prescription/Insurance Needs**

### **Prescriptions for Kids**

723 1st Ave S #220

Fort Dodge, IA

PH: 515-573-4107

Website: [www.webstercountyia.org/HealthDept.html](http://www.webstercountyia.org/HealthDept.html)

Emergency funding for prescribed medication for low income families. This program is managed by Webster County Health Department and United Way of Greater Fort Dodge.

### **Webster County Community Services General Assistance**

723 1st Ave So

Fort Dodge, IA

PH: 515-573-1485

Website: [www.webstercountyia.org/CPC/GeneralAssistance.htm](http://www.webstercountyia.org/CPC/GeneralAssistance.htm)

General Assistance can offer short term financial assistance for the following:

Rent

Utilities

Transportation for Medical Care

Prescription Medications

### **Medicaid**

330 1st Ave N

Fort Dodge, IA

PH: 515-955-6353

Apply at your local DHS office

### **Hawk-i (Healthy and Well Kids in Iowa) Insurance**

723 1st Ave S

Fort Dodge, IA

PH: 515-573-4107

Website: [www.webstercountyaia.org/HealthDept/HDHawki.html](http://www.webstercountyaia.org/HealthDept/HDHawki.html)

Hawk-i is a low cost/no cost health insurance for children. The cost per month is based on the family size and income. This program is managed locally by Webster County Health Department

## **Food Pantries**

### **Lord's Cupboard Food Pantry**

127 N 10th St

Fort Dodge, IA

PH: 515-576-7586

Tuesday: 9:30am-11:30am and 4:00pm-6:00pm

Thursday: 9:30am-11:30am

Friday: 1:00pm-3:00pm

### **Dayton Food Pantry**

208 2nd Ave NW

Dayton, IA

PH: 515-547-2405

Held 3rd Saturday of every month (morning)

### **Salvation Army**

126 N 7th St

Fort Dodge, IA

PH: 515-576-1281

Monday: 1:00pm-3:00pm

Tuesday: 1:00pm-3:00pm

Wednesday: 1:00pm-3:00pm

Thursday: 1:00pm-3:00pm

Friday: 1:00pm-3:00pm

### **Corpus Christi:**

415 N 8th St

Fort Dodge, IA

PH: 515-6077

Wednesday: 10:00am-3:00pm

**Proteus**

107 1st Ave N  
Fort Dodge, IA  
PH: 515-573-8225

Monday: 9:00am-4:00pm

**Dwelling Place Food Pantry**

307 E Gallup Rd  
Jefferson, IA  
PH: 515-386-8576  
Website: www.idwell.org

Open every other Tuesday 6:00pm-8:00pm

**Christian Action Resource Center (ARC)**

112 E. Harrison  
Jefferson, IA  
PH: 515-386-8262

Contact New Opportunities Greene County Family Development Council (515-386-2719)  
for a voucher to be able to go to food pantry

Wednesdays: 10:00am-12:00pm

Third Saturday of every month by appointment

**Calhoun County Family Development Center**

334 Richmond St  
Rockwell City, IA  
PH: 712-297-7721

Call for hours

**Health Services**

**Community Health Center of Fort Dodge**

126 N 10th St  
Fort Dodge, IA  
PH: 515-576-6500  
Website: www.chcfd.com

Community Health Center accepts most insurances and also a sliding fee scale for the Underinsured. They offer a wide array of services:

- Behavioral Health
- Dental Care
- Family Planning
- Immunizations
- Medical/Prescription Needs
- Mental Health Therapy
- Preventative Healthcare Education

**I-Smile Dental Home Initiative**

723 1st Ave S  
Fort Dodge, IA  
PH: 515-573-4107

Website: [www.webstercountyia.org/HealthDept/HDDentalHealth.html](http://www.webstercountyia.org/HealthDept/HDDentalHealth.html)

I-Smile is part of Webster County Public Health. They connect families with preventative dental care and education for their children. Dental Screenings and preventative fluoride varnish to children and pregnant women enrolled in WIC and children in pre-schools. A follow up session with families after these screenings is held so the family is aware of any dental needs. Assistance with setting up dental appointments.

**Quitline Iowa**

PH: 800-784-8669

Website: [www.quitlineiowa.org](http://www.quitlineiowa.org)

Free program that will help you create an easy to follow a Smoking/Tobacco Quitting Plan

**Teen Information Pregnancy Prevention (TIPP)**

723 1st Ave S  
Fort Dodge, IA  
PH: 515-573-4107

Website: [www.webstercountyia.org/HealthDept/HDTeenPregnancy.html](http://www.webstercountyia.org/HealthDept/HDTeenPregnancy.html)

Managed by Webster County Public Health, provides teen awareness, teen parent support group, youth and parent community awareness. Increases adolescent's access to family planning services.

**Webster County Family Planning Clinic**

110 N 12th St  
Fort Dodge, IA  
PH: 515-573-4107

Website: [www.webstercountyia.org/HealthDept.html](http://www.webstercountyia.org/HealthDept.html)

Offers quality, confidential health care, including various methods of birth control, STD testing, pregnancy testing, emergency contraceptives, pap test, pelvic exam, reproductive life planning, condoms, and referrals. Medical services are provided by a nurse practitioner or doctor trained in family planning health care.

**Calhoun County Public Health**

501 Court St

Rockwell, City, IA

PH: 712-297-8323

Serves all age groups

Adult/child immunizations, early detection health screenings, preventative health education

Environmental health, food, and water safety

Health maintenance nursing, personal care